

# Syracuse ABROAD

STRASBOURG

# Flights

- All students must complete the Travel Arrangements Form in application portal
- **Group (or suggested) flight:**
  - Arrive at least four hours before the flight departs.
  - Be sure connecting flights arrive on the correct day, at least four hours before the international flight's departure.
  - Questions?
    - Contact Advantage Travel: (315) 471-2222
- **Independent travel:**
  - Detailed information on when to arrive and where to meet the rest of the group will be provided by the program admissions counselor
  - Coordinate your own ground transportation upon arrival



# Packing

- One large suitcase, one carry-on, and one personal item (tote, purse)
- Valuables/medication(s) should go in personal item (in case baggage is delayed, lost, etc.)
- Check with your airline(s) for baggage restrictions and fees: Too many bags or overweight bags will usually incur fees!
- Check the TSA website ([www.tsa.gov](http://www.tsa.gov)) for the most up-to-date security regulations
- Don't bring too much stuff! Most clothing and daily necessities can be purchased abroad
- Leave room in your suitcase for souvenirs that you're going to buy!



# Arrival and Orientation

## Signature Seminar

- Two-week traveling course to begin your semester abroad
- Required for Strasbourg (except Engineering students)
- Pack one carry-on suitcase with all your belongings for the seminar
- Pack one other larger suitcase for the rest of your semester, which will be stored for you

## Orientation

Attendance is **mandatory** for all on-site orientation meetings

- General orientation
- Housing orientation
- Academic orientation

# Health Preparations

- Health Check-Up: Discuss continued medical/mental health treatment, and any immunizations
- Dental exam

Medication: Bring enough for your entire time abroad.

- You CANNOT mail medication! Contact us for a letter to your insurance company.
- ISOS resources
- Notify us about special storage requirements.

Traveling with medication:

- Pack all medication in personal item **only**
- Medication must be in original containers

Questions: Contact Assistant Director of Student Services, Bridget Demorest: [brhughes@syr.edu](mailto:brhughes@syr.edu)

# Insurance Abroad

- Review private insurance for international coverage
- Students pay up front for medical visits, then submit claim for reimbursement
- Personal Property Insurance- consider purchasing additional coverage

For more info, visit our website:  
[suabroad.syr.edu/health-and-safety/insurance/](http://suabroad.syr.edu/health-and-safety/insurance/)



# International SOS

## Medical & Security Advisory Service

- Pre-departure advice:
  - Prescription medication locally
  - Medical travel recommendations
  - immunization requirements
- While abroad:
  - 24/7 availability phone consultation
  - locally vetted English speaking doctors- locations worldwide
  - Country risk ratings, State Department warnings
  - Emergency evacuation services

Download the free ISOS Assistance app

# Technology

## Cell phones:

- Bring U.S. phones for use pre- and post-semester travel
- Students can purchase a prepaid cellular phone plan or a SIM card for an unlocked U.S. phone
- Many apps provide free texting, calling, and video chatting with Wifi (Whatsapp, Viber, Skype, etc.)

## Using devices abroad:

- Single voltage appliances will need a converter
- All appliances need a plug adaptor



# Budgeting

- Contact your bank:
  - Let them know how long you will be living abroad
  - Notify them of your travel plans (while abroad)
  - Ask about affiliate banks abroad
  - Ask about international fees
- Do NOT bring large amounts of U.S. dollars
- Create a budget for shopping, traveling, and spending abroad
- **Optional:** Bring a small amount of local currency (taxi from airport)
- Be aware of exchange rates: They change all the time!
- Review the financial information section of the online Preparing to Go guide



# Academics Abroad

## Course registration:

- All students have received an academic packet with information about courses
- Students register for 12-19 credits (just like on home campus)
- Registration will be completed on-site
- Hold off on making personal travel plans until registration is finalized abroad: Required course trips

## Academic accommodations (if applicable):

- Complete the Request for Accommodations in application portal
- Contact your office of disability services
- Questions? Contact Assistant Director, Student Services, Bridget Demorest: [brhughes@syr.edu](mailto:brhughes@syr.edu)

## Co-curricular activities:

- Take advantage of field trips offered through the center
- Internship and volunteer opportunities
- Join local groups and clubs

## Expectations abroad:

- Students are bound by Syracuse University's Academic Integrity Policy
- Class attendance is mandatory (not excused for personal travel, visits from family/friends)

# Housing

## Homestays:

- Be flexible, respectful, and patient
- Communicate with your host family
- Practice the local language as much as possible
- Use utilities sparingly
- Housing is not available during program break
- Typically one student per family
- Bring a host family gift when you are introduced:
  - Small gift representative of your hometown/home state
  - Buy chocolates or flowers when you arrive



# Living Abroad

## Adjusting abroad:

- Be patient, adjust your expectations, keep an open mind
- Get involved with the local community
- Rely on your support system
- Maintain a sense of humor

Keep an open line of communication with the Syracuse Center staff about your health

Keep the local emergency phone number from orientation on hand

Attitudes toward your gender, race, nationality, ethnicity, or sexual orientation may be different than what you are used to. Staff are available to answer any questions you may have.



# Staying safe

## Personal travel abroad:

- Complete the required travel form for local staff
- Students must travel with their cell phones and chargers
- Check ISOS or State Department sites for up to date travel advice on travel warnings or delays

## Physical safety:

- Traffic on the other side in some cities
- Pickpockets
- Be aware of your surroundings
- Alcohol: Vast majority of problems students have abroad are related to excessive drinking



# In case of emergency

Keep cell phone on and charged at all times. Always travel with phone and charger.

## Contacts before departure:

- Group flight questions/concerns: Advantage Travel (315) 471-2222
- Emergencies: Syracuse Abroad 1-(800)-235-3472

## While abroad:

- Students: Call the Syracuse center emergency number provided at orientation
- Parents: Contact Syracuse Abroad on-call staff 24/7 1-(800)-235-3472

## Email:

- All official program information, including emergency information, will be sent to your Syracuse email account, students are expected to check that account

# Final reminders

- Read and review the online Preparing to Go guide
- Complete any remaining post-acceptance forms ASAP
- Set up Syracuse email (visiting students)
- Make health care arrangements (medication, insurance, etc.)
- Contact your bank about your travel plans
- Unlock your U.S. phone (*optional - check with provider*)
- Research baggage restrictions and luggage fees for your airline(s)
- Connect with a global ambassador



# Contact/Follow-up questions

Syracuse Abroad

315-443-3471

1-800-235-3472

[suabroad@syr.edu](mailto:suabroad@syr.edu)