

Office of International Affairs

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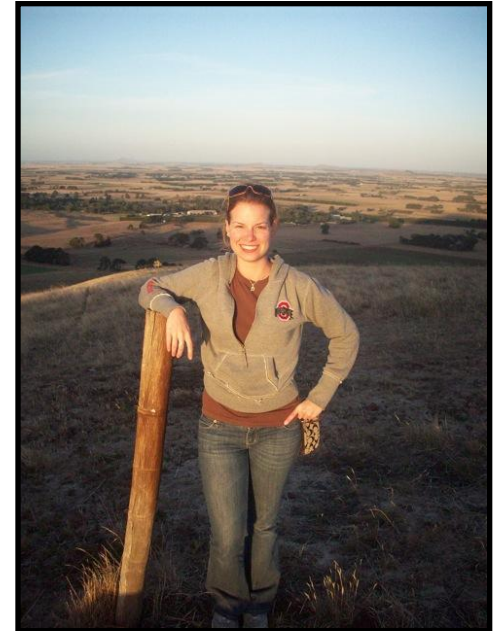
Welcome to the Office of International Affairs

- OIA facilitates international opportunities for students and faculty
- Study Abroad team consists of several Study Abroad Coordinators and Peer Advisors
- OIA offers wide range of support services



Why should you study abroad?

- Develop global competencies
 - Develop the ability to work effectively in international settings
 - Gain awareness of and adaptability to diverse cultures, perceptions and approaches
 - Become familiar with major currents of global change and issues they raise
 - Increase effective communication across cultural and linguistic boundaries
 - Comprehend the international dimension of different fields of study



Passports

- “Passports will be the driver’s licenses of the 21st century,”
E. Gordon Gee, President,
The Ohio State University
- Apply or renew now!
- Application is available at
travel.state.gov
- Campus Post Office (18th Ave.)
can process your application



Visas

- Many countries require this additional endorsement
- Check embassy.org to determine if you need a visa to enter your host country
- International Students: consult International Student Advisor in OIA for travel signature, re-entry procedures.

Pre-departure: Health

- Insurance

- Primary Medical Insurance (required)
- OSU coverage or alternative policy
- Supplemental Medical Insurance (required!)
 - HTH Worldwide: enroll/pay through buckeyelink
 - Includes medical and non-medical services
 - OIA's record of your whereabouts
 - Does not include travel insurance (loss of property, etc.)

Pre-departure: Health (cont'd)

- **Physical Health**

- **Wilce Student Health Center**
 - Travel appointment
 - Immunizations (if applicable)
 - Centers for Disease Control (cdc.gov)
- **For many chronic or cyclical conditions, changes in diet and schedule can aggravate and trigger an acute episode**

Pre-departure: Health (cont'd)

- Physical Health
 - Discuss your plans to study abroad now with the health center or your primary care physician
 - Avoiding jet lag

Pre-departure: Health (cont'd)

- Mental Health

- Counseling and Consultation Service
- For many chronic or cyclical conditions, changes in diet and schedule can aggravate and trigger an acute episode.
- Discuss your plans to study abroad now with your therapist/psychiatrist

Pre-departure: Safety

- Check U.S. Department of State (travel.state.gov) for:
 - Country Specific Information Sheets
 - Travel Alerts
 - Travel Warnings (must petition Study Abroad Health & Safety Committee if using scholarships, grants).

Pre-departure: Safety

- Register with U.S. Embassy abroad – SMART TRAVELER ENROLLMENT PROGRAM (STEP)

Department of State web site **travel.state.gov**

- Embassies can provide emergency and non-emergency assistance
- Ohio State Emergency phone #: (614) 292-6677

In-country: Health

- Typical issues: dehydration, fatigue, colds, gastrointestinal issues
- Visiting the doctor
 - Using HTH insurance (if applicable)
 - Might need to pay up front, get reimbursed later

In-country: Safety

- Road/traffic issues
- Differing gender roles, dynamics
- Sexual harassment
- Alcohol-related issues
- Theft/assault
- Personal appearance (dress)

In-country: Safety (cont.'d)

- Behavior (avoid high risk)
- Political rallies
- Continuous communication with RD and other members of the group

Emergencies

Can your host site provide assistance in an emergency?

- Finding appropriate medical care
- Contacting police
- Contacting insurance company
- Assistance with finding U.S. Embassy

Money Matters

- Different forms of money
- Credit Cards & ATM Cards
-call your bank
- Exchange rates

Packing

- Pack sensibly and lightly
- Valuables?
- Consult with the airline for baggage restrictions
- Electronics: you will need a plug adapter as well as a voltage converter

Cultural Adaptation

- How to prepare
- What does culture shock “look” like?
- How to deal
- An American abroad

Resources

- Wilce Student Health Center
shi.osu.edu
- Counseling and Consultation Service
ccs.osu.edu
- U.S. Department of State
travel.state.gov
- Student Wellness Center
swc.osu.edu
- U.S. Department of State-
info for students
studentsabroad.state.gov
- Centers for Disease Control
cdc.gov
- HTH Worldwide Services
hthstudents.com

Questions?
Safe travels!



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