Health and Safety Information for Students on Independent International Internship/ Research/ Field Studies Programs
From the University of Maryland’s Director, International Risk Management, Office of International Affairs
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UMD is not formally sponsoring this program and you are participating as an independent student. The Office of International Affairs and Education Abroad has provided the following guidance to help travelers such as you prepare to have a safe and successful time abroad:

1. Learn as much as you can about your destination. Use credible sources (i.e. the State Department’s international travel website, the Centers for Disease Control, etc.) to research the political climate, weather, crime, health issues, cultural differences, transportation culture, major holidays/celebrations, etc.

2. Be aware that the U.S. State Department has issued a worldwide caution for travelers. Please be sure to read this caution, and the information specific to the region to which you’ll be traveling. Please also take a moment to do the following before your travel:
   1. Visit the U.S. State Department’s travel warning website to see if there are warnings about the location to which you are traveling. If there are, carefully review and adhere to the guidance provided in the warning.
   2. Visit the U.S. State Department’s Students Abroad website for excellent travel advice.
   3. Visit the information for women travelers page to review health and security guidance specific to women.

3. Check your passport to be sure it is current. Apply for a visa well in advance of your departure date if one is required for entry into your destination.

4. Register your trip with the Department of State’s Smart Traveler Enrollment Program

5. Check in with the UMD Health Center’s International Travel Clinic or your personal physician.

6. Purchase international health insurance. As a UMD student, you may purchase a policy through Cultural Insurance Services International (CISI), which is UMD’s insurance provider for Education Abroad sponsored programs. Please note that you would be purchasing coverage as an independent enrollee.

7. Be prepared for financial transactions while abroad. It is important that you:
   1. Tell your bank and credit card companies your dates and locations(s) of travel.
   2. Take only the credit card and ID you will need.
   3. Have some local currency on hand before your depart.
   4. Be aware of any departure or arrival taxes you may be required to pay in country. Budget for this expense.

8. Share a copy of your itinerary with your family or friend(s).

9. Make copies/photographs of important documents (i.e. passport and visa, credit card, prescriptions, etc.)

10. Have a mobile phone while abroad, and share the number with family and/or friends.
   1. Be sure to add important numbers into your contacts such as the local 911 equivalent, your hotel, the CISI emergency assistance number, and your in-country program partner if applicable.
11. Consume alcohol responsibly. If your judgment is impaired because of drugs or alcohol you may make decisions that put you and others in harm’s way. You may also appear to be more vulnerable to those who intend to do you harm, making it easier for them to target you.

*If your program awards academic credit for this experience and you would like to have it reviewed for eligible transfer credit, please contact the Clark School's Office of International and Leadership Programs by the appropriate deadline. Approval will depend on the type of program, academic content, and review from your academic department and college. If approved, you would be eligible for transfer credit services and risk management by Education Abroad, including coverage in international insurance.