

Check list #1 for parents of study abroad participants

These are suggestions about what you and your student can do to prepare for a safe and productive study abroad experience.

Health, Wellness and Medical Concerns

It is important to consider health as you and your student are making decisions about study abroad. Please consider this as a list of suggested things to do both at this stage and after your student has been admitted to a study abroad program:

- Update childhood vaccinations;
- Consult your physician, a travel clinic, or the Center for Disease Control regarding additional recommended vaccinations;
- If a student takes any regular medications, consult with your physician about how to provide an adequate supply for the duration of the program;
- If your student has any pre-existing medical conditions that will require treatment while abroad, confirm with the relevant program advisor that adequate treatment is available on site;
- If your student has any sensitivity to certain climates, conditions (such as asthma, allergies), investigate the conditions in the area of the program;
- If your student has any dietary restrictions or food allergies, inquire about whether they will be problematic or difficult to accommodate within the host culture;
- If your student has physical or learning disabilities, investigate whether the host country can offer accommodations;
- If your student has mental health concerns that could require treatment abroad, consult with the treating doctor or counselor about preparing for the experience and with the relevant program advisor about the availability of counseling services in English in the host country.

Useful health resources

Center for Disease Control www.cdc.gov

Assist America (a service included in the WU Student Health Insurance plan) 1-800-872-1414 or services@assistamerica.com

WU Student Health Services <http://shs.wustl.edu>

Travel plans

- Make flight reservations as soon as your student is admitted AND program dates are confirmed.

Budgeting and financial planning

- Confirm the components of the program's cost that will be billed through WU and which, if any, will need to be paid directly (please see attached schedule for details).

- ❑ Anticipate the additional expenses your student may encounter abroad. For example, consider the cost of public transportation, telephone calls, recreation, toiletries and other personal expenses. Make sure to factor in the dollar's relatively weak value abroad.
- ❑ Discuss the travel budget you will provide for your student, if applicable. Be sure to check current exchange rates.
- ❑ Consult with your bank and credit card companies about usage fees and availability of services in your student's study abroad destination. See the enclosed Overseas Programs Handbook for Study Abroad for general information. Your student will receive country-specific information in pre-departure orientation sessions.

Other pragmatics

- ❑ Review visa requirements for your student's study abroad destination. In some cases, parents will need to provide some documentation. Know that, in most cases, your student will receive some degree of assistance in this process from the program and/or WU program advisor.
- ❑ Research telephone cards or international long-distance calling plans that will allow you to call your student at the most reasonable rates. Students will receive information about calling home from their host country either in pre-departure meetings or once they reach the program site.