

# GLOBAL TRAVEL GUIDE

## *Oh, The Places You'll Go*

### I. PURPOSE & IMPORTANCE:

We hope this document provides you with valuable information and resources to plan for your upcoming trip abroad. We want you to feel prepared (emotionally and logistically), knowing that travel can come with challenges (and rewards!). Whether you are an experienced or a first-time traveler, actively preparing for your trip will ensure that you get the most out of your experience.

### II. BEFORE YOU GO:

#### Research Your Destination

Be mindful that traveling is a privilege - you are entering into someone else's country and culture. You should be an observant, conscientious, and thoughtful visitor. Countries have different currencies, cultures, customs, and languages. Below are examples of resources to investigate before your travels.

#### 1. Lay the groundwork - where in the world are you going?

- [The World Factbook \(CIA\)](#) – provides great general information on a variety of topics, including geography, culture, government, economy, and transportation.
- [US State Department](#) – check out visa requirements, crime and security information, health, and travel considerations.
- [Centers for Disease Control & Prevention](#) – provides travel information by country.
- [Crisis24 Horizon Mobile app](#) – Download the app and create an account. Use 'UCDCampus' for the Member ID.

#### 2. Consider changing **time** zones

- Be sure to think about how this will affect communication with your home country, including your family, loved ones, peers, and faculty mentors.

#### 3. Research the **weather** and **climate**

- Know what to expect in the specific region of the world to which you will be traveling.

#### 4. Learn about the **cultural practices in the countries/areas you visit**

- Be culturally sensitive and practice good [etiquette](#).

#### 5. Know what **local language(s) people speak**

- Learn common phrases and essential words (e.g., “thank you”, “please”, “My name is”, “Where is the bathroom?”, “How much does this cost?”)
- If you want to talk to someone in their native language, use tools (e.g., [Google Translate](#)) to help translate your thoughts and ideas.

#### 6. Understand **gender roles & dynamics**

- Language and cultural differences can lead to misunderstandings.
- Learn what the typical attitudes towards gender are in the country you are visiting.
  - What are typical gender roles in your host country?
  - What are society's perceptions and expectations for men, women, and transgender individuals?
  - How do men treat women (and vice versa)?
  - How do these values differ from your home country?

#### 7. Special considerations for **LGBTIQ communities**

- If you identify as lesbian, gay, bisexual, transgender, intersex, or questioning consider researching the attitudes of your host country towards LGBTIQ individuals.

#### Table of Contents

- I. Purpose & Importance
- II. Before You Go
  - Research Your Destination
  - Be Prepared
- III. During Your Trip
  - Take Care of Yourself
  - Be Aware
- IV. After You Return
  - Self-Reflection
- V. Additional Resources

- The International Gay and Lesbian Human Rights Commission publishes a [world map](#) detailing countries' stances on a variety of LGBTIQ issues.
- For more advice, see the information put together by the [US State Department](#) and the [University of California Education Abroad Program](#).

## Be Prepared

With a better picture of where you are headed, start tackling the practical steps to make your trip a reality.

### 1. Have a valid passport

- Passport information and application renewal forms can be found [online](#).
- It can take up to 8 weeks to receive a new passport so apply well in advance of your travel.
- Most airlines and countries require blank pages and at least 6 months left before the passport expires.
- Make copies of your passport – leave one copy at home and bring one copy with you.

### 2. Secure your visa

- Each country has its own visa requirements for visitors traveling from abroad.
- Visa requirements are specific based on your citizenship.
- In some cases, you can purchase visas at the airports when you arrive or as you cross borders. In other cases you must apply for and purchase your visa ahead of time.
- Consult the [US State Department](#) to check the visa requirements for the country to which you are travelling.
- In addition to investigating recent changes for entry requirements for the country you will enter yourself, check with your planned program or mentor to understand the best option for your planned experience.

### 3. Register your trip

- If you are a UC student - register your trip [here](#)! This will provide you with free travel insurance and alerts.
- For US Citizens, sign up for additional travel updates - [State Department Travel Alerts](#).

### 4. Medical considerations

- Vaccinations:
  - Some countries have specific vaccination requirements you must fulfill before departure. Be sure you can provide documentation as proof that you have the required vaccinations or you run the risk of not being allowed to enter the country.
  - Check out the [World Health Organization \(WHO\)](#), and [Center for Disease Control \(CDC\)](#) websites to see immunization requirements and other health advice for the specific countries where you will be traveling.
- Medications:
  - Schedule an appointment with your doctor prior to your trip to discuss medical considerations for the countries you plan to visit. This is particularly important if you take prescription medications.
  - Ensure that you are carrying enough medication that you might need abroad and carry them in their original containers with your name.
- Mental Health:
  - Traveling and living abroad can be incredibly rewarding and provide opportunities for deep personal and professional growth. Travel can also be stressful and challenging in ways you may not have considered.
  - Existing physical or psychological issues can become exacerbated in new circumstances.
  - If you currently have professional support to deal with emotional and/or mental health issues, discuss your travel plans with your psychologist/psychiatrist. Make sure you have the support you need while abroad and be sure to bring an adequate supply of necessary medications.
  - For UC Davis students visit [UC Davis Counseling & Physiological Services \(CAPS\)](#).
    - CAPS provides no-cost, confidential counseling and psychiatric services.
    - If you are abroad and would like to speak to someone at CAPS directly call: +1-530-752-0871.

- **Allergies**
    - If you have allergies, seek medical advice from your primary care physician to discuss how your allergies could affect your travel experience.
    - Make sure to pack sufficient (preferably extra!) amounts of medication you will need in case you experience an allergic reaction.
- 5. Emergency contacts**
- Your emergency and faculty/mentor contacts need to know where you are and how to reach you at all stages of travel. Leave emergency contacts for your family and institution.
  - Carry a list of important and emergency phone numbers with you.
  - Know how to locate and contact [US Embassies Abroad](#).
- 6. Money matters**
- Contact your bank, credit card company, and other financial institutions to let them know you are going overseas, your travel dates, and the countries you will visit to reduce the risks that the companies will block your cards.
  - Cash:
    - When you are travelling, carry some US and local currency with you. The latter can be obtained from an ATM or currency exchange upon arrival.
    - Be sure to check the [exchange rate](#).
  - Credit cards:
    - Note that most major credit/debit card companies add a 1-3% fee on every out-of-country transaction.
      - Some banks have more favorable ATM refund rates; for example, Charles Schwab Bank reimburses all ATM fees you incur worldwide, and there are no foreign transaction fees.
    - Remember to make copies of your credit card (both front and back). Like with your passport, leave a copy at home, and bring a copy with you.
- 7. Stay connected - phone/internet access**
- Phones:
    - Many people bring their mobile phones with them abroad. If you do, be sure to:
      - Confirm that your phone will work at your travel destination.
      - Ask your provider about international rates.
      - Activate international service before you go and cancel the service when you return.
    - In many parts of the world, you may want to purchase a local SIM card.
      - To do this, you will need to use an “unlocked” phone. SIM cards are easily available and offer very affordable data rates for short and long term visits. They are typically much more affordable than an international plan.
      - You will also need to purchase a SIM card (often available at the airport or in towns or cities) at a convenient time for your program, which may not be immediately upon arrival.
  - Internet:
    - Be prepared - access to WiFi in many parts of the world is often limited.
    - Sometimes major cities have Internet cafés that you can utilize for a small fee.
    - When you have access to WiFi, you can use “[WhatsApp](#)” for international free texting and calling.
- 8. Cyber security**
- If you must take your computer and/or cell phone consider these suggestions to better protect yourself and your personal information.
  - Before you travel:
    - Delete all stored personal and/or sensitive information (bank statements, W2s, IRS documents, etc.) from your mobile device before traveling.
    - Be sure your security software is up to date.

- If you don't have it already, install and enable security software to protect against malicious applications, viruses, spyware, and malware-based attacks.
- Install and enable encryption to protect information stored or sent by mobile devices.
- Use a password or other user authentication
- Install and activate wiping and/or remote disabling to erase the data on your mobile device if it is lost or stolen.
- Disable and do not install or use file-sharing applications.
- Install and enable a firewall to block unauthorized access.
- While traveling:
  - Maintain physical control of your mobile devices. Know where they are at all times to limit the risk of unauthorized use.
  - Avoid or use caution when using public WiFi (at airports, cafes, restaurants, hotels, etc.). If you do need to connect to a public WiFi do not send or receive sensitive information.
  - Research mobile applications (apps) before downloading.
  - If your device is stolen, report it immediately to the local US Embassy or Consulate.
- When you return:
  - Check devices for malware and change all your passwords including your voicemail.

### 9. Consider different electricity and electrical plugs used in countries you visit

- Most of the world uses either 110 or 220 Volt electricity.
  - 110 - North, South, Central America, the Caribbean and the Pacific
  - 220 - almost everywhere else!
- Purchase an adapter so that you can charge your electronics when abroad.

### 10. Packing List

- Bring maximum of one suitcase & one carry on – Pack lightly!
- Remember to check your airline's restrictions and weight limits for carry-on and checked luggage.

Carry-on	Clothing	Toiletries	Miscellaneous
<input type="checkbox"/> Printed ticket itinerary or airline tickets <input type="checkbox"/> Confirmation numbers <input type="checkbox"/> Passport & visa (and photocopies) <input type="checkbox"/> ATM card or local currency <input type="checkbox"/> Vaccination card <input type="checkbox"/> Travel insurance <input type="checkbox"/> State & student IDs <input type="checkbox"/> Travel itinerary (with destination contacts) <input type="checkbox"/> Pens <input type="checkbox"/> Kindle/fun book to read <input type="checkbox"/> Prescription drugs for the length of your stay <input type="checkbox"/> Electronics & chargers <input type="checkbox"/> Adapters & converters <input type="checkbox"/> Spare outfit & other essentials (in case checked luggage gets lost or delayed) <input type="checkbox"/> Toiletries needed in case luggage is delayed (make sure liquids are appropriate size for carry-on) <input type="checkbox"/> Earplugs + eye mask/shade <input type="checkbox"/> Glasses/contacts/eye drops <input type="checkbox"/> Lip balm <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Water bottle	<input type="checkbox"/> Underwear <input type="checkbox"/> Socks <input type="checkbox"/> Long pants (required even if traveling to tropics) <input type="checkbox"/> Long sleeved shirts <input type="checkbox"/> Short sleeved shirts <input type="checkbox"/> One business-appropriate outfit <input type="checkbox"/> Women: long skirts for visiting villages & lightweight scarf <input type="checkbox"/> Pajamas <input type="checkbox"/> Swimsuit <input type="checkbox"/> Rain gear <input type="checkbox"/> Flip flops/shower sandals <input type="checkbox"/> Sturdy sandals <input type="checkbox"/> Hiking/running shoes <input type="checkbox"/> Cold weather gear (cap/beanie, gloves) <input type="checkbox"/> Sweatshirt/light jacket <input type="checkbox"/> Hat +/- sunglasses for sun protection	<input type="checkbox"/> Shampoo +/- conditioner <input type="checkbox"/> Toothbrush & toothpaste <input type="checkbox"/> Soap <input type="checkbox"/> Deodorant <input type="checkbox"/> Feminine products <input type="checkbox"/> Brush/comb <input type="checkbox"/> Razors & shaving supplies <input type="checkbox"/> Contact lenses & solution <input type="checkbox"/> Nail clippers <input type="checkbox"/> Biodegradable laundry detergent <input type="checkbox"/> Small, quick drying towel <input type="checkbox"/> Toilet paper <input type="checkbox"/> Wet wipes <input type="checkbox"/> Sunscreen <input type="checkbox"/> Mosquito repellent <input type="checkbox"/> Over-the-counter medicine <input type="checkbox"/> Medication (including broad spectrum antibiotic for severe diarrhea, doxycycline or other antimalarial supplies for prophylaxis*, motion sickness medication, triple antibiotic ointment, ibuprofen)	<input type="checkbox"/> Photocopy of passport (and visa if acquired before travel), ATM/credit card, prescriptions, & vaccination record <input type="checkbox"/> List of emergency numbers <input type="checkbox"/> Alarm clock/watch <input type="checkbox"/> Backpack, large purse, or money belt <input type="checkbox"/> First aid supplies (e.g., bandaids, blister tape, Neosporin) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Binoculars (required for RxOH) <input type="checkbox"/> Laptop/tablet (not required) <input type="checkbox"/> Camera, lenses, spare batteries <input type="checkbox"/> Luggage and laptop locks <input type="checkbox"/> Pocket dictionary/phrase book <input type="checkbox"/> Headlamp/flashlight <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Travel pillow <input type="checkbox"/> Items for networking (e.g., business cards)

\* Consider bringing more than one antimalarial medication in case you experience allergic reactions or adverse side effects.

### III. DURING YOUR TRIP:

#### Take Care of Yourself

##### 1. Jetlag

- Airline travel can be exhausting – especially when you have a multiple-hour time difference.
- Stay hydrated – drink lots of water before, during, and after your flight(s).
- Alcohol may contribute to dehydration and jet lag so avoid or limit consumption.
- On long flights be sure to stretch frequently and try to get up and walk periodically if possible.
- Upon arrival, try to spend time in natural light during the day, and go to bed according to local time at night to more quickly adapt to the new time.
- Consider supplements (e.g., melatonin, herbal supplements, etc.) to help you sleep.

##### 2. Medical emergencies

- In case of a medical emergency, notify your program director/staff/faculty advisor as soon as possible and follow their guidance regarding which clinic/hospital to go to.
- Important numbers:
  - Know the emergency number (911 equivalent) at your destination.
  - UC Davis students can call their 24-hour emergency dispatch: +1-530-752-1230.

##### 3. Culture shock

- Even with extensive trip preparation, you may experience some form of culture shock.
- Symptoms include feeling anxious, uncomfortable, confused, withdrawn, or bored.
- Consider some strategies to cope with the impact of culture shock.
  - Try to understand and accept the local culture and customs – although different from your own, they are neither better nor worse.
  - Develop new relationships and get to know local people.
  - Journal about your experience.
- Check out [UC Davis' resources](#) about dealing with culture shock abroad.

##### 4. Sex

- Sexually transmitted diseases (STDs)
  - The best way to prevent STDs is to be well informed and responsible about your behavior.
  - See the CDC's informative website about [preventing STDs](#).
  - Access to safe sex and contraception may be difficult to obtain while abroad. Both men and women are advised to carry an adequate supply.
- Sexual harassment & assault
  - Harassment
    - Harassment is defined as unwelcome sexual advances or obscene remarks – this can range from mild incidents to abuse and assault.
    - Remember, legal & social understandings of harassment vary by culture.
    - Notify your course leader immediately if you feel that you have been or are being harassed and/or if you witness something that makes you uncomfortable.
  - Assault
    - If you are a survivor of sexual assault, first and foremost know that what happened was not your fault.
    - You may experience a wide range of emotions including fear, anxiety, and confusion.
    - Know your available resources:
      - Contact the Office of Overseas Citizens Services at +1-888-407-4747 (from overseas: +1-202-501-4444) or the U.S. Embassy or Consulate nearest you. Please refer to [Country Specific Information](#) or this list of [embassy and consulate](#) locations for contact details.
      - UC Davis Center for Advocacy, Resources, & Education ([CARE](#)).

#### Be Aware

##### 1. Personal safety

- Be aware of your surroundings and security when travelling, especially if you intend to travel alone.
- Trust your instincts - if you feel uncomfortable, remove yourself from the situation immediately.

- Be careful walking, driving, and selecting transport – road accidents are the leading cause of death and serious injury for US travelers under the age of 35.
  - Remember to use common sense and don't take unnecessary risks.
- 2. Look after your valuables**
- Leave expensive items at home.
  - If you are travelling with expensive items (e.g., iPhone, laptop, camera), use them discreetly and secure them when you go out.
  - Keep an eye on your valuables when you are travelling, most importantly, your passport.
- 3. Cultural Awareness**
- Come prepared.
    - Use travel guidebooks to understand cultural norms and understand what to be sensitive of.
  - Blend in - dress carefully & inoffensively.
    - When traveling, it is easiest, and often best, to dress modestly and simply.
    - Pack neutral clothing – not too flashy or revealing.
    - Here are some simple guidelines to follow:
      - Dress respectfully in religious places (e.g., long pants & long-sleeved shirts).
      - Avoid clothing that exposes a lot of skin and flashy jewelry.
      - Be careful and wise about carrying expensive items with you (e.g., camera, computer).
  - If you aren't sure what to do, ask someone.
    - Solicit advice from a colleague or supervisor if you are unsure how to handle a situation.
    - Never be afraid to ask – you could prevent a potentially awkward or uncomfortable situation.
- 4. The ethics of photography**
- When travelling abroad, you have a responsibility to take photographs with respect and thoughtful consideration for other cultures and local laws.
  - Try to take pictures without being intrusive. Ask for permission and offer to share your photos.
  - Ask yourself what you want to portray in each photo. While you can capture poverty, fear, etc. in some of your photos, be sure to also highlight the culture and community's strengths.
  - Do not take photos of individuals in or around medical treatment facilities to protect patient privacy.
  - For more tips, see [Unite For Sight's page](#) on ethical photography.

## IV. AFTER YOU RETURN:

### Self-Reflection

Once you are back home, it is incredibly important to give yourself time to reflect on your experience abroad. You may find your true growth comes from this thoughtful reflection. Consider asking yourself:

1. How have I and my relationships changed?
2. How can I maintain the new relationships I have formed?
3. What surprised or shocked me the most? What lessons have I learned?
4. What have I learned about the communities I visited?
5. What made me feel "foreign" when abroad? What made/makes me feel "foreign" back at home?

## V. ADDITIONAL RESOURCES:

- [UCD SVM Global Programs](#) – provides additional international travel resources.
- [US State Department](#) – use this resource for news and travel alerts.
- [Center for Disease Control and Prevention](#) – research common public health and safety concerns.
- [Northwestern University](#) – this Study Abroad Guide has lots of useful tips regarding health, safety, money, and diversity

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