



# Tips for Traveling Abroad

Retrieved October 21, 2008 from the U.S. Department of State website:  
[http://travel.state.gov/travel/tips/brochures/brochures\\_1219.html?css=print](http://travel.state.gov/travel/tips/brochures/brochures_1219.html?css=print)  
Note: The web version of this document, noted above, contains numerous links to other sources of information mentioned below.

**Register so the State Department can better assist you in an emergency:** Register your travel plans with the State Department through a free online service at <https://travelregistration.state.gov>. This will help us contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. In accordance with the Privacy Act, information on your welfare and whereabouts will not be released to others without your express authorization. *(Note: Registration should be completed by the course instructors)*

**Sign passport, and fill in the emergency information:** Make sure you have a signed, valid passport, and a visa, if required, and fill in the emergency information page of your passport.

**Leave copies of itinerary and passport data page:** Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in case of an emergency.

**Check your overseas medical insurance coverage:** Ask your medical insurance company if your policy applies overseas, and if it covers emergency expenses such as medical evacuation. If it does not, consider supplemental insurance. *(Note: All RMC students will be automatically enrolled in the College's mandatory medical insurance plan for the duration of their J-term trip.)*

**Familiarize yourself with local conditions and laws:** While in a foreign country, you are subject to its laws. The State Department web site at [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1765.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html) has useful safety and other information about the countries you will visit.

**Take precautions to avoid being a target of crime:** To avoid being a target of crime, do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money. Also, do not leave unattended luggage in public areas and do not accept packages from strangers.

**Contact us in an emergency:** Consular personnel at U.S. Embassies and Consulates abroad and in the U.S. are available 24 hours a day, 7 days a week, to provide emergency assistance to U.S. citizens. Contact information for U.S. Embassies and Consulates appears on the Bureau of Consular Affairs website at <http://travel.state.gov>. Also note that the Office of Overseas Citizen Services in the State Department's Bureau of Consular Affairs may be reached for assistance with emergencies at 1-888-407-4747, if calling from the U.S. or Canada, or 202-501-4444, if calling from overseas.

## Check it out!

### How to Obtain Country Specific Information, Travel Warnings and Travel Alerts

[Country Specific Information](#), [Travel Warnings](#) and [Travel Alerts](#) are updated regularly and are accessible through the State Department's travel information website at <http://www.travel.state.gov>. For specific questions regarding an emergency involving an American citizen overseas, contact the Office of Overseas Citizens Services at (202) 647-5225.

There are three ways to access Country Specific Information, Travel Warnings and Travel Alerts:

- **On the Internet:** <http://travel.state.gov> .
- **By Fax:** on a fax machine, dial 202-647-3000 and follow the voice prompts.
- **By Telephone:** dial (888) 407-4747 from within the U.S., or, from overseas, (202) 501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

### Background Notes

Background Notes are factual publications that contain information on countries with which the United States has diplomatic relations. They include facts on each country's land, people, history, government, political conditions, economy, and relations with other countries and the United States. Background notes can be accessed via <http://www.state.gov/r/pa/ei/bgn>.

### Other Resources

For more information that can help you plan a wonderful (and trouble-free) trip, go to [http://www.travel.state.gov/travel/resources/resources\\_1244.html](http://www.travel.state.gov/travel/resources/resources_1244.html), and to [http://www.travel.state.gov/travel/tips/plan/plan\\_1169.html](http://www.travel.state.gov/travel/tips/plan/plan_1169.html).



**Randolph-Macon College**  
Ashland, Virginia

Office of International Education  
P.O.Box 5005  
Ashland, VA 23005-5505  
studyabroad@rmc.edu  
(804) 752-7383 or 3607  
[www.rmc.edu/studyabroad](http://www.rmc.edu/studyabroad)