

Pre-Departure Orientation

SUNY Cortland International Programs
Summer/Fall 2025



Today's Agenda

- Welcome and Introductions
- Health and Safety
- Health Insurance and Wellness
- Forms, Billing, Registration, and Scholarships

Break

- Student Panel
- Packing, Cell Phones, and Travelling
- Travelling Sustainably
- Identity Resources
- Stay Engaged After Returning
- Ethical Videos and Photos

Lunch

- Title IX
 - Relationships Abroad
 - Q&A
- 

Where are we going?

Cortland Programs

- Australia: Griffith University
- Costa Rica: Universidad Veritas
- Colombia: Ecologies, Economies, and Culture
- Egypt: American University in Cairo
- France: La Rochelle Université
- Germany: Potsdam University
- Germany: FISU World University Games
- Ireland: University College Cork
- Ireland: Dingle Summer Art
- Portugal: European Innovation Academy

- Thailand: Ecotourism
- Spain: University of Salamanca
- United Kingdom: London Metropolitan University

Other SUNY Programs

- Australia
 - Denmark
 - France
 - Greece
 - Italy
 - Spain
- 

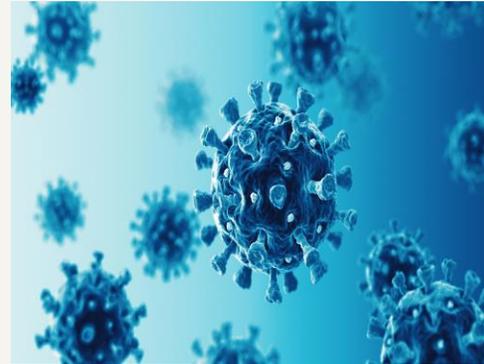
Health & Safety

RESOURCES



**STATE
DEPARTMENT**

www.travel.state.gov



**CENTERS FOR
DISEASE
CONTROL**

wwwnc.cdc.gov/travel/

ENROLL IN S.T.E.P.

Smart Traveler Enrollment Program

<https://step.state.gov/step>

for up-to-date safety and security information, and to help the State Department reach you in an emergency.



Communication Checklist



PREPARE YOUR EMERGENCY CONTACT LIST

- Include local contacts, the "911" equivalent, faculty/host university contacts, host family, etc.



INFORM OTHERS OF YOUR CONTACT INFORMATION

- Provide your new contact information (new phone #, local address) to IPO, the trip director, host university, family, etc.

GENERAL AWARENESS

Be aware of your surroundings. Avoid walking alone, especially at night. Avoid excessive bags. Keep money in different places. Stay informed about local news and conditions that might present health or safety concerns.

FOLLOW LOCALS' LEAD

Pay attention to how locals act and dress in public places. Be aware that deviating from accepted cultural standards of communication could draw negative attention. Follow all local laws.

EXPERIENCING ILLNESS

Monitor your health daily. If you are sick, consider taking a COVID test and stay home until you have the results. If positive for COVID, seek medical treatment and follow local health guidelines related to quarantine and isolation.

SAFE FOOD AND DRINK

Check CDC.gov for detailed information on local food & water safety. In many places, avoid ice and drinking tap water.

DRINK RESPONSIBLY

Drinking excessively puts you at higher risk for accidents, victimization, and might be disrespectful of your host community.

Faculty leaders have the right to ban drinking on any program.

If you choose to drink, use the "buddy system" and designate a non-drinker.

DRUGS PROHIBITED

Immediate dismissal from any and all programs. Strict laws in many countries.

Medical Marijuana may not be legal in your host country. Speak with your doctor for an alternative.



**SAFETY
ABROAD
DAY-TO-DAY**



PUBLIC TRANSPORTATION

Always be aware of your surroundings while using public transportation and note that traffic patterns may not be what you are used to.

Use sidewalks and crosswalks whenever available

WATER

S A F E T Y

Obey posted warnings. For example:
Be aware of riptides - if caught in one, swim **parallel** to the shore.

FIRE SAFETY

Be aware that other countries may not have the same fire safety systems as the US.
Always confirm your emergency evacuation route.

HITCHHIKING

Do not do it!

CAR RENTAL

The vast majority of deaths during study abroad programs are due to motor vehicle accidents.

Be careful - avoid driving and riding on motorcycles.

DOCUMENTS

Travel with your passport and any documents needed when you first entered the country.

A L E R T

S O M E O N E

Make sure someone else (friend, host family, IPO) knows you are traveling and for how long.

SAFETY TIPS

- *Trust your intuition and use your common sense.*
 - *Go out in groups and intervene when you are concerned about an interaction.*
 - *Drink responsibly. Designate a non-drinker and don't accept drinks from strangers.*
 - *Never accompany a stranger anywhere.*
 - *Affirmative consent: Your partner might have a different way of understanding or expressing consent.*
- 

GENERAL EMERGENCY PROTOCOL

1

SEEK HELP

Medical provider
Counselor
Emergency responders
Law enforcement
Embassy/Consulate
International Programs

2

USE INSURANCE

UHC Global for
referrals to providers,
to arrange payments,
Telehealth, and other
services

3

CONTACT

Local staff/director
International Programs
Parents/family
*Download Aerogami
card and carry printed list
of contacts.

4

COMMUNICATE

Your needs for managing the
situation and recovery.
In cases of large-scale natural
disasters or terrorist attacks,
IPO might contact you to
check on your safety. Please
respond immediately.

EMERGENCIES ABROAD

ILLNESS (INCLUDING COVID) OR ACCIDENT

- *Carry your United Health Care card and contact information.*
- *Seek medical care if you need it.*
- *Always have a working phone on you that can call locally and globally WITHOUT Wi-Fi.*
- *Notify IPO, your host's international office, or your family.*

CRIME

- *Report to program leader or host university and IPO.*
- *Consider reporting to local authorities, if advised by the Consulate.*

TERROR ATTACK

<https://travel.state.gov/content/travel/en/international-travel/emergencies/terrorism.html>

- *Communicate with the IPO and contacts.*

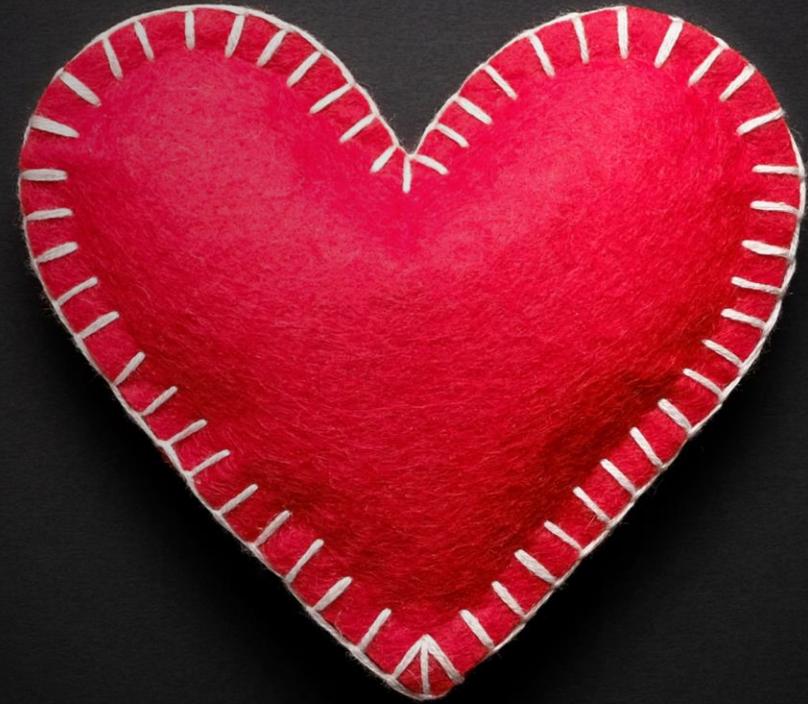
DEMONSTRATIONS/PROTESTS

- *Avoid demonstrations of any kind. If you are caught up in a protest, leave right away.*
- *Do not wear clothing that identifies you as a foreigner.*

NATURAL DISASTER

- *Research if your host region is prone to earthquakes, cyclones, tsunamis, hurricanes, etc. If so, learn about specific preparations or steps to take in case one occurs.*
Work with local staff.
- *Seek safe shelter and communicate with your contacts.*

*Health
Insurance and
Wellness*



BEFORE YOU GO

- Have any required check-ups or appointments
- Check CDC for required vaccines or medication
- Get Rx filled and bring with you in carry-on
- Check to see if there are any restrictions on your meds in your destination
- Log in to United Health Care (study abroad insurance) and familiarize yourself

HEALTH



WHILE ABROAD

- Print and carry your insurance information
- Seek medical care when needed, keep receipts
- Carefully read (or translate) dosage of medication purchased abroad

Save study abroad resources directly to your phone

- Save numerous travel resources on your phone, including travel assistance, emergency contacts, and more - ready for easy access at any time during your travels
- No app required; download the contact card with one simple QR scan (directions on reverse)
- Once downloaded, you can find the contact card in your phone's contacts app; search for "SUNY Cortland" or "study abroad" in your contacts app



How can I download the cards?



1. Start downloading the contact card by scanning the QR code with your smartphone's camera, or any QR scanning app

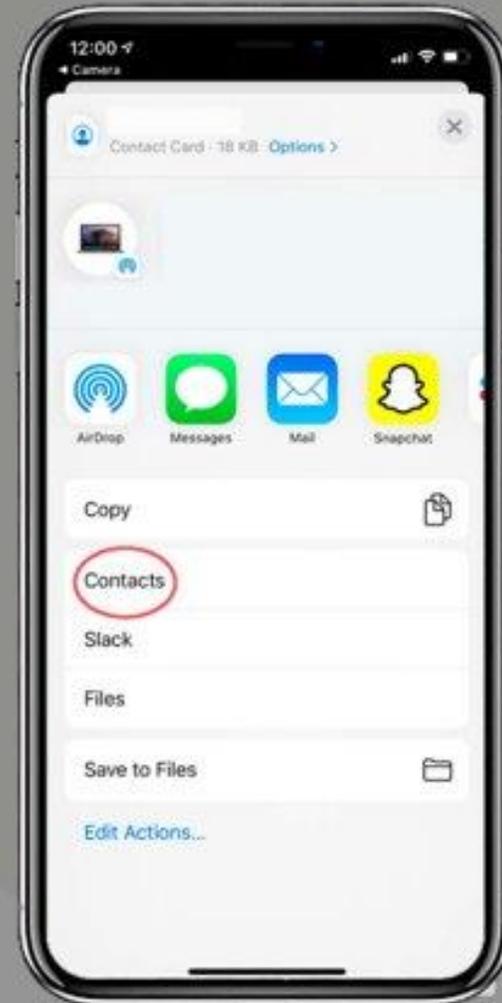
2. Tap the link that pops up. Once in the web browser, fill out your info. Then, click the "download card" button

3. On iPhones: once you see a preview of the card, click the **export** button  in the top right corner. Click the wide **"contacts"** button (not the icon), then **"Save"** (top right corner)

4. On Androids: open the file by tapping "Open" or by sliding down on screen. Save the cards to the "Phone" option

Need help? Email us for assistance
support@aerogami.co

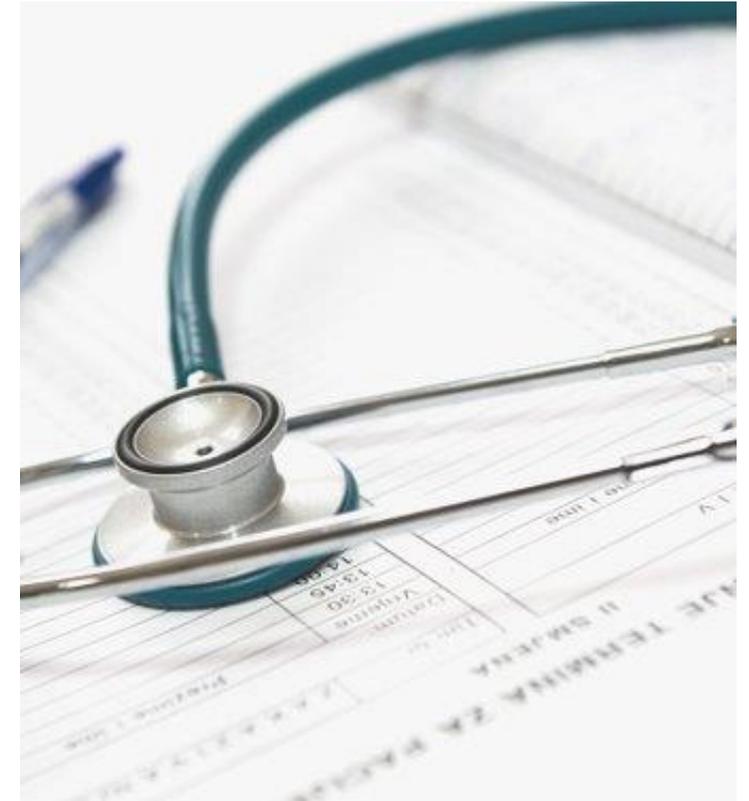
aerogami 



UNITED HEALTHCARE INSURANCE

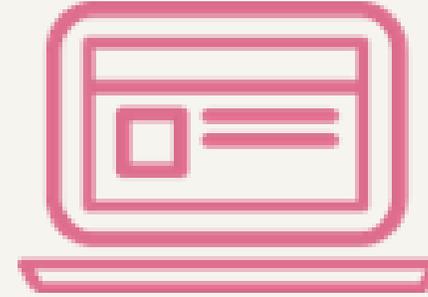
STUDY ABROAD INSURANCE

- Insurance is managed by administrating campus
- SUNY Cortland programs: you are automatically enrolled
- Other-SUNY programs: you may need to opt in
- Look out for an email from United Health (notifications@uhcsr.com) with log in information **sent to your cortland.edu email**
- Log in to find insurance card, policy info, find doctors/hospitals abroad, and to file/check on a claim
- Your UHC insurance card will also be sent to you from our office via our studyabroad@cortland.edu email.



UNITED HEALTH CARE STUDENT RESOURCES

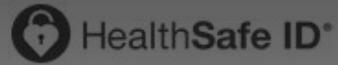
[HTTPS://MYACCOUNT.UHCSR.COM](https://myaccount.uhcsr.com)



Use this to login and view your benefits and file a claim. Your login information will be emailed to you. If you don't receive the enrollment email, you can create your account with your name, date of birth, and email address.

- ✓ Find doctors or hospitals
- ✓ Read health profiles by country
- ✓ Find international drug equivalents and immunization information.

United Health Care Student Resources Login



Secure, convenient sign in.

Use your [HealthSafe ID®](#) to access your accounts using a single ID and password.

Username or Email Address

Password

Remember my username (Optional)

Sign in

Register now

Forgot [username](#) or [password](#)?

<https://myaccount.uhcsr.com>

My Account

 **Take Action**
1 action pending

My Claims/Balances

 Pending Claims
Summary of claims pending and in progress

 Completed Claims
Summary of finalized claims

 Member Balances
Deductible and Out-of-Pocket Balances

My Benefits



Medical



Additional Benefits

 **Coverage Information**
View coverage details

 **Need Assistance?**
How may we help you?

 **PRA**
Appoint Personal Representative

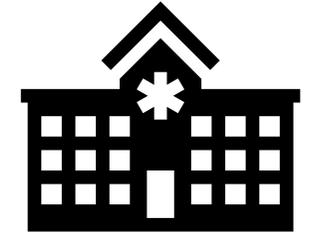
<https://myaccount.uhcsr.com>

Read 2024-25 SUNY Study Abroad Health Insurance Information in Document Library

UNITED HEALTH CARE STUDENT
RESOURCES DASHBOARD

SICK, INJURED, OR NEED TO TALK WHILE ABROAD?

- Seek immediate medical attention if it is an emergency. Get help first.
- Emergency or not, contact your study abroad advisor and they can open up a case with United Health Care. You do not need to share any medical details if you do not want to. You will then be contacted by UHC for detailed information.
- You may also call United Health Care at 1-844-249-0748 to open a case for you. UHC can find a local doctor or hospital and set up an appointment for you to be seen. Ask for UHC to pre-authorize payment so that you don't need to pay upfront. If you do pay, keep all receipts from your treatment.
- *Can't find a local doctor or hospital that accepts United Health Care?* Make your own appointment with a doctor or hospital based on recommendations at your host study abroad site. Be sure to keep all receipts from your treatment and submit later for reimbursement from United Health Care.
- Mental Health Telehealth Services are available 24/7/365. See next slide for details.



Support

- **Healthiest You through Teladoc** - Access to virtual mental health care through the website telehealth4students.com or the HealthiestYou app. (Relationship needs to be established with HY mental health provider *prior* to student leaving the U.S.).
- **In-the-moment support line** - 24/7 telephonic connection with master's level specialist through Optum. Phone number is displayed on dashboard in student's My Account.
- **Staying connected** - join apps or forums to stay in communication with other students and family around the globe for support so you don't feel isolated.
- **Regular check ins with your colleagues/family** - to share how you are doing in new host country.
- **Access to psychiatric care services** - find a provider by reaching out to UnitedHealthcare Global at assistance@uhcglobal.com



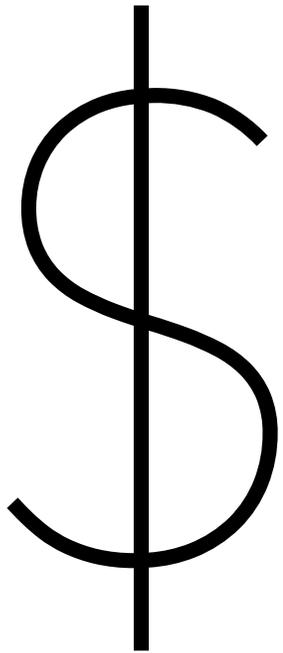
*LOST YOUR PASSPORT WHILE
ABROAD?*
(TRAVEL.STATE.GOV)

- Find and contact the nearest U.S. Embassy or Consulate.
- If your passport was stolen or you were the victim of a crime, file a police report.
- Take a new passport photo (bring this with you to the U.S. Embassy/Consulate).
- Fill out an application for a new passport and a statement regarding your lost passport.

NOTE: The following are needed to apply for a new passport:

- Passport Photo
- Drivers License or other official photo ID
- Travel Itinerary (train/plane ticket)
- Copy of your original passport (bring a digital copy with you abroad)
- Passport Application and Statement





Billing, Registration (etc.)

What are the next steps in the process?

Required Documents



ACADEMIC POLICIES

Our expectations and policies regarding your academic participation and performance abroad



CONDITIONS OF PARTICIPATION

What you are agreeing to do by participating in a SUNY Cortland program



CONDUCT ABROAD

Our expectations and policies regarding your personal conduct while abroad.



WITHDRAW AND REFUND POLICY

Outlines that students are responsible for all funds expended on their behalf

*Signing of Agreement and Acceptance of Risk for Study Away/Abroad Document

*Access to these documents in Post Acceptance section of online application

POST ACCEPTANCE SECTION

DEPOSIT

Summer & Fall deposit due 2 weeks after date of acceptance: for majority here, deposit is overdue

FINANCIAL ARRANGEMENTS

Form for Non-Cortland students to indicate the use of financial aid from home school

HEALTH INSURANCE

Verifies your knowledge of your health insurance coverage

PERMISSION FOR EMERGENCY TREATMENT

Emergency treatment authorization: print and keep with you

STUDENT HEALTH INFO

Self-disclosure of medical conditions, med, allergies, etc.

FLIGHT INFORMATION

Describe your flight details, must include return flight

COURSE APPROVAL FORM

SUNY Cortland students only



Registration & Course Approval

CORTLAND STUDENTS

All students are registered for a study abroad "placeholder course" by the IPO. Students do not register themselves.

When you return, we "match up" the courses on your overseas transcript (we get this from admin campus if you are going through another SUNY) with your course approval form. Expect up to 3-4 month delay in grade posting. You will receive **GRADED** Cortland credit.

OTHER - SUNY STUDENTS

You must be registered with your home campus. Check with your home study abroad office regarding having courses pre-approved.

When we receive your grades, we create a transcript supplement to send to your home campus.

Credit type and grading policy varies by campus. Check with your study abroad office if you have questions.

NON - SUNY STUDENTS

You are registered at Cortland for the purposes of your study abroad program.

We will send a Cortland transcript to your home campus.

Check with your study abroad office to find out about applying these Cortland credits towards your degree.

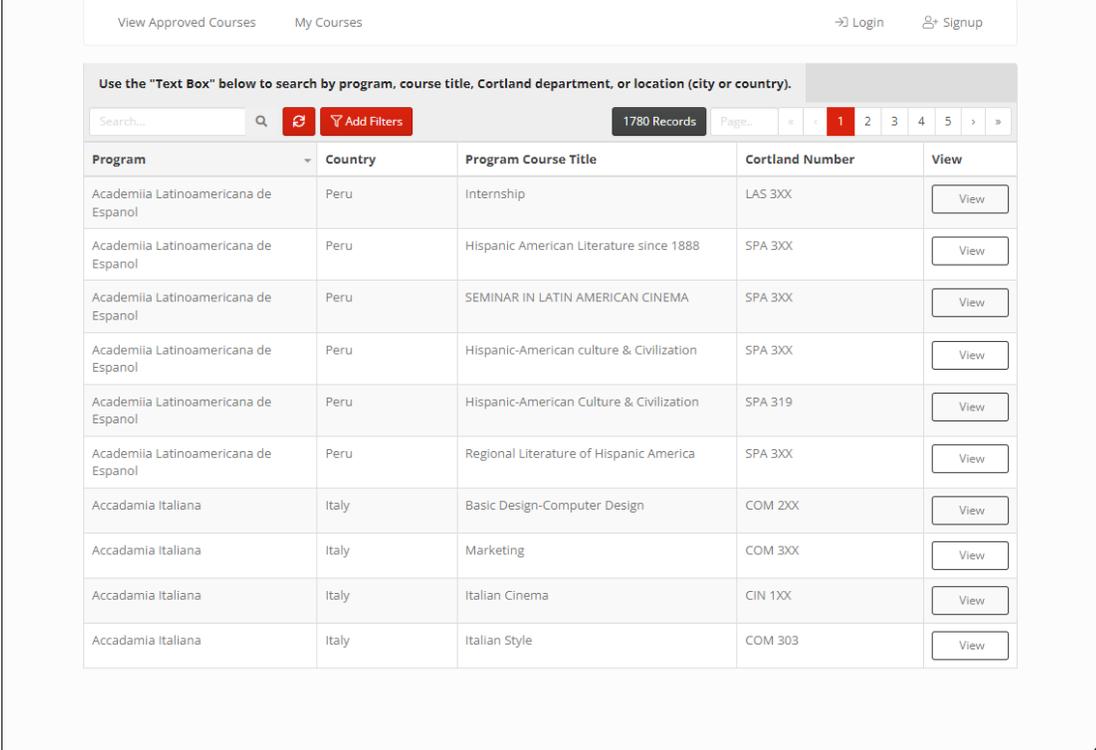
COURSE APPROVAL FORM

Cortland Students

Course Approval form must be uploaded to your application pre-departure. You must inform us immediately if your academic plans change while you are abroad.

Non-Cortland Students

You are welcome to browse the database and add courses to your My Courses portal. However, you need to follow your home campus' procedures for having equivalents assigned. The transcript that you receive from Cortland at the conclusion of your program will list the overseas courses – not the Cortland equivalents.



The screenshot shows a web interface for viewing approved courses. At the top, there are links for "View Approved Courses" and "My Courses", along with "Login" and "Signup" options. Below this is a search bar with the instruction: "Use the 'Text Box' below to search by program, course title, Cortland department, or location (city or country)." The search bar contains a search icon, a red "Add Filters" button, and a "1780 Records" indicator. Below the search bar is a table with the following columns: Program, Country, Program Course Title, Cortland Number, and View. The table contains 10 rows of course data.

Program	Country	Program Course Title	Cortland Number	View
Academia Latinoamericana de Espanol	Peru	Internship	LAS 3XX	View
Academia Latinoamericana de Espanol	Peru	Hispanic American Literature since 1888	SPA 3XX	View
Academia Latinoamericana de Espanol	Peru	SEMINAR IN LATIN AMERICAN CINEMA	SPA 3XX	View
Academia Latinoamericana de Espanol	Peru	Hispanic-American culture & Civilization	SPA 3XX	View
Academia Latinoamericana de Espanol	Peru	Hispanic-American Culture & Civilization	SPA 319	View
Academia Latinoamericana de Espanol	Peru	Regional Literature of Hispanic America	SPA 3XX	View
Accademia Italiana	Italy	Basic Design-Computer Design	COM 2XX	View
Accademia Italiana	Italy	Marketing	COM 3XX	View
Accademia Italiana	Italy	Italian Cinema	CIN 1XX	View
Accademia Italiana	Italy	Italian Style	COM 303	View

RCT: Registration Compliance Tracking

Cortland is now using a computerized process that evaluates if the courses students register for are required for their degree program. This is required as part of federal and state regulations in the administration of federal and state aid programs. ***This only applies to you if you're using financial aid, including loans.

Since you are not registered for individual courses while abroad but instead a general SAB placeholder, the new RCT system will list your SAB placeholder course as “not eligible”. This does not mean that you are not in compliance with financial aid requirements, but it does require an additional individual check of your registration status.

Once you're abroad and fully registered, please email studyabroad@cortland.edu an image of your course registration. We'll add this to your previously completed course approval form and share with Financial Aid for review.

**Your course registration and course approval form must match! If they do not, please update your course approval form when you send us your course registration.

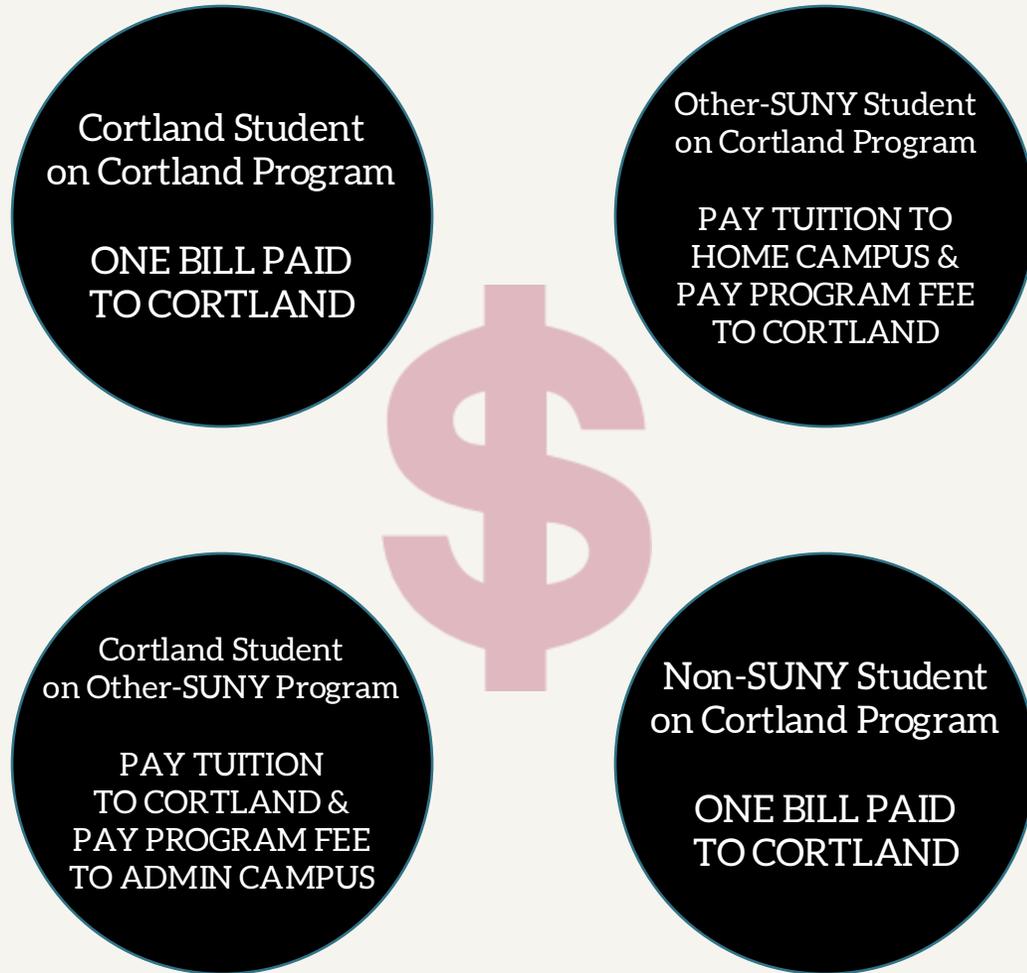
	Monday 8 April 2024	Tuesday 9 April 2024	Wednesday 10 April 2024	Thursday 11 April 2024	Friday 12 April 2024
10am	Perspectives from the Global South GI4057 Tower Building Green Zone (BE, BP, BR), BPLG-01- GRN GI4057 10:00 am to 1:00 pm Tower Building Green Zone (BE, BP, BR), BPLG-01- GRN Every 2wks SFeb to 19Feb, Wkly 28Feb to 19Mar, Wkly 8Apr to 29Apr Anita Matis Boucas GI4058; Perspectives from the Global South				Social Divisions SS4057 Tower Building Green Zone (BE, BP, BR), BEL2-03 - GRN - Avocor SS4057 10:00 am to 1:00 pm Tower Building Green Zone (BE, BP, BR), BEL2-03 - GRN - Avocor Wkly 23Feb to 22Mar, Wkly 12Apr to 3May Francesca Ammaturo SS4057; Social Divisions
11am			French Stage 1B OFL072 Tower Building Green Zone (BE, BP, BR), BEL2-05 - GRN OFL072 11:00 am to 1:00 pm Tower Building Green Zone (BE, BP, BR), BEL2-05 - GRN Wkly 21Jan to 20Mar, Wkly 10Apr to 1May Willame, Michel OFL072; French Stage 1B		
12pm					
1pm	Principles of Macroeconomics FE4057 Tower Building Green Zone (BE, BP, BR), BEL1-09 - GRN SS2-52 FE4057 1:00 pm to 2:00 pm				
2pm	Principles of Macroeconomics FE4057 Tower Building Yellow Zone (AB, ROC, TH), TM2-17 - YEL				

Non-Cortland Students

Be sure to check with your home campus about any financial aid compliance requirements

HORA	ASIGNATURA	GRUPO	AULA
9.00 H.	LENGUA ESPAÑOLA	GRUPO 3	CI 110 CURSOS INTERNACIONALES
16.00 H.	BUSINESS ETHICS	GRUPO 1	CI 101 CURSOS INTERNACIONALES
17.30 H.	E-COMMERCE AND SOCIAL MEDIA MARKETING	GRUPO 1	CI 101 CURSOS INTERNACIONALES
19.00 H.	CURRENT SPAIN	GRUPO 1	CI 101 CURSOS INTERNACIONALES

Billing Scenarios



PAYING THE BILL



1. Sign in to MyRedDragon
2. Accept Charges
3. Make Payment

Using Financial Aid? Be sure to have a Financial Arrangements Form

uploaded in Horizons

Summer bills due May 9

Fall bills due August 12



Grades

Grades are sent from the faculty or host institution abroad to ADMIN campus, then on to students' home campus. This takes time!



Course Approval

If you took a course that was not pre-approved it must be approved after you return. This really slows things down, so stay in touch.

UPON YOUR RETURN



Evaluations

You will be sent an online program evaluation. Please complete these immediately.



Stay Involved

- Study Abroad Office Peer Advisor program
- Photo contests
- Welcome back events.

PACKING, MONEY, CELL PHONES

& OTHER PRACTICAL MATTERS





BEFORE YOU GO

- **PASSPORT AND VISA REQUIREMENTS**

Ensure you have a passport valid for at least 6 months after return. Work with your admin campus on any required visas. Check the CDC website for immunization and medication guidance.

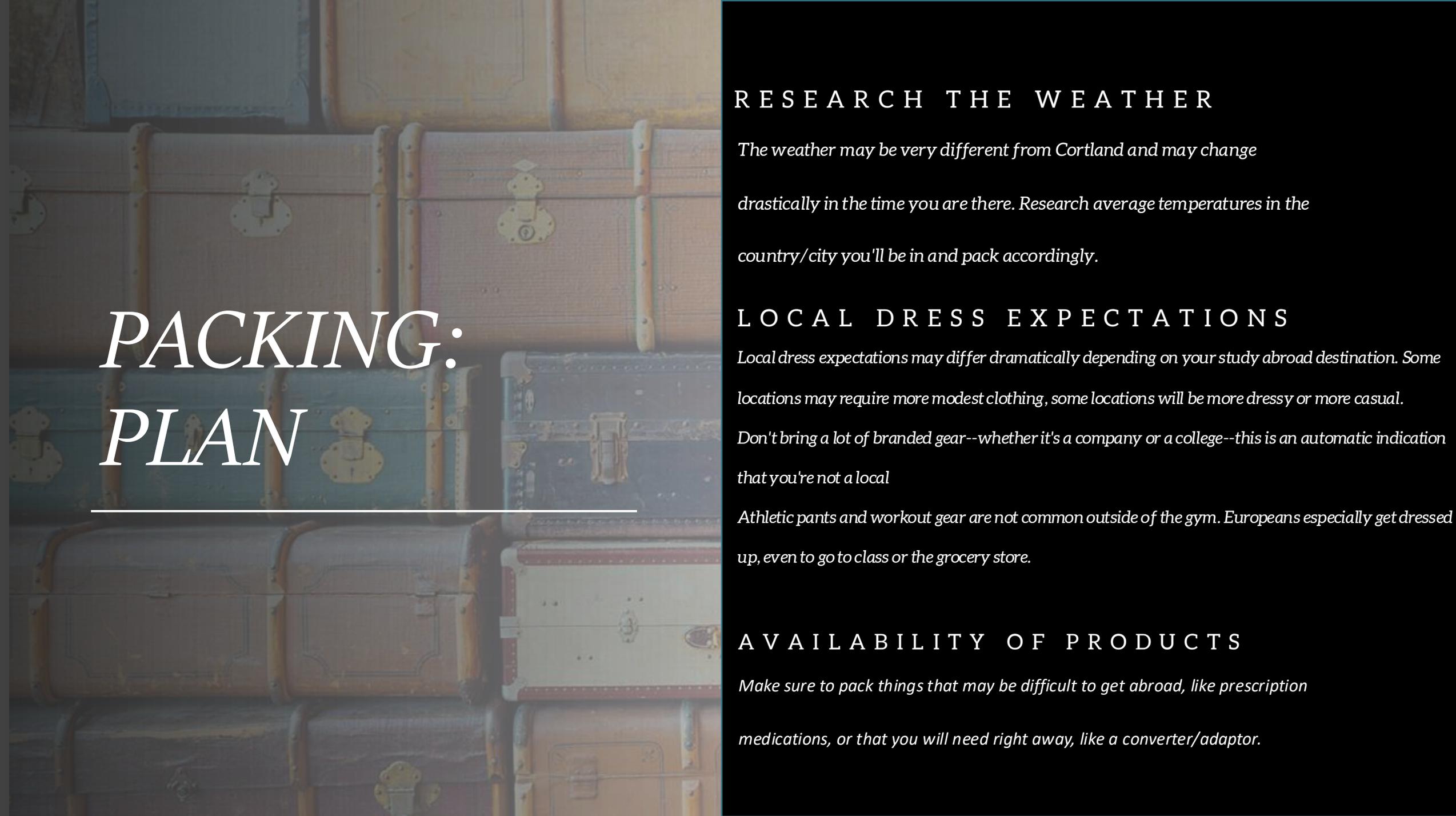
- **MAKE A PLAN**

Communicate with loved ones regarding your communication plan. Check to see if someone has a passport in case of an emergency that would require them to travel to you

ETA and EES

- United Kingdom: Electronic Travel Authorization: required for any travel to the UK unless you have a student visa.
Be sure to go to UK government website for guidance:
<https://www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta>
- European Union: Entry/Exit Systems (EES): launching in October 2025. Will occur at external border of 29 EU countries. Will collect facial image and fingerprints. https://travel-europe.europa.eu/ees_en





PACKING: PLAN

RESEARCH THE WEATHER

The weather may be very different from Cortland and may change drastically in the time you are there. Research average temperatures in the country/city you'll be in and pack accordingly.

LOCAL DRESS EXPECTATIONS

Local dress expectations may differ dramatically depending on your study abroad destination. Some locations may require more modest clothing, some locations will be more dressy or more casual.

Don't bring a lot of branded gear--whether it's a company or a college--this is an automatic indication that you're not a local

Athletic pants and workout gear are not common outside of the gym. Europeans especially get dressed up, even to go to class or the grocery store.

AVAILABILITY OF PRODUCTS

Make sure to pack things that may be difficult to get abroad, like prescription medications, or that you will need right away, like a converter/adaptor.

PACKING: LESS IS MORE



- **PACKING LIGHT ALLOWS MAXIMUM FLEXIBILITY**

If you can't manage your luggage by yourself through a crowded airport or on public transportation, you need to cut some items out.

- **BRING SOME, THEN BUY LOCAL**

*Think about what you'll need for the first week when it comes to toiletries and then buy local after that. There's no point in bringing large bottles of shampoo/conditioner that will only weigh your suitcase down. *if you use a particular product that may be difficult to find abroad, consider bringing more of that item.*

- **SMALL ELECTRONICS**

Do not bring your curling iron or straightener from home--the only thing this will do is guarantee you blow a circuit breaker. Wattage is different from country to country so plan to buy your small/cheap electronics when you arrive. Consider a travel carbon monoxide detector.

PACKING: THINK AHEAD

- **KEEP THE IMPORTANT STUFF IN YOUR CARRY ON**

Be sure to pack the essentials in your carry on. This way you know they won't get lost. Suggested items include important documents, medications, a change of clothes (in case your checked bag does get lost), your laptop, etc.

- **BRING A TRAVEL BAG**

If you plan on taking shorter trips, make sure you have a bag that fits a lot, but is regulation as a carry on. Most inexpensive airlines will make you pay outrageous prices to check a bag so make sure you have a bag that fits all of the essentials.

- **DON'T OVERPACK**

Don't overpack--remember you need to be able to manage your luggage by yourself and you'll want to bring things home at the end of your experience. Leave room in your suitcase, or plan ways to make room in your suitcase for the return trip.





GETTING THERE

ARRIVE EARLY

- You can check in online 24-hours before your flight. Arrive 3 hours early. Expect an hour at security and boarding to begin an hour before flight.

STAY HYDRATED & MOVE

- Pack an empty reusable water bottle and fill it after security. You can ask a flight attendant to fill it for you on the plane. Try to get up and stretch every few hours on long flights.

ARRIVING IN COUNTRY

- Follow the signs (and the crowd) to immigration. Be prepared with the landing forms given to you on the plane, your passport, and copies of your local address, local contacts, and emergency numbers.

Security Here and Abroad

US Security:

- Be prepared

Remove shoes, belts, jackets, and hats

Have any food, liquid, and large electronics (such as a laptop) out of your bag

Take everything out of your pockets

Write down emergency contacts and keep them on your person in case your phone becomes inaccessible. It's possible to lock your phone with a password instead of fingerprint or facial recognition.

- Getting Scanned

Metal Detectors are gender based and scan you based on how the TSA agent assumes you present

Scanner flags and pat-downs

Know your Rights

Security Abroad

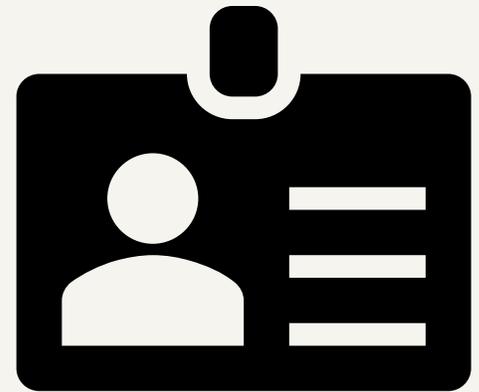
- Questions you'll be asked

Where are you going?

What are you traveling for?

Where are you coming from?

How long will you be in the country?



NOTES FOR TRANS TRAVELERS

U.S. policy on passport gender markers is evolving, along with increased restriction of trans rights. Be an advocate for yourself and do research before you travel to minimize difficulties. If you have questions or concerns, reach out to your study abroad advisor.

Track LGBTQ+ rights across the world at <https://www.equaldex.com/>

Know Your Rights: Airport Security

The right to travel freely is a fundamental human right, yet travelers across the country continue to express concerns about the intrusive security screening procedures used by the Transportation Security Administration (TSA). These procedures can be invasive of everyone's privacy and are of particular concern to transgender people because of their potential to "out" people in unsafe ways, potentially leading to harassment and discrimination. Most of the time, however, transgender people are able to proceed through security without incident. This guide answers common questions trans people may have about airport security procedures and outlines steps individuals can take to prevent and respond to problems at the airport.



[Link to A4TE Website](#)

Medications and TSA



It is advised you carry any medications in your carry on for easy access and in case your luggage gets lost. Most medications will get through TSA without a problem. Here are some things to remember:

- Keep all medications in their original bottle or packaging.
 - If your medication is a controlled substance, keep a copy of the pharmaceutical label to prove you're meant to have it on you.
 - If you're medication is a liquid, it's still subject to the liquid limit. Some exceptions can be made for medications, however; talk to your doctor and ask the airline if you're concerned.
- If you're carrying needles, syringes, or hormones, you *must* have proof that they are prescribed (pharmaceutical label). Tell a TSA agent if you have prescribed needles and syringes in your carry on.
- If you need to dispose of needles while abroad, you can bring a sharps disposal with you, though these may be bulky. Some airport bathrooms may have sharps disposals. You can also purchase smaller containers that hold a minimal number of needles. Research local laws pertaining to sharps disposal before you travel.



Staying in Touch



YOUR PHONE IN AIRPLANE MODE

Functions like a computer - can connect to wi-fi and make calls/text via Google Voice (can call landlines for \$), WhatsApp, Facetime, Facebook Messenger, Zoom, etc.



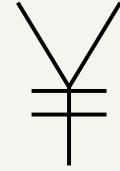
INTERNATIONAL PLAN

Check with your provider for options to purchase a daily plan, new SIM card, and/or unlocking your phone.



LOCAL PHONE

You can purchase a local phone and pre-pay for minutes or buy a short-term plan. Work with faculty leader or on-site staff to determine best option.



While You're There

BANKING ABROAD

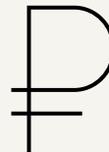
Inform your bank and credit card company of your travel plans.

Carry around \$200 with you on the flight - order local currency from your bank ahead of time or change some money at the airport.

Depending on the location and how long you are studying, you may want to consider opening a bank account in that country. For other locations, this is not necessary. Ask your study abroad advisor or staff at your host institution.



Ask host institution staff or other international students where to find the ATMs with the cheapest withdrawal fees.



- Debit cards are the easiest way to access money abroad. Talk to your bank about foreign transaction fees. Take a picture of the back of it (with the phone number to call from abroad if the card is lost or stolen).
- Credit cards are accepted widely (Visa and Mastercard) and often have the best exchange rate. Use a credit card when you can. Take a picture of the back of it (with the phone number to call from abroad if the card is lost or stolen).
- If you choose to use a credit or debit card while abroad, make sure it has a chip in it. If it doesn't, it likely won't work. Some countries may also use contactless transactions (tap to pay).
- Consider getting a prepaid card (Visa or Mastercard are common), that you can add money to as needed and act like a credit card.
- Be sure to carry cash with you when you travel. While credit/debit cards are widely accepted, depending on where you study abroad, you'll want to plan to carry more cash than what you might be used to. Keep it safe!



WHILE YOU'RE THERE

MONEY ABROAD

While You're There

Returning to Campus



- Don't forget to plan for your return!
Sign up for next semester's classes
Keep in touch with your academic advisor
Check in with Residence Life and Housing



Studying Abroad Sustainably



Sustainability and International Programs Offices



Before you go While you're planning



- Transportation
- Packing
- Resources



Packing

1

Pack Light

- Less fuel means less emissions
- Think about the climate and what you will be doing
- Capsule wardrobe - what can you rewear in different combinations
- Opportunity to support local businesses, buy a fun and useable souvenir

2

Pack Reusables

- Water bottles, straws, utensils, shopping bags -- all items you might buy or use that you can save money on by bringing your own and saying no to single-use items



3

Sustainable & Plastic Free Toiletries

- Shampoo and conditioner bars: give you more product with less space AND don't worry about spills!
- Sunscreen without Oxybenzone and/or Octinoxate - damaging to marine life

Transportation: Carbon Footprint

Definition

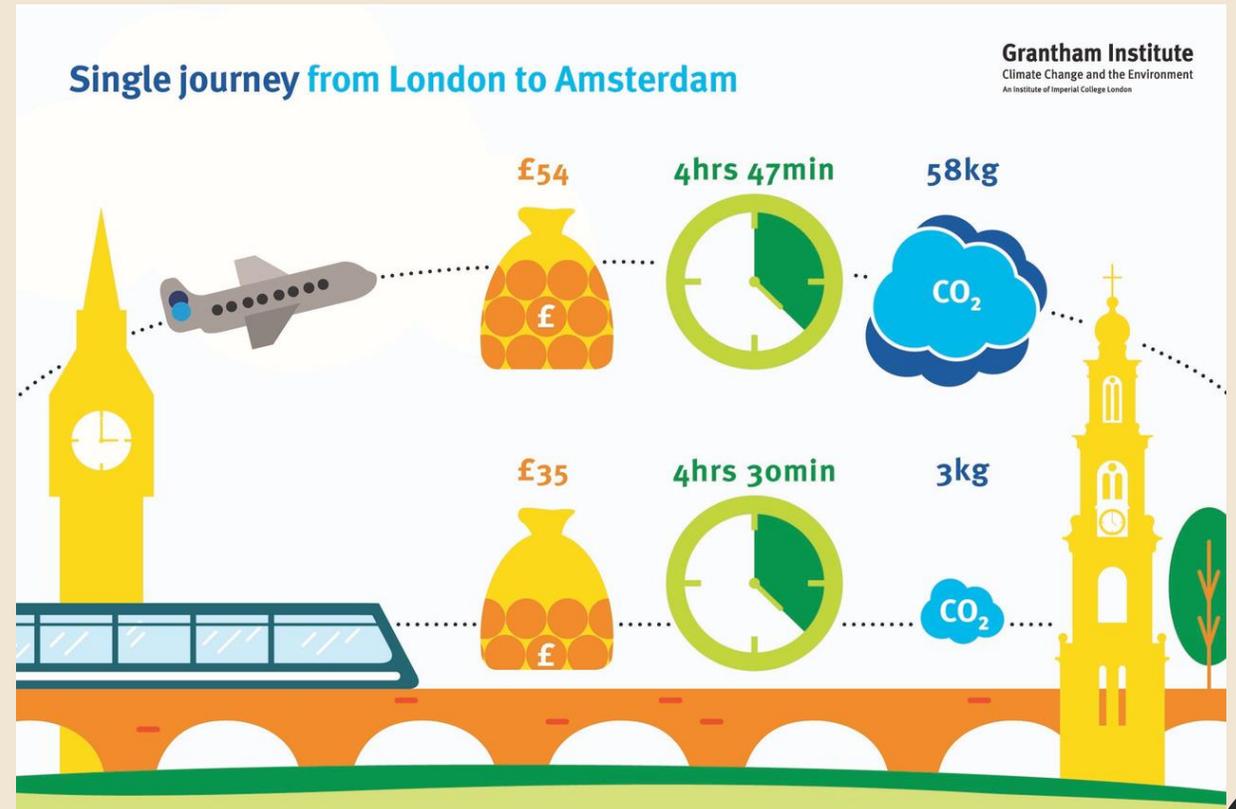
A measurement of the amount of carbon dioxide that a person produces at any given time

Transportation to your program

- Travel longer and less
- Take direct, non-stop flights
- Opt into buying a carbon credit to offset that emissions created by your flight

Transportation during your program

- Public or shared transportation - buses & trains instead of planes!
- Do what the locals do - bike or walk (if it's safe) - a lot of other countries are not as car dependent as the US



While you're there



Sustainable Eating

- Locally produced foods that are in season
 - Plant-based options
 - Avoid pre-packaged goods
-

Water & Energy Usage

- Recognize the appropriate amount of usage in a given region
 - Reflect on showers, teeth brushing, dishes, toilets, and more.
 - Turn off lights, don't keep things plugged in
 - Respect regional/cultural norms
-

Avoid mass produced souvenirs

- Consider buying unique and/or handmade items that have guarantees of providing support directly to the local community.
 - Ask where product is from
 - Don't buy products made from endangered species or cultural/historical artifacts
-

Carbon insetting & Reflecting

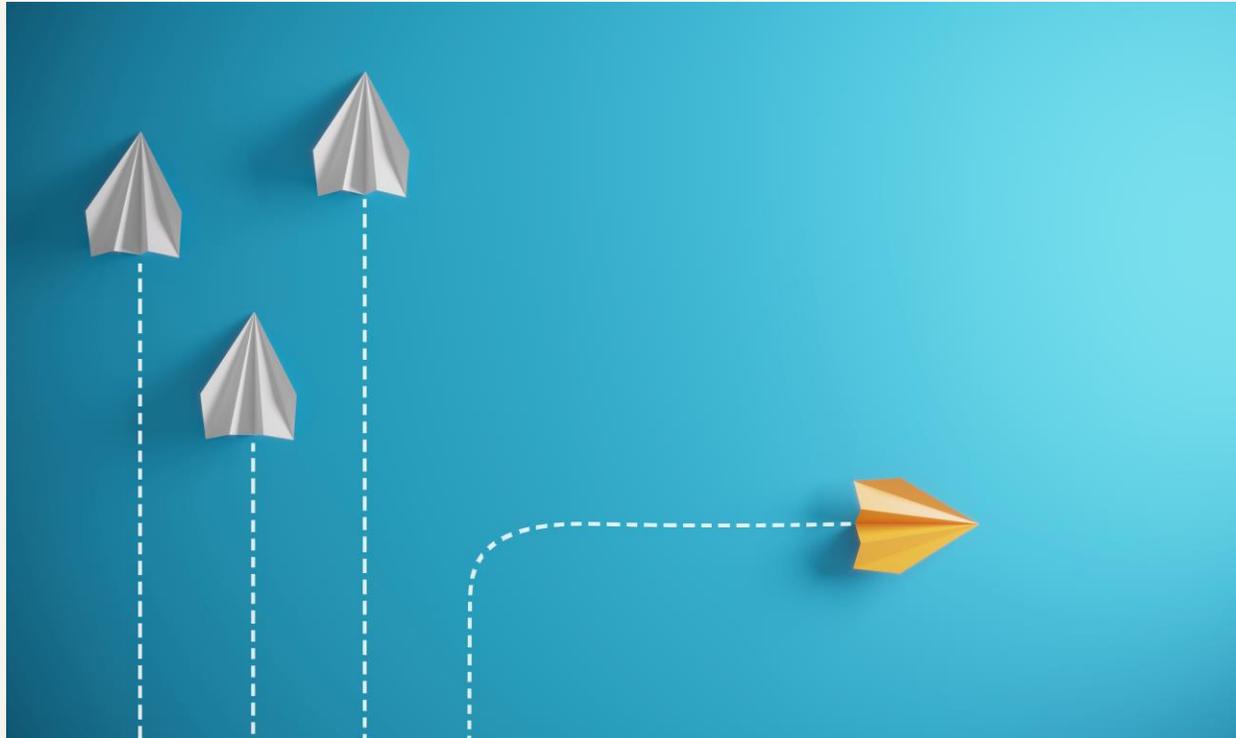
- Make an impact on the location you're visiting
- How will your habits (especially consumption) change?
- Be open minded and ready to learn

Being Abroad

*Identity, Culture, and A New Home Away
From Home*



Preparing for different academic expectations and culture abroad.



- Course expectations
- Class length
- Assignments
- Academic Atmosphere

KNOW BEFORE YOU GO

PRE-DEPARTURE QUESTIONS

Perceptions about gender and gendered interactions vary, and your intentions and actions could be misconstrued. Research:

- What are the cultural norms for gender?
- Do gender roles differ in the host community?
- Are there expected ways for an individual to talk with, approach or act towards each other based upon gender or other identity?
- Are there expectations of gender-norm clothing or appearance?
- What are the local laws that students should be aware of?



SHE/HER

HE/HIM

THEY/THEM

IDENTITY & CULTURE ABROAD

WHO WE ARE AND HOW WE LIVE

Culture:
shared
history, attitudes,
and practices.



Identity:
a person's sense of who
they are based on their
group membership(s).

VARIOUS IDENTITIES



Race

Class

Religion

Disability

Language

Gender

Age

Sexual
Orientation

Education
Level

Nationality

IDENTITY RESOURCES

Check out identity resources on our website under Planning for Study Abroad.

SHARE YOUR OPINION

Tell us what other identities you'd like to see us build resources for next!

Diversity and Identity Resources

[Home](#) / [Offices](#) / [International Programs](#) / [Study Abroad](#) / [Planning for Study Abroad](#) / Diversity and Identity Resources

Do you know of a resource that you think should be shared on this page? Do you have other ideas for this page? Please contact the International Programs Office at studyabroad@cortland.edu to let us know.

Did you know that there are many study abroad scholarships specifically for students from historically underrepresented groups? Check out our [Study Abroad Scholarships Page](#) to learn more!

[Expand This Section](#)

Race and Ethnicity

LGBTQ+ Students

Gender

Students with Disabilities

First Generation Students

Transfer Students

Religion and Spirituality

BEING IMMERSED IN A NEW CULTURE MEANS EXPERIENCING IDENTITY IN NEW WAYS

- While identity may remain the same - it may "feel" different to be who you are abroad. Privilege operates to normalize some identities over others.
- Example: If you speak English as your first language, in the US you rarely need to think about language as an aspect of your identity.





AVOID THE US BUBBLE

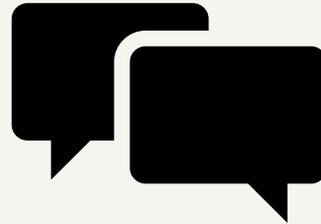
Push through the awkwardness and make LOCAL friends - you lose out by spending time exclusively with other US students



USE THE LOCAL LANGUAGE

Even if you are just learning, ATTEMPTING to communicate in the local language shows respect

ENGAGING WITH HOSTS



ASK QUESTIONS

Faculty, and local administrators choose to work with visiting students - they WANT to share their culture with you, so ask!



GIFT GIVING

Is typical in many places - pack something small from home to share with people you meet (ex. candy, coffee, etc.)

THE US AS A GLOBAL POWER

Even if you occupy marginalized identities in the US, as a US student abroad you wield power. Be aware of (and prove wrong) the "ugly American" stereotype.

WOULD I DO THIS AT HOME? AM I RESPECTING PEOPLE'S DIGNITY?

Think about this in particular as you document your experience; when taking photos and posting to social media.

ETHICAL PHOTO TAKING

Just because it would make a great profile picture, doesn't mean you should take the photo, or share it! This (especially) includes photos/videos of:

- children*
- people with disabilities*
- people with minoritized identities (racial, ethnic, religious, etc.)*
- people who are economically and/or educationally disadvantaged*

Never photograph a person without their consent and remember that not everyone can give their consent, like children.

CHECK YOUR PRIVILEGE





BEING AN AMERICAN ABROAD

THINGS TO
CONSIDER

GET READY

Non-U.S. students may have many questions for you about the U.S. – including history, politics, and geography so be prepared for this!

US DIVERSITY

The U.S. is a diverse country, with people who have lots of different perspectives based on their lived experiences. You don't have to speak for everyone!

Engaging with locals in these types of conversations can be difficult but is important for increasing mutual understanding.



BEING AN AMERICAN ABROAD

MORE THINGS TO
CONSIDER

LEGAL MATTERS

If you are detained or commit a crime, support from the U.S. Embassy cannot be guaranteed. Staff cuts and embassy closures are possible due to drastic reorganization.

RECENT ACTIONS

Recent U.S. actions have led to deteriorating relationships with traditional allies and negative economic impact. You may receive critical feedback from others.



SCHOLARSHIPS AND GETTING INVOLVED

for SUNY Cortland Students

SCHOLARSHIPS



Conditions of your scholarship vary from scholarship to scholarship so be sure to check your original offer information, but typically include:

- You must write a thank you note to the donor/organization.
- Respond to Post-Program Questions (500 words)
- Complete your study abroad program
- Participate in study abroad promotion efforts in conjunction with the International Programs Office while abroad and upon your return!
- Any additional requirements outlined in the particular scholarship.
- Questions? Ask your study abroad advisor!

ENAGEMENT WITH OUR OFFICE WHILE ABROAD



NEWSLETTER

We profile a different student in each of our newsletters. We'd love to highlight you!

SOCIAL MEDIA TAKEOVERS

Share with the campus community all the highs and lows of your time abroad.

BLOG

Our office runs a blog focusing on students' international experiences. Consider being interviewed for it or write your own piece for us to feature!

PICTURES AND POSTCARDS

We're almost as excited as you that you're going abroad! Share your experience with us by sending us pictures and postcards--we'll feature them on our social media and in our newsletter.



ENGAGEMENT WITH OUR OFFICE AFTER ABROAD

PEER ADVISOR

Become a peer advisor and earn academic credit while sharing your study abroad experience with fellow students.

WELCOME CELEBRATION

Attend the International Welcome (Back) Celebration at the start of the next semester. Connect with other return study abroad students and share your stories!

STUDY ABROAD FAIR

Represent your program at our study abroad fair and tell other students why they should go to that location.

PHOTO CONTEST

Enter your best study abroad photos into the Fall 2025 Study Abroad Photo Contest and win up to \$100.

ORIENTATION LEADER

Apply to become an Orientation Leader and help orient international students to the Cortland community!



INTERNATIONAL GRADUATION SASHES

ORDER A FLAG SASH

- Can feature up to three flags and the SUNY Cortland logo.
- Great way to represent your study abroad experience(s) as well as any cultural heritages you may want to honor at graduation.
- Available at a much lower cost through our office due to a CAS grant.

SASH CEREMONY

- Participate in an international graduation sash ceremony the week of graduation with other study abroad, international, and heritage students!
- Allow the International Programs Office to see you off on the next step of your journey!