

International Travel and the Loyola Community: travel tips

Many Loyola faculty, staff and students travel internationally either as part of a sanctioned Loyola event or program or for their own research and enjoyment. This is a short guide that highlights some things to keep in mind when planning a trip. Please read this in conjunction with the travel policy and information on international health insurance.

International Travel

Travel information and travel warnings

The following web sites will help you to assess the safety of the area in which you are intending to travel. For undergraduate programs OIP most frequently uses travel.state.gov. However the Australian, British and Canadian government sites provide detailed information as well as a basis for comparison.

www.travel.state.gov (United States)

<http://www.smartraveller.gov.au/zw-cgi/view/Advice/> (Australia)

<http://www.fco.gov.uk/en/travelling-and-living-overseas/travel-advice-by-country> (UK)

<http://www.voyage.gc.ca/dest/ctry/reportpage-en.asp> (Canada)

Please read travel information carefully and develop emergency plans for yourself once you have arrived at your destination especially if you are traveling to a country under state department warning or advisory. While individuals may elect to go to travel warning countries, leading a Loyola program (graduate study abroad, immersion, etc.) to any country on the US travel warning list should be discussed thoroughly with the Associate Provost for International Initiatives.

Please also note that the US may severely restrict travel to certain countries, i.e. Cuba. There are a range of requirements that regulate travel to Cuba. These rules are stringent, enforced and most travel does not qualify under the Cuban Assets Control Regulations. While you may have obtained permission from Cuba to travel please understand that the US rules and regulations are enforced upon your re-entry to the US. Also, traveling to Cuba from a third country i.e. Mexico for the purposes of avoiding these rules is not advised. If you are able to travel to Cuba **do not** bring back or send via mail any prohibited items such as rum and/or cigars. Also, CISI travel insurance does not cover travel to Cuba.

Passports and Visas

Passports

- Obtain or extend (if needed) your passport before you attempt to get a visa. Passports generally take a few weeks to process but there is an express option in which you can obtain a passport in a few days. For more information on passports: http://travel.state.gov/passport/passport_1738.html
- Getting a passport for a minor is more involved as it requires the consent of both parents and more documentation. It is probably a good idea to travel with copies of the birth certificate as well. Keep in mind that if both parents are not along on an international trip that includes a minor, the other parent is often asked to give notarized consent. Airlines and travel agents can typically assist with this.
- Also, if you will be overseas for a while, make sure that someone in your family has an up to date passport. If anything should happen to you, your family member should be able to board a plane immediately and not have to worry about obtaining or renewing their passport.
- If you are a US Permanent Resident you will travel with your “green card” and your native country passport in most cases. You will need to check your entry requirement more carefully as well as be sure to have what you need when you re-enter the United States.

Visas

Often Americans assume that travel to another country especially for a short time period does not require a visa. Please note that the necessity for a visa is not only a question of how many days you are in a country but **purpose** of travel. Well before you travel, we suggest going to the web site of the embassy or consulate of your destination(s) and determining if you need a visa or not. Please also note that a visa does not guarantee your entry into a country. It is the opportunity to present yourself at a port of entry for inspection. In most countries (including the US) port of entry officers have complete and total discretion regarding your entry into their country. Be brief, courteous and truthful at any port of entry. There is generally no appeals process if denied at a port of entry.

Please be mindful of the following:

- Rules change from year to year with respect to visas please keep yourself updated if you travel a lot
- You may be traveling to a country that does not require a visa of Americans in tourist status, however if you are there to carry out research, work, study etc. you are not a tourist. You may need a visa even if your trip is for 30 days. You may or may not be asked your purpose of travel at the port of entry. If you are and you do not have the proper visa this could become an issue. It could also become an issue if you are stopped and have the incorrect visa or no visa. It will be the first sign to

an authority figure that you have not followed the rules of their country. OIP is not suggesting that this happens frequently just that it could happen.

Vaccinations/Travel medications

Some countries have vaccination requirements i.e. yellow fever. Other countries may not have a requirement but the State Department suggests that you get malaria medicines, etc. if needed. There are many places in Chicago that can provide this information as well as give you the actual shots and medicine. Please note that some medicines require that you begin a course a treatment a few weeks before you leave so give yourself some time to get this done early.

- Loyola University Medical Center. For an appointment or for more information about International Medicine & Traveler's Immunization Service, call (888) LUHS-888.
- University of Chicago, <http://www.uchospitals.edu/specialties/travel-clinic/>
- Northwestern University Travel Medicine, (312) 926-3155

You may consider purchasing a travel medical kit especially if you will be in a rural area.

Fill your prescriptions before you leave. Although it may not be difficult to locate a pharmacy while you are overseas, filling prescriptions can be complicated and time consuming. Don't hesitate to visit a pharmacy if needed. In many countries, medicines that are under prescription here may be available over the counter.

Please also consult the Center for Disease Control web site at cdc.gov. Here you will find health information for your destination.

Health and Safety while Abroad

It is a good idea to review the US State Department Tips for Travelling Abroad which encourage you to register with the US embassy (on line). This is especially important if you are going to be on your own or in isolated or unstable areas.

http://travel.state.gov/travel/tips/tips_1232.html

If you are in a country that is conservative or culturally sensitive, avoid wearing conspicuous clothes such as sweatshirts that bear the name of American institutions or teams. Shorts are not typically worn by adults in other countries unless they are working out or in a resort area. Women may need to dress more modestly than in the US. Again the country specific information on travel.state.gov is helpful in this regard.

See information on CISI health insurance.

Please also consult the Center for Disease Control web site at cdc.gov. Here you will find health information for your destination.

Legal

Remember while you are overseas you are governed by the rules of the country in which you are staying. Run-ins with the law in a foreign country have been few and far between for members of the Loyola community however they have happened. Please be sure to monitor your behavior, alcohol consumption, etc. If you engage in risky behavior there is a good chance that you will not get the benefit of the doubt from a police officer or other authority figure. The ability of the US embassy and/or Loyola University to help you if you are arrested will depend on the country you are in and what you are arrested for.

Currency

In many parts of the world your ATM cards and credit cards will work. Travelers Checks are also an option. American Express seems to be the most wide spread and they have offices around the globe. Please be aware in some developing countries (even when cashing AMEX travelers checks in an AMEX office) you may find a limit on how much they are willing to cash per day. In countries where fraud is prevalent, they tend to want to see your check receipts in addition to the checks. So do not leave the receipts at home for safe keeping. You will need to find a way to keep the receipts separate from your checks in case of theft but have them ready when you cash a check if the outlet requires them. Keep in mind that AMEX offices are also places where money can be wired to you in case of emergency as are Western Union outlets.