

## Pre-Departure Checklist

This list serves as a guideline for pre-departure preparation. It is not comprehensive, and additional preparation may be necessary. Please adapt/modify this list as applicable to your particular study abroad plans and personal situation.

### Preparation for your Specific Study Abroad Program:

- Get organized! Create a folder in your email to keep all program correspondence for easy reference.
- Check your Penn Abroad online application items for completion.
- Review information from your pre-departure orientations, information provided directly by your program, and emails from Penn Abroad staff.
- Keep track of and adhere to both Penn and program-specific deadlines.
- Obtain the appropriate [travel documents](#).
- Utilize [past participants](#) for advice and suggestions.

### Learning and Reflection:

- Read about the history, culture, and current events in your destination. How will this benefit your study abroad experience?
- Consider your academic and personal goals for study abroad. What steps will you take to achieve these goals?
- How are various aspects of your identity perceived by people in your study abroad location?
- What tools or skills have you developed in adapting to life at Penn that you might apply while adjusting to life abroad?

### Health and Safety:

- Allow ample time to submit your [Penn Abroad Health Information Form](#) (see your Penn Abroad online application for deadlines and details).
- Confirm your participation in the [Global Activities Registry](#) (once you have received email notification) and enter your flight details.
- Confirm that you have adequate health insurance for your semester(s) abroad. Penn requires that students have [medical insurance](#) valid both in the U.S. and abroad (see the Penn Abroad [policy](#) on insurance).
- Consider purchasing personal property insurance (recommended).
- Access [International SOS](#) medical, security, and travel assistance services for your study abroad location (Penn membership number: 11BSGC000012).

### On Penn's Campus:

- Obtain [course approval](#) using [XCAT](#).
- Cancel on-campus housing and meal plan for the semester you'll be abroad (see your Penn Abroad online application for deadlines and details).

### Finances:

- Review program budget sheet (both on the Penn Abroad website and provided to you via email) and share it with your parents/guardians.
- If you receive financial aid, consult with [SFS](#) on details of your aid package for the semester(s) you'll be abroad.

### Travel and Arrival:

- Check program dates and plan accordingly: know when and where you need to arrive, and have a plan for how to get there.
- Make flight arrangements (be aware of the refund policy and charges for date changes).
- Bring a small amount of local currency for when you first arrive.
- Double-check that you have your passport and travel documents!