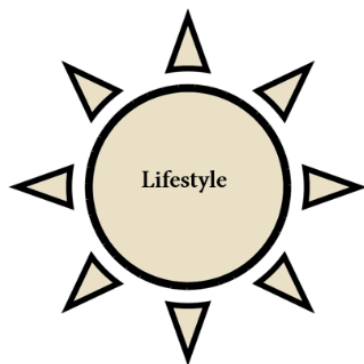




- Living space might be smaller than you are used to
- Amenities; gym and laundry utilities might be extra. Get used to hang drying
- You might not have a closet, but an armoire
- Internet might be slower
- If you have a host family, get them a gift before you leave to thank them for hosting you



- Practice!
- Interact with locals
- Respect host culture by learning basic words and phrases
- Do some research on hand gesture (waving, "ok" symbol, etc.)
  - Some hand gestures commonly used in the US are considered obscene in certain countries



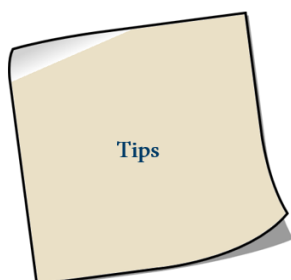
- Pace of life may be different than what you are used to
  - Traditional eating times may vary
- Rest and work balance
  - Some cultures do not stress as much as Americans generally do about work
- Familiarize yourself with local customs and laws
  - Smiling at strangers can be rude or an invitation in some countries
  - Don't be excessively loud



- Alert your banks to where and when you will be traveling
- Keep ID and cash separate
- Understand exchange rates
- ATMs
  - Consider getting a travel reward card that won't charge for exchange rates
  - Consider being your own banker to cut down on fees
  - Withdraw amount once/twice a month and keeping it in separate places in your accommodation
  - Pick pocketing is real; be smart with your belongings



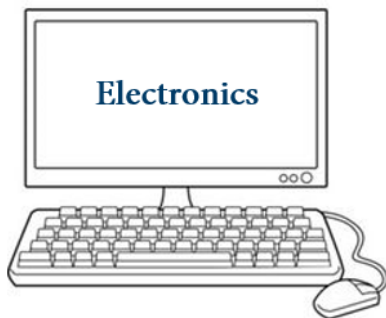
- The way you dress shows respect for the culture
  - No t-shirts or Nike shorts
  - Some students at host universities will commonly dress up for class (business professional, etc.)
- Comfortable walking shoes essential
- Leave TTU, Greek, and other printed clothes at home
- Some churches/monuments/museums require a certain dress code (no shorts, etc.)



- Keep copies of your Visa/passport/IDs in email and printed copies
  - You can also attach these documents to a thumb drive or your TTU application
- Listen to travel podcasts
- Learn how to use a map, you won't always be able to use your smart phone to get around
- Consider purchasing guide books for your host city as well as cities you plan to travel to
- Be patient!



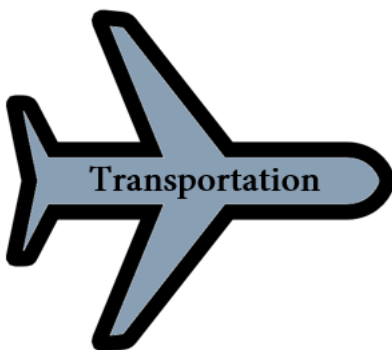
- Try new foods...local cuisine is part of culture!
- Be cautious if you have allergies
  - If you're in a country that doesn't speak English, write your allergies on a card in the language needed saying you're allergic
- Is tap water safe?
  - Most restaurants use tap water if you ask for water – consider Brita water bottle
- Less attention from wait staff. In some places it is not considered rude to call on them
- Generally no refills or ice – might have to pay extra
- Dining etiquette
  - Do research about how behave properly at a dinner table in your country. For example, in some Asian countries it's considered polite to slurp (soup, noodles, etc.)
- Splitting the bill and tipping
  - Usually they won't split on cards – so bring cash
  - It might be considered rude in your country to tip, check beforehand as all countries differ
    - For example, some countries tip less that considered normal in US standards



- Take old phone and purchase SIM card for local service
- Create an email strictly for traveling to keep your itineraries/tickets/conformation emails organized
- Adapters; one for laptop and one for phone
- Couple pairs of headphone
- Portable phone chargers
- WIFI – avoid logging into bank accounts or entering any passwords while using free public WIFI



- Less is more! Try using space saving bags, they allow more items to be packed
- Leave the expensive jewelry at home, you wouldn't want to lose it
- Layer clothing, scarves, light blouses and shirts go a long way
- Thin out wallets
- Carry-on sizes might be smaller (consider using cloth duffel bags)
- Bring empty travel size bottles for toiletries
- Bring a travel-sized first aid kit
  - Medications abroad (like Aspirin, Excedrin, etc.) might go by different names abroad



- Airports
  - You will be required to show your passport when entering security along with your boarding pass; keep these things out after you check your bags
- Customs
  - You will be required to 'declare' any items you bring from the US into your host country. For example, items over a certain amount (each item will differ by each country). You can find an example of the declaration form for each country online.
  - When speaking to a customs agent, do not have a phone in your hand, be polite, do not make jokes
  - Have your final destination address saved, you will need this
  - Different airlines have different luggage requirements, check your airline regulations before you pack
  - Stay hydrated, planes have incredibly dry air. Consider bringing an empty water bottle and fill it up after you get through security.
- Ensure travel to and from airport/train/bus station
- Metros are different in every country, become accustomed with the schedules and stations in your host country

