Thank you for listening to this edition of career cast. Career casts are pod casts brought to
you by the Career Center in the Sam M. Walton College of Business. Today’s career cast
is Work Abroad Part Two: Travel Tips for Students.

Much of this information is from a pamphlet prepared by the Department of State's
Bureau of Consular Affairs to provide students, who are planning to travel or study
abroad, with a few reminders about safety. Although most trips abroad are trouble free,
being prepared will go a long way to avoiding the possibility of serious trouble. Become
familiar with the basic laws and customs of the country you plan to visit before you
travel. And remember: Reckless behavior while in another country can do more than ruin
your vacation, your study abroad experience or your work abroad experience; it can land
you in a foreign jail or worse! To have a safe trip, avoid risky behavior and plan ahead.

Let’s talk about preparing for your trip abroad. Point number one: Apply early for your
passport and, if necessary, any visas: Passports are required to enter and/or depart most
countries around the world. Apply for a passport as soon as possible. Some countries also
require U.S. citizens to obtain visas before entering. Most countries require visitors who
are planning to study or work abroad to obtain visas before entering that country. Check
with the embassy of the foreign country that you are planning to visit for up-to-date visa
and other entry requirements. Passport and visa information is available on the Internet at
travel.state.gov.

Tip number two: Learn about the countries that you plan to visit. Before departing, take
some time to do some research about the people and their culture, and any problems that
the country is experiencing that may affect your travel plans. The Department of State
publishes Background Notes on about 170 countries. These brief, factual pamphlets
contain information on each country's culture, history, geography, economy, government,
and current political situation. Background Notes are available at www.state.gov.

Tip number three: Check for Travel Warnings and Public Announcements. Travel
Warnings recommend U.S. citizens defer travel to a country because of dangerous
conditions. Public Announcements provide fast-breaking information about relatively
short-term conditions that may pose risks to the security of travelers.

Next tip: Register with the nearest U.S. embassy or consulate. Register with the nearest
U.S. embassy or consulate through the State Department's travel registration website.
Registration will make your presence and whereabouts known in case it is necessary to
contact you in an emergency. In accordance with the Privacy Act, information on your
welfare and whereabouts may not be released without your express authorization.
Remember to leave a detailed itinerary and the numbers or copies of your passport or
other citizenship documents with a friend or relative in the United States. U.S. embassy
and consulate locations can be found in the country's Consular Information Sheet. If your
family needs to reach you because of an emergency, they can pass a message to you
through the Office of Overseas Citizens Services. That phone number is 202-647-5225.
This office will contact the embassy or consulate in the country where you are traveling
and pass a message from your family to you. Remember consular officers cannot cash
checks, lend money or serve as your attorney. They can, however, if the need arises, assist you in obtaining emergency funds from your family, help you find an attorney, help you find medical assistance, and replace your lost or stolen passport.

The next tip: Find out what information your school offers. Find out whether your school offers additional information for students who are planning to study, travel, or work abroad. Many student advisors can provide you with information about studying or working abroad. They may also be able to provide you with information on any travel benefits for students.

Next tip: Before committing yourself or your finances, find out about the organization and what it offers. The majority of private programs for vacation, study or work abroad are reputable and financially sound. However, some charge exorbitant fees, use deliberately false "educational" claims, and provide working conditions far different from those advertised. Even programs of legitimate organizations can be poorly administered.

How to Access Consular Information Sheets, Travel Warnings, and Public Announcements are updated regularly for countries throughout the world and are accessible through the State Department's travel information website at www.travel.state.gov.

For specific questions regarding an emergency involving an American citizen overseas, you may contact the Office of Overseas Citizens Services, American Citizens Services and Crisis Management at 202-647-5225

Top Ten Travel Tips for Students
1. Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport!
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit.
3. Leave copies of your itinerary, passport data page and visas with family or friends at home, so that you can be contacted in case of an emergency. Keep your host program informed of your whereabouts.
4. Make sure you have insurance that will cover your emergency medical needs (including medical evacuation) while you are overseas.
5. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, while in a foreign country, you are subject to its laws!
6. Do not leave your luggage unattended in public areas and never accept packages from strangers.
7. While abroad, avoid using illicit drugs or drinking excessive amounts of alcoholic beverages, and associating with people who do.
8. Do not become a target for thieves by wearing conspicuous clothing and expensive jewelry and do not carry excessive amounts of cash or unnecessary credit cards.
9. Deal only with authorized agents when you exchange money to avoid violating local laws.
10. When overseas, avoid demonstrations and other situations that may become unruly or where anti-American sentiments may be expressed.

If you are interested in working abroad and would like to talk to someone about your interests, come visit the Walton College Career Development Center. Thanks for listening; this is Heather Sprandel and Renee Clay signing off another career cast. Remember the Walton College Career Center is located in the Walton College of Business, in room 117. Have a great day!