



# EWB @ AU

## Bolivia Trip 2010

*Travel Tips from The Auburn Abroad Staff*

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**Check your travel  
Documents:**

**Passport**

- Don't have a passport?
  - Get instructions/ forms at:  
[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)
- Already got a passport?
  - Check to see that your passport has enough time on it. If passport expires before Feb. 14, 2011, you will need to renew it now. Go to:  
[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)
- Need photos for these documents?
  - Go to Walgreens, Walmart, CVS, etc., they usually have a 2 pack of photos for \$8. Get extra copies to take abroad with you in case you need to replace any photo documents.
- Keep copies of everything you complete and sign.
  - Documents do get lost in the mail so it helps to have copies in case you need to resend documents.
- Follow payment requirements.
  - If you pay with a personal check and a cashier's check is required, your application will be rejected.
- Apply early to avoid rush charges.

**Visa: can be a stamp in a passport or a travel card needed to enter a country**

- Check w/ SIFAT regarding their visa protocol.
- Get info at: <http://www.bolivia-usa.org/> for contact information).
  - The phone number for the Bolivian Embassy in Washington, D.C. is (202) 232-4827 or (202) 232-4828. Entry requirements in Latin America change with surprising frequency.
  - Our latest info indicates that you will need to purchase a tourist card, which costs \$10 and can be bought at the airport through your airline. A tourist card entitles you to stay in Bolivia for 30 days (as of 12/1/07)
- It is each traveler's responsibility to check with the consulate in your country for the most up-to-date visa and passport information..



Read up on local customs, history, weather, appropriate clothing, accommodations.

- Prepare for the culture you will be visiting, be a good guest.
  - Get info from SIFAT on this site.
  - Get a good travel book (Lonely Planet, Let's Go Guidebooks).
  - Learn greeting in the language, dialect
  - Be aware of customs, taboos, laws
  - Get the names of other students who have already gone to this destination and contact them.
- Check the US Dept of State – student travels website:  
<http://studentsabroad.state.gov/html-site/StudentAbroadHome.html>

**Check your health status,  
review health and safety  
issues:**

**- Vaccinations, etc.**



- Locate your shot record and check the vaccines you already have on your shot. Bring to the AU Travel Clinic within the AU Medical center or to your physician to get any vaccinations recommended for Boliva that you may not have received already.
- Do this now since some vaccinations are only effective if given in two doses and the doses may need to be spread apart by several months.
- Get health recommendations by country at:
  - [World Health Organization:](http://www.who.int/countries/en/)  
<http://www.who.int/countries/en/>
  - [Centers for Disease Control – Traveler’s Health:](http://wwwnc.cdc.gov/travel/default.aspx)  
<http://wwwnc.cdc.gov/travel/default.aspx>
- Additional IMPORTANT links for additional health and safety information:
  - [Travel Warnings:](http://studentsabroad.state.gov/html-site/NewsAlerts.html) <http://studentsabroad.state.gov/html-site/NewsAlerts.html>
  - [Preparing for a Crisis:](http://studentsabroad.state.gov/html-site/Emergencies.html)  
<http://studentsabroad.state.gov/html-site/Emergencies.html>
  - [Prohibitions and Problems associated with Drinking and Drugs Abroad:](http://studentsabroad.state.gov/html-site/SmartTravel.html#DrinkingNDrug) <http://studentsabroad.state.gov/html-site/SmartTravel.html#DrinkingNDrug>

## Prescriptions, vision, general health



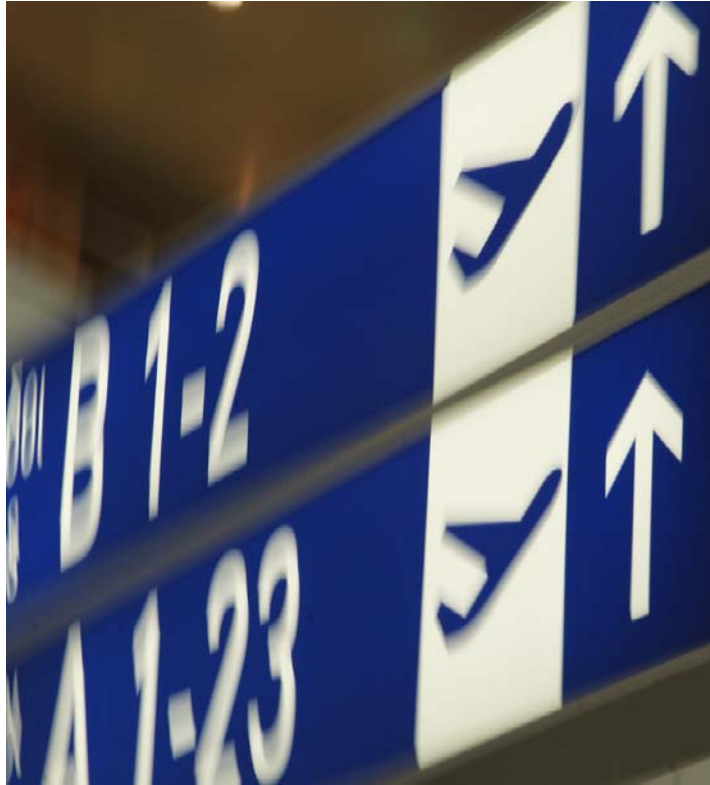
- Get flu shot
- Taking prescriptions abroad:
  - Talk to your physician now : get 2 letters from your physician listing these prescriptions
  - Wrap 1 letter around original prescription containers listed in letter.
  - Keep the 2<sup>nd</sup> letter to give to a health provider abroad in the event that you need care abroad
  - Keep all prescriptions in their original container.
- Taking care of vision:
  - If you do not have a 2<sup>nd</sup> pair of glasses or contacts, get them and take them abroad.
- General health
  - All travel is a risk (though exciting) and a stress (although a positive stress)
  - At the time you check on your vaccinations, discuss any physical issues with your physician. Also describe the program's physical requirements to your physician. If any accommodations need to be made, based on your health and the physical requirements of the program, inform the program early.

## Communication abroad



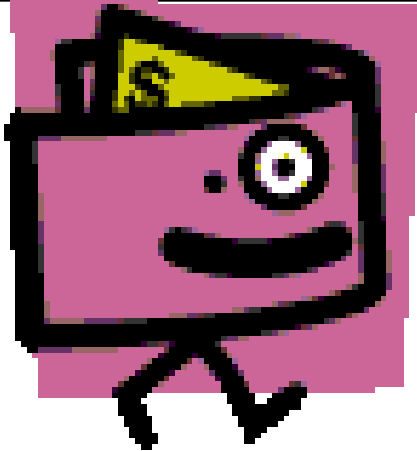
- Phone usage: compare cost of your phone vs. renting on site.
- Too much vs. just enough communication
- Take care of business at the site
- Parents and communication
- Contact info:
  - Plan to give your program director your immediate family contact info.
  - Plan to give your family contact, location, itinerary information regarding your trip.

## Insurance Abroad



- Keep your domestic health insurance current while you are abroad.
- Get a medical evacuation, repatriation, family reunification plan:
  - Medical evacuation means taking a patient from a place of “no or inadequate care” to a place of appropriate care. It often does not mean a flight home. This feature can cost up to \$40K without insurance – so check w/ SIFAT, they may have a plan in place.
  - Auburn uses a corporate plan w/ [www.medexassist.com](http://www.medexassist.com) and we are checking to see if SGA organizations can be covered. If not, still click on [www.medexassist.com](http://www.medexassist.com) and purchase individual insurance. Note: you won't need to do that until March.
- Get trip cancellation insurance: contact your current health, housing insurance agent

**Check your finances.**



- Understand who will be covering your meals, transportation – all aspects of your trip.
- Tally the total cost and add a contingency amount.
- Plan to stash your cash and not to carry large amounts with you.
- Your program director is not a bank, plan for contingencies.
- Identify which credit cards you will be taking abroad. Call the credit card company at least a month in advance to let them know that you will be using the card in your destination country.



Come back in January  
refreshed and ready to  
work on the EWB  
committees to plan  
this trip.

**Thank you.**

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