Checklist for CUAbroad program participants
as of September 5, 2008

In education abroad, as in other settings, participants can have a major impact on their own health and safety through the
decisions they make before and during their program and by their day-to-day choices and behaviors.
The following checklist is applicable to ALL CUAbroad participants (CUA and non-CUA students) on both academic and non-
academic programs sponsored by CUA and accredited non-CUA programs.

CUAbroad participants should:

Prior to Departure

- Assume responsibility for all the elements necessary for their personal preparation for the program
- Complete, initial and submit the CUAbroad online application form found on the CUAbroad website.
- Obtain and maintain comprehensive health insurance applicable overseas (First tier protection)
- Purchase the International Student Identity Card (ISIC) (Second tier protection provided by CUAbroad).
- Enroll in emergency evacuation insurance by On Call International (Third tier protection provided by CUAbroad).
- Obtain passport and provide copies of appropriate pages/information to program director/CUAbroad.
- Read and understand all policies including those leading to dismissal from the program.
- Read and carefully consider all materials issued by the program sponsor that relate to safety, health, legal,
environmental, political, cultural, and religious conditions in the host country(ies)
- Participate fully in comprehensive pre-departure covering health, safety, responsibility financial matters, etc.
  (pre-departure and/or on-site orientation).
- Conduct their own research on the country(ies) they plan to visit with particular emphasis on health and safety concerns,
as well as the social, cultural, and political situations.
- Read and understand information on these two web sites: www.travel.state.gov and www.cdc.gov.
- Consider their own physical and mental health, and other personal circumstances when applying for or accepting a
  place in a program, and make available to the program director/CUAbroad accurate and complete physical and mental
  health information and any other personal data that is necessary in planning for a safe and healthy study abroad
  experience.
- Inform parents/guardians/families and any others who may need to know about their participation in the education
  abroad program, provide them with emergency contact information, and keep them informed of their whereabouts and
  activities.
- Be responsible for all payments for their program in a timely fashion.

During the program

- Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.
- Be aware of local conditions and customs that may present health or safety risks when making daily choices and
decisions. Promptly express any health or safety concerns to the program staff and/or other appropriate individuals
  before and/or during the program.
- Accept responsibility for their own decisions and actions.
- Obey host-country laws.
- Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar
  manner.
- Avoid illegal drugs and excessive or irresponsible consumption of alcohol.
- Follow the program policies for keeping program staff informed of their whereabouts and well-being.
- Carry an emergency contact list
- Know the local equivalent of 911 for the program site.
- Become familiar with the procedures for obtaining emergency health and legal system services in the host county.
- Register with the nearest U.S. embassy or consulate through the State Department’s travel registration website
  (www.state.gov).

CUAbroad guidelines and application form are located at: http://cuabroad.cua.edu/
Please contact CUAbroad with questions and concerns at cuabroad@cua.edu or (202) 319-6010