
Parent Checklist

Have you read your *Parent Guide*?

The Parent Guide is intended to address the process of cultural adaptation, what to do if there is a question about billing or transcripts, or when your student doesn't call home upon arrival as promised, along with a host of other important information. This document is available online at: <http://www.central.edu/abroad/parents/supportDocs/parentGuide.pdf>.

Have you and your student read the *Student Survival Guide*?

A program specific *Student Survival Guide* is available as part of your student's post acceptance materials within the online acceptance packet. The *Student Survival Guide* contains practical information for both students and families: program addresses and phone numbers, housing information, arrival details, communication strategies, Central College study abroad policies, and more. We encourage students to read it thoroughly and take it with them when they depart the U.S.

Student Deadlines

Students have an online account that they should be monitoring for program specific deadlines in their post acceptance packets. Program Deposits are due 2 weeks after acceptance (Semester Deposit is \$350/ Summer Deposit is \$500), and billing for your student's term abroad will come from Central College.

- In most cases, Central College Abroad will bill a student's home institution, and the student will deal directly with their institution to complete the billing process. Billing policies vary from institution to institution, therefore, students should check with their home institution to determine their study abroad billing procedure.
- For questions regarding billing, please contact our billing manager, Jeff Sanger at sangerj@central.edu or 641-628-5161.
- If your student receives a scholarship award, it will be credited to their account balance.

VISAs (if applicable)

Many countries where Central College programs are located require students to obtain a visa prior to departure. A visa is a document placed inside a passport that authorizes the bearer to visit a country for a

specific purpose or length of time. Since visa requirements vary by country, detailed instructions and timelines are provided on each student's online acceptance packet. Central College will offer assistance with the visa application process, but ultimately, it is the responsibility of the student. Please note that there is often little flexibility with deadlines for visas and visa applications should be considered a priority.

Health & Safety

Student health and well-being is of the highest importance to Central College. The *Student Survival Guide* includes detailed information about staying healthy, avoiding health and safety risks, and what to do in the case of a health or safety emergency. Every Central College site also provides a resident director who supplies health and safety information during their extensive, on-site orientation.

More information regarding health and safety can be found online at: www.central.edu/abroad/safety/

The following is a list of health and safety items you should review before your student departs. Detailed information is available online at the above link or in the *Student Survival Guide: Vaccinations, Medical Insurance, Prescription Medication, Medical Records*

Emergencies

- Central College continually monitors travel advisories in the countries in which our programs operate. As part of Central College's commitment to student safety abroad, we require all students to have a cellular phone with them at all times while enrolled in our programs so that students can be reached quickly in the event of an emergency.
- We encourage our participants to be in routine contact with their family and to advise them of their travel plans during their time outside of the United States.
- Our resident directors also request travel plans from each of their participants as a precautionary measure.
- To contact our Emergency Response Team please call our toll-free number at 1-800-831-3629. After hours instructions will re-direct callers to the main campus switchboard for assistance.
- In the past, some parents have decided to obtain a passport in hopes of visiting their son/daughter or in the unlikely event that a health-related emergency would occur. Information on obtaining a passport can be found at www.travel.state.gov.

Money

- Please see the dates and fees section of each program page at www.central.edu/abroad to learn what is included in the program cost.
- While abroad, students use a combination of credit and/or debit cards to access funds. ATMs are accessible and in most cases cash is culturally preferred.

- We recommend students verify with their credit card company or bank to determine if they will incur fees while abroad.
- We also recommend students keep the 24 hour emergency numbers for their credit card and/or bank cards in a secure location in the event of loss or theft.
- Exchange rates vary by country so please take into account exchange rates if you are planning a budget with your student. You can check currency rates online: www.x-rates.com.

Travel

- Program arrival information is available in the *Student Survival Guide*. We advise students to consult their official program calendar in their online acceptance packet before making flight arrangements. Many students choose to connect with each other to arrange flights with a travel buddy.
- Travel away from the program during breaks or over weekends can be one of the appealing benefits of study abroad. However, for travel outside program sponsored activities, students are entirely responsible for making their own independent arrangements and financing their own activities.
- Students must notify the onsite staff at the program office of all travel plans and the anticipated date of return. We ask that students also maintain communication with family and friends regarding travel plans.

Communication

- Communicating with home is easy and accessible by phone, the internet, and cell phones.
- Remember, many countries have different *time zones* so plan ahead and note what time zone your student will use and how that compares to your time zone here in the U.S.
- As part of Central College's commitment to student safety abroad, we require all students to have a cellular phone with them at all times while enrolled in our programs so that they can be reached quickly in the event of an emergency. Your student's online acceptance packet includes program specific information related to cell phones.
- Prior to departure, students can check to see if their personal cell phones will work while abroad and the types of fees they might incur. However, it is more common for students to purchase a phone onsite and pay as needed using a sim card. More information will be available to students regarding phones during their onsite orientations.
- One of the best interactive ways students have found to communicate is via *Skype*. It is a free option to talk to friends and family via the internet. Visit www.skype.com to set up a free account and to learn more about using the program.
- To send mail to your student, consult the *Student Survival Guide* for the correct shipping address information. Please keep in mind that shipping items abroad is a potentially costly and lengthy process. We do not recommend shipping any valuables or medications due to customs and border regulations.



Your Role as a Parent

- Students grow through the challenges and triumphs faced while being abroad. Choosing to enroll in a study abroad program is also an intentional choice to develop a personal value system, gain a better understanding of international affairs, and maybe, for the first time in life, see oneself as a global citizen. By the time your student comes home, you'll realize that they've also gained many tangible benefits such as foreign language proficiency, academic credit, and a meaningful experience to enhance their resume.
- Students often go through similar stages as they prepare to leave the U.S., adjust to life abroad, and return home. Please review the *Parent Guide* for more information.
- Supporting your student through this amazing study abroad experience can be an emotional rollercoaster. If you have any questions or concerns regarding your student, you may contact the Central College study abroad office toll-free at any time at 1-800-831-3629 or by sending an email to studyabroad@central.edu.