



Dear Parent/Guardian,

As you likely know, the Nanovic Institute for European Studies has awarded a grant to your Notre Dame student to support international travel. Your student is to be commended for the efforts taken to formulate a proposal and apply through a competitive process!

In order to help your student prepare for this international experience, we would like to share the following information. While it is not comprehensive, it is intended to facilitate effective communication between students and their parents/guardians on a broad range of topics. This checklist is based on Notre Dame International's parent/guardian checklist, (which can be found [here](#)), but has been edited for Nanovic awardees.

The Nanovic Institute is proud to support transformative student experiences in Europe. Following the vision and generosity of Robert ('54) and Elizabeth Nanovic, the Institute supports a comprehensive program of grants available from a student's first year through senior theses. To read about students' journeys in their own words, follow the Institute on Facebook or visit <http://nanovic.nd.edu/news/undergraduate-student-spotlights/>. The Institute is also proud to support a range of on-campus enrichment and opportunities, including European films, concerts, visits from European politicians, Mass with Vatican officials, and much more.

For further information on the Nanovic Institute for European Studies and information relevant to our funding, please visit <http://nanovic.nd.edu>. For more information on Notre Dame sponsored international travel, please visit <http://international.nd.edu>. You may also contact Jaime Signoracci, Associate Director for International Safety at Notre Dame International, at [jsignora@nd.edu](mailto:jsignora@nd.edu), or reach out to me at [adolezal@nd.edu](mailto:adolezal@nd.edu) with any additional questions.

Again, congratulations to your student!

Sincerely,

Anna Dolezal

Student Programs Assistant Manager

# Pre-Departure Checklist

## *Communication Plan*

- Know that the “Nanovic Institute for European Studies” is sponsoring your student’s travel. Why is this important? If you or your student were to contact Notre Dame International (NDI) due to an emergency, NDI will want to know the sponsor of his/her travel. Since more than 40 different units around campus provide international opportunities, having this information on hand is helpful.
- Your student has received a [copy of the Student Emergency Card](#). We recommend that he/she give a completed copy to you.
- Students should leave photocopies of important documents with someone they trust, including their passport, travel documents, housing arrangements, prescriptions, visa documentation, and credit/debit cards. We recommend that you discuss the arrangement of such documents with your student.
- **Students should establish a routine and an emergency communication plan with parents/guardians prior to departure.** For example, there should be clear expectations for the frequency and methods of communication.
  - Common communication methods include Skype, email, and text.
  - Be aware that many students may not have internet routinely available.
  - Students frequently use local mobile phones and keep their US phones on airplane mode.
  - ***In the event of an international emergency***, Notre Dame International will contact potentially impacted students to assess their needs and/or confirm their safety. Students should check their phones and email for messages from the university and respond as directed as soon as possible.

## *Finances*

- Students should become familiar with exchange rates; Oanda is a reliable online exchange rate tool: <http://www.oanda.com/currency/converter/>.
- Students should know the best way to access cash. Airports and hotels often offer unfavorable exchange rates. ATMs or credit cards usually provide the best available exchange rate though they may have foreign-service fees. Your student’s bank should be able to advise them regarding their options. Students should always use ATMs that are in safe and well-lit locations.
- Your student should ensure that he/she has sufficient funds to cover the full cost of the trip, whether that be through Nanovic funds, funding received through another campus unit, or the student’s personal funds.

## *Health and Wellness*

- Ensure that your student understands his/her insurance. The Nanovic Institute enrolls its undergraduate grant recipients engaging in international travel directly into a GeoBlue weekly or monthly blanket accident and sickness travel insurance policy. All enrolled students would have received an email with their insurance card information. They should keep a copy in the pictures on their phones or in their email accounts.

- The Nanovic Institute requires that all undergraduate grant recipients be declared fit for international travel by University Health Services (UHS) or by another health care professional. This is documented on the Health Questionnaire form students are required to complete. Nonetheless, students should review the US Centers for Disease Control (CDC) website for country-specific health information at <http://wwwnc.cdc.gov/travel>, including required immunizations

## ***Mental Health***

### **Culture Shock/ Depression**

- Discuss with your student potential issues while overseas, such as homesickness, disorientation, boredom, and apathy to the foreign culture.
- Be aware of signs of potential depression even if your student is only abroad for a relatively short period of time.

### **Reverse Culture Shock**

- Be aware of the potential difficulties upon returning from an international experience, such as disconnect from family and friends, apathy, loneliness, and resentment of being home.

### **Resources**

- Notre Dame University Counseling Center provides professional counseling for students who seek it: <https://ucc.nd.edu/>.