

Education Abroad Travel Preparation – updated July 31, 2023

This guidance is available to students in their TerraDotta registration and requires students to select “I understand” to each prompt.

CSU Education Abroad continues to work with our partners, faculty, and students to create impactful international experiences that have adapted to the ongoing COVID-19 pandemic and other risks present presented by international travel. Travel has always required that you take steps to foster your own safety and that you help to support the safety of others. With this in mind, we have created this guidance to help you and your emergency contacts think critically about international travel and to prepare for circumstances that are both within and beyond an individual's control.

This guidance includes important prompts and proactive planning questions, but it cannot be exhaustive. It also includes websites and resources that are continuously updated and should be consulted throughout your experience. We encourage you to ask questions, speak to your support network and to assess your own risk tolerance throughout the planning process. Your well-being is important to CSU.

Please contact internationalsafety@colostate.edu if you have questions or do not understand the prompts in this form.

1. Vaccination Advice

The CSU Health Network (CSUHN) and Centers for Disease Control & Prevention (CDC) advise that all international travelers are vaccinated against COVID-19 for the duration of their time abroad, including relevant booster doses. Being vaccinated against COVID-19 helps to protect both you and the communities that you will interact with. In some countries, documentation of vaccination (including boosters) eases entry requirements and permits access to large-group activities, which may include the activities associated with the academic requirements of your travel. Understand that your host country or host organization may have their own policies and participation requirements related to COVID-19.

The CSUHN also advises travelers to be up to date on flu vaccinations. In certain countries additional vaccinations or immunizations are recommended and/or required. See [CDC Travelers Health](#) for guidance.

2. Travel Exposure

International travel puts you at greater risk of exposure to COVID-19 and other illnesses. Though vaccines are vital to limiting the spread and impact of illness, no vaccine is 100% effective. It is important that you understand the consequences for getting sick before your travel begins, as well as the response if you were to become ill while abroad. With this in mind, we recommend that you reduce your risk of exposure to illness for two weeks before departure. This means only going to essential places and taking [preventative actions](#) to avoid getting sick. While you are abroad, you are advised to continue to take precautions to avoid illness. It is recommended that you bring multiple masks with you to your international destination. Certain countries or activities may require medical grade masks. Even if masks are not required, because of the additional exposure and logistical challenges presented by getting sick during travel, it is advisable to wear a mask when in public or confined spaces, as well as whenever asked to do so by your program leaders. Please remember that your safe behaviors are just as important for your health as they are for others.

3. CDC Travel Guidance

Review the CDC [guidance for international travel](#). This website includes links to critical information including safer travel tips and information specific to your destination. ~~Check this information regularly as it will continue to change in response to changing destination to the evolution of the pandemic.~~

4. Entry/Exit Requirements

You are required to understand the entry/exit procedures for your host country as well as transit countries. Know that this information is subject to change at any time. Contact Education Abroad for resources and guidance that you can review and monitor.

5. Daily Life Abroad

Each country has responded to the pandemic within its unique structural and cultural context. Your lived experiences with the pandemic in the US may be different from the lived experiences of the host country you will be visiting, some of which experienced waves of closures and travel restrictions. It is important that you set realistic expectations for your time abroad and be ready to adapt if and when country conditions change.

6. Host Country Regulations

While you are abroad, you are subject to the rules and laws of that country. If you test positive for COVID-19 while abroad, you must follow your host country quarantine requirements, even if they differ from those in the US.

7. US Government Advisories

Review the advisories from the [Department of State](#) and the [Centers for Disease Control & Prevention](#) specific to your destination. What risks do these advisories list? Which of these risks can you control? (e.g. getting vaccinated against COVID-19; making safe transportation choice, etc.). It is important that you keep yourself informed of these known risks and mitigation practices.

8. International Insurance

Education Abroad students are required to have [international health insurance](#). Students on OIP sponsored programs have a quarantine insurance benefit. Note that the quarantine must be medically mandated in order to activate this insurance benefit. These plans are not trip insurance or “[cancel for any reason](#)” (CFAR) insurance which can be purchased separately. Many insurance plans have exclusions related to pandemics. Be sure to read the fine print so that you understand any insurance benefits and limitations. Contact internationalsafety@colostate.edu with insurance questions.

9. Emergency Plan

It is important to identify your support networks in-country, how to contact them 24/7, and how to respond to an emergency. Because each country has a different healthcare infrastructure you should investigate how and where you can receive care, especially if you have pre-existing conditions and/or are traveling with prescription medications.

10. Financial Commitments

Carefully review the withdrawal timelines, financial commitments, and any refund policies related to both CSU and your program provider. Purchase airfare with minimal cancellation or change fees. Note that if you can earn academic credit, even if the teaching environment looks much different than you anticipated (e.g. online, change in itinerary, etc.) applicable tuition fees will not be refunded.

11. Unanticipated Costs

These could include, but are not limited to, last minute cancellation or alteration to your program (including while you are abroad); cost for COVID-19 testing; costs incurred from needing to quarantine or isolate; and additional costs for being required to remain in-country beyond your program dates. Ensure that you account for the potential of additional expenses.

12. Academic Back-Up Plan

You are advised to have an alternative plan to account for the possibility that your participation in this program cannot go as planned. This could be due to events both within and beyond your control (e.g. changes in entry regulations, becoming ill before departure, etc.). A back-up plan could include another international destination or coursework here at CSU. Consult with Education Abroad and your Academic Advisor for support.

13. Support Systems

Know that you have layers of support when you travel abroad as a CSU student. You are asked to speak to Education Abroad about the support offered by your host organization/institution and CSU. Also consider – and as needed, request for help – on how you can maintain your personal support structures while abroad for both new and pre-existing needs (physical and mental health, academic needs, etc.).