



university of  
applied sciences

# THERE'S A WORLD TO EXPLORE

## Grand Tour Checklist

### Preparation

- I have joined the pre-departure meetings and I read all important information about my Grand Tour Program carefully
- I have read the safety and well-being form and ticked the box in iGo for approval
- I have checked if my Grand Tour is registered in Progress.www
- I have arranged a flight/journey and filled out my flight itinerary in iGo
- I have a valid passport (check requirements for your destination in the provided visa information)
- I have a valid visa in my passport (if applicable)
- I have a set of extra passport photos
- I have scanned and made multiple (digital) copies of all important travel documents
- I have a copy of the letter of acceptance from the host campus I will be visiting with me
- I have read the handout with necessary arrangements and have done what I needed to do
- I have established how I am going to pay my outstanding bills while I am in my host country
- I have my vaccination passport with me
- I have a (digital) travel guide with me
- I have updated my ICE (In Case of Emergency) contact details in iGo

### Culture differences and expectations

- I am familiar with some major cultural differences between my home and my host country.
- I understand that it is normal to experience culture shock, including feelings of anxiety, depression and frustration.
- I realize that it may take time for me to adjust to the rules, regulations, religion, privacy, sharing, language and Social Networks aspects of my host country
- I know which non-verbal behaviors are considered inappropriate and which are commonly used (certain hand gestures, greetings etc.)
- I know I will have to adapt my routine and schedule to live abroad
- I have researched what the general quality of facilities are abroad, like hospitals, restaurants, public, transportation, payphones, etc.

### Medical care and Insurance

- I am familiar with the health care system of my host country
- I know what my insurance policy does and does not cover (as well as travel-insurance and cancellation-insurance)
- I have a supplementary insurance with worldwide covering
- I have (digital) copies of policies with me
- I have my medicines and medical passport with me
- I passed all relevant medical information to the International Mobility office (via iGo)
- I have personal medical details with me (including blood group if applicable)
- I have been to the dentist for a check up
- I have a first aid kit with me
- I know how to arrange needed prescriptions abroad

### Health and Safety

- I have received all necessary vaccinations required/recommended
- I know if it's safe to drink the drinking water (ice cubes) and all safe food/drinking habits
- I know how reliable and safe the public transportation system is in my host country
- I am aware that I need to have a correct driver's license if I am going to drive a car in my host country and I am aware of the local traffic rules (only applicable in Aruba, Italy and South Africa).
- I am aware of the (very strict) laws concerning the use of alcohol and drugs in my host country
- I learned about the customs, ethics and values of the culture in my host country
- I know which areas are considered unsafe in the countries I will visit and how to act accordingly
- I know where to get help if I need it.

### Money

- I have some cash money in the foreign currency (if necessary)
- I have a payment card and/or a credit card (it is recommended to take two different bankcards with you)
- I have a telephone number to get my payment card and credit card blocked