## Immersion Checklist

### PROGRAM REQUIREMENTS
- Summer Immersion Application
- Signed Affidavit
- Copy of Passport
- Copy of Itinerary
- Enroll in CSP 730 Fieldwork: Mexico
- If you are flying out of Tijuana, you may need a visa. Can be purchased at the information kiosk before check-in (about $25).

### LANGUAGE SCHOOL REQUIREMENTS
- Registration
- Spanish Placement Test

### INTERNATIONAL STUDENT CENTER REQUIREMENTS
- **Mandatory Pre-departure Orientation**
- **OR Online Orientation** (Will need Study Abroad Handbook & Exchange Guidelines to take exam) [http://www.isc.sdsu.edu/educationabroad/](http://www.isc.sdsu.edu/educationabroad/)
- **Liability Waiver** (Study Abroad Agreement Packet) [http://www.isc.sdsu.edu/content/EADocuments/EAFuture/Agreementpacket.pdf](http://www.isc.sdsu.edu/content/EADocuments/EAFuture/Agreementpacket.pdf)
- **Travel Insurance** (From $52/month) [http://www.isc.sdsu.edu/content/Abroad/EAFuture/Insurance.html](http://www.isc.sdsu.edu/content/Abroad/EAFuture/Insurance.html)
- **Immunizations** (Visit Student Health Services or your private provider as soon as possible. SHS Clinic: 619-594-5281 or Immunization Clinic 594-7339) [http://shs.sdsu.edu/immunizations.asp](http://shs.sdsu.edu/immunizations.asp)
- **Recommended Websites**
  - Travel Warnings: [http://www.isc.sdsu.edu/content/Abroad/EAFuture/TravelWarnings.html](http://www.isc.sdsu.edu/content/Abroad/EAFuture/TravelWarnings.html)
  - Health & Safety: [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)
  - Education Abroad Handbook: [http://www.isc.sdsu.edu/content/EADocuments/EAFuture/EAhandbook.pdf](http://www.isc.sdsu.edu/content/EADocuments/EAFuture/EAhandbook.pdf)

### PACKING
- ~ **Check w/ your airline about baggage limits (both size & weight). Otherwise, it can be costly!**
- **School Clothes:** Slacks, khakis, collared shirts, blouses, closed shoes (sneakers ok) - NO shorts, blue jeans or T-shirts
- **Excursion Clothes:** Long shorts, jeans, T-shirts, walking shows
- **Fun Clothes:** One set for evenings out
- **Layers:** Light jackets, sweaters
- **Sun Gear:** Hat, sunglasses, swimsuit, sandals, sunscreen (rec. SPF 30+)
- **Rain Gear:** Umbrella, poncho or rain jacket/coat, water shoes or rainboots
- **Books:** Sattler textbook, Spanish/English dictionary, pocket dictionary if needed
- **Personal Care:** Hand sanitizer (1 large bottle to refill carry-size bottle), insect repellant
- **Prescription Medications:** Prescriptions should be in labeled container. Be sure to have enough for entire length of stay & make sure to pack in carry-on luggage.
- **Over-the-counter Medications:** Allergies, headaches, (note: 1/2 tablet of Pepto-Bismol/day reduces likelihood of stomach & intestinal problems)
- **Small Gifts** (under $25): For homestay family (i.e. SDSU memorabilia) & Spanish teacher (i.e. mug filled w/ candy).
- **Other:** Flashlight (w/ extra batteries), camera, laptop, refillable water bottle, backpack for day use, daypack for excursions, travel documents & copies (make sure to leave copies with emergency contact as well)
PACKING TIPS

- Put copy of passport & itinerary in each piece of luggage
- Make a list:
  - Make a list of the things you need & stick to your list.
- Downsize your toiletries:
  - Pick up travel size versions or buy abroad.
- Count items of clothing:
  - Plan one top per day, one layering jacket or sweater, one bottoms per every two days, no more than 2 pairs of shoes.
- Wash it out:
  - You will be able to wash your clothes at laundromats on weekends. Instead of packing more, plan on washing.
- Choose a color scheme:
  - Pick colors that go together so you pack less.
- Make space:
  - Roll your clothes instead of folding or you can make an investment on space saver vacuum bags.
- Wear heaviest clothing and shoes:
  - Pack your lighter, casual clothing in your suitcase and wear your heaviest clothing items.
- Shoes:
  - Limit the number of shoes you bring. Bring shoes that match your clothing/color scheme.
- Pack outside your bag:
  - Before you pack your suitcase, pile all of your travel items. If you pack directly into your suitcase, you might be tempted to throw in extra items.
- If you pack light, you’ll have room to bring stuff back!

MISCELLANEOUS

- Research: Explore websites of the travel destination
- Load your laptop:
  - 1) Professional English/Spanish dictionaries
- Passport:
  - Make color copy of passport & laminate to carry with you at all times. Keep real passport in a safe place while abroad.
- Cell phone:
  - Look into getting a cell phone chip, calling card, or an international plan on your current cell phone. Check with STA Travel experts at SDSU: (619) 342-0344