

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/>
- Liability Waiver** (Study Abroad Agreement Packet)
<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>
- 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>
- Recommended Websites**
Travel Warnings: <http://www.isc.sdsu.edu/content/Abroad/EAFuture/TravelWarnings.html>
Health & Safety: <http://studentsabroad.state.gov/>
Education Abroad Handbook: <http://www.isc.sdsu.edu/content/EADocuments/EAFuture/EHandbook.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 shoes
- 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 repellent
- 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 you current cell phone. Check with STA Travel experts at SDSU: (619) 342-0344