Congratulations once again on your acceptance to the Public Health in Mexico program! Contained here is important information about next steps for confirming your place in your program and preparing for your study abroad experience, including logistical information, important travel health and safety tips, and requirements. Be sure to read this packet carefully and refer back to it as you are completing the various preparation steps for your program.

As outlined in your acceptance notification, the first step is for you to confirm your participation in the program. In order to accept your spot in the program, you must complete a Program Confirmation Form and submit in hard copy to IPD as soon as possible and no later than Friday, March 20:


Your place in your program will not be guaranteed until your Program Confirmation Form is received. If you have decided not to study abroad or you have selected another program, please submit the Program Confirmation Form indicating that you wish to withdraw from this program and your reasons for withdrawal.

For questions about your program, contact:

- **Karey Fuhs**, Associate Director, IPD Study Abroad, and adviser for this program. Contact Karey if you have any questions about your program, academics, preparing for study abroad, health and safety, or any other program-or study abroad-related matters. Email: k-fuhs@northwestern.edu, Ph: 847-467-1973 (direct)

- **Natalie Kohler**, Program Assistant, IPD Study Abroad. Contact Natalie if you have questions about forms or requirements, and submit all materials to her. Email: natalie.kohler@northwestern.edu, Ph: 847-467-6953

Information about pre-departure requirements is also available online:

- Pre-Departure Steps: http://www.ipd.northwestern.edu/study-abroad/pre-departure/index.html
- Google Drive: https://drive.google.com/a/u.northwestern.edu/folderview?id=0B5_6i7jGjPkJ5XJ0SWo5TUtOR1E&usp=sharing
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  Travel Warning Release and Waiver Form
Checklist of Requirements

STEP 1: PROGRAM CONFIRMATION; Final Deadline: Friday, March 20

☐ Confirm Your Participation. Turn in hard copy of the Program Confirmation Form [http://www.northwestern.edu/studyabroad/documents/PROGRAM%20CONFIRMATION%20FORM_2015-16_NU.pdf](http://www.northwestern.edu/studyabroad/documents/PROGRAM%20CONFIRMATION%20FORM_2015-16_NU.pdf) (enclosed) in person to IPD as soon as possible and no later than March 20. Northwestern students must turn in these forms in person. Note: Your place in your program will not be guaranteed until your Program Confirmation Form is received.

☐ Complete the Pre-Departure Section of your Northwestern Study Abroad Application ([http://www.northwestern.edu/studyabroadapp](http://www.northwestern.edu/studyabroadapp)) under “Complete Pre-Departure Requirements” by filling out the Program Confirmation, Pre-Departure Checklist, Emergency Information, and Dietary Restrictions sections.

☐ Complete Parts A & B of the NU Health Assessment Form of your Northwestern Study Abroad Application under “Complete Pre-Departure Health Assessment” (see HEALTH & SAFETY GUIDE). If you are prompted to complete Part C, schedule an appointment with your physician ASAP.


☐ Obtain a Valid Passport (Visa Preparation). If you have not done so already, complete the “Picture and Passport Information” section of the My Profile area of the Online Northwestern Study Abroad Application. Also email a scanned copy of the ID page of your passport to Natalie at natalie.kohler@northwestern.edu.

   NOTE: If you do not already have a passport or if it will expire within six months of your intended return, submit your application for a new/renewed passport by your confirmation deadline. Notify IPD if you do not carry a U.S. passport. In order to process your visa in time, it is imperative that you possess a valid passport ASAP.

STEP 2: ADDITIONAL FORMS & REQUIREMENTS; Deadlines TBD

☐ Submit all requested paperwork requested by IPD and Universidad Panamericana (more information to be provided)

STEP 3: PRE-DEPARTURE ORIENTATION; Tuesday, May 19

☐ Book your international flight and email your detailed itinerary to Natalie at natalie.kohler@northwestern.edu.

☐ Register with the US State Department Smart Traveler Enrollment Program (STEP): [https://step.state.gov/step](https://step.state.gov/step)

☐ Watch all the Canvas Online Study Abroad Pre-Departure Orientation Videos prior to your in-person orientation.

☐ Attend the mandatory Pre-Departure Orientation on May 19, from 6-8pm in Norris.

☐ Complete and upload Health Assessment Form: Part C - Healthcare Provider Evaluation into your Northwestern Study Abroad Application (see HEALTH & SAFETY GUIDE). (Only required for students who answered “yes” to question 5 of Health Assessment Form: Part A.)

☐ Make an appointment with a travel health professional for recommended immunizations and travel health advice (see HEALTH & SAFETY GUIDE).

☐ Communicate and plan for any healthcare needs with one or more of the following resources well in advance of your program’s departure date: a representative from IPD, the Office of Global Safety and Security, Dean of Students Office, CAPS, or AccessibleNU; a health care professional; parents or other family members

ONGOING

☐ Maintain satisfactory academic performance and a clean disciplinary record

☐ Do your research! Learn about the history, geography, politics, economy, and culture of your host country.

☐ Get excited and await any additional instructions about your Summer Quarter abroad!
Program Information

Program Dates
The program dates for the Public Health in Mexico program are: **Monday, June 22** (the date students arrive in Mexico City), to **Sunday, August 16** (the date students depart from Mexico City). Program-provided housing will be offered during official program dates. Students arriving before the program start date or staying after the program end date will be responsible for making their own accommodations arrangements.

Travel
You are responsible for making your own flight reservations to Mexico City, **arriving at Benito Juarez International Airport (MEX) on Monday, June 22, and departing on Sunday, August 16**.

In order to be able to facilitate group airport pick-ups and drop-offs, we encourage you to try to coordinate your flights with other participants. IPD suggests the following flights below, because they are the options with the shortest duration from Chicago, which fall under the fare estimate provided in the enclosed budget, at the time that this packet was printed. However, you may make other arrangements, as long as the flights depart no later than the specified departure date and return no earlier than the specified return date.

**Suggested Flight(s):**
**Departure(s):**
American Airlines Flight 1597, Departing Chicago at 9:10am/June 22; Arriving Mexico City at 1:21pm/June 22
United Airlines Flight 359, Departing Chicago at 8:36am/June 22; Arriving Mexico City at 12:45pm/June 22

**Return(s):**
American Airlines Flight 1597, Departing Mexico City at 2:22pm/August 16; Arriving Chicago at 6:35pm/August 16
United Airlines Flight 474, Departing Mexico City at 3:00pm/August 16; Arriving Chicago at 7:05pm/August 16

Students are encouraged to check flight availability and fares on a variety of airlines and through various search engines. Possible travel vendors or search engines include:
- STA Travel: [http://www.statravel.com/](http://www.statravel.com/)
- Kayak: [http://www.kayak.com](http://www.kayak.com)

When booking your tickets, be careful to note any restrictions associated with your ticket, particularly if you think you might need to make changes. These include: whether the ticket is refundable, what change penalties exist, the validity of the ticket (e.g., 90 days, 6 months, 1 year), re-routing options, etc.

**Pro Tip:** Booking round trip airfare is significantly more cost effective than purchasing two, one-way flights. Try to arrange your travel plans early so that you can book round-trip airfare for the best price.

Your housing will run from **Monday, June 22 – Sunday, August 16, 2015** If you plan to arrive early or stay after the program ends, please understand that you will need to make your own accommodation arrangements. After you have booked your flight, **email your detailed itinerary** to Natalie at [natalie.kohler@northwestern.edu](mailto:natalie.kohler@northwestern.edu). **Due Tuesday, May 19.**

Visas
U.S. citizens will not need a visa to enter Mexico for this program; they will enter Mexico as visitors for a 180-day (maximum) period. However, if you plan to stay after the program is completed and will exceed a 180-day visit, or if you do not carry a U.S. passport, contact Karey and refer to the Mexican consulate website for information about the requirements for a study permit: [http://www.studyinmexico.sep.gob.mx/en/](http://www.studyinmexico.sep.gob.mx/en/)
Program Costs & Billing
Students participating in IPD study abroad programs will be charged a program fee, which includes tuition, program-related excursions, accommodations, and HTH Worldwide Health Insurance. Refer to the enclosed student budget for expected program costs.

Invoices for summer study abroad will be issued through CAESAR on May 10, and payment is due on June 1.

Financial Aid
Summer scholarship assistance through the Office of Undergraduate Financial Aid is need-based and very limited. Current financial aid recipients attending IPD summer programs are eligible to apply for summer aid from Northwestern. However, keep in mind that Northwestern financial aid is only renewable for up to 12 quarters of enrollment. Therefore, if you are offered and accept a summer scholarship offer from the Office of Undergraduate Financial Aid, it will count as a quarter of your Northwestern financial aid eligibility.

IPD & Outside Scholarships
All students participating in the Public Health in Mexico program will receive a $700 travel grant to support the cost of travel to Mexico. This grant is thanks to a 100,000 Strong in the Americas grant, generously supported by the Coca-Cola Foundation. Students can also apply for IPD Study Abroad Fellowships to help offset the cost of their summer study abroad programs. Travel grants and IPD study abroad scholarships will be credited to students’ NU invoices. In some cases, IPD funding may replace other sources of aid.

All students are encouraged to pursue outside scholarships and other sources of funding. Review the Financial Considerations page on the IPD website for more information and links to external scholarships and funding: http://www.ipd.northwestern.edu/study-abroad/financial-considerations/index.html. Note: Students receiving outside scholarships must report these awards to the Financial Aid Office.

If you have any additional questions about billing or financial aid, email Krista Buda Bethel at krista@northwestern.edu or refer to the Money Matters resource pages of the Study Abroad Guide: http://www.northwestern.edu/studyabroad/guide/money-matters/index.html

Pre-Departure Orientation
Throughout Spring Quarter, IPD will arrange some required and optional activities intended to prepare you for your study abroad experience. These events are opportunities for you to learn more about the history and culture of your program location, to meet and interact with the students participating in your program and with program alumni, to set goals for your time abroad, and to prepare yourself intellectually for the challenges of study and research abroad. Note the following:

- **Comparative Health Workshops: Nutrition, Obesity, and Physical Activity:** Thursday, May 8 – Saturday, May 10, Various locations in Evanston and Chicago. Together with medical students from Universidad Panamericana, students will participate in a series of pre-departure workshops and activities over 2.5 days comparing nutrition, obesity, and physical activity of Mexico City’s population with Mexican immigrant populations in Chicago. The full program will be distributed in April, and students are expected to attend all activities unless they have an academic conflict.

- **Mandatory Canvas Online Course:** Watch all Study Abroad Pre-Departure Orientation videos available on Canvas; make sure to click “Mark as Reviewed” so that we have a record of your compliance with this requirement. This requirement should be completed before your in-person Pre-Departure Orientation. **Tuesday, May 19.**

- **Mandatory Pre-Departure Orientation:** Tuesday, May 19, from 6-8pm in Norris. This orientation will cover important information about health and safety, tips for successful study abroad, and other important details. If you cannot attend the session during this time, email Natalie at natalie.kohler@northwestern.edu to make alternative arrangements.

More information about these and other opportunities will be provided, but be prepared to commit to about 15-20 hours over the course of Spring Quarter for pre-departure activities and events.
Accommodations
Students stay with a Mexican host family arranged through the Global Affairs Office at UP. In most cases, students will have their own room, with a bed, desk, and closet space, and have access to common spaces, kitchen, and laundry facilities. Some students may be the only student living with the host family, while others may be placed with families hosting multiple Northwestern and/or other students. Host families will provide breakfast and dinner during weekdays and breakfast, lunch, and dinner on weekends, and the costs of these meals are included in the program fee. Students eat lunch in the UP cafeteria during weekdays.

Additional Requirements
IPD and Universidad Panamericana may require you to submit additional paperwork and requirements. More information will be provided. Please be sure to complete any requested information by the deadlines provided.
NU Health Assessment Form
All students are required to complete a Pre-Departure Health Assessment, which places responsibility on students to conduct a personal health assessment, meet with a medical professional (if required), and discuss healthcare needs with one of more of the following—an IPD representative, AccessibleNU, a healthcare professional, parents, or other family members—well in advance of the program’s departure date.

Students must complete Parts A & B of the Pre-Departure Health Assessment via the Northwestern Study Abroad Application (http://www.northwestern.edu/studyabroadapp) by their program confirmation date. If required, students must submit Part C – Healthcare Provider Evaluation by uploading the completed form, signed by a physician, to the online application by the date of the Pre-Departure Orientation or no later than six weeks prior to the start date of the program.

Be sure to review the Health Section of the Study Abroad Guide: http://www.northwestern.edu/studyabroad/guide/health-and-safety/health/index.html

Study Abroad Health Insurance
Northwestern University requires all study abroad participants be covered by HTH Worldwide Health Insurance regardless of any other coverage they have from their parents or Northwestern, unless they are a citizen of the country in which they will be studying. Our policy provides comprehensive, zero deductible health insurance coverage as well as care coordination, including assistance in making doctor’s appointments or seeking emergency medical services while abroad. The policy also includes pre-departure assistance for students with pre-existing conditions that may require professional health management while abroad. For example, staff in HTH’s Global Health Unit can arrange for a variety of services including but not limited to routine blood work, counseling, or allergy injections. Email them at globalhealth@hthworldwide.com or contact Julie Anne Friend, the Director of the Office of Global Safety and Security, at Julie.friend@northwestern.edu.

IPD will purchase HTH policies on behalf of program participants, and the cost is included in your program fee. Therefore, you should not enroll yourself in HTH; IPD will enroll you for the official travel period of your program. After enrollment, you will receive an email confirmation of coverage with a link to download a PDF copy of your policy card. Be sure to download your card and familiarize yourself with the terms of your coverage before you go. More information can be found through the Office of Risk Management: http://www.northwestern.edu/risk/insurance/study-travel-abroad-health/index.html

Should you elect to travel on your own prior to or at the end of your program, you will need to purchase additional coverage. There are dozens of companies that specialize in international medical insurance policies. You can research them on the web or you can purchase a policy similar to the NU coverage from our current provider HTH Worldwide (http://www.hthtravelinsurance.com/). On the website, you can review a variety of coverage options, make a selection, and pay with a credit card. Your policy will be emailed to you within hours. The policy most similar to NU's coverage is the TravelGap Excursion plan. The coverage allows access to all of HTH's web tools; provides comprehensive protection; and, depending on the medical limit selected (it can range from a medical maximum of $75,000 to $1,000,000), the deductible chosen (it can range from $0 to $400), and your age at the time of travel, costs less than $15 for the initial 10 days of travel while outside of the U.S. Remember, you will need to independently purchase this separate insurance coverage. You cannot extend the Northwestern study abroad coverage; a new policy must be obtained.

Travel Health
Even if you are not required to see a medical professional as part of the Northwestern University Health Assessment process, it is recommended that you consult a travel health professional about appropriate immunizations and preventative health measures for your trip. NU Health Service (NUHS) is not currently offering travel health services,
but you can consult the Travel Health Services page of the NUHS website for a list of local travel health professionals: [http://www.northwestern.edu/healthservice-evanston/medical-services/travel-health-services/index.html](http://www.northwestern.edu/healthservice-evanston/medical-services/travel-health-services/index.html).


**Mental and Emotional Health**

Besides being personally rewarding, culturally expanding, and growth-producing, study abroad can be a stressful experience. As such, study abroad can cause students to have strong emotional reactions that can interfere with effective functioning as well as trigger and/or exacerbate mental health concerns, such as a return of symptoms or increased depression or anxiety. Please refer to the Mental Health Abroad page on the Study Abroad Office website for information and resources: [http://www.northwestern.edu/studyabroad/resources/online-guide/health-and-safety/health/mental-health-abroad.html](http://www.northwestern.edu/studyabroad/resources/online-guide/health-and-safety/health/mental-health-abroad.html)

The state of your mental health is a personal matter and a personal responsibility, but discussing your mental health needs and readiness for study abroad with your current mental health provider or Northwestern’s Counseling and Psychological Services (CAPS) before you go abroad will help you to prepare for any mental health challenges abroad. Please also consult with your program administrators about your mental health history, so that they can help you plan ahead and discuss options available for support while abroad. Visit the CAPS website: [http://www.northwestern.edu/counseling/index.html](http://www.northwestern.edu/counseling/index.html)

**Travel Warning Waiver & Release**

Mexico is currently under a U.S. Department of State Travel Warning: [http://travel.state.gov/content/passports/english/alertswarnings/mexico-travel-warning.html](http://travel.state.gov/content/passports/english/alertswarnings/mexico-travel-warning.html)

In accordance with Northwestern University’s Undergraduate International Travel Policy, this program has been fully reviewed and granted special travel permission from the International Risk Assessment Committee (IRAC) (formerly known as the Study Abroad Risk Assessment Committee). As a response to changes in country conditions that may raise significant health, safety, or security concerns, the program is subject to modification or suspension at any time. You can learn more about Northwestern’s Undergraduate Travel Policy here: [http://www.northwestern.edu/studyabroad/guide/health-and-safety/safety/university-undergraduate-international-travel-policy-and-procedures.html](http://www.northwestern.edu/studyabroad/guide/health-and-safety/safety/university-undergraduate-international-travel-policy-and-procedures.html)

Students enrolled in this program will be required to adhere to additional security measures, which will be discussed in more detail during advising appointments and pre-departure orientation. Students must also sign a Travel Warning Release and Waiver (enclosed), due March 20. This form is also available here: [http://www.northwestern.edu/risk/docs/policies/undergraduate-travel-warning-release-waiver.pdf](http://www.northwestern.edu/risk/docs/policies/undergraduate-travel-warning-release-waiver.pdf)

**Note:** when completing the Travel Warning Release and Waiver form, you may enter the “Date of SARAC Recommendation and Provost Approval” as June 2014.

**Smart Traveler Enrollment Program (STEP)**

The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate. Visit STEP at: [https://step.state.gov/step/](https://step.state.gov/step/). All IPD students must register their travel with STEP prior to departure.
Preparing for Your Experience Abroad

Most students who participate in a study abroad program do so, among other reasons, to experience and to interact with people from another culture. Engaging with your host community and culture is central to the study abroad experience and to the discoveries that you will make about yourself and your host country. But remember: the level and depth of interaction that you will have with the local culture will depend largely on your own initiative, and the process starts long before your arrival in your host country.

IPD’s specially-designed programs, such as this one, provide you with the comfort of a relatively familiar academic and social setting, since your curriculum aligns with your on-campus studies and you are living and studying with a group of your Northwestern peers. However, this structure can sometimes lead to a Northwestern “bubble” or “island” phenomenon abroad, which may pose a challenge to getting to know local people and having positive cross-cultural experiences. It is important that you make a concerted effort to cultivate relationships with students at your host institution, your homestay family (if applicable), or community members in the city where you live.

At the same time, having some knowledge about your host country will make you better equipped to interact with your local environment in a substantive and meaningful way. Having a basic understanding of the history and geography of your host country as well as social, economic, and political systems will help you build relationships with local people and better understand the cultural dynamics you will experience. Additionally, the more informed you are about the environment in which you will be living and studying, the more likely you will be to question assumptions or misconceptions you may have about the place and people, to understand and cope with differences between your expectations and the reality you experience, and to distinguish yourself from the “Ugly American” stereotype.

Academic Expectations
IPD study abroad programs provide a rigorous, interdisciplinary course of study around a program theme. As Northwestern programs, IPD study abroad experiences are designed to challenge you academically through stimulating programming and discussion, which are enhanced by field visits, cultural exploration, and other location-specific resources. You should expect to dedicate similar amounts of time and effort to your coursework and projects abroad as you would during a quarter on campus at Northwestern, but you should also approach the learning environment as an opportunity to connect in-classroom activities with out-of-classroom experiences.

Although we encourage you to take advantage of opportunities for independent travel, cultural activities, and exploring your host city and country during your free time, you are expected to participate fully in all classes and program-sponsored excursions, arrive on time to all activities, and complete all assigned work by the deadlines provided, regardless of additional activities you may wish to pursue. If you must going to be absent for a class or activity, you are expected to notify your professor and/or Program Director in advance, and you are responsible for making up any work you may miss. If you have any questions or concerns about these expectations, contact Karey Fuhs, Associate Director for IPD Study Abroad, at k-fuhs@northwestern.edu.

Make a Plan to Know Before You Go
Take some time before you depart to set specific goals for yourself while you are abroad and plan how you might accomplish them. Begin by researching the basic history of your host country and/or city, as well as local politics and government, language, religion, holidays, traditional art and music, the economic system, customs and traditions, gender roles, recent hot topics and controversies, etc. Besides basic Internet searches, consider watching a movie from or about your host country (there are many in the IPD library), reading a novel or non-fiction work about the place you are visiting (also available in the IPD library), reading articles from local newspapers online, and buying a travel guide that points out the major sights and attractions in the area where you will be living. Students participating in global health programs abroad may wish to consult the World Health Organization (WHO) country guides or review other health-related publications specific to their host country.
IPD will provide some resources and suggestions in your Pre-Departure Orientation Guide (distributed shortly before your Pre-Departure Orientation). However, you should focus on topics that are of interest to you and aim to find information from a variety of sources, mediums, and viewpoints. Start by reviewing the links in the **Resources** section.
Resources

Contacts
International Program Development
ipd@northwestern.edu
Tel: +1-847-467-6953
http://www.ipd.northwestern.edu/

Karey Fuhs, Associate Director, IPD Study Abroad & Adviser for the Public Health in Mexico program
*Contact Karey if you have any questions about your program, academics, preparing for study abroad, health and safety, or any other matters.
  k-fuhs@northwestern.edu

Natalie Kohler, Program Assistant, IPD Study Abroad
*Contact Natalie if you have questions about forms or requirements, and submit all materials to her.
  natalie.kohler@northwestern.edu

Study Abroad Office
studyabroad@northwestern.edu
http://www.northwestern.edu/studyabroad/
Tel: +1-847-467-6400

Program Information
• Public Health in Mexico Program Page: http://www.ipd.northwestern.edu/study-abroad/explore/americas/public-health-mexico.html
• IPD Program Pre-Departure Information Page:
  http://www.ipd.northwestern.edu/study-abroad/pre-departure/index.html
• Study Abroad Guide:
  http://www.northwestern.edu/studyabroad/guide/index.html
• Study Abroad Office: Student Voices (including a password-protected area to access returnee information):
  http://www.northwestern.edu/studyabroad/student-voices/index.html
• Study Abroad Office: Learn About Your Destination:
  http://www.northwestern.edu/studyabroad/outbound-students/learn-about-your-destination.html
• Study Abroad Office: Life in a Foreign Culture:
  http://www.northwestern.edu/studyabroad/outbound-students/life-in-a-foreign-culture-tips-for-cultural-adjustment-while-abroad.html

Country & Traveler Information
• US Department of State Country Guide for Mexico:
  http://travel.state.gov/content/passports/english/country/mexico.html
• CDC Travelers’ Health Mexico:

Global Health Information
• Center for Disease Control and Prevention (CDC): http://www.cdc.gov/globalhealth/countries/mexico/
• Secretaría de Salud: http://portal.salud.gob.mx/
NORTHEASTERN UNIVERSITY STUDENT
STUDY ABROAD PROGRAM CONFIRMATION FORM

All Northwestern students who have been approved to study abroad must complete and submit this form to indicate the program in which they intend to participate or to withdraw from study abroad. This form must be submitted in hard copy to your program office by your program confirmation deadline.

Today’s Date _________________

Last name | First name | NU Student ID Number
---|---|---

TO CONFIRM YOUR INTENT TO STUDY ABROAD:

I. Program Confirmation
Below please provide the title of the program in which you intend to participate and your intended term. List your program’s title as it appears in your Northwestern Study Abroad Application.

- If you are enrolling in a specific concentration or track, please list that as well.
- If you are waiting to hear about acceptance from your program(s), please fill out this form as if you will attend your preferred program and submit by your program confirmation deadline. Notify your Study Abroad Adviser if your plans change after signing and submitting this form.

| Program Name | Term (Quarter/Year) |
---|---|

II. Student Statement & Signature
By signing below, I indicate my understanding of the following policies and requirements, which are outlined in the Student Agreement that I signed as part of my approved Northwestern Study Abroad Application:

- If I withdraw from a Northwestern-Sponsored program during the academic year or summer after signing and submitting this Program Confirmation Form, I will be charged a minimum $1,000 cancellation fee, and any refunds will be made according to the Withdrawal Policies for Northwestern-Sponsored Programs.
- If I withdraw from any other program (i.e., affiliated, approved unaffiliated, or Non-NU Summer), I am bound by the billing, withdrawal, and refund policies of the program provider and/or host institution. Any refunds of program fees and any applicable deposits will be made according to the policies of the program.
- I have read, understand, and agree to comply with Northwestern and program-specific rules, requirements and regulations pertaining to the program in which I plan to participate.
- I will submit all required pre-departure materials and complete all pre-departure requirements.

Student signature: _____________________________________________________ Date: _________________

TO WITHDRAW FROM STUDY ABROAD:

I am withdrawing my Northwestern Study Abroad Application for the following reason(s). Check all that apply.

- [ ] Academic Reasons
- [ ] Financial Reasons
- [ ] Extracurricular Commitments
- [ ] Health or Safety Concerns
- [ ] Personal or Family Reasons
- [ ] Other (please describe below):

Student signature: _____________________________________________________ Date: _________________

Please submit this form, in person and by your deadline, to the appropriate study abroad office:

- Global Engagement Studies Institute | 601 University Place, Suite 8 | 847-467-0844 | gesi@northwestern.edu
- IPD | 1800 Sherman Avenue, Suite 4-700 | 847-467-6953 | ipd@northwestern.edu
- Study Abroad Office | 629 Colfax Street | 847-467-6410 | studyabroad@northwestern.edu
STUDENT TRAVEL FORM FOR STUDY IN A COUNTRY CURRENTLY UNDER A U.S. DEPARTMENT OF STATE TRAVEL WARNING BUT A RATING OF LOW TO MEDIUM RISK BY INTERNATIONAL SOS

Student Traveler’s Name: ____________________________________________

Student ID Number: ___________________________________________________

NU School: __________________________________________________________

Program Dates: ______________________________________________________

Destination(s): ______________________________________________________

Host College or /University/Program/Organization: _________________________

Date of SARAC Recommendation and Provost Approval: ____________________

Attach approved Travel Permission Application. In connection with my trip to the above-referenced destination(s):

1. I have carefully identified, reviewed and considered the risks of travel to my destination(s), including reading the most recent relevant U.S. State Department (“DoS”) Travel Warning(s) available through http://travel.state.gov/, the most recent relevant International SOS Security Alerts and Security Reports, available through http://www.internationalsos.com/members_home/login/clientAccess.cfm?CustNo=11BCAS000003, and the Northwestern University Undergraduate International Travel Policy, available at http://www.northwestern.edu/studyabroad/resources/online-guide/health-and-safety/safety/university-undergraduate-international-travel-policy-and-procedures.html.

2. I acknowledge that I am voluntarily participating in the travel described above. I also acknowledge that my participation in this travel may expose me to significant risks, including but not limited to terrorism, war, serious bodily injury or death, property damage, and other risks that may not be foreseeable. I acknowledge that the U.S. State Department has issued a Travel Warning for the above destination(s). I understand that Northwestern University is not responsible for my safety and I assume full responsibility for all risks associated with my travel.

3. I have submitted a complete travel permission application for my proposed program to the Study Abroad Risk Assessment Committee and it has been allowed by the Provost, or I am participating in a program that has permission from the Study Abroad Risk Assessment Committee and
Provost. I acknowledge that the University retains the right to withdraw permission for any approved program at any time.

4. I will comply with any and all behavioral and/or travel requirements set forth by the University Study Abroad Risk Assessment Committee and/or the University’s Associate Director for International Safety and Security and/or the program director or coordinator on site. I understand that my failure to comply with any such requirements may result in my immediate dismissal from the program, additional sanctions upon return to Northwestern University up to and including exclusion from the University, and withdrawal of funding or financial aid for expenses in connection with my program.

5. I know that I am not required to travel to my destination(s).

6. I know conditions in my destination(s) may change rapidly and I will stay informed of current events on a frequent, at least daily, basis by obtaining updated security and health information from, and registering with, the nearest U.S. Embassy or Consulate General (see DoS Travel Warning for contacts), the DoS website and International SOS. I will also enroll in the warden system with the U.S. Consulate(s) nearest my destination(s). If I am not a U.S. citizen, I will register with my home country’s Embassy or Consulate and get updated information from the U.S. and my home country’s Embassies or Consulates, the DoS website and the International SOS website.

7. I know that because conditions in my destination(s) may change rapidly, I may be required to return to the United States before completing my proposed program. I understand that in such an instance I may not receive academic credit or a refund of tuition or any other fees paid for the program and that I may incur additional personal and/or travel expenses.

8. I understand that all Northwestern students are required to obtain HTH Worldwide health insurance coverage for the period of time they are studying and traveling abroad, regardless of any other coverage they might have from their parents, Northwestern, or their study abroad program (http://www.northwestern.edu/risk/insurance/study-travel-abroad-health/index.html). I further understand that all students studying abroad are required to register with International SOS, a free security and travel assistance firm. (http://www.northwestern.edu/risk/insurance/international-travel-safety-security/index.html). I agree to comply with both of these requirements.

9. I hereby acknowledge that I have discussed my travel with at least one of my parents or guardians who has also read and signed this form as indicated below.

10. I understand that all students studying abroad for credit at Northwestern also must adhere to Northwestern rules and regulations, as explained in the Northwestern University Student Handbook (http://www.northwestern.edu/studentaffairs/publications/). Students studying abroad for credit at Northwestern on any program, including programs administered by Northwestern and those administered by outside institutions, who violate Northwestern rules and regulations—including Northwestern Study Abroad rules and regulations—may be subject to further disciplinary action upon returning to Northwestern.

11. If I travel away from the destination described above, I will inform the Associate Director for International Safety and Security at Northwestern University of such travels, including dates away from my original destination, mode of transportation, destination(s), cell phone or other emergency contact information, and date of return to my original destination. I will also update
my Personal Travel Record with International SOS to reflect any travel away from my original
destination. I agree not to visit any region within the country of my destination with an
International SOS rating of high or extreme risk. I understand that my failure to comply with this
provision may result in my immediate dismissal from the program, additional sanctions upon
return to Northwestern University up to and including exclusion from the University, and
withdrawal of funding or financial aid for expenses in connection with my program.

12. WAIVER AND RELEASE OF CLAIMS. I hereby release, waive, discharge and covenant not
to sue Northwestern University, its trustees, officers, agents or employees (hereinafter referred to
as "releasees") from any and all liability, claims, demands, actions and causes of action
whatsoever arising out of or relating to any loss, damage or injury, including death, that may be
sustained by me, or to any property belonging to me, in connection with travel and/or study at the
destination(s) described above. I voluntarily assume full responsibility for any risks of loss,
property damage or personal injury, including death, that may be sustained by me, or any loss or
damage to property owned by me, as a result of my traveling to the destination(s) described
above. I further hereby agree to indemnify and save and hold harmless the releasees and each of
them, from any loss, liability, damage or costs they may incur as a result of my travels. It is my
express intent that this Release shall bind the members of my family and spouse, if I am alive,
and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a
Release, Waiver, Discharge and Covenant Not to Sue the above named releasees.

___________________________________________  __________________
TRAVELER’S SIGNATURE                  DATE

___________________________________________  __________________
PARENT/GUARDIAN SIGNATURE              DATE

PARENT/GUARDIAN’S NAME/ADDRESS/PHONE/E-MAIL:
___________________________________________
___________________________________________
___________________________________________
___________________________________________

COMPLETED FORMS SHOULD BE SIGNED, SCANNED AND RETURNED VIA EMAIL TO
THE ASSOCIATE DIRECTOR FOR INTERNATIONAL SAFETY AND SECURITY:
julie.friend@northwestern.edu

July 11, 2012: BB/JAF