



When packing for your travel, you should think about the following:

Luggage: You should bring a backpack as your hand luggage. It is a good way to carry your belongings when you are on field trips. As your main luggage, you should only bring one piece (recommended is a backpack, but if you do not have one, something that can be carried on your shoulders or have sturdy wheels would be advisable). *You will be responsible for carrying your luggage around by yourself*, so make sure you can handle it for certain distances! Maximum weight for 2 pieces of luggage checked-in (free) at the airport is 50 pounds each for overseas flights. To the airplane you can take 1 carry-on piece (must fit into overhead bins) plus 1 personal item (handbag/ purse or camera or a coat). Do not lock your luggage as it needs to pass the security check at the airport. No liquids or gels over 3 oz. are allowed in your carry-on luggage before you pass the security at the airport (no water bottles-only empty ones, hand lotions, hand sanitizers, etc.). Any gels and liquids below 3 oz. need to be presented for the security check in a 1 qt. Ziploc bag.

Clothing: Think about what you are going to do during your program abroad. Will you need walking shoes or dressy shoes? Are you going to be outside a lot? It is always recommended to bring layers of clothing to Denmark as the weather changes frequently, even in the summer. It may rain frequently too. Find out about the weather in your host country at: www.worldweather.org. As a group, you will discuss the dress code appropriate for your country of destination – or else check with your faculty.

Medications: Commonly used American medication is generally not available in Denmark. Medications that bear the same or similar name to prescription medication from the United States are not always the same. Americans should carry their original prescriptions from their doctors if they need to use medication for personal use.

Laundry: There will be a laundry facility available at the dormitory where you will be staying. One washing cycle costs \$3 and one dryer cycle costs \$1. You need to purchase tokens from the dormitory office in order to operate the machines.

Electricity: The (voltage) power and plugs in Denmark (220 V) are different from US (110 V). If you need to bring any electric devices, buy an adapter with different plugs, and a power converter. Look for these devices at stores that carry electric appliances, and ask for a travel plug kit. Prices range from \$15-25. Some electric shavers and hairdryers require different power converter than the one used for recharging the camera batteries. Find out about your digital camera power adaptability for recharging purposes.

Calling & Email: If you want to call home from abroad, it's a good idea to buy a pre-paid calling card before you leave (try Nobelcom.com) or share it with your fellow student. During the arrival orientation, Roskilde College representative will advise where is the nearest phone you can use for the purpose of calling home or in emergency. Email may be easier and more cost effective means of keeping in touch with your family. You will be able to use computers at the computer lab at the Roskilde College. You will receive an access key card to the computer lab and the hours of operation.

Cell phones: For US territory calls you may wish to bring a cell phone with you. For calling the US from overseas, check with your service provider if your plan works in Denmark and how much it costs to make calls from there to the US. In general, it is expensive to use a cell phone abroad for calling the US, plus recharging it may be a hassle too.

Currency exchange: Even though most of your expenses (except most meals), are covered by the program fee, we advise you to bring some pocket money along if you'd like to purchase souvenirs or additional local items. It is advised not to exchange Danish currency (Kroner) in the US, but rather to bring sufficient US cash to Denmark – there is more favorable exchange rate if you do it after your arrival to Denmark. You will be able to exchange some money initially from cash, and then use an ATM. Taking your ATM card, which is also a credit card, may be your best bet for getting the local currency from ATM machines abroad. It may be wise to take 2 credit cards with you in case one gets "eaten" by the ATM machine (which happened before). Almost ALL credit/ debit card transactions in Denmark require a PIN number. Call your credit card company to give you a PIN number for your "true" credit card so you can get cash with it – it takes a few days to take effect. Advise them also about your travel and charges in foreign currency to allow charges go through.

NOTE: Have at least \$50 on hand in case you need medical treatment.

Papers: Take the CCID travel document holder/ pouch with you to keep all of your personal papers at one place: passport, air tickets, emergency flash card, emergency contact list, and insurance ID cards. Don't forget to *take copies of all of these documents (and put them in various places in your luggage)* and leave copies also with your emergency contacts in the US. This way it will be easier to replace any of them if they get lost or stolen.

Bring a pen and a pad of paper/ learning (travel) journal to take notes and write your journal.