

## 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! 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 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 wear business casual or casual – bring a pair of pants, one lighter jacket, shirts. Shorts, flip-flops, tank- or halter-tops are discouraged. Find out about the weather in your host country at: [www.worldweather.org](http://www.worldweather.org). The weather forecasts are available for most world locations now, so we strongly advise you check that before departure. As a group, you will discuss the dress code appropriate for your country of destination – or else check with your faculty.

**Laundry:** There are no laundry facilities in the hotel where you will be staying during your program. We would advise that you bring enough change of clothes, and from a fabric which dries quickly if you need to do a quick wash in the hotel bath sink. We would advise to bring soap suitable for light washing of the clothes.

**Electricity:** The (voltage) power in Ukraine is 220 V while in the US it's 110 V. If you need to bring any electric devices, buy an adapter for different plugs (2-prong in Ukraine), and a power converter. Ask at the stores that carry electric appliances (Radio Shack, Best Buy, Wal-Mart, Circuit City), and ask for a travel plug kit which covers region of Russia or former Soviet Union. Some electric shavers and hairdryers require different power converter than the one used for recharging the camera batteries (mostly Lithium/Ion battery packs). Find out about your digital camera power adaptability/ requirements for recharging.

**Calling:** 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. However, calling from Ukraine may be expensive. Ask the University representative during the post-arrival orientation where is the nearest phone you can use for the purpose of calling home or in emergency. Email and Internet is also available as a means of communication in Ukraine. You will be able to use some University computers as well as those in public Internet Cafés. The cost of using an Internet Café is very reasonable.

**Cell phones:** If you wish to bring a cell phone, check with your service provider if it works in Ukraine or if you can purchase a SIM card for it. In general, it is expensive to use a cell phone abroad, plus recharging it may be a hassle too.

**Currency exchange:** Even though most of your expenses 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 the Ukraine currency (Hrivna) in the US, but rather to bring the US cash to Ukraine – there is more favorable exchange rate if you do it after your arrival to Ukraine. You will be able to exchange some money initially from cash, and then use an ATM if you need more local currency. 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 additional credit card with you and which card can also be used in the ATM machine. Ask your credit card company in advance to give you a PIN number for your "true" credit card so you can get cash with it – it takes some time to get into effect. Call and tell your credit card company also about your travel abroad and charges in foreign currency, and ask them about the fees they charge for ATM withdrawals/ cash advances. Do not bring any travelers cheques to Ukraine.

NOTE: Have at least \$50 in reserve at all time in case you need medical treatment (your insurance policy has \$50 deductible to be paid by the patient).

**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.