

Parent/Guardian Checklist

A concise checklist to support effective communication between parents/guardians and students

****Communicating with your student is your most important role****

✓ Before Departure

- Discuss the program details, all travel locations, and the general level of expected independence.
- Use the US State Department's [Students Abroad](#) and country specific information pages to plan and be informed about travel locations.
- Review the [U.S. Centers for Disease Control](#) for country-specific health information and recommended immunizations.
- Discuss health and safety plans, insurance programs, and emergency procedures related to living abroad including any personal health considerations and physical and mental health resources to be coordinated before departure.
- Notre Dame requires undergraduate students to enroll in [GeoBlue](#) medical insurance.
- Discuss academic advancement which keeps students on track for a timely graduation.
- Discuss the best way to access cash: ATMs usually provide the best available exchange rate though they may have fees; use ATMs that are in safe and well-lit locations.
- Discuss potential issues such as homesickness, disorientation, boredom, respect for the local customs, and cultural norms of the host country.
- Agree on a routine *and* emergency communication plan: common methods include Skype, email, SMS text, WhatsApp and/or Viber.
PLEASE NOTE: many phone apps must be downloaded before departing the U.S.
- Ask your student to share a completed [Medical and Emergency Card](#).

✓ During International Education

- Agree on a routine *and* emergency communication plan: common methods include Skype, email, SMS text, WhatsApp and/or Viber.
PLEASE NOTE: many phone apps must be downloaded before departing the U.S.
- Students are the primary source of family information and updates. FERPA laws may prohibit ND from responding to parents directly in non-emergencies.
- Recognize local conditions may not have routine internet; students may use local mobile phones and keep their U.S. phones on airplane mode.
- Recognize time differences when communicating.
- Know **name** and **contact phone #** for your student's program contact person; there are more than 40 programs on campus provide international opportunities, so knowing who to contact is important.

✓ Welcome Home

- Be aware of the potential difficulties upon returning from an international experience, such as feeling disconnected from family and friends, apathy, loneliness, and missing those abroad.
- Discuss resources available at Notre Dame including the [University Counseling Center](#), which provides professional counseling for students on campus.
- The School for International Training, a Notre Dame partner, offers a parent resource [here](#).

24/7 Emergency: 1-574-631-5555 (ND Security Police)

ND International Monitored Line 24/7: 574-339-6154

Accepts calls, texts, iMessage, and WhatsApp