## Passport / Visa

[ ]  **Passport** Check it’s valid for six months after you return.

[ ]  **Visa** Ensure you apply for this in time if needed for your destination.

## Destination

[ ]  **Weather** Check the climate in your host destination and pack appropriately.

[ ]  **Mobile Phone** Check what’s included with your data roaming, or if you require a local sim card.

[ ]  **Multi-factor authentication (MFA)** If you’ve set up MFA for your [university e-mail account](https://www.universityofgalway.ie/information-solutions-services/services-for-students/importantnoticeforstudentstravellingabroadduringthesummer/) or online banking, you may to change this before you leave so you don’t get locked out of accounts.

[ ]  **Arrival** Research how you will get from the airport to your accommodation. Check that any prearranged accommodation is available to check in at your arrival time.

[ ]  **Electronics** Buy an adapter or converter. If bringing a laptop, you may want to take out personal property insurance.

[ ]  **Pre-departure session** It’s important to attend this before you go.

## Finance

[ ]  **Budget** Know your financial needs. Make a budget in advance of departure.

[ ]  **Banking** Check you can access your bank account online whilst away.It’s a good idea to bring some local currency in cash to use initially.

## Insurance

[ ]  **Policy** Understand your travel and health insurance coverage. Save the emergency number of your provider.

[ ]  **European Health Insurance Card** Bring it with you for EU destinations.

## Documentation

[ ]  **Erasmus Grant** Complete and return any requested [paperwork](https://www.universityofgalway.ie/international-students/outbounduniversityofgalway/outboundstudents/outgoingerasmusstudents/latestnews/#tab2).

[ ]  **Host University Documentation** Complete and return anything requested by your host university/organisation. Check your host destination e-mail account regularly as this is likely where most of their communication will he sent to.

[ ]  **Mobility Assessment** Research, complete and submit the Mobility Assessment. Update it if circumstances change before you depart. Review, understand and submit the **Student Declaration**.

[ ]  **Emergency Contacts** Store these in your phone andcreate a [list](https://aigpc.my.salesforce.com/sfc/p/#700000008Np7/a/4u000000MYUk/G4CVir7eLa..6tSthpPkyX6Gy7smIyd58g5qFlgO1TM) to bring with you.

[ ]  **Photocopies** Bring copies / photographs of important documents. It can also be useful to leave a set at home with a trusted family member.

[ ]  **Registration** Complete your online registration at University of Galway before you depart.

[ ]  **Itinerary** Don’t forget to share this with family and friends.

## Support Services

[ ]  **Disability Support Services** If registered with DSS at University of Galway, ensure you’ve registered with a similar service at your host before arrival.

## Medication / Immunisations

[ ]  **Prescriptions** Confirm arrangements for any medical needs, including prescription supply or contact lenses.

[ ]  **Immunisations** Check if any are required for your host destination.