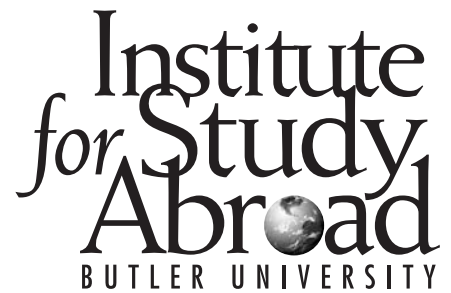


Travel Newsletter

Australia Summer 2011



May 19, 2011

Contents

Don't Forget!	1
Checking In for Your Flight	1
Travel Problems?	1
Baggage Allowances	1
Packing Your Carry-On Bag	2
In-Flight Comfort	2
Beating Jet Lag	2
Customs Forms	2
Clearing Customs	2
Lost Luggage	2
Phone Home	2
Orientation	3
If You Arrive Early	3
Currency	3
Updated Calendar	3
Last-Minute Tips	3

Don't Forget!

Before you get on a plane, make sure you have your **passport**.

Also make sure you have paid your **program fee** and/or taken care of your financial aid. We can't place you in housing if you haven't paid your fee.

E-mail your travel plans to dpraul@ifsa-butler.org as soon as possible, if you have not already done so. We need to know when to expect you so that we have a way to track you down if you don't turn up on time. If you miss a flight or change your plans, call IFSA-Butler at 800-858-0229 and **let us know**.

Checking In for Your Flight

You should plan to arrive at your international departure airport three hours before your international flight. That allows you enough time to get checked in, get a boarding pass and make it to your gate.

You must check in for your flight. Otherwise, the airline can give your seat to someone else.

Ask if your domestic carrier has an agreement with your international carrier. If so, the domestic airline may be able to check your bags all the way through to your final destination. If your bags can't be checked to your final

destination, you'll have to leave the gate area and claim your luggage, then recheck your luggage at the check-in desk of your international airline carrier. The airline will issue you a boarding pass for this leg of your journey. Once you have rechecked your luggage and received your new boarding pass, you will have to proceed through security in order to re-enter the gate area.

Get to the gate in plenty of time so you don't miss your flight.

Travel Problems?

If you are running more than an hour late and it looks like you might miss a flight, you'll need to make alternate travel arrangements and then call IFSA-Butler to let us know.

Students on the **group flight** should contact Advantage Travel at 800-788-1980 and let them know about the flight delay or missed connection. Advantage can help get you on a new flight if necessary. Leave a message if no one picks up; Advantage checks the messages regularly and returns calls.

Please note that if you booked the same flight as the group flight without going through Advantage Travel, you are considered an independent traveler. Students who are traveling **independently** who miss a flight should contact the airline to get on a new flight.

Whether you are taking the group flight or traveling independently, **you must call us at 800-858-0229 to let us know about your change in plans**. We will then inform our Australia office of any delays on your behalf.

Be sure to leave your name, location, airline, old flight numbers, new flight numbers, departure and arrival times, and the name, number and room of the hotel (if you have to stay in a hotel).

We monitor messages on flight days, so if no one answers the phone, be sure to leave a message with the above information. **Be sure to call IFSA-Butler on our general line at 800-858-0229 to ensure that the correct person gets the message. Please do not leave a message about travel problems on your program advisor's voicemail or e-mail.**

Baggage Allowances

Most airlines allow two pieces of checked luggage and one carry-on bag. Contact both your domestic and international carriers for more information on baggage limits.

If you exceed baggage limits, the airline can require you to buy new luggage and repack in the airport. Do not over-pack. You may be required to pay a fee for extra or oversized luggage.

If you lock your luggage, make sure the lock is Transportation Security Administration-approved in order to lessen damages to your luggage. If your bag is searched, officers may cut the lock off, damaging your bag in the process.

Please do not bring sporting equipment, such as skis and bikes. If you feel you must bring your own, call your domestic and international carriers for information about packing and excess baggage fees.

Packing Your Carry-On Bag

Did you pack:

- Your passport*
- Your tickets or e-ticket confirmations*
- *Preparing to Study Abroad* (sent with your welcome packet)
- Your newsletters
- Insurance coverage details
- Cash, ATM card and credit cards*
- Your telephone calling card and instructions for calling home from Australia
- List of contact names, addresses, phone numbers, fax numbers and e-mail for:
 - Academic advisor at your home college
 - Study abroad advisor at your home college
 - Parents and relatives

You might also want to bring:

- Travel-size toiletries that meet airline specifications/restrictions (i.e., liquids in containers no larger than 3.3 ounces, all sealed in a clear, quart-size plastic bag).
- Something to read
- Something to listen to
- Spare clothes in case your luggage is lost or delayed
- Any medications and prescriptions
- Camera

According to FAA regulations, you are not allowed to bring the following items in your carry-on:

- Knives (including pocket knives)
- Cutting instruments of any kind
- Metal knitting needles (plastic needles are acceptable)
- Lighters
- Metal scissors (plastic scissors are acceptable)

*Keep these items and other valuables with you at all times!

You can get the most up-to-date list of prohibited items from the Transportation Security Administration website at www.tsa.gov (click on "Travelers and Consumers" and then on "Air Travel").

Airlines have stringent security measures and any prohibited items will be confiscated and not returned. Remember that metal objects, even pocket change and pen caps, can set off the airport's security alarms.

Carry-ons are subject to inspections. If you need to take a syringe on the airplane, you must have documented proof of medical need.

If you intend to bring a laptop computer, video camera or a hand-held electronic game, follow your airline's instructions. Cell phones must never be used while an airplane is in flight.

In-Flight Comfort

For comfort during the flight, wear loose-fitting clothes and comfortable shoes. Your feet might swell during the flight; remember to walk around the cabin frequently to keep your blood circulating! You'll probably find that the cabin feels cold, so don't give away your blanket.

Beating Jet Lag

During the flight drink plenty of water and sleep as much as possible. Eat the provided meals. If you have special dietary needs, advise your airline in advance.

Try to adjust your internal clock right away; otherwise, jet lag will hit you harder and last longer. After your arrival, continue to drink plenty of water and get as much fresh air as you can. Go to bed at normal Australian times. Even if your flight arrives at night, go straight to bed. Trust us, it works! It may take two or three days for you to feel comfortable.

Customs Forms

As your plane descends into Australia, your flight attendants will hand out a few forms with customs and agricultural declarations. They limit the amount of alcohol and cigarettes that you can bring into the country (duty-free goods valued up to AU\$900, 2.25 liters of alcohol and 250 cigarettes are allowed). Remove the price tags and wrappings from any new purchases; you don't want to pay customs charges on new items.

If you have a question about declaring goods, declare them. It's not a problem to declare something you don't have to. However, if you neglect to declare something customs considers dangerous to Australian agriculture or against Australian laws, they may fine, deport or imprison you.

Clearing Customs

When you go through customs, the officials will ask you the purpose of your visit. Tell them you are a student on a short-term program and present your **passport** and **landing card** (distributed on the airplane).

If the official asks for your address and you do not yet have one, give the address of our Sydney office:

107/1 Erskineville Road
Newtown, New South Wales 2042
Telephone: 1-300-288-537

Lost Luggage

Sometimes students land in Australia only to find their luggage has taken a side trip. If your luggage does not come out of the carousel, see an airport official to file an airline lost luggage claim **before leaving the customs area**. You can give airline officials the Sydney office address listed in "Clearing Customs." Be sure to give your name c/o Institute for Study Abroad.

If you lose your luggage, you will receive a lost luggage file number. Keep this information handy, as it will have all the relevant information you will need to help airline staff track down your luggage.

Phone Home

Please call home as soon as you get to Australia. Your family will be worrying about you. Check with your long-distance carrier for instructions on calling home from Australia (and anywhere else you plan to travel) **before** you leave. Sometimes instructions for calling internationally with a calling card can be complex, so be sure to write the information down and bring it with you in your carry-on bag.

Orientation

Orientation begins with the arrival of the group flight (Qantas #12 at 6:30 a.m.). Our Australia staff will meet you at the Sydney Airport and take you to the orientation site. For more information about what to pack for orientation, see the "Packing" section of *Preparing to Study Abroad Australia* starting on page 20. Remember, it's currently **winter** in Australia.

If You Arrive Early

Accommodation

IFSA-Butler cannot accommodate early arrivals. If you plan to arrive in Australia before the program start date, we recommend that you go directly to the Information Desk at the Sydney Airport. Tell the airport staff member at the Information Desk the type of accommodation you are looking for and your price range. The staff member will then book your accommodation.

Various hotel mini busses are available at the airport to shuttle you to your hotel.

Luggage Storage

Neither IFSA-Butler nor your host university has luggage storage facilities; however, the Sydney airport does have a baggage storage system at T2 domestic terminal. For more information, go to www.sydneyairport.com and click on "T2 Domestic Terminal" under Terminal Information. Then, click on "Baggage."

Currency

You can exchange currency at the airport. If you arrive late at night or on a weekend, you should definitely exchange your currency at the airport. Banks give a better rate of exchange, but hours are limited. Some post offices have currency exchange windows. They generally give good exchange rates and have few fees, but again, hours are limited.

If you cannot get currency or traveler's checks in Australian dollars, you can exchange U.S. dollars and traveler's checks at banks in Australia for a small fee. You might also be able to use your U.S. ATM card to withdraw money from your account in Australian dollars.

Banks are generally open Monday through Thursday from 9:30 a.m. to 4 p.m., with late opening on Friday, open until 5 p.m. Select banks may be open from 10 a.m. to 2 p.m. on Saturdays. See more about currency, banks and ATMs in the "Managing Money" section on page 14 of *Preparing to Study Abroad Australia*.

Updated Calendar

We've included an updated summer program calendar. Please check to see if any of the dates associated with your program have changed.

Last-Minute Tips

- Sign up for frequent flyer miles.
- Reread the housing and health insurance sections of *Preparing to Study Abroad Australia*.
- Photocopy your passport and tickets and give a copy to your parents or a family contact.
- Give your parents the numbers of your credit cards and traveler's checks in case they are lost or stolen.
- Plan to try new things, taste new foods and go where you never expected to go.
- Buy a travel guide or rent a video of Australia.
- Read something about Australia before you leave.
- Be prepared for adventure!

Questions? Call us at 800-858-0229 or visit us online at www.ifsa-butler.org.

Program Calendar



Australia Summer 2011

Australia Summer Public Health Program at the University of Adelaide

Group Flight Departs	June 3
Arrive in Australia	June 5
Program Starts	June 5
IFSA-Butler Orientation	June 5-7
University Orientation	TBA
Classes Begin	June 8
Last Day of Classes	TBA
Final Exams	TBA
Program Ends	August 7

These dates are correct as of January 11, 2011, but must be regarded as provisional, given the mutability of host university calendars.

Upon arrival at your host institution, check the end dates for changes before confirming return travel plans. Ending dates vary from department to department, and you must complete all course obligations prior to departure. In addition, you should not make plans to travel on the final day of exams since there may be exams on that day.

Program housing is available only until the date listed as "Program Ends" on the calendar.

Exams must be taken where and when scheduled. Under no circumstances may students request that an exam time be changed. Exams are taken under formal examination conditions, and changes cannot be made for individuals.