

# Packing and Travel Checklist

So you have completed your TEFL certification course, turned in your Practicum documents, decided on the country that you are going to teach English in, and now it is finally time to pack and prepare for your adventure! This document contains a comprehensive packing list and various preparation tips for you to consider before you depart including [Country Research](#), [General Travel Items](#), [Travel Documents](#), [Teaching English and Finding a Job](#), [Clothing](#), [Technology and Communication](#), [Health](#), and [Money](#).



*Egypt*



*Nicaragua*



*China*



*Spain*

## Country Research

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It is very important that you complete your own research of the country you will be visiting before you leave. You will want to acquire a basic understanding of the culture, political situation, behavioral norms, etc. so that you will be fully prepared to live and work there. Below, you can find some good websites and resources to take a look at before you leave. You can also contact Student Affairs for more country specific information.

- ☐ Lonely Planet: [www.lonelyplanet.com/](http://www.lonelyplanet.com/)
- ☐ U.S. State Department (you can also register on here before you leave the country): [travel.state.gov/travel/tips/registration/registration\\_4789.html](http://travel.state.gov/travel/tips/registration/registration_4789.html)
- ☐ Embassy websites: [www.state.gov/s/cpr/rls/fco/](http://www.state.gov/s/cpr/rls/fco/)
- ☐ Expatriate websites: <http://www.transitionsabroad.com/listings/living/resources/expatriatewebsites.shtml>
- ☐ BBC News – Read up on your country’s current events: <http://www.bbc.co.uk/news/>
- ☐ Travel Guides by region and country: <http://www.findingdulcinea.com/guides/Travel.html>

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## General Travel Items

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Some of these items may vary depending on what country you are going to, how long you are staying, how many items you are bringing, etc. Again, make sure you do thorough research so that you can better plan on what to pack.

- ☐ Large backpack and/or suitcase
- ☐ Small day pack or carryon
- ☐ Neck pillow for long plane, bus, and train rides
- ☐ Sleep sheet
- ☐ Watch
- ☐ Guide book
  - Lonely Planet: <http://www.lonelyplanet.com/>
  - Rough Guide: <http://www.roughguides.com/>
  - Let's Go: <http://www.letsgo.com/>
  - Frommer's: <http://www.frommers.com/>
- ☐ Map of the city or country
- ☐ Towel
- ☐ Umbrella
- ☐ Compass



# Packing and Travel Checklist

## Travel Documents

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It is highly recommended to photo copy all of your travel documents before you leave. Take one copy with you abroad, give another copy to a friend or family member to keep at home, and scan/send copies to your email. This way, if you lose your passport or other important travel documents, you can bring a copy to the embassy or consulate.

- ☐ Passport
- ☐ I.D.
- ☐ Medical documents – Yellow Card with Immunization List, Prescriptions, etc.
- ☐ Insurance Information
- ☐ Tickets – plane, train, bus, etc.

**Flights, Insurance Coverage, and more** - ITA has partnered with STA Travel to offer our students discounted airfare, help with obtaining health and traveler's insurance, and more. Contact them directly to find out more details and to book your flight today -

<http://b2b.statravel.com/intteflacademy.html>.

## Teaching English and Finding a Job

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Make sure to contact Student Affairs before you leave to receive more specific information and job search guidance on the country you are traveling to.

- ☐ TEFL Certificate
- ☐ International Resume
- ☐ Sealed official transcripts from your university
- ☐ Cover Letter
- ☐ Grammar book
- ☐ Sample lesson plans
- ☐ Anything you want to use in your future classroom (Recommended: English games, toys, deck of cards, pictures, newspapers, magazines, etc.)
- ☐ Links to teaching websites or other activities, resources, worksheets, etc.

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- ☐ ***If necessary depending on the country you are going to***, documents needed to get a visa such as official college transcripts, college diploma, criminal background check, etc.
- ☐ List of language schools and resources from Student Affairs
- ☐ Job Search Guidance Manual:  
<http://www.internationalteflacademy.com/Portals/67369/job-search-guidance/international-job-search-guidance-manual.pdf>
- ☐ International TEFL Academy Certification Book  
**PDF:**  
<http://www.lulu.com/product/ebook/tefl-certification-course-book/18833353>  
**Paperback:**  
<http://www.lulu.com/browse/search.php?fListingClass=0&fSearch=international+tefl+academy>

# Packing and Travel Checklist

## Clothing

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Pack light! Pack your clothing and then cut what you have in half. When most people are asked what they wish they would have brought *less of* when traveling, clothing is always the number one answer.

It is also a good idea to pack an extra set of clothes in your carryon bag in case your luggage is lost!

- ☐ Check the climate so you can get a better idea of what to pack:  
<https://www.cia.gov/library/publications/the-world-factbook/fields/2059.html#np>
- ☐ Formal clothing for interviews and teaching (Men: dress pants, collared shirt) (Women: dress pants, skirt, blouse)
- ☐ Shoes –a comfortable pair for walking (tennis shoes) and a professional pair for teaching
- ☐ Bathing suit
- ☐ Underwear
- ☐ Socks
- ☐ Hat
- ☐ Sunglasses
- ☐ Rain jacket
- ☐ Flip flops/Texas



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## Technology and Communication

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ITA highly recommends getting a local phone and phone number as soon as you arrive so that potential employers can easily contact you. Cell phones are easy to purchase overseas. You may also want to contact your cell phone company to inquire about using your current cell phone overseas. Many cell phone companies are international and would only require you to change your SIM card once you are overseas. It is also a good idea to figure out how to dial internationally before you leave: <http://www.countrycallingcodes.com/>

- ☐ Camera – bring extra memory cards and charger
- ☐ Laptop
- ☐ USB or External Hard drive to store pictures, lesson plans, etc.
- ☐ Music (iPod, etc.)
- ☐ Electronic Book (Kindle, Nook, etc.)
- ☐ Voltage Converters: <http://www.voltageconverters.com/voltageguide.htm>
- ☐ Sign up for Skype: <http://www.skype.com/intl/en-us/home>
- ☐ Have a Gmail or Hotmail account
- ☐ Sign up for an online picture website in case your memory cards, etc. are lost or stolen: <http://www.flickr.com/>
- ☐ Start a blog to keep your family and friends updated on ITA's social networking alumni blog site: <http://internationalteflacademy.goabroad.net/>
- ☐ Make a list of important phone numbers or contact information and email it to yourself. Recommended contact information: bank, credit card company, insurance company, employers, emergency contact information, etc.

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## Health

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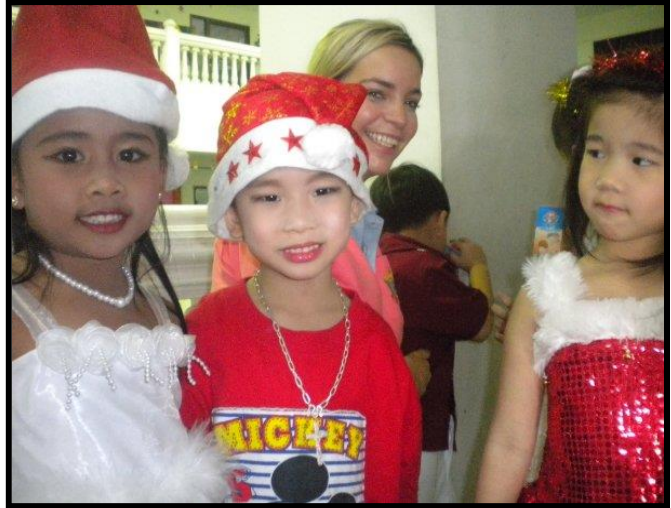
Make sure to visit the Centers for Disease Control and Prevention website to find out more information about the health situation in the country you are visiting and to see if you need any vaccinations before you leave: <http://wwwnc.cdc.gov/travel/>. Also check if/what vaccines you'll need if you plan on traveling to other countries besides the country you plan to teach in.

- ☐ Medical Insurance: Your employer or the country you are travelling to may offer inexpensive health insurance or care. There are hundreds of health insurance companies out there; we've included a few recommendations below. You should also contact your current health insurance provider to inquire if they offer international plans.
  - HTH Worldwide: <http://www.hthworldwide.com/>
  - Global Health: <http://www.globalhealth.com/>
  - STA Travel: <http://b2b.statravel.com/TEFL/intTEFLAcademyformfinal.html>
- ☐ Medication: Make sure that you bring any prescription that you need and if necessary, know the generic name to purchase at pharmacies abroad. Here are some medications that are recommended to bring:
  - Imodium AD
  - Cipro
  - Pepto Bismal
  - Ibuprofen – Advil, Tylenol
  - Dramamine for motion sickness
  - Midol
  - Contraceptives – birth control, condoms, etc.
  - Iodine tablets for water
- ☐ Toiletries: Most metropolitan cities will have stores where you can buy the basics. If possible, go light on the amount of toiletries you bring and purchase on the ground. Make sure to keep all liquids in plastic bags. If there are specific brands that you cannot live without, make sure to pack those. Blow dryers, curling irons, etc. are recommended to purchase on the ground. Recommendations to pack include:
  - Shampoo/Conditioner
  - Soap
  - Toothbrush/Toothpaste
  - Deodorant
  - Feminine Products



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- Shaving supplies
- Contact lenses and solution
- Eye glasses
- Makeup and other cosmetics
- Nail clippers and tweezers
- Sunscreen
- Bug spray
- Roll of toilet paper and Kleenex
- Small First Aid kit
- Bath Towel



## Money

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It is generally a good idea to check the exchange rate and research what things will cost before you leave (for example a taxi ride, beer, hostel, etc.) Exchange rates can be checked here: <http://www.xe.com/ucc/>. When you're in country and you use an ATM at a local bank, be sure to use it only during bank hours in case you have issues with your withdrawal.

- ☐ Money Belt – wear underneath your clothes (not hanging out like many tourists do!)
- ☐ Notify your bank or credit card carrier that you will be leaving the country (if you do not, they may freeze your funds)
- ☐ If possible, have some currency of the country you are travelling to before you arrive just in case you need it for taxis, etc.
- ☐ It is also a good idea to keep some cash on you in case you need to exchange it right away



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## Travel Arrangements with STA Travel and International TEFL Academy

International TEFL Academy has partnered with STA Travel to provide travel arrangements for students that plan to embark on a new adventure of teaching English abroad. STA Travel is able to book your flights on major US and international carriers. STA also offers Insurance, accommodations, tours and rail passes. Please complete the STA Travel Webform below to request an airfare quote to your destination. If you prefer to book over the phone, have questions, or need to make additional travel arrangements, please just give us a call at **1-800-230-6421**

Call STA Travel to Book: **1-800-230-6421**

Email STA Travel to Book: [intTEFLAcademy@statravel.com](mailto:intTEFLAcademy@statravel.com)

Submit a webform to STA Travel to Book: [STA Travel Webform](#)

STA Travel is the world's largest student, youth, and budget travel organization. STA Travel specializes in cheap flights, hotels and hostels, student travel insurance and the International Student ID Card (ISIC).

## STA TRAVEL CAN HELP YOU WITH...

### Flights

STA Travel works with our airline partners to offer travelers of all ages great fares to destinations around the world. Our exclusive airfares for students, teachers and youth travelers offer flexibility with reduced fees for date changes and ticket refunds at guaranteed rates.

### Book Now, Pay Later

STA Travel's exclusive Airfare Deposit Program. Guarantee your airfare with a nonrefundable \$300 deposit. Full payment due seven days prior to departure. Valid only on STA Travel exclusive airfare.

### Insurance

If you plan to cycle around colorful city streets, cross a few roads, eat weird and wonderful food, cart your expensive camera or iPad from hotel to dorm or go snorkeling in fish infested phosphorescent waters – then make sure you ask us to organize the right coverage for you.

### Accommodation

No matter where you are in the world, STA Travel can help you find the perfect place to lay your head. From a weekend getaway to a once in a lifetime adventure, STA Travel Experts help you choose from a variety of accommodation options including hostels, hotels and more.

### Tours and Rail Passes

STA Travel has 1,000's of Adventures, Tours, Day Trips and Rail Passes to help you make the most of your travels. No matter where they take you. From exploring classic cities to hiking famous trails, get off the beaten track and explore before, during or after your program.