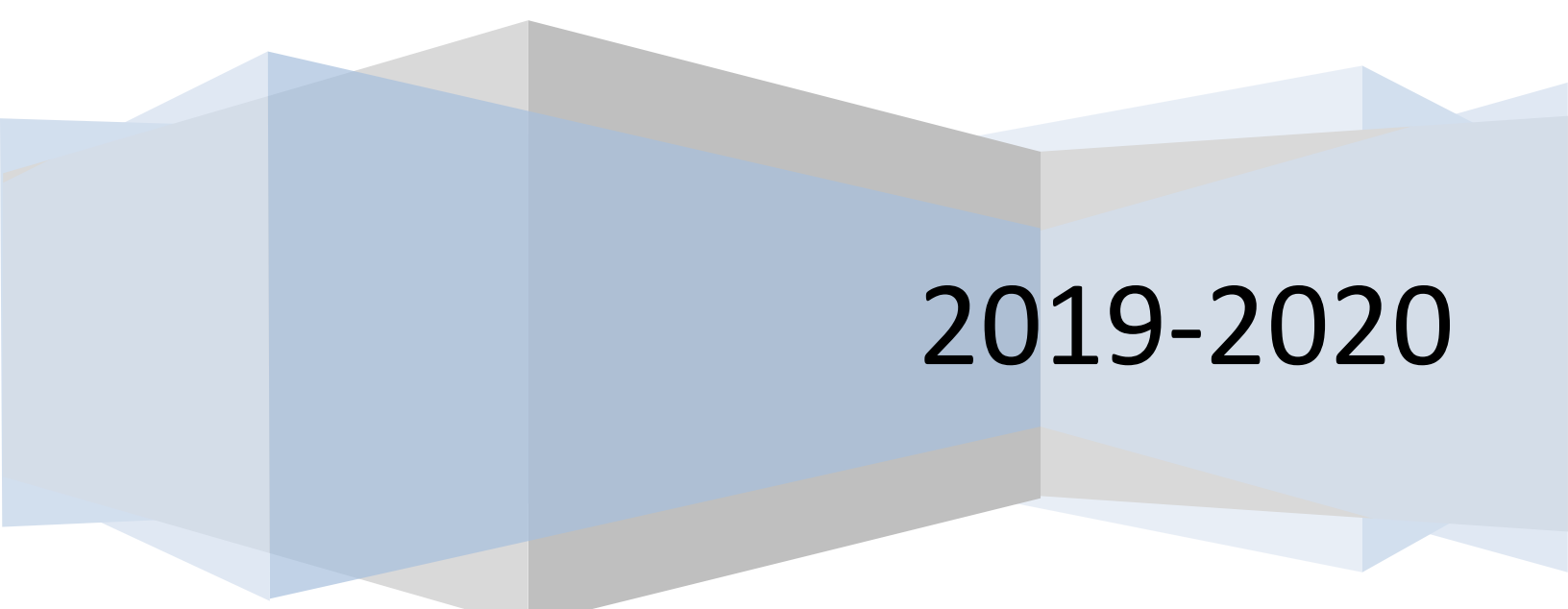


Columbia University

Undergraduate Exchange Student Handbook



2019-2020

CONTENTS

Getting Started	4
Columbia Contacts	4
Student Visas	4
Frequently Asked Visa Questions	4
Working in New York	5
Arrival in New York	5
Orientation Schedule	5
Housing	5
Early Arrivals	6
Hotels & Hostels	6
Travel	6
Flights	6
Public Transportation in NYC	6
Important Dates	7
Finances	7
Banking	8
ATM's	8
Academics	8
Course planning	8
Restricted Columbia College Courses	9
Course registration	10
Columbia Campus	10
Campus map	10
Columbia University Identification card	10
Libraries	10

Dining.....	10
Recreation.....	10
Center for Career Education.....	11
Health	12
Medical Insurance.....	12
Health Services	12
Immunizations and Medical form.....	12
Health and Medical Form	12
Measles, Mumps, Rubella & Meningitis	13
Safety in New York City.....	14

GETTING STARTED

Welcome to Columbia University and congratulations on your nomination as an exchange student. On the exchange, you will be joining one of the United States' leading universities and centers of undergraduate and graduate education. From classes with Nobel Laureates to numerous student societies, from the bustling energy of Manhattan, to the diverse, local charms of the Morningside campus, Columbia has something to offer everyone. We hope that you are excited about joining the Columbia community in the city of New York, and we look forward to working with you.

COLUMBIA CONTACTS

Your primary Columbia contact is:

Jill Burya

Associate Director

Center for Undergraduate Global Engagement

606 Kent

Jb3412@columbia.edu

Tel: +(212) 854-1130

STUDENT VISAS

You will need a student visa to study at Columbia and reside in the United States. You should plan on applying for an **F-1 student visa immediately**. Instructions and the on-line application for getting your F-1 student I-20 can be found on the ISSO home page: Getting Started: [Applying for Your I-20](https://isso.columbia.edu/content/applying-your-i-20ds-2019) <https://isso.columbia.edu/content/applying-your-i-20ds-2019>

You must submit all required paperwork **directly** to the International Students and Scholars Office (ISSO) as early as possible. The process of applying for and receiving an F-1 visa at the U.S. consulate or embassy can take as long as 3 months. The process is not difficult, but you should pay attention to the details and strictly follow documentation regulations.

For general procedural information: Visas and Travel, For Students, [Applying for a Visa \(Students\)](https://isso.columbia.edu/content/applying-visa-students) <https://isso.columbia.edu/content/applying-visa-students>

Please contact the ISSO **directly** with any questions regarding your student visa at newintlstudent@columbia.edu.

FREQUENTLY ASKED VISA QUESTIONS

Q: To which division of Columbia have you been admitted?

A: For undergraduate student engineers: School of Engineering and Applied Sciences

For all other undergraduates: Columbia College

Q: Which subject will you study?

A: Please answer with your area of study

Q: For which degree are you a candidate?

A: Non-degree or certificate

WORKING IN NEW YORK

With an F-1 visa, in general, you cannot work off-campus but you may be eligible for a campus job (maximum of 20 hours). Check the ISSO Web site for updates and information: <http://isso.columbia.edu/>

ARRIVAL IN NEW YORK

Move-in day for exchange students is **Tuesday, January 15, 2019**. You will take part in several days of orientation events that will precede the first day of classes on **Tuesday, January 21, 2020**. Monday, January 20th is a national holiday, and most University offices are closed.

ORIENTATION SCHEDULE

The New Students Orientation Programs (NSOP) is a required program for all new students. Special sessions for Visiting and Exchange Students and for international students are scheduled to take place from **Wednesday January 16 - Sunday, January 19, 2020**. During orientation, you will meet your assigned academic advisor in the Center for Student Advising with whom you will discuss your academic program and the course registration process. You will also become acquainted with the Columbia campus, its resources, and its students. Updates will be sent to you over the summer about dates and times of these mandatory meetings.

HOUSING

As an undergraduate exchange student, you are guaranteed on-campus housing. There is a separate on-line housing application that you will need to complete once you have been formally admitted to Columbia. This will be emailed separately to you. **Undergraduate exchange students are not required; however, strongly encouraged to live on campus due to the limited amount of resources provided for off-campus housing.**

Once you commit to living on campus, you are expected to live on campus for the whole term. Like most Columbia students, you will be living in a shared room or suite in student residential housing located near the Morningside campus. Single rooms are limited. You most likely will not know exactly where you will be living until you arrive. As housing is very scarce in both Manhattan and on campus, placement in your first choice cannot be guaranteed. You are responsible for all housing fees. See Finances in this handbook for more detailed information. For more information about on-campus housing, please visit: <https://housingportal.columbia.edu>.

More information about arrival and check-in will be sent to you after your housing application is complete and your assignment made. If you have questions, you can contact Columbia Housing by e-mail at housing@columbia.edu. **Typically, housing check-in starts at 9am of the date listed above for housing and then**

is available for 24/7 check-in after that time. However, please check with Columbia Housing by email to confirm this information should you plan to arrive outside regular business hours.

EARLY ARRIVALS

HOTELS & HOSTELS

If you plan to arrive before the official opening of housing, you will have to arrange for your own accommodation. Below please find a list of local hostels/hotels that you may want to contact in order to arrange for temporary housing. *This list should not be interpreted as a recommendation by Columbia University of these establishments.* For more comprehensive options, please consult a New York City guidebook.

UNION THEOLOGICAL SEMINARY- THE LANDMARK GUEST ROOMS

3041 Broadway (and 121st St.)

(212) 280-1313

<https://utsnyc.edu/life/union-housing/>

TEACHERS COLLEGE GUEST HOUSING

517 West 121st Street

(212) 678-3235

<http://www.tc.columbia.edu/housing/guest-and-conference-housing/>

HOSTEL INTERNATIONAL NEW YORK

891 Amsterdam Ave. (and 104th St.)

(212) 932-2300

<http://www.hinewyork.org/>

For more options please visit the Columbia Travel Portal: <http://www.campustravel.com/university/columbia/>

TRAVEL

FLIGHTS

There are three airports that serve New York City: John F. Kennedy, LaGuardia and Newark Liberty. There are a variety of public transportation options from each of these airports.

For visitors coming into LaGuardia, Kennedy, or Newark airports, taxi service is available to the campus (about \$35 from LaGuardia; from Kennedy a flat rate of \$60 plus tolls, about \$60 plus tolls from Newark). From JFK, there is bus service to Grand Central Station and the Port Authority Bus Terminal. From JFK and Newark, Airtran connects to the airport to the Long Island Railway (LIRR) and NJ Rail, respectively. Both the LIRR and NJ Rail travel to Penn Station New York. From LaGuardia airport, the M60 city bus travels directly to the Columbia campus.

PUBLIC TRANSPORTATION IN NYC

Five bus lines (M4, M5, M11, M60, M104) and one subway line (the #1) serve the Columbia neighborhood. The Columbia stop is 116th Street & Broadway. Do not use express trains #2 and #3, which follow a different route and do not stop at Columbia University; if you do, be certain to transfer at 96th Street to the #1 local.

For transportation information within New York City, please refer to: <http://new.mta.info/>

For directions to the Columbia campus, please refer to: <https://visit.columbia.edu/content/maps-and-directions>

IMPORTANT DATES

Term Dates

Fall 2019

Labor Day	Monday, September 2
First Day of Classes	Tuesday, September 3
End of change of program period (last day to add a class)	Friday, September 13
Last Day to Drop a Class (CC, GSAS)	Tuesday, October 8
Academic Holiday	Monday, November 4
Last Day to Declare a Class Pass/D/Fail	Thursday, November 14
Thanksgiving Day—University Holiday	Thursday, November 28
University Holiday	Friday, November 29
Last Day of Classes	Monday, December 9
Study Days	Tuesday-Thursday, December 10-12
Final Examinations	Friday-Friday, December 13-20

Spring 2020

Martin Luther King, Jr. Birthday	Monday, January 20
First Day of Classes	Tuesday, January 20
End of change of program period (last day to add a class)	Friday, February 31
Last Day to Drop a Class (CC, GSAS)	Tuesday, February 25
Spring Recess	Monday-Friday, March 16-20
Last Day to Declare a Class Pass/D/Fail	Thursday, March 26
Last Day of Classes	Monday, May 4
Study Days	Tuesday-Thursday, May 7-9
Final Examinations	Friday-Friday, May 8-15

FINANCES

As an exchange student, you will pay tuition and academic fees to your home university. Here at Columbia, you are responsible for the cost of room and board, student activity fees, medical insurance, travel to and from the United States, books and personal expenses. Upon arrival, you should be prepared to pay for one semester of housing and fees.

Estimated Breakdown of Fees 2018-19 (as of 12/3/2018; updated costs for 2019-2020 will be finalized by the university in July 2019)

Fees	Required?	Cost
Student Life Fee	Mandatory	\$850 per term
International Services Fee	Mandatory	\$100 per term

Room and Board	Depends on placement and dining options	approx. \$9500 to \$15000 (full year)
Health & Related Services Fee	Mandatory	\$584 per term
Columbia Medical Insurance	Mandatory	\$1304 fall term; \$2129 spring term; \$3433 Academic Year
Visa Processing Fee	Mandatory	\$100

For more information on the fees, please see the following link: <https://sfs.columbia.edu/content/undergraduate-22> and <https://health.columbia.edu/student-insurance/about-columbia-insurance-plan>.

*As for Fall 2016, international students are no longer allowed to submit a waiver for Health Insurance even if they have home country health insurance.

BANKING

If you intend to open a bank account here in New York, there are several banks in the Columbia neighborhood including Chase, Banco Popular, Washington Mutual, and Citibank, which has a branch right on campus and usually has representatives on campus during orientation and the first week of classes.

ATM'S

Citibank operates ATM machines in several locations on campus. The two most convenient are in Lerner Hall, just off Café 212, and in the International Affairs Building on the fourth floor.

ACADEMICS

COURSE PLANNING

As an exchange student, you will be registered for a full-time non-degree program and will be able to register for a variety of courses at Columbia College or at the Fu Foundation School of Engineering and Applied Sciences (SEAS). A full-time course load is 15-18 points per semester, which usually means five classes. At a minimum, you must register for at least 12 points each semester. Classes meet for two to four hours per week and can consist of lectures, seminars, labs, and discussion sessions. At Columbia, you are allowed to take courses in a variety of academic departments as long as you meet the specific course prerequisites. Some courses are restricted to students majoring in the area, other by permission of the instructor or the department. Students can choose classes that are listed as open to students from Columbia College or SEAS. Students may NOT take courses from any of the professional schools at Columbia: Graduate School of Architecture, School of the Arts, Continuing Education, Dental Medicine, School of International and Public Affairs, Jewish Theological Seminary, Columbia Journalism School, Columbia Law School, College of Physicians and Surgeons, School of Nursing, Mailman School of Public Health, Teachers College, Union Theological Seminary. Access to courses at the Graduate School of Arts and Sciences and Columbia Business School are limited.

Over the summer, you should begin looking at the course listings on-line to aid in your course planning. During orientation, you will connect with your academic advisor to plan a class schedule for the term. Course descriptions and class details can be found at the following websites:

- *Columbia College Bulletin* <http://www.college.columbia.edu/bulletin/>
- *SEAS Bulletin*: <http://www.engineering.columbia.edu/bulletin>

The Bulletins include information about all departments, course offerings, and course descriptions. These are your definitive compilation of College or SEAS course offerings and policies. Each department of the College and SEAS is listed there, along with their contact information, website, course lists for the term, and the structure of the major, along with special notes and instructions. Note that all courses with an “X” are offered in the fall while those with a “Y” are offered in the spring.

The *Directory of Classes* lists the most up-to-date course offerings and indicates the time and day of class meetings, points (credits), instructors, and current student enrollments. This is a useful tool for setting up your day-to-day schedule and to prepare for registration: <http://www.columbia.edu/cu/bulletin/uwb/>.

Please note that the *Directory of Classes* is a collection of all of the classes across the variety of undergraduate and professional schools at Columbia University. Exchange students are limited to College or SEAS courses, except where specific courses in other schools are listed as open to Columbia College and/or SEAS undergraduates with special permission.

Note that courses listed as 1000 – 3000 are undergraduate courses. Courses listed as 4000-9000 are graduate level courses.

Columbia has instituted an online system where you can plan your schedule before registration to ensure that you do not have any course conflicts, view the syllabus, and read professor evaluations. The portal is called Vergil and can be accessed here: <https://vergil.registrar.columbia.edu/>. This website is primarily for course planning, as it is easier to search and navigate than the bulletin website referenced above.

RESTRICTED COLUMBIA COLLEGE COURSES

As an exchange student, a full range of Columbia College and SEAS courses is available to you with some exceptions. Core Curriculum courses are required courses for all degree students. Given severe space limitations, exchange students are not permitted to register for these Core courses. There are no exceptions to this regulation. These courses are:

Masterpieces of Western Literature and Philosophy (Lit Hum)	HUMA C1001 and C1002
Introduction to Contemporary Civilization in the West (CC)	HUMA C1101 and C1102
Masterpieces of Western Art	HUMA C1121
Masterpieces of Western Music	HUMA C1123
University Writing	ENGL C1010
Frontiers of Science	SCNC C1101
Design Fundamentals Using Advanced Computer Technologies	ENGI E1102

COURSE REGISTRATION

Exchange student registration for fall 2019 classes will take place in August and spring 2020 classes will take place in December/January. You will be assigned an academic adviser in the Center for Student Advising who will guide you through the registration process over the summer and throughout the NSOP Orientation week. During the first two weeks of the semester, it is expected that you will change your registration as you explore all of the course options available to you. Columbia uses an on-line registration system called Student Services On-Line ([SSOL](#)) whose registration services are available during specific periods of time.

The first step to access the SSOL system is to create a Columbia “uni” and an e-mail account. The “uni” is your personalized key for accessing computer services and electronic resources at Columbia. During your time at Columbia all e-mail correspondence will be sent to your Columbia e-mail. To set up your account, you will need to go to <https://cuit.columbia.edu/cuit/manage-my-uni> and then follow the instructions sent to you.

COLUMBIA CAMPUS

CAMPUS MAP

An interactive Campus Map is available here: http://www.columbia.edu/about_columbia/map/.

COLUMBIA UNIVERSITY IDENTIFICATION CARD

You are considered an Exchange Student and will receive a student ID card which will allow you access to various buildings on campus. Before you arrive at Columbia, you can upload a photo into the ID system to expedite the process: <https://ssc.columbia.edu/>. You will have to have an activated Columbia “uni” first (see above).

LIBRARIES

You will have reading and borrowing privileges at all Columbia University Library divisions during the period of your stay. For more information on collections: <http://www.columbia.edu/cu/lweb/>

DINING

There are both on-campus and off-campus dining options for you while you are a Columbia student. Should you wish to purchase a meal plan, you will be eligible to pre-pay for a certain number of meals per term that you can eat at any of the 12 dining halls on campus. For more information, including a map of all on-campus café's and cafeterias go to: <http://dining.columbia.edu/>

In addition to on-campus dining facilities, the surrounding neighborhood has many moderately priced restaurants, coffee shops, and fast food places as well as supermarkets, vegetable and fruit stands, and delicatessens. Manhattan offers a range of restaurants from which to choose. You should plan to budget a minimum of \$20 a day if you will not have access to cooking facilities.

RECREATION

The Dodge Physical Fitness Center is open to men and women and includes a swimming pool, saunas, a running track, weight and exercise rooms, gymnasium, and squash/handball courts. Use of Dodge Fitness Center is included in the mandatory Student Life Fee: https://percc.columbia.edu/?DB_OEM_ID=9600

There are also outdoor tennis courts on campus and on either side of the campus are two large parks— Riverside Park and Central Park.

CENTER FOR CAREER EDUCATION

The Center for Career Education (CCE) provides visiting undergraduate students enrolled with Columbia College or Columbia Engineering with limited access to our services and resources as follows:

- Access to events at CCE, including employer information sessions, career fairs, workshops, panels, and networking nights
- Access to general internship and job postings in LionSHARE, our recruiting database. Access will begin on the first day of classes in the semester of arrival at Columbia
- No access to on-campus recruitment related internship and job postings in LionSHARE or on-campus interviews
- No access to CCE's domestic and international internship programs
- No access to individual career counseling (quick questions, counseling appointments, mock interviews, mock case interviews, etc.)

CCE does not provide services to any other visiting students.

CCE serves students working towards degrees or post-bac certificates at:

- [Columbia College](#)
- [Columbia Engineering](#)
- [School of General Studies](#)
- [Graduate School of Arts and Sciences](#)
- [School of the Arts](#)

HEALTH

MEDICAL INSURANCE

Each student **must** have US medical insurance coverage as a requirement for both your visa and for Columbia University. For more information regarding this policy, see here:

<https://health.columbia.edu/content/international-students>. As a Columbia student, you are automatically enrolled in the Columbia University Student Health Insurance program. For more information about Columbia student insurance, please see: <http://health.columbia.edu/student-insurance/about-columbia-insurance-plan>.

Even if you have insurance from your home country, it is still required to have US Medical Insurance throughout the duration of your studies at Columbia University.

HEALTH SERVICES

If you enroll in the Columbia Student Medical Insurance Plan, you are automatically enrolled in the Health Service Program and are charged the additional Health Service fee. This provides you with access to both on-campus Primary Care and Counseling/Psychological Services. In addition to the services on campus, the Health Service Program provides access to important off campus services as well coverage for medical emergencies and accidental injuries, elective termination of pregnancy, off campus mental health services and outpatient treatment for chemical abuse. The full coverage description and procedures for utilizing these benefits may be found at the website: <http://www.health.columbia.edu/>.

All students **must** enroll in the Health Service Program to have access to both on-campus Primary Care and Counseling/Psychological Services and the other services.

Primary Care is located on the third and fourth floors of John Jay Hall. Counseling/Psychological Services is located in Lerner on the 8th floor.

Questions about enrolling in either the Health Service Program or the Student Medical Insurance Plan may be directed to the Insurance/Immunization Office located in 401 John Jay, 212-854-7210, or hs-enrollment@columbia.edu.

The closest hospital to Columbia University is St. Luke's on Amsterdam Avenue between 113th and 114th Streets.

IMMUNIZATIONS AND MEDICAL FORM

HEALTH AND MEDICAL FORM

All Exchange Students must send in a copy of the Health and Medical form which can be downloaded from your Office of Global Programs account: <http://ogp.columbia.edu>. This form is also at the end of this handbook. This form will let our office know if you have any conditions (health, psychological, disabilities) that might require additional support while you are in the United States. Please contact the Office of Global Programs (212-854-2559) as early as possible to discuss any conditions so that we will have ample time to provide you with more information and/or prepare the appropriate accommodations.

This form has one page that you must complete and sign and a page that must be completed and signed by your physician. Please make an appointment with your physician as soon as possible to fill out the medical form below. The forms are due on **July 15th, 2019**. For students arriving in the spring term, the due date is **December 1, 2019**.

MEASLES, MUMPS, RUBELLA & MENINGITIS

There are two immunization requirements that students must meet at least 30 days prior to their scheduled registration date. For fall entrance, the document should be submitted **by July 15, 2019** and for spring entrance, **December 1, 2019**. For this reason, all incoming students are placed on hold prior to their first registration. Please visit the following [website](#) and upload, fax, or mail your MMR verification forms to Columbia Health without delay and at least 30 days before class registration.

1. MENINGITIS ONLINE DECISION

New York State public health law and Columbia University policy requires that college and university students receive information from their institutions about meningococcal meningitis and the vaccine that protects against most strains of the disease that can occur on university campuses.

Columbia students must make an informed decision about being vaccinated and must certify their decision online. Visit <https://ssol.columbia.edu/ssv/crt/menIntro.html> to make an informed decision regarding the meningococcal meningitis vaccine.

2. MEASLES, MUMPS AND RUBELLA DOCUMENTATION

New York State Public Health Law and Columbia University policy requires proof of two (2) measles vaccines (administered at least 28 days apart), one (1) mumps vaccine, and one (1) rubella vaccine. All vaccines must be administered after the student's first birthday.

Submit your documentation to the Columbia Health Immunization Compliance Office:

Preferred Methods

- **Online:** Secure digital upload via the [Patient Portal \(Instructions\)](#)
- **In Person:** Immunization Compliance Office, John Jay Hall, 3rd Floor, Monday-Friday 9:00 a.m. to 5:00 p.m.
- **Mail:** Immunization Compliance Office, John Jay Hall 3rd Floor, MC 3601, 519 W. 114th St., New York, NY 10027

Alternate Methods

- **Fax:** 212-854-5078
- **Email:** immunizationcompliance@columbia.edu *(Please note that communications sent via email over the Internet are not necessarily secure. Columbia University cannot guarantee that the information and records submitted via unencrypted email will not be intercepted and read by other parties besides the University.)*

Be sure to keep a copy of your fax or delivery confirmation as we cannot verify receipt of individual documents.

Please view the link for Measles, Mumps, and Rubella (MMR) [ways to document immunity](#) for more information on our immunization requirements and on submitting your documentation.

For questions or concerns regarding your immunization documentation, please contact us at [\(212\) 854-7210](tel:2128547210) or email: immunizationcompliance@columbia.edu.

- Due to the high volume of records we are receiving, we are unable to confirm receipt of individual documentation.

- Documentation will be processed in the order in which it was received, most records are processed within 2-3 business days, and records cannot be expedited.
- We will only notify you via your Columbia email if your documentation is incomplete or more information is required.
- You can check your compliance status online by logging into SSOL (<https://ssol.columbia.edu>) and click the Holds link. If your registration is on hold for any reason, including MMR compliance, it will be reflected there.
- You can log into the Columbia Health Patient Portal (<https://secure.health.columbia.edu>) and view your immunization records.

Please also bring a hard copy of this completed form with you when you arrive in New York.

SAFETY IN NEW YORK CITY

As in all large cities, there is crime in New York, although it is not as prevalent as is commonly represented in the media. Nevertheless, certain precautions are in order and it is always wise to be alert, especially at night.

New York is known as the city that never sleeps and you will find that the major streets of New York are rarely deserted and usually well-lit at night. It is not wise to walk in any of the city's parks after dark--unless you are going to the free Shakespeare productions or concerts in Central Park where you will be surrounded by thousands. The 1, 2, and 3 subway lines usually have passengers even late into the evening. However, depending on your comfort level, you may want to consider taking a cab after a certain hour, particularly after midnight.

The campus Public Safety office, 111 Low Library, is open 24-hours a day. Their emergency number is 854-5555 (on-campus dial 99 or 45555). There are call boxes located throughout the campus. The city police emergency number is 911 dialed on any outside phone and free at public telephone booths. Columbia Public Safety also provides a nighttime security escort service to your door.

STATEMENT OF MEDICAL HISTORY

Once completed, you may do **one** of the following steps:

1. Upload the form under "Questionnaires" titled, "Statement of Medical History" in your OGP Account.

2. Postmail the document to:

Office of Global Programs

Columbia University, 606 Kent Hall, MC 3948

1140 Amsterdam Ave, New York, NY 10010 USA

Please note, this form CANNOT be received via email for security reasons.

Part 1. To the Student: Complete this form and review it with your Physician or Nurse Practitioner during a physical examination. Information provided here will not jeopardize your acceptance status. We ask that you provide information that will help our staff obtain medical assistance for you in the case of accident or illness. Language barriers and incomplete medical histories can delay treatment.

Name _____ Home School _____

1. Are you currently receiving, or have you recently received, any medical or psychological care of which you want us to be aware in case of emergency? If so, please describe fully.

2. List any other on-going physical or emotional conditions which might require treatment abroad, or that might be exacerbated by change in climate, diet or exercise. What treatment is recommended?

3. Explain any allergies or serious reactions to medication that you have had.

4. Global Programs endeavors to provide reasonable accommodations for students with documented disability conditions (e.g. physical, learning, etc.) If you receive disability-related accommodations or anticipate needing them while you are abroad, please attach documentation confirming the disability and information about the accommodations you currently receive. If you chose not to disclose disability related needs prior to the program, Global Programs will not be able to assist you in arranging accommodations.

5. Do you have a physician who should be consulted in case of emergency? If so, please list below.

Physician Name: _____ Contact Information: _____

I grant Global Programs, its employees, agents and partners full authority to act in an attempt to safeguard and preserve my health and safety during my participation in the program abroad, including authorizing routine or emergency medical care on my behalf and at my expense and returning me to my home country at my own expense.

Signature: _____ Date: _____

MEDICAL CONSULTATION

Student Name: _____

Part 2. To the Physician or Nurse Practitioner: This student has been accepted into a study abroad program. Information submitted on this form will not affect acceptance status.

Living overseas can create emotional and physical stress and requires adjustment to changes in climate, diet, exercise and living conditions. Information regarding the student’s health will be invaluable to the resident director in anticipating and dealing with any health problems that may arise during the student’s stay abroad, particularly in case of emergency.

1. Review with the student the health history s/he completed. We recommend a physical examination for anyone with an ongoing medical condition. Please advise the student of risks, health care and medication needs while abroad. Explain your findings and recommendations.

Physical Findings:

Recommendations:

2. If the student has an ongoing major medical condition, give him/her a brief narrative of how to deal with the condition abroad, as well as a report of any abnormal findings.

3. If the student is taking prescription drugs, provide typewritten prescriptions by chemical drug name for adequate supplies to be taken abroad.

4. Review and update routine vaccinations as you deem necessary, and record and immunizations in an International Certificate of Vaccination.

Signature of MD or NP: _____ Date: _____

Name, printed:

Address: _____

Contact: _____