



Amman, Jordan: Pre-Trip Guide

Created 2015



Before You Leave

- Health Information for Travelers to Jordan. Make sure you are up to date on MMR and other routine vaccinations. Also, the CDC recommends Hepatitis A and Typhoid for all travelers. Other considerations include: Polio, Hepatitis B, Rabies, and Yellow Fever. Check out the CDC traveler information here:
<http://wwwnc.cdc.gov/travel/destinations/traveler/none/jordan>
- The CDC estimates no risk of malaria for those traveling to Jordan.
- Make sure your passport is valid for at least six months beyond the time you plan to return and that you have at least two blank pages
- Ensure you have travel health insurance . Vanderbilt has a group plan with HTH Worldwide Insurance and you can purchase short-term coverage. Find more information here:
https://webapp.mis.vanderbilt.edu/studioabroad/index.cfm?FuseAction=Abroad.ViewLink&Parent_ID=E83863BD-9A32-7CA0-B92DCF0450860B55&Link_ID=C8CB82A5-C1FE-003A-1004174A4A63A5FD&pID=11&IID=70
- Make copies of passport, health insurance and other documents. Take your originals and one set of copies with you, and leave one set of copies with someone in the US.
- Ensure you have US cash for Visa fees. Jordan issues visas to U.S. citizens for a fee at most international ports of entry and at most international land border crossings upon arrival. No exit fee is required. Visas can also be obtained from any Jordanian embassy or consulate ahead of travel.
 - a. For a single entry one month validity: \$56 USD.
 - b. For two entries three months validity: \$85 USD.
 - c. For a multiple entry six months validity: \$170 US

Info at: <http://travel.state.gov/content/passports/english/country/jordan.html>

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- ❑ US Embassy at Amman Information: Al-Umayyaween Street, Abdoun neighborhood, Amman 11118. Telephone: +(962) (6) 590-6000.
Emergency After-Hours Telephone: +(962) (6) 590-6500
- ❑ ATM cards: Visa is widely accepted. You can purchase International Visa cards that can be preloaded and used at ATMs around the world (these are available at most grocery stores). Check with your bank or credit card company to see if your card will work in Jordan. Also, call your bank before departure to let them know you will be abroad.
- ❑ Exchange rate: 1 Jordanian Dinar (JD) is equal to \$1.41 USD (said in another way, \$1 USD is equal to .71 JD).
- ❑ You can purchase a pre-paid calling card or change your cell phone coverage to be able to call home while abroad. You may be able to purchase cheap cell phones or calling cards upon arrival in Jordan.
- ❑ Please do not bring gifts and donations unless you have checked with your supervisor.



Packing Suggestions

- ❑ Please consider the culture of Jordan and the people you will be working with when choosing your dress. Consider bringing pants or skirts that cover the knees and shirts or blouses that cover the shoulders. Bring both professional and casual clothing.
- ❑ Pack lightweight clothing and bring sunscreen for the summer. Pack warmer clothes for winter. The climate of Jordan: Hot season / summer is in June, July, August and September. Most rainfall (rainy season) is seen in September. Temperatures in July and August can get up to 86 degrees F. Temperatures in winter, December to February, can get as low as 40 degrees F.
- ❑ Hat, umbrella, rain jacket and other weather clothing.
- ❑ Sturdy closed-toed shoes and sandals.
- ❑ Sweatshirt or fleece for indoors/night.
- ❑ A raincoat or poncho.



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- Exercise clothes (if you plan on going on a jog, etc).
- Please bring an extra supply of any prescriptions including glasses and contact lenses. While most over the counter medications can be found at local pharmacies, you will often not be able to find specific prescription medications.
- Bring a small day pack. You will be grateful not to take your large luggage on a weekend excursion or day trip.
- Bring a water bottle.
- Note: Jordan has 220-240 Volt sockets. This means you will need to purchase an adapter for electronics. Check out BestBuy: <http://www.bestbuy.com/>
- A bath and face towel.
- Flip flops for the shower.
- Laundry detergent if you plan to do your own laundry. You could pay for laundromat services. Small packets of laundry detergent are available in the travel section of most US grocery stores.
- Toilet paper- travel rolls are available in the travel sections of US grocery stores.
- Miscellaneous: Camera, journal, Money belt, Games or cards, DVDs to watch on laptops, books.



What NOT to Bring

- ❑ White clothes as they will get dirty very quickly.
- ❑ Clothes made from nice fabrics or anything that you wouldn't want ruined.
- ❑ Unnecessary electronics - Kindles/e-Readers/DVD players/iPods are great to bring for your downtime, but we ask that you primarily use them around the guesthouse/clinic area.
- ❑ Expensive or flashy anything.



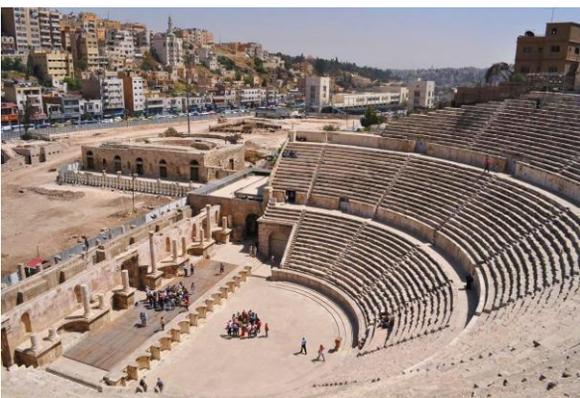
Medications to Have on Hand

- Cipro (ciproflaxin) - a broad spectrum antibiotic that would be especially good for intestinal bacteria, GI symptoms. Usually you would take one pill, twice a day, for three days. (prescription necessary)
- Laxatives or some fiber supplement.
- Pepto Bismol for mild symptoms and some prevention.
- Sleeping Pill. This is the easiest way to get over jetlag, but it is not essential.
- Imodium AD, for diarrhea. Lomotil is a prescription med for “bowel urgency.”
- Cold medicine.
- Topical ointment for insect bites, rashes, etc.
- Gatorade or another electrolyte drink powder. Can be helpful in keeping you hydrated, especially if you develop diarrhea.
- A small bag of bandaids and antibiotic ointment.
- Feminine health and hvaiene products/medications.



About Amman

- “Amman, the capital of the modern Hashemite Kingdom of Jordan, is a city with thousands of years of history interwoven with a modern facade. Its heart is an ancient Roman Amphitheater adjacent to a busy boulevard that comes to life at night with families and local youth out for a stroll. Citadel Hill and its ancient ruins loom above the modern city. The top offers a sweeping view to the Old Souq central market, and the glittering shopping malls, high-rise hotels, and office buildings of West Amman.” Frommer’s Travel Guide
- Estimated Population: 4 million.
- Attractions: The Citadel, the Roman Amphitheatre, the Jordan Museum, various sightseeing tours



Map of Amman

Google Map link:

https://www.google.com/maps?q=map+of+amman+jordan&es_sm=91&um=1&ie=UTF-8&sa=X&ei=pR8DVdvYDMypgwSV5YKACA&ved=0CAcQ_AUoAQ
