

USA – Argentina – Spain – South Africa: IHP: Cities in the 21st Century People, Planning and Politics

Flight, Passport & Visa Information

Spring 2026

GENERAL FLIGHT INFORMATION

This document is designed to assist you in making your travel arrangements. An essential part of your preparation for studying abroad includes obtaining the proper travel documentation for your international stay. Please read this document carefully to determine if you need to take immediate action in preparation for travel.

INDIVIDUAL TRAVEL

You are logistically and financially responsible for booking your own travel to our program launch in **Queens, New York, USA**. You are logistically and financially responsible for your travel home at the end of the program from **Cape Town, South Africa**.

For your individual travel, it is your responsibility to read and understand the terms and conditions for your transit ticket(s), to reconfirm your reservations in advance of the day of travel, and to be aware of transit (i.e., flight and TSA) regulations for baggage size and contents. SIT is not responsible for additional charges you may incur as a result of schedule changes or other travel-related circumstances associated with your individual travel.

Once you have finalized your travel arrangements to the United States Launch location, please log into your application portal and enter your itinerary information and any notes about your arrival in the *Travel Information* section of your application. This will ensure that SIT staff knows when to expect you. Please submit your travel itinerary no later than 30 days prior to your program's start date. Please confirm submitting your travel details in writing with your Admissions Counselor. Your space on the program is not guaranteed if you neglect to enter your travel details into the application portal.

Your return flight home at the end of the semester may be booked later but **must be booked before you arrive in South Africa**, the final country. This is because immigration officials in South Africa upon arrival may request that you show proof of onward travel. **Be advised that you may be denied entry into South Africa if you don't have proof of onward travel.**

School for International Training

1 Kipling Road, PO Box 676
Brattleboro, VT 05302-0676 USA
P: 888 272-7881
F: 802 258-3296

studyabroad@sit.edu
studyabroad.sit.edu

As you book your flights, we encourage you to purchase tickets on airlines with flexible cancellation and postponement policies.

GROUP FLIGHTS

SIT will book you and all students on international group flights from the Launch location to the final program country (You are responsible for arranging your flight home from the final program location at the end of the semester: **Cape Town, South Africa** – see paragraph above).

Your responsibilities: You are responsible for

- being at airports or other designated departure points for group flights on time
- any costs associated with flights missed due to student fault
- to read and understand the terms and conditions for your airline tickets,
- to reconfirm your flight reservations in advance of the day of travel
- to be aware of airline and TSA regulations for baggage size and content
- any costs associated with excess baggage
- obtaining any required transit visa(s) for any layover(s)

You will receive the group flight itinerary in a separate email from your admissions counselor.

IN-FLIGHT MEALS

If you have any allergies, please alert your admissions counselor as soon as possible. Please be cautious and bring your own safe food if you are concerned about the food on the airplane as airlines sometimes fail to meet our meal requests. You may want to bring disinfectant wipes and clean your seat area as a precaution. Airlines do not have any control of what foods other travelers bring onto the plane. The airlines may not serve any peanuts or shellfish products; however, other passengers may bring these products on board.

Please note that information is subject to change based on shifting conditions in the US, Argentina, Spain and South Africa

PASSPORT INFORMATION

To participate in this program, you will need a signed **passport that is valid for at least six months after the end of the program.**

- If necessary, apply for a new passport or renewal immediately.
- **US Citizens:** consult US State Department information at http://travel.state.gov/passport/passport_1738.html for passport processing times and application procedures.
- **Non-US Citizens:** contact your embassy or consulate.

Students are responsible for their own passports. Please make a copy of the first two pages of your passport (one of which has your photo), and your visa (if applicable), and store it in a separate location than your passport. Throughout the term, students should always keep a copy of their passport and visa on their person.

You may need to expedite your passport application in order to meet visa application deadlines. Please check with your admissions counselor at studyabroad@sit.edu or (888) 272-7881 to discuss whether you should expedite your application.

VISA INFORMATION

A visa is an official endorsement from a foreign government permitting entry into and travel within a particular country or region for a specified period of time. A visa may be glued or stamped directly into an applicant's passport or be on a separate paper or insert.

You are responsible for complying with all visa procedures and deadlines. Keep in mind that procedures and fees are subject to change at the discretion of the embassy or consulate with jurisdiction over your application. Students should double-check visa procedures. Issuance of visas is at the sole discretion of the applicable consulate or embassy and SIT assumes no responsibility for the issuance or denial of any visa.

Students with US passports:

Further information about visa application processes, if applicable, will be sent by e-mail from your admissions counselor. DO NOT apply for any visas until you receive this information. Passports must be valid for at least six months past the end of the program.

Argentina

US passport holders do not need a visa for visits of up to 90 days for tourism.

Spain

Students with a U.S. passport no need to **apply for visa** to enter **Spain**. Spain is part of the Schengen area and students with U.S. passports can stay in the Schengen area for a maximum of 90 days with this visa in a 6-month period. You can find more information in the following [link](#).

South Africa

US passport holders do not need a visa for visits of up to 90 days for tourism. **Two Consecutive Blank Visa Pages:** South Africa requires travelers to have two consecutive completely blank visa pages in their passports upon every arrival in South Africa. **YOU WILL BE DENIED ENTRY** if you do not have two consecutive blank visa pages in your passport. This does not include the endorsement pages.

Students with non-US passports:

Students without a US passport may be subject to additional or different requirements for obtaining a visa or meeting other conditions of entry into the country or countries listed above. Many countries require individuals to apply for visas in person at the relevant embassy or consulate located in their country of citizenship.

We strongly recommend that you contact the embassy of each country the program will be traveling to very early in the process to confirm visa and/or entry requirements applicable to your country of citizenship and determine next steps while allowing plenty of time to apply.

It is your responsibility to confirm and complete the visa application process particular to your situation, and to keep your admissions counselor informed.

SPECIAL VISA AND PASSPORT NOTES FOR ALL STUDENTS

- Enrollment may be withdrawn, and participation will not be allowed if all required visas are not obtained prior to arriving at the program launch city.
- You may also need to bring your yellow WHO vaccination card or a copy of your immunization record; please see the Safety, Security, and Health pre-departure document for more details.

If you are planning to travel to other countries before or after the program or your transit route involves connections in other countries, check with the embassies of those countries before you leave the US regarding visas, documents, and/or immunizations required. Please contact your admissions counselor as soon as possible to discuss the feasibility of your plans

ARRIVAL INFORMATION

To the Launch site in New York City, NY you may travel in any way you choose; however, please note that regardless of your transportation carrier, you are expected to be at your meeting location at the required time.

You are expected to meet your group at the following date, time, and location:

Date: Sunday, February 1, 2026

Arrival Airport: John F. Kennedy, LaGuardia and Newark airports serve New York. We recommend using Google Maps for public transit directions from JFK, LGA to **The Local NY**:

For additional transportation options from JFK, visit [here](#).

For additional transportation options from LaGuardia, visit [here](#).

For additional transportation options from Newark, visit [here](#).

Group Meeting Time: 3:00pm Eastern Time.

Group Meeting Location: **The Local NY**, 13-02 44th Ave, Queens, NY 11101.

All students will meet IHP staff at the hostel. A current driver's license or passport is required at check-in. If you arrive earlier in the morning, you can ask hostel reception to store your bags.

Group Will Be Met By: Karl Rivera, Launch Coordinator & Nico Stahelin, Program Director

Notes: The Local NY hostel is located in Long Island City, two blocks from the Court Square subway station (E/M/G/7).

Arriving via train: Grand Central Station and Penn Station are both easy subway rides to **The Local NY**, we recommend using Google Maps for transit directions.

Arriving via bus: Port Authority bus terminal is about 4 miles from **The Local NY** and is accessible using several different subway routes, use Google Maps for up-to-date directions. For information about the terminal, visit [here](#).

Arriving via car: Please use Google maps or another online mapping service to determine the best route to arrive at **The Local NY**.

Public Transit: New York public transit is run by the MTA. Please visit [their website](#) for system maps, fare information, and schedules. Google Maps is also a good resource for determining subway and bus routes in NYC.

If you are unable to find suitable travel arrangements that will allow you to arrive at the specified date and time, please contact your admissions counselor as soon as possible—BEFORE you make any reservations.

Arrival prior to the start of the program is not advisable. No SIT Study Abroad staff will be able to assist you with any matter should you arrive before the program's commencement date and time due to personal travel or for any other reason.

Please note that medical insurance, provided to you through SIT Study Abroad for the duration of your program, is in effect 14-days prior to your program start date and 14-days post your program end date, only outside of the United States.

A vaccination card or immunization record may be required for you to enter the program country. Please reference the [Safety, Security, and Health](#) pre-departure document for information on how to check for vaccination requirements.

DEPARTURE INFORMATION

You are expected to plan your departure for the following date, time, and location

Program Departure Date: Saturday May 16, 2026.

Departure Airport: Cape Town International Airport (CPT)

Earliest Departure Time: 11:00 am

It **IS** possible to remain in-country after the program ends. Please note that the program is no longer responsible for you after the end of the scheduled program.



MILEAGE CREDIT

Students interested in obtaining mileage credit for their flights, should consult with each individual airline once the flight itinerary has been received. Please note that it is your responsibility to request mileage credit, and policies regarding this process are specific to the individual airlines.

ADDITIONAL QUESTIONS

For questions about your passport, flight, visa, and arrival information, please contact your admissions counselor, available Monday through Friday, 9:00 am – 5:00 pm (US East Coast time) to help you. 888-272-7881 menu option 2.

For questions concerning insurance coverage and vaccination, please contact our Student Health, Safety, and Well-being department by writing to studentwellbeing@sit.edu