



Cell Phone International Travel Tips

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Introduction

International voice and data usage is not covered under your existing domestic data plan unless specifically requested. Any voice or data usage outside the domestic US coverage area is considered an International Roaming charge and substantial additional charges will be applied to your bill.

General

- Contact your cell phone carrier to add international voice and data coverage plans while you are away. If your cell phone is owned by Rockefeller University, contact the IT's Cellular Services group (pcd@rockefeller.edu) at least 2 weeks prior. When your trip has concluded, contact your cell phone carrier (or pcd@rockefeller.edu if owned by Rockefeller) so the international coverage can be removed.
- Use Wi-Fi instead of the carriers network (3G, GPRS, EDGE, etc).
- Disable data roaming. Set it to Off, if available on your device. Check your phone's user guide for instructions.
- If you are using a smartphone such as an iPhone, disable Fetch. Check your phone's user guide for instructions.
- Reset the data usage tracker to 0 on your device at the airport prior to departure, if available on your device. Check your phone's user guide for instructions.

International Roaming Charges by Carrier

To check for calling rates while overseas, click on your cell phone carrier below:

- [AT&T](#)
- [Sprint](#)
- [T-Mobile](#)
- [Verizon](#)

iPhone / iPad

Disabling Data Roaming

To prevent bills at an outrageous rate for data usage while you're roaming this will show you how to automatically disable the data service on your iPhone/iPad while roaming.

With data being disabled, you will not be able to access the Internet (web browsing) or access e-mail, unless you are on a wireless (Wi-Fi) network.

- Tap the **Settings** button.
- Tap the **General** option.
- Tap the **Network** option.
- Slide the **Data Roaming** slider to **Off**.

Disabling FETCH

- Tap the **Settings** button.
- Tap the **Mail, Contacts, Calendars** option.
- Tap the **Fetch New Data** option.
- Change **Push** to **Off** and select **Fetch Manually**.

This will prevent the automatic checking of e-mail. You will need to manually open the Mail application and check for mail each time.

Upon return to the US, you will need to re-enable data and fetch, if disabled.

[Click here](#) for detailed tips, visit [AT&T's web site](#).

Blackberry

Disabling Data Roaming

To prevent bills at an outrageous rate for data usage while you're roaming this will show you how to automatically disable the data service on your BlackBerry while roaming.

With data being disabled, you will not be able to access the Internet (web browsing) or access e-mail, unless you are on a wireless (Wi-Fi) network.

- Select **Options** from your Applications list.
- From the Options list, select **Mobile Network**.
- Select the **On** option (or **Off**, depending on your current configuration) from the **Data Services** menu, and change it to **Off When Roaming**.
- With **Off When Roaming** set, exit out of the **Mobile Network** settings.
- Make sure to **Save** the setting change.
- Now when you're roaming, your data usage/plan will automatically be disabled (use Wi-Fi if your phone supports it and you're within range of a Wi-Fi Hotspot).

Upon return to the US, you will need to re-enable data and fetch, if disabled.