



# Health and Safety Pre-departure Orientation

## Education Abroad

Center for International Affairs

# A Fantastic Voyage!

New Adventures

New Connections

Life-changing experiences

Tips for having a great experience abroad:

- Know before you go
- Learn from the locals
- Don't look like a tourist
- Be aware of your surroundings all the time



# Adapting to the New

*“When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.”* --Clifton Fadiman



Photo by [Martin Adams](#) on [Unsplash](#)

# Adapting to the New

You may experience the unfamiliar

- Food
- Climate
- Culture

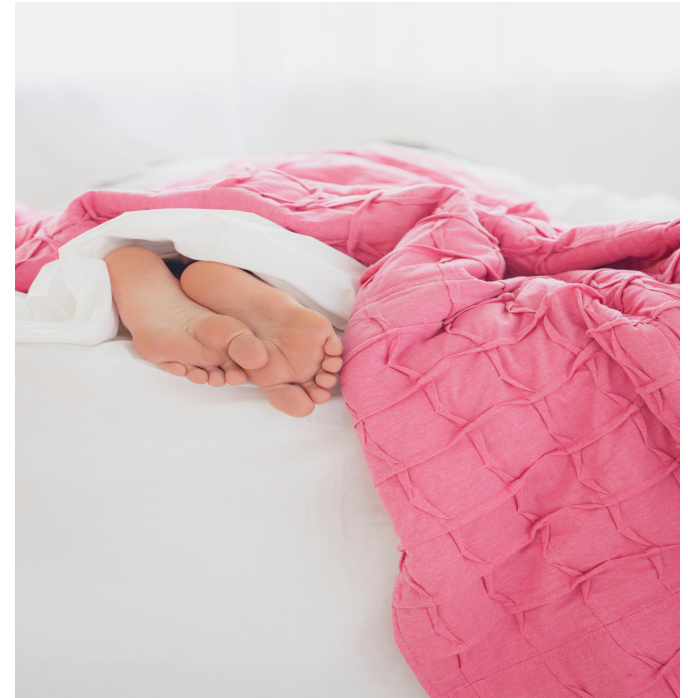
You may feel:

- Tired
- Uncomfortable
- Anxious
- Stressed



# Adapting to the New: Strategies

- Stay on a healthy sleep/rest schedule
- Maintain good nutrition
- Find ways to exercise
- Maintain a normal routine
- Seek support if you need it



# Adapting to the New: Strategies

- Use helpful relaxation skills:  
(e.g., deep breathing, stretching, meditation, journal)
  - Reflect on your experience
  - Be flexible
  - Stay positive
- 
- Plan a healthy response to stress: Avoid Binge drinking, overeating, taking drugs



# Student Conduct Abroad: Things to Consider

- You are a representative of CWRU and the United States in the host country
- Laws and customs may be different
- Your rights abroad may be different than in the U.S.
- The CWRU Student Code of Conduct applies while abroad
  - You will be held to the same standards as if you were on campus.
  - For more information on the Student Code of Conduct, visit <https://students.case.edu/policy/conduct/>

# Safety Abroad: High-risk Behaviors



[Encounter with Martine](#)

<https://www.nbc.com/saturday-night-live/video/encounter-with-martine/n12755>

Photo by [Victoriano Izquierdo](#) on [Unsplash](#)



# Safety Abroad: High-risk Behaviors

- Being enticed by strangers
- Being drunk
- Using illegal drugs (even if legal in the U.S.)
- Breaking curfew
- Carrying large amounts of cash
- Leaving personal items unattended/unsecured
- Sleeping in public, open spaces
- Walking or traveling at night and in high-crime areas
- Public demonstrations (strikes, protests, etc.)

# Safety Abroad: High-risk Activities

- Bungee jumping
- Sky-diving
- Hand-gliding
- Clift Diving
- Swimming at night
- Swimming while intoxicated
- Extreme water sports

**Note:** Consider the risks of serious injury or loss of life inherent in these activities.

# Health & Wellness

- Get a medical/dental/mental health check-up before you go
- Ensure your immunizations are up-to-date
- Get the appropriate [vaccinations](#)  
<https://wwwnc.cdc.gov/travel/destinations/list/>
- CWRU Health and Counseling and other services are still available

## **Counseling Services**

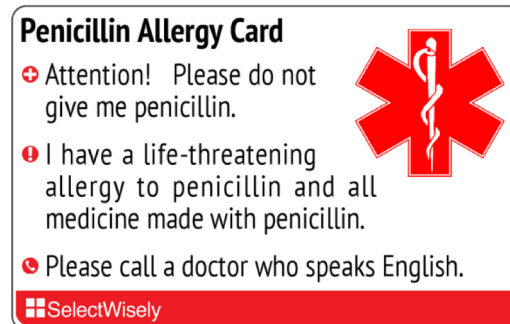
**Phone:** 216.368.5872

**Fax:** 216.368.1972

**Email:** [counseling@case.edu](mailto:counseling@case.edu)

# Health and Wellness

- Visit [www.cdc.gov](http://www.cdc.gov) "Traveler's Health for Study Abroad" for health travel packing list, travel health notices, and information on required vaccines.
  - Plan ahead: Some inoculations require several shots to be taken weeks apart
- Bring a small First Aid kit and over the counter medications (cold, cuts, stomach issues)
- Obtain a medical translation card (drug, food allergies, etc.)  
(i.e. visit [https://www.selectwisely.com/catalog/Drug\\_allergies](https://www.selectwisely.com/catalog/Drug_allergies))



# Health & Wellness

- Being away from familiar surroundings can trigger mental and physical issues.
- Existing health conditions may worsen
- Discuss any existing medical or mental health issues with:
  - Your family and healthcare professional.
  - Disability Resources
  - Program director
  - Study Abroad Advisor
- Resources available in your host country:

**Mobility International USA** [www.miusa.org](http://www.miusa.org) provides information and resources to support study abroad students with special needs.

# Health & Wellness: Prescription Medication

- Obtain a supply of prescribe medication for the length of your stay abroad and pack in original container in carry-on
- Bring a copy of all signed prescriptions including glasses and contact lenses, and a letter from your physician explaining the prescription and purpose.
- Leave a copy of the prescription with a family member at home.



Photo by [Kelly Sikkema](#) on [Unsplash](#)

# Health & Wellness: Prescription Medication

- Some medications may not be legal or available in your host country. Check with the International Narcotics Control Board (<https://www.incb.org>) regarding the legality of your prescription -- especially if you are prescribed a narcotic or psychotropic medication.
- Avoid switching medications right before you depart for your host country. Do not stop medications while abroad unless instructed by your physician.
- Marijuana is illegal in most countries. A student possessing marijuana, even with a valid US prescription, may be arrested, prosecuted, jailed, or deported.

# Health & Wellness: Blood-Borne Pathogens



Avoid the risk of contaminated needles.

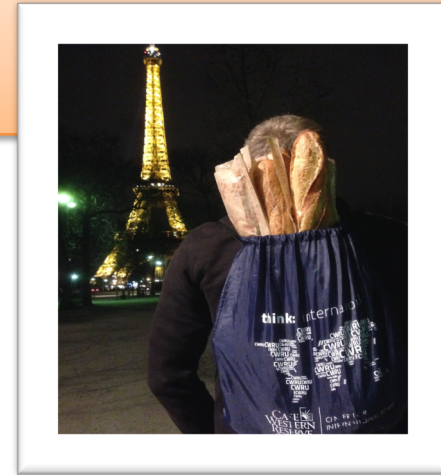
- Avoid the use of needles, blood products
- Avoid tattoos, piercing, surgeries, and acupuncture



# Food Safety

Food and water contamination is among the leading cause of illness abroad.

- Avoid eating from street vendors
- Avoid undercooked/raw foods
- In developing countries, the only safe sources of water are factory-sealed bottled and purified water.
- Avoid ice in drinks (may be made with unsafe water)
- In some countries you may need to brush your teeth with bottled water



# Drugs and Alcohol

Know the laws and customs of your host country!

- 🌍 Lower drinking age
- 🌍 Alcohol may be more available
- 🌍 May have higher alcohol content
- 🌍 Cultural context is different /Alcohol is more or less accepted
- 🌍 Being drunk is less accepted
- 🌍 Penalties for drugs could be harsher, including imprisonment or death penalty
- 🌍 Review the CRWRU [Medical Amnesty Policy](https://students.case.edu/policy/medicalamnesty.html).  
<https://students.case.edu/policy/medicalamnesty.html>

# Drugs and Alcohol

- Misuse of alcohol and drugs can increase the risk of accidents, injury, unwanted attention, and theft.
- Majority of incidences, and deaths of U.S. citizens traveling abroad are associated with abuse of drugs and alcohol (Center for Disease Control)

# Sexual Health



- Be careful – having unprotected sex with a new partner (in a foreign country) exposes you to STD's – HIV, Chlamydia, syphilis, gonorrhea, etc. 37 million people worldwide are living with HIV (2014).
- Bring your own contraception (always use a condom made in the U.S.A.)
- Be aware of attempts to lure or isolate you from others.
- Look out for each other
- Understand the social customs and cultural differences regarding dating, public displays of affection, appropriate dress, and sexual intimacy.
- Understand the legal differences. It is a federal crime for US residents to engage in sexual or pornographic activities with a child younger than 18 years old anywhere in the world. US citizens can be prosecuted when they return to the US.

# Health & Wellness: Air Pollution

- May exacerbate chronic health conditions
- Eye, nose, and throat irritation
- Coughing, phlegm
- Chest tightness
- Shortness of breath

# Health & Wellness: Mosquito-Borne Diseases

Zika, Chikungunya, Dengue, Fever, Malaria

- Wear long-sleeved shirts and long pants
- Use window and door screens or air conditioning
- Use insect repellents
- Use mosquito nets (if needed)
- Avoid travel to the area if pregnant
- Review [www.cdc.gov](http://www.cdc.gov) for specific traveler's health information



# CWRU International Health Insurance

- Europ Assistance Insurance Company—emergency medical; keep personal insurance
- You will be registered for International Insurance by Education Abroad. Keep a copy of the health card with you while abroad. (See Insurance handout)



## Benefits

- Medical Expense Benefits (reimbursement)
- Emergency Medical Benefits
- Emergency Medical Evacuation Benefits
- Repatriation of Remains Benefits
- Accidental Death and Dismemberment
- Not covered: pre-existing, mental, and dental

**Contact Information is on Emergency Contact Card**

# Money and Travel Documents



- Notify your bank or credit card company of your travel plans.
- Do not carry large amounts of cash. Separate your money into multiple places.
- Have a credit card with a chip and perhaps a back up (call the credit company before you leave)
- Keep the emergency credit card numbers separate from the card
- Check transaction fees (can get cards without these)
- Keep your passport and visa safe—submit a copy to us and email yourself a copy
- International students must obtain travel signatures with ISS.
- Obtain the correct Visa (Tourist visa or Student Visa).
- Students who are U.S. permanent residents must travel with their Alien Card



# What to do in an Emergency

- Triage the situation
- Take care of immediate concerns
  - Remove from harm
  - Contact local authorities (host country's 911), if appropriate
  - Go to the hospital
- Contact CWRU for support or to inform (as needed)  
Phone: 216-368-3333  
Email [studyabroad@case.edu](mailto:studyabroad@case.edu)
- Call Home
- Contact the Embassy/Consulate
- Contact Insurance (as needed)

# Sexual Harassment Abroad

- Report any incidence of sexual harassment to local authorities and CWRU Study Abroad.
- Seek Medical Attention
- [Understand your Title IX rights and responsibilities](#) – Report Sexual Misconduct, domestic violence, dating violence, and stalking
- Seek Counseling Support:

**CWRU Counseling Services**

**Phone:** 216.368.5872

**Fax:** 216.368.1972

**Email:** [counseling@case.edu](mailto:counseling@case.edu)

# Quiz: What do you do if . . . ?

- You trip and break an ankle
- Protests have developed in the town square and the embassy has issued a travel alert
- You lose your passport
- Someone that you just met in your host country wants to overnight in your room

# Safety Abroad: Local Transportation

## Be Aware of Local:

- Rules of the road
- Driver behaviors
- Road Conditions (narrow, winding, deteriorated, no traffic signals or guard rails)
- Pedestrian Crossing Conventions
- Safety of night travel

## Avoid:

- Driving while abroad/driving while intoxicated
- Riding in Poorly maintained vehicles
- Riding in over-crowded/over-loaded vehicles (buses, vans, bikes, cars)

# Cyber Security & Identity Theft

- Cyber Threats
  - Use secure VPN to access CWRU
- Identity Theft
  - Keep your passport and other valuables in a secure location



# Identity Abroad

- Disability
  - Notify Disability Resource and Study Abroad of accommodation needs.
  - Accommodations vary abroad and may incur additional costs
- Gender
  - Be familiar with local customs / attitudes, and any safety concerns related to your gender identity.
  - Be familiar with appropriate and standard attire
- Race/Ethnicity
  - Be familiar with race/ethnic differences and similarities in host country.
  - Locals may be curious if you look different from them.

For more information, visit **Diversity Abroad Network Country Climate** page at [https://www.diversitynetwork.org/general/custom.asp?page=CDN\\_homepage](https://www.diversitynetwork.org/general/custom.asp?page=CDN_homepage)

# Housing

- Homestay
  - Communicate with host family
  - Respect norms, customs, and house rules
- Apartment/Residence Hall
  - Obey curfews and conditions of lease
  - Use caution when cooking
- Hotels
  - Keep noise levels down
  - You may be responsible for items missing or damaged in the room

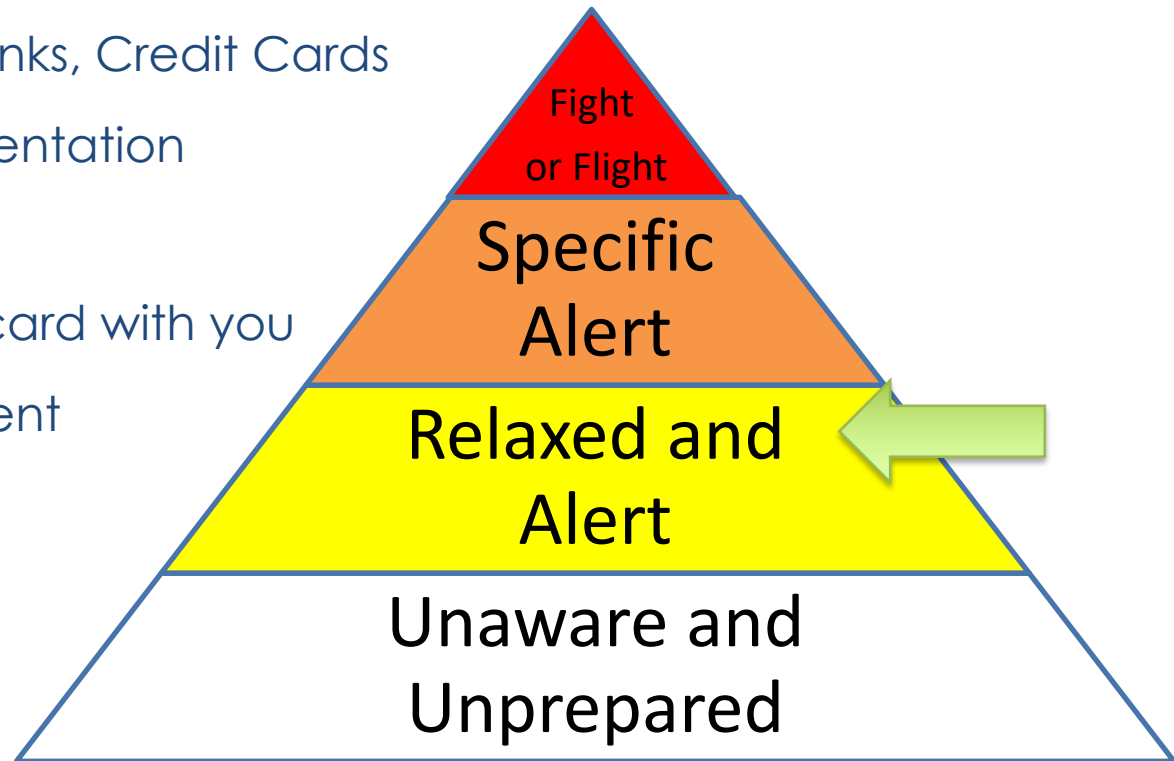
# Laws & Regulations Abroad

- Local Laws
  - Be familiar with local laws such as curfews, rules of the road, etc.
- Crime
  - Avoid high-crime areas.
  - You can be arrested if you break the law (In some countries indefinitely).
  - You will be responsible for legal assistance.



# Staying Safe Abroad

- US Department of State Travel Warning System
- Smart Traveler Enrollment Plan (STEP)
- Financial Security—Banks, Credit Cards
- Passports and documentation
- Communication Plans
- Keep your insurance card with you
- Know the 911 equivalent
- Stay alert always



# Risk Prevention

Prepare and prevent, don't repair and repent!



- Finish all Education Abroad registration
- Know the 24-hour emergency number through campus dispatch (216-368-3333)
- Keep the Emergency Contact Card with you
- Register in S.T.E.P. (Groups are registered by the Office of Education Abroad)
- Understand your insurance, both personal and university

# Health & Safety Abroad: Resources

- U S State Dept.
  - <https://travel.state.gov/content/passports/en/country.html>
- U.S. Bilateral Relations Fact Sheets
  - <https://www.state.gov/r/pa/ei/bgn/>
- World Fact Book
  - <https://www.cia.gov/library/publications/the-world-factbook/>
- Travel Advisories
  - <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>
- World Health Organization: [www.who.org](http://www.who.org)
- Medicine Planet: [www.medicineplanet.com](http://www.medicineplanet.com)
- Lonely Planet Guides: [www.lonelyplanet.com](http://www.lonelyplanet.com)

# References

- U.S. State Department at [www.travel.state.gov](http://www.travel.state.gov)
- Center for Disease Control Traveler's Health – Chapter 8 Yellow Book at [www.cdc.gov](http://www.cdc.gov)
- NAFSA (2014) : Safety & Responsibility in Education Abroad
- The Forum on Education Abroad
- Academic Impressions



# Questions & Thank You

[www.case.edu/studyabroad](http://www.case.edu/studyabroad)

## Contact Information:

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216-368-3333 (anytime)

