Health and Safety
Pre-departure Orientation
Education Abroad
Center for International Affairs
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
“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
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


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

- Bungie 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
- CWRU Health and Counseling and other services are still available

  Counseling Services
  Phone: 216.368.5872
  Fax: 216.368.1972
  Email: 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.
Health & Wellness: Prescription Medication

- Some medications may not be legal or available in your host country. Check with the International Narcotics Control Board (https://ww.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 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
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

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
- 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
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

Photo by Javier Quesada on Unsplash
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
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

• Travel Advisories
  – https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html

• World Health Organization: www.who.org
• Medicine Planet: www.medicineplanet.com
• Lonely Planet Guides: www.lonelyplanet.com
References

• U.S. State Department at www.travel.state.gov
• Center for Disease Control Traveler’s Health – Chapter 8  Yellow Book at www.cdc.gov
• NAFSA (2014) : Safety & Responsibility in Education Abroad
• The Forum on Education Abroad
• Academic Impressions
Questions & Thank You

www.case.edu/studyabroad

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