



# Health and Safety Study Abroad

Center for International Affairs

**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**

# Health While Abroad



- 🌍 Be prepared to feel a range of emotions
- 🌍 Be prepared to be tired
- 🌍 Be prepared to be uncomfortable
- 🌍 Be prepared to have emotions intensified
- 🌍 Be prepared to have your life changed

# Health and Wellness

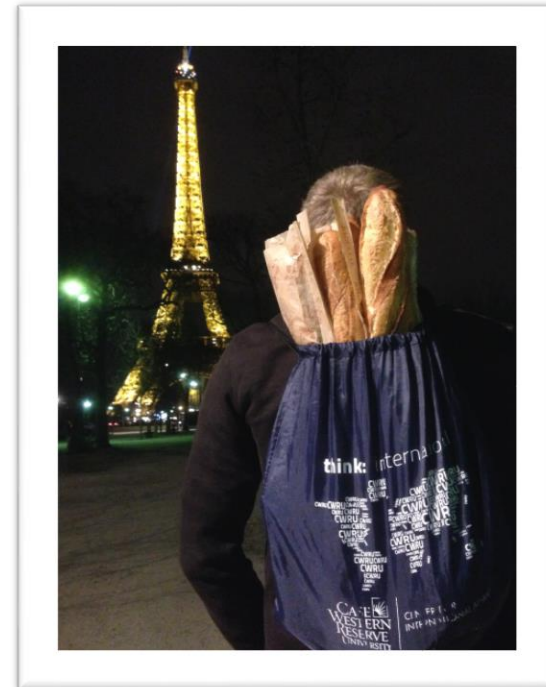
- Get a medical/dental/mental health check-up before you go (depending on the length of your program)
- Get a medical translation card
- Get the appropriate **vaccinations**  
<https://wwwnc.cdc.gov/travel/destinations/list/>
- Check to ensure your prescriptions are allowed in the host country
- Take all of your prescriptions; make a plan to get more if needed



# Drugs and Alcohol

**Know the laws and customs of your host country!**

- Lower drinking age
- Alcohol may be more available
- Higher alcohol content
- Cultural context is different
- Alcohol is more accepted
- Being drunk is less accepted
- Penalties for drugs could be harsher, including death penalty
- Review the [Medical Amnesty Policy](#)



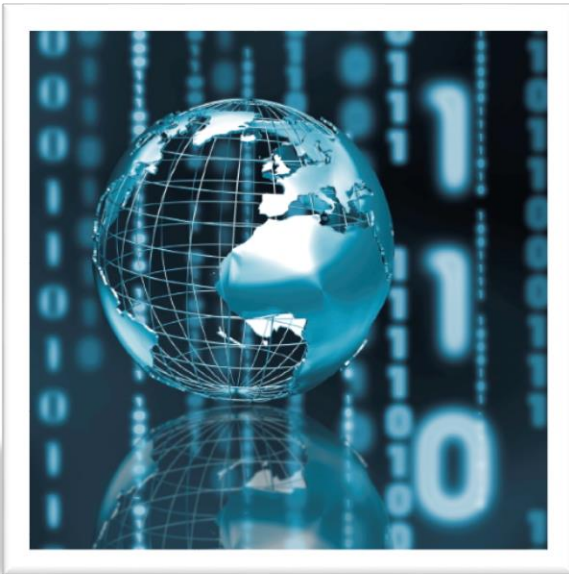
# Sexual Health



- Be careful
- Bring your own contraception
- Be aware
- Understand the cultural differences
- Understand the legal differences
- Understand your Title IX rights and responsibilities

# 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

# CWRU Foreign Travel Policy



- **Europ Assistance Insurance Company—  
emergency medical; keep personal insurance**
- **Call before leaving to register travel and receive  
health card (information on how to do this is in  
your application)**
- **Benefits**
  - **Medical Expense Benefits (reimbursement)**
  - **Emergency Medical Benefits**
  - **Emergency Medical Evacuation Benefits**
  - **Repatriation of Remains Benefits**
  - **Accidental Death and Dismemberment**
- **Not covered: pre-existing and dental**

**Contact Information is on Emergency Contact Card!**



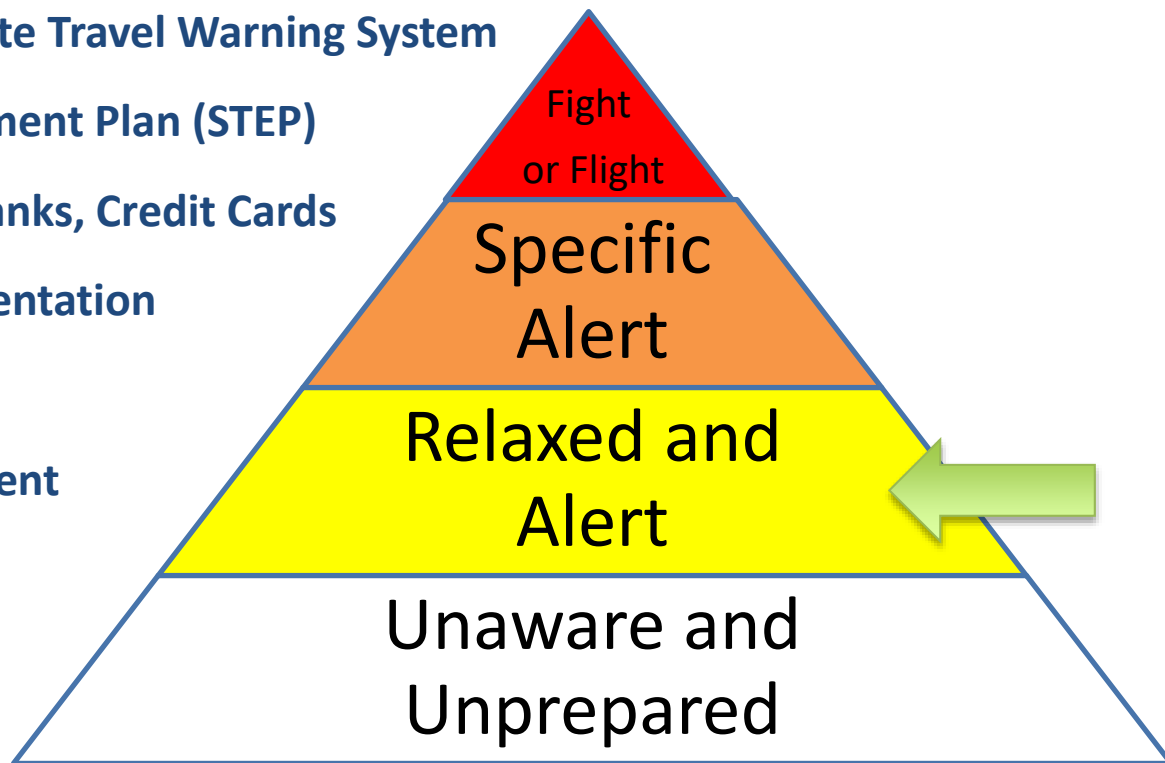
# Money and Document Management

- 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
- Contact ISS if you are international
- Check to get correct Visa



# 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
- Know the 911 equivalent
- Stay alert always

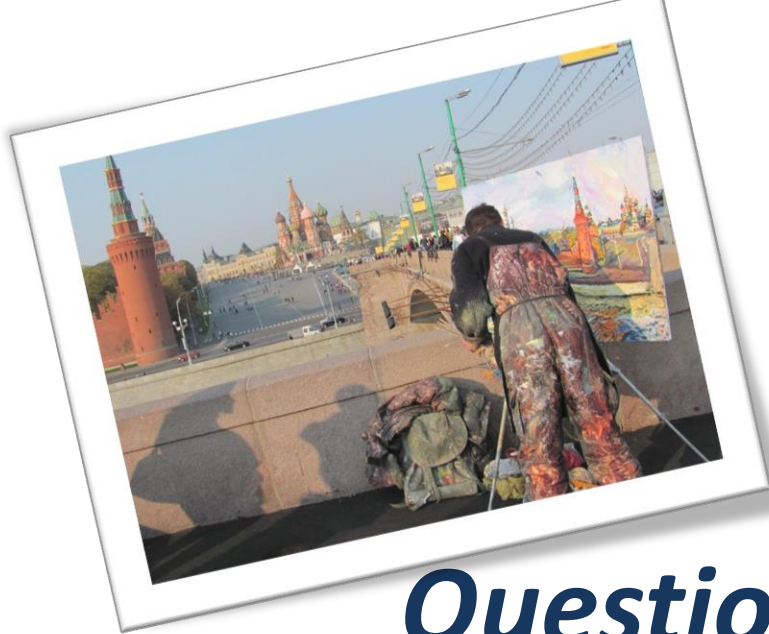


# What to do in an Emergency

- 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)
  - 216-368-3333
  - Email [studyabroad@case.edu](mailto:studyabroad@case.edu)
- Call Home
- Contact the Embassy/Consulate
- Contact Insurance (as needed)

# What do you do if . . . ?

- 🌍 You trip and break an ankle
- 🌍 You are touched inappropriately by a local
- 🌍 Protests have developed in the town square and the embassy has issued a travel alert
- 🌍 You can't get on Skype to contact your girlfriend/boyfriend
- 🌍 You lose your passport



# Questions & Thank You

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

## Contact Information:

[studyabroad@case.edu](mailto:studyabroad@case.edu)

216-368-2517 (M-F 8:30-5:00)

216-368-3333 (anytime)

