

# GEO Health and Safety Travel Tips

*Please keep this for your reference!*

The Global Education Office strongly recommends that all students going abroad actively seek information regarding health and personal safety resources in their host countries. You are encouraged to speak with your family physician and/or to campus Health Services about your plans so that you can be fully apprised of all personal health issues surrounding your international experience. The more informed you are, the more you will get out of your time abroad!

## Study Abroad Health and Safety Check List

- **Health Insurance:** If you have not already done so, please verify that your medical insurance that will cover you internationally and provide the Global Education Office with a photocopy of the insurance card. If you do not have adequate coverage overseas we suggest visiting <http://www.insuremytrip.com/> to find the best rates and policies for your specific needs.
- **Travel Assistance Services & Medical Evacuation/Repatriation Insurance:** Hampshire College is enrolled in **AIG/Travel Guard**, a membership that gives students studying abroad or traveling abroad on school-sponsored travel access to a full range of medical information, travel assistance and emergency services. For in-depth information on AIG/Travel Guard, please visit the International Travel section of the Five College Risk Management Website at <https://www.fivecolleges.edu/riskmgmt/intltravel>. Some of the important program features include:
  - Access to AIG/Travel Guard **information services** at no charge.
  - This plan also provides **medical evacuation and repatriation coverage**; if these services are needed they must be coordinated through the Five College Risk Management Office and AIG for coverage to apply.
  - Please note, use of actual medical services (beyond information services) or any service that requires an expenditure of funds to another party is not free.

We strongly recommend that students register with AIG/Travel Guard and sign up for e-mail updates and alerts for their destination. Registration is easy and free. Go to the AIG Benefits Solution portal ([http://www.aigbenefits.com/travel-Assistance\\_3538\\_435152.html](http://www.aigbenefits.com/travel-Assistance_3538_435152.html)) and click "register here." You will need to enter your name, e-mail address, organization name (Hampshire College) and policy number (**GTP 9144090**). You will receive an e-mail confirmation with a password. When you log in with the password provided, you will be asked to reset the password. Students must register in order to access the on-line resources. Registration is not required to access resources and assistance by telephone.

Contact Information: **AIG/Travel Guard** | Tel: +1-715-346-0859 | Email: [travelassist@aigbenefits.com](mailto:travelassist@aigbenefits.com)  
AIG Benefits Portal: [http://www.aigbenefits.com/travel-Assistance\\_3538\\_435152.html](http://www.aigbenefits.com/travel-Assistance_3538_435152.html)  
Policy Number: **GTP 9144090**

- **Travel Registration:** Students traveling on school sponsored travel are required to register their trips through the Travel Registry section of HampGOES (<https://hampshire-horizons.symplicity.com/>). Hampshire students should login using your HampNet user name and password. Non Hampshire students should create an account by clicking "register now."
- **Country Specific Health Information:** Inform yourself about important health and safety information regarding the country to which you are going. This includes getting necessary vaccinations and getting any medical prescriptions you may need prior to leaving. Information about vaccinations and other health and safety advice can be found through the Centers for Disease Control and Prevention (CDC) website under Travelers' Health (<http://wwwnc.cdc.gov/travel>).
- **Copies of Passport and Visas:** Keep copies of your passport and visa in a separate location from your actual passport. This proves invaluable in replacing your passport if it is lost or stolen.
- **Register with the US Embassy/Consulate:** It is always advisable to register your travel with the appropriate Embassy/Consulate in the host country. Students who are American citizens should register with the US State Department using the Smart Traveler Enrollment Program (STEP) at: <https://step.state.gov/step/> to receive important safety conditions in your destination country. It will also enable the US State Department to contact you in an event of an emergency.

- **Red Card:** Complete a Red Card with your own personal information and keep it in your wallet. Red Cards will be distributed to students during pre-departure orientation or when a GEO staff member signs your Field Study application.

## Helpful Tips for Medications

- Bring enough medication to meet your needs while you are away from home. If you will be traveling more than two months, check in advance to get an advance on your medications. If you are on Hampshire's student insurance plan through Gallagher Koster, call Gallagher Koster for assistance.
- Bring copies of your prescriptions so that you can fill them in the event that you lose your medications. Be aware that you may not be readily able to fill any prescription containing narcotics.
- Have a list of the generic names of your medications. If you have an emergency refill, physicians or pharmacists may be more likely to recognize the generic name.
- Consider using pill organizers
- Bring the name and phone number of your pharmacy as well as your doctor.
- Carry your medications on the plane; don't pack them in checked luggage.
- Be aware of any storage requirements of your medications (check with your pharmacist). If traveling by car, don't leave them in the car or trunk, especially in warm weather.
- Visit [www.tsa.gov/travelers](http://www.tsa.gov/travelers) to learn:
  - which medications and supplies you can transport by plane
  - how you should label and package medications for screening
  - screening and inspection options
  - how you can assist the process

## Travel Health Kit Consider packing a travel health kit, including:

- |                       |                              |                             |
|-----------------------|------------------------------|-----------------------------|
| • analgesic           | • motion sickness medication | • band-aids                 |
| • antiseptic ointment | • hydrocortisone cream       | • insect bite/sunburn cream |
| • antacid             | • insect repellent           | • cotton balls or swabs     |
| • diarrhea remedies   | • sunscreen                  | • tweezers                  |

## Helpful Websites Please visit the Health and Safety page on the GEO website for more web resources.

**AIG Benefits Portal:** [http://www.aigbenefits.com/travel-Assistance\\_3538\\_435152.html](http://www.aigbenefits.com/travel-Assistance_3538_435152.html)

Policy information as well as current travel alerts and planning advice regarding recommended health and safety practices.

**Five College Risk Management** <https://www.fivecolleges.edu/riskmgmt/intltravel>

Information about AIG/Travel Guard services, benefits and fees as well as other important health and safety information while traveling.

**Vaccines & Travel Clinics** <http://www.InternationalVaccines.com>

For vaccine information, health risks, finding local travel clinics, and tips for protecting yourself from food- and water-borne diseases.

**US Department of State Travel Information** <http://travel.state.gov/index.html>

Provides travel warnings and "Consular Information Sheets" (basic historical and political summaries of each country) with updated information and status reports on country-specific situations. Also furnishes tips for traveling abroad and information on emergency services for U.S. citizens abroad. Go here to register your travel with the US Embassy.

**US Embassies and Consulates** <http://www.usembassy.gov/>

Information about US Embassies and Consulates in each country. Go here for Embassy/Consulate contact information and important country specific news and information.

**Center for Disease Control** <http://www.cdc.gov>

Contains information by geographic area for health, immunizations, current conditions, and precautions.

**World Health Organization** <http://www.who.int/en/>

Provides leadership on global health matters and includes information regarding H1N1 and other important health issues.

# Emergency Protocol for International Travel

Students studying on a Hampshire Exchange Program or on Field Study during the regular academic year (fall and spring semesters) should follow the following emergency protocol:

**In-country, students** should.....

- 1) Call host country equivalent of 911 if necessary and/or get to the nearest hospital.
- 2) Call AIG/Travel Guard to get 24 hour advice and support. If medical assistance is required, it is recommended that student inform AIG/Travel Guard and open a case (see info. below).
- 3) Get in contact with their host contact/sponsor (Program Provider On-Site Director, Int'l Office at host institution, contact at internship placement), to apprise them of the situation and for additional assistance if necessary.
- 4) Call or email GEO in the US as soon as you are able to apprise them of the situation. If GEO is unavailable call HC Switchboard and they will re-direct the call.
- 5) If unable to reach GEO and need immediate assistance, contact the Five College Risk Management or ask HC Switchboard to redirect your call.
- 6) If appropriate, also contact the nearest US embassy or Consulate.
- 7) Call parents to apprise them of the situation and let them know you are ok.
- 8) Students should maintain contact with GEO as appropriate until situation is resolved.

**\*\*In cases involving any crime or sexual assault, students should be in contact with the Director of Global Education. Students will then be referred to appropriate resources and services on campus for additional assistance as necessary.**

Once **GEO** has been contacted in an emergency or crisis situation, **GEO** will...

- 1) Contact the appropriate people and offices on campus (Crisis Management Team). This includes Dean of Students Office, Dean of Faculty Office and Five College Risk Management.
- 2) Contact AIG/Travel Guard if appropriate.
- 3) Contact host-country Consulate/Embassy for updates if appropriate.
- 4) Contact /update parents/students' emergency contacts.
- 5) Maintain contact with student and appropriate constituents (including in country contacts) until situation is resolved.

## Emergency Contact Information

**Hampshire College:** During regular office hours (8:30-4:30 Monday-Friday) please contact

**Katie Irwin**, Director of Global Education  
Global Education Office  
893 West Street  
Amherst, MA 01002

Email: [kirwin@hampshire.edu](mailto:kirwin@hampshire.edu)  
Tel: +1.413.559.5542

After hours, including weekends and holidays, please call the Hampshire College Switchboard at + 1-413-549-4600 and ask to be connected with Katie Irwin in the Global Education Office. Please be prepared to give a contact phone number where you may be reached. If Katie is not available, your call will be directed to a Dean on Call.

**Five College Risk Management:** If you have questions regarding AIG/Travel Guard insurance or are unable to reach someone at Hampshire College, please contact **Stacie Kroll**, Insurance and Claims Specialist, at Five College Risk Management:

Five Colleges, Incorporated  
c/o Mount Holyoke College  
50 College Street  
South Hadley, MA 01075-6404  
Email: [skroll@mtholyoke.edu](mailto:skroll@mtholyoke.edu) Tel: 413.538.3092

# Staying Safe Overseas

## Safety Basics

Although travel to another country is not always dangerous, no matter where you go, you will inevitably stand out as a foreigner or tourist. Crime experienced by students abroad is generally limited to petty theft or pick-pocketing, although violent crimes have affected students abroad. Some locations abroad may seem safer than the U.S., but a lack of familiarity with the culture, language and location may put you at a higher risk overseas. Therefore it is good to learn as much of your host country's language and customs as possible before going abroad. You should at least know greetings, how to ask for basic directions, and how to say "please" and "thank you." You should also be aware of cultural norms regarding men and women and basic dress code.

## Diet and Food Safety

Unclean food and water can cause traveler's diarrhea and other illnesses. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe food and water habits. Here are some tips:

- Give your body time to adjust to new types of foods you will be eating.
- Can You Drink the Water? Find out if the water is generally safe to drink in the countries to which you will be traveling. To avoid diarrhea and other bacteria, purify questionable water before you drink it. Make sure water bottles come sealed when you buy them. Remember that ice can also be unsafe, as well as the water you use to brush your teeth or rinse contact lenses.
- Safe food choices:
  - Well-cooked meats, fish, veggies: Preferably foods that are served piping hot.
  - Rice, beans, and breads & other baked goods like tortillas.
  - Fruits, nuts, veggies with thick skins or shells which you have removed or peeled yourself (such as bananas, cucumbers, peanuts in shells).
  - Canned foods: They are safe unless the can is dented, swollen or hisses when being opened, which indicate contamination with botulism.
- Foods to avoid:
  - Raw or undercooked food, especially meat, eggs and seafood
  - Unwashed or unpeeled raw fruits and vegetables
  - Food from street vendors
  - Food served at room temperature or that has been sitting out
- Take a multivitamin daily if you feel that you are not going to get sufficient vitamins and nutrients from your diet abroad.
- If you get diarrhea or food poisoning, remember to drink plenty of fluids to stay hydrated. As with any illness, consider seeing a doctor if your condition worsens.

## Safety Guidelines

Below are a few guidelines that can help you stay safe. Remember to trust your instinct. If you feel unsafe, you probably are.

- Be cautious when meeting new people. Don't give your address and phone number to strangers or people you just met.
- Be particularly cautious and alert when using public transportation.
- Ask about the safety of local taxis, and avoid taking a taxi by yourself late at night.
- Don't walk around at night by yourself. Try and stay in pairs whenever possible.
- At night, avoid dark, deserted streets. Stay to main, well lit and busy streets.
- DO NOT hitchhike.
- To avoid unwanted attention, avoid speaking English loudly in public places.
- Don't leave your bags unattended anywhere.
- When using a public telephone, stand facing out to see your surroundings.
- Do not carry wallets or valuables in back pockets. Choose a bag or purse that closes securely (i.e. has a zipper and not a snap). Carry your bag or purse in front of your body.
- Avoid local political demonstrations.
- Be familiar with and obey the local laws. DO NOT participate in illegal drug use.
- If you have sex, have safe sex. Bring condoms from the U.S. if you are unsure of availability or quality in your host country.

## In the event of a rape or sexual assault

Rape and sexual assault can happen at any time and in any location in the world. Study abroad students can be at risk for rape and sexual assault, just like on the home campus. Being away from your normal support system can be especially difficult. Although sexual assault cases are rare, it is important to discuss the possibility of its occurrence. If you are the victim of rape or sexual assault, it is important to seek immediate medical attention. Also, it is important to report the incident immediately to your on-site coordinator or faculty director and to the Director of the Global Education Office at Hampshire College. Your program has likely provided a list of physicians and/or clinics that you can contact, but you can also contact AIG/Travel Guard to locate a physician or clinic, particularly one that has English-speaking staff. Additional support and counseling services are also available at Hampshire. Please refer to the Hampshire College brochure on Sexual Respect & Title IX for more information and resources.