

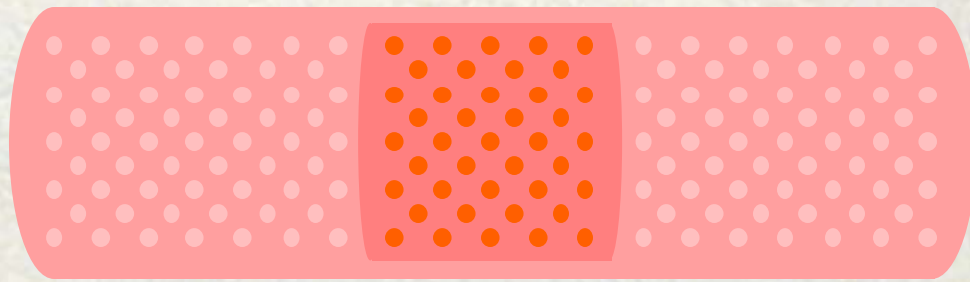
Study Abroad Pre-Departure Orientation



***You need to take an active
role in your preparation
process!***

- Good planning and preparation, mental and physical
- Please take notes

Health and Safety Abroad



Your Health Abroad

- Health concerns are real. Many illnesses, particularly emotional or mental, do not go away when you travel, but may become more challenging or severe during study abroad.
- Do not assume headaches or allergies will go away when you travel.

Over-the-Counter Medicine

- Take anything used regularly, even if just seasonal, with you (ibuprofen, Tylenol, antihistamines, etc.).
- Some OTCs here are prescription medications abroad, and vice versa.

Prescription Medication

- Take ample, complete supply for entire time abroad (if allowed by your host country).
- Some medications used here are not available abroad - check with your host consulate.
- Take copy of written prescription with you, in your carry-on.
- Consider taking a written prescription of something your doctor thinks you might need, even if you don't take the medication.
- Make sure the prescriptions are written in generic terms, specifying all ingredients.
- Leave in original labeled bottles.
- Take a month's supply in carry-on bag.
- Divide the remainder in separate bags.
- Note: You may be charged for medications normally free at McKinley.

Medication and Flying

- The FAA (Fed. Aviation Admin.) publishes guidelines about what can be carried on the plane or in checked luggage and what can't.
- Pay special attention to new guidelines about liquids and gels. There are special considerations for medication.
- For up-to-date information, go to http://www.faa.gov/passengers/prepare_fly/.
- Also check with your airline for their own regulations.
- Currently: Liquids less than 3 oz. in a 1 q. zip-lock bag.

Chronic Medical Conditions

- Follow treatment plan outlined by doctor.
 - This should include current medications and treatment to be used in case of medical crisis and any other tips for another doctor to use if there is a problem.
- Take your doctor's phone and fax numbers with you.
- Tell your host-country program director about your condition.

Food and Water Precautions

- Most concern in tropical regions:
 - “Peel it, cook it, or forget it”
 - Ask your program staff whether you should drink the water. If the answer is no or be careful:
 - Drink only bottled or boiled water,
 - Don't allow ice from tap water,
 - Avoid raw salads.
- Avoid un-pasteurized milk and cheese.
- Eat food while it's hot.
- Avoid food that's been frozen, thawed, and re-frozen.
- Be careful of street vendors.

Blood & Body Fluid Precautions

- Some infections can be picked up by contact with body fluids such as saliva or blood, or by skin to skin contact.
- Some infections, like tuberculosis, are airborne.
- Use common sense precautions: wash hands with soap regularly, cover mouth when sneezing or coughing (not with hands), etc.

Traveler's Diarrhea

- Caused by bacteria, viruses, protozoans.
- It is rarely life-threatening - keep hydrated, electrolyte replacement.
- Follow food and water precautions.
- Consult CDC handout for your region or <http://www.cdc.gov/travel>

Sexual Health

- Be aware of infectious diseases whether sexually active or not.
 - HIV, herpes, and genital warts will be with you for life.
 - Hepatitis B or C may be with you for life.
 - Some sexually transmitted diseases can be treated if symptoms are recognized but may cause serious problems if left untreated.
- Always use barrier protection.
- Condoms are available at McKinley Health Center's resource rooms.
- Don't assume your potential partner is educated about sexual health and safe sex.

Alcohol

- Alcohol-related illnesses and mishaps can be a big problem when studying abroad.
- Most common problems: getting home safely and getting in arguments.
- “When you start drinking, you stop thinking.”
- Be a responsible, intelligent drinker.
- Remember that the right to drink is governed by laws - obey them.
- Alcohol’s effect on body depends on:
 - Food or other chemicals in body, body weight, drinking history/ tolerance, state of emotional/physical health, altitude, heat.
- Respect other people’s right to abstain.

Stress & Fatigue

- Cultural adjustment issues may cause unanticipated physical reactions such as:
 - depression, sleep loss, appetite changes, mood swings, sluggishness , and stress.
- Stress and fatigue will take a toll on your body's immune system.
- You will probably need more sleep while abroad than you normally do at home.

Stress & Fatigue - getting better

- Talk to others (students, resident director, etc.) about adjustment issues.
- Do not overdo - rest is essential for good health and overall well-being.

Consider Location-specific Issues

- Altitude
- Jet lag
- Insect-transmitted diseases
- Sunburn
- Heat exposure
- Smog
- Water hazards

Avian Flu FAQs

World Health Organization States: www.who.org

- "Travellers to areas affected by avian influenza in birds are not considered to be at elevated risk of infection unless direct and un-protected exposure to infected birds (including feathers, faeces and under-cooked meat and egg products) occurs."
- There is a Global Influenza Preparedness Plan on web.
- They do "not recommend any restrictions on travel to any areas affected by avian influenza (H5N1)."
- They do "not recommend screening of travelers coming from affected areas."
- Follow normal precautions of flu prevention: wash hands frequently, don't share food/beverage.
- Avoid markets and farms with chickens and poultry in high-risk environments.

Remember Compound Effects

Jetlag + Drinking + Stress + Language Barrier + more

The more effects, the more you need to take care of yourself.

CISI Health/Evacuation Insurance

- Covers:
 - Medical expenses
 - Treatment for mental/nervous condition
 - Emergency Medical Evacuation
 - Emergency Family Reunion
 - 24-hour telephone assistance
- Read policy carefully and take your card with you.

CISI Insurance

Note: There are exclusions to the insurance policy; please be aware of them. In particular, the policy excludes coverage for:

- “Injury sustained while under the influence of...the effects of intoxicating liquor or drugs...”
- “Injury sustained while taking part in mountaineering where ropes or guides are normally used; hang gliding, parachuting, bungee jumping, racing by horse, motor vehicle or motorcycle, parasailing”

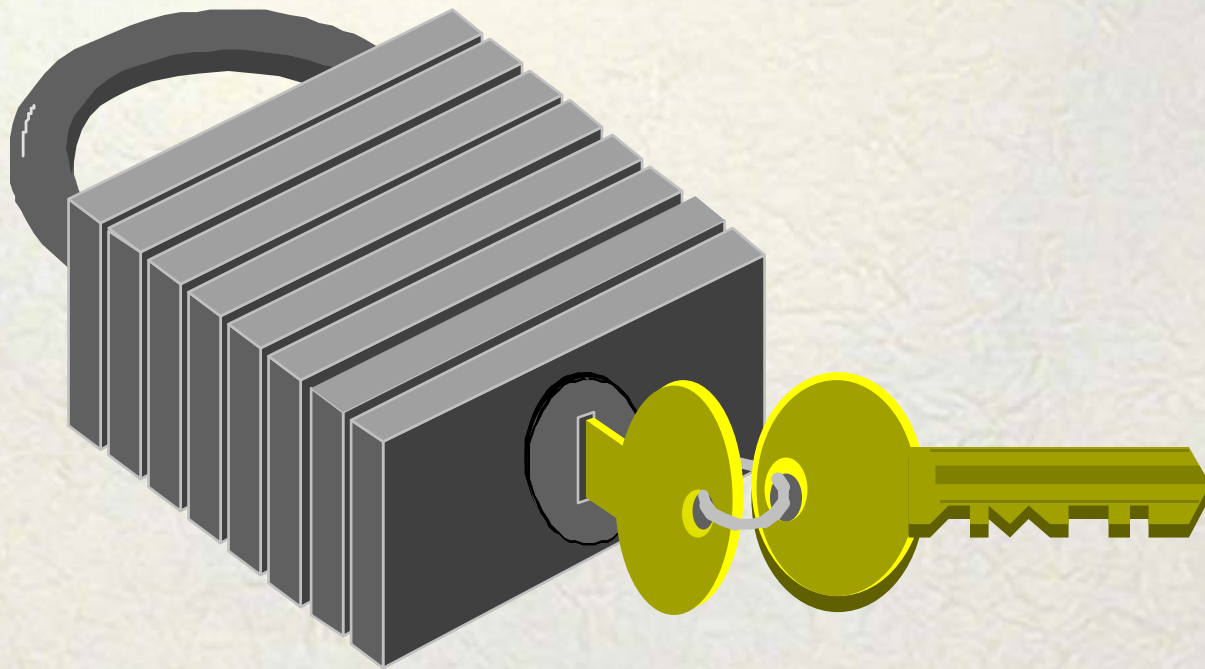
CISI

- Read your brochure; share it with your parents/guardians.
- The inserted sheet is a claims form - to send in for reimbursement.
- Write your name and program dates on the card - **TAKE IT WITH YOU.**

McKinley Health Center

- Check your immunization status and update it as needed.
- Travel immunizations are not included in McKinley fee, but compare costs between McKinley and your doctor.
- Visit their Travel Room for information.
- McKinley's web site:
www.uiuc.edu/departments/mckinley
- For medical/travel questions, call 333-2702.
- Immunizations may need to be given two months or more before departure.

Safety & Security



The Basics

- Register with the U.S. embassy on-line:
www.travelregistration.state.gov
- Leave an itinerary with Resident/Program Director - someone should always know where you are.
- If you have a problem, call your Resident/Program Director or your study abroad office FIRST.
- If you tell your parents you will call them, please do so - especially when you first arrive.

More Basics

- If bad news about your host country hits CNN, call your parents to let them know you are okay.
- In case of emergency (natural disaster, act of terrorism, etc.), contact your program provider or the U.S. embassy and follow their directions.
- Read everything and attend the host country orientation.

Maximize Your Safety Abroad

Be Vigilant in Public

- Be aware of your surroundings, noticing people that are near you and their behavior.
- Be aware if someone slows you down while walking.
- No iPods when you're out walking!
- Avoid groups lingering. Learn from local what might signal threatening behavior.
- Always vary your travel routes and times, as well as varying other habits.
- Find safety in numbers: help look out for others in your program
- Avoid suspicious, unfamiliar objects/packages.
- Do not leave your bags unattended or agree to carry items for people you do not know.

Maximize Your Safety Abroad

Maintain a Low Profile

- Do not advertise yourself as American through your clothes or actions.
- Avoid crowds, protest groups, places where Americans or other internationals congregate.
- Avoid travel in large groups.
- Use caution when sharing information about yourself or your program with strangers.
- Avoid carrying big luggage.

Maximize Your Safety Abroad

Ensure Fast Communication

- Ensure that your Program/Resident Director and the Study Abroad Office have your host country contact information (cell/land phone, address).
- Stay in touch with your family on a regular basis to reassure them of your safety.
- Make sure that you are registered at the nearest U.S. Embassy or Consulate, if your program/resident director has not already done so.

Maximize Your Safety Abroad

Be Informed and Prepared

- Avoid taking short-cuts until you know whether they're safe.
- Keep up with local news.
- Ask about safety of specific hotels before staying the night.
- Talk to your Program/Resident Director and know your responsibilities in ensuring safe and rapid response in event of emergency.
- Know emergency contact information for: your program staff, resident director, host university international office, and/or for SAO.
- Keep all vital documents in one accessible place.

Maximize Your Safety Abroad

US State Department

- Check the U.S. Dept. of State Consular Information Sheets for the countries/locales you will visit and follow relevant recommendations. http://travel.state.gov/travel_warnings.html.
- Know the Dept. of State's list of services available to Americans abroad at <http://travel.state.gov/acs.html>.
- WorldWide Caution and other Public Announcements - cause to be alert.
- Travel Warning
 - The University of Illinois may withdraw students studying abroad in a country for which a Travel Warning has been issued.
 - The U of I cannot assure that students will be fully shielded from credit or financial loss in the event of a Travel Warning.

Financial Issues

- Talk to locals about security issues, follow advice.
- Consider buying Travelers Insurance to guard against theft or other loss.
- Use money belt (tickets, passport, credit cards, etc.).
- Use a safe or locks, when available (hotels, etc.).
- Stash money in various places.
- Avoid ATMs at night.
- Know how to cancel your credit cards.
- Take photocopies of front and back of credit card, ATM cards, passport, etc; keep originals on you, one set of copies in your luggage, one set in U.S. with a trusted friend/relative.
- Let your credit card and ATM companies know you will be traveling internationally.

Legal Issues

- Remember that you are under the legal jurisdiction of your host country.
- Drug use and alcohol abuse can land you in jail.
- What you might receive a light sentence for *here* could be a much higher penalty in another country.
- Drug trafficking receives capital punishment in some countries.

Road Safety

- Road travel is the single greatest risk to healthy Americans abroad.
- We recommend you do not drive while abroad.
- Be aware of traffic patterns and road culture.
- Avoid riding with drivers under the influence.
- Avoid travel at night.
- Plan how to get home before you go out.
- Don't assume pedestrians will be given the right-of-way.
- No hitch-hiking.
- Know local taxi and bus safety guidelines.

Issues for Women to Consider

- Avoid smiling in public, no need to be nice to strangers.
- In many countries, it is not proper for men to approach unknown women - be suspicious.
- Be aware of common stereotypes about American women, be prepared to respond.
- Watch what local women do and where they go - copy that.
- You can contact the Office of Women's Programs for counseling and support at 333-3137 or <http://www.odos.uiuc.edu/women/>. They will call you anywhere in the world.

Students With Disabilities

- You are not required to disclose your disability. However, in order for us to help prepare accommodations, you must be registered at DRES and discuss your needs with your study abroad advisor.
- Do not assume accommodations will be available on your study abroad program unless you have made arrangements in advance, even those that are common here like extended time for test-taking.
- For more information, go to www.disability.uiuc.edu (search for study abroad), call 333-4602 or e-mail sheft@uiuc.edu.

LGBT Points to Consider

- Cultural norms and laws differ from place to place.
- Depending where you study, attitudes range from full acceptance of identities to severe homophobia.
- Observe, be sensitive to local customs, and express yourself appropriately and respectfully.
- Resources:
 - Intl. Gay and Lesbian Human Rights Commission: www.iglhrc.org
 - Intl. Lesbian and Gay Association: www.ilga.org
 - Rainbow SIG: www.indiana.edu/~overseas/lesbigay
 - UIUC Lesbian, Gay, Bisexual, and Transgender Resources Office: <http://www.odos.uiuc.edu/lgbt/>

Other Important Info

- Abide by your program's rules or risk dismissal.
- We will not give your name or information about you to anyone without your written permission.
- If you want people to know where you are, you must tell them.
- Consider giving someone Power of Attorney. See www.uiuc.edu/unit/SLS.
- Use your common sense and have fun!

Have a plan - do not say it
will never happen.

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Questions on Health and Safety?

Other Resources

Resource Room Handouts, 115 International Studies Bldg.

- Health: jet lag to culture shock to the common cold
- Food: the edible part of culture
- Safety: info on security plans, tips for yours
- Risks: the good, the bad, and how to tell the difference
- Identity: sexual and gender expression abroad
- Women: what you need to know abroad
- Parents: pointers to prepare for the transformation
- Return: readying to re-enter, reinvented