



International
Programs Office

Health, Safety, and Security Abroad

Oxford Summer Seminar

Trinity College, Oxford, England

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International Programs Office (IPO)

Managing your Health Abroad

❑ **Make a Travel Clinic Appointment**

Assessment of your current health, country-specific information, vaccines, medication information

→ UHS has a Travel Clinic!

UHS will accommodate last minute travelers. But remember some vaccines take time to work!

❑ **Who *especially* needs to go to a Travel Clinic?**

- ❑ Anyone with **ongoing prescription medications** (allergy, anxiety, contraception, hormones...)
- ❑ Anyone managing a **chronic health condition** (anxiety, nutrition, eating disorder)
- ❑ Anyone **requiring regular visits** with a provider
- ❑ Anyone going to a **country which has specific vaccination recommendations**



Managing your Health Abroad

Medications

- Carry prescriptions in original bottles!
- Pack in your carry on, not checked bags
- Bring copies of prescriptions



Vaccinations

- Check on [CDC.gov website](https://www.cdc.gov) for what you need

Vaccinations requirements for England:

- **All travelers:**
 - Routine vaccinations (MMR, TDAP, flu shot)
- **Some travelers**
 - Hep A
 - Hep B
 - Rabies (if traveling to rural areas with bats)

Managing your Health Abroad

Insects

Mosquitos, Flies, Fleas and Ticks
(Zika)



Prevention is the key!!!!

- Proper clothing
- Bed nettings
- Foot gear
- **Use bug spray (with Deet) often!!**
- Apply Sunblock First
- **Spray and re-spray!!**

WATCH OUT!

Rabies

acute, progressive, fatal

- PREVENTION!!
- **Stay Away from furred animals...**
- Remember Herpes B in monkeys: need treatment!



Altitude Sickness

Will you be hiking or flying into a destination over 10,000 feet?



Bed Bugs

- Inspect the premises of your bed
- Keep suitcases closed when not in use, try and keep them off the floor
- Carefully inspect clothing/items before putting back in your suitcase
- Keep in mind eggs/nymphs are small and easily overlooked



Managing your Mental Abroad



- Please know that **we are here** to support you. Please check in with your program leader if you are having any challenges.

Remember that sleep, hydration, good nutrition and exercise are especially helpful in managing travel and transitions.



Health, Safety, and Security Abroad

Real vs. Perceived Risks

- Drowning and motor vehicle accidents are the most common causes of death (or injury) for students abroad.



Enroll in STEP at step.state.gov

- Free service from the U.S. government, emergency alerts and assistance

Contact from the International Programs Office (IPO)

- In the event of a large scale emergency, IPO will contact you.
 - Please respond promptly.



Please, **make a plan** with your parents/family about checking in while abroad

Security Threats for London (and other major European cities)



- Petty Crime

- Main security threat is petty crime—pickpocketing, etc. Especially in tourist areas and transportation hubs
 - Safeguard valuables and personal belongings. Keep wallets in a front pocket and bags close to the body. Do not leave baggage unattended.
 - Travel in groups or pairs

- Civil Unrest

- There is a moderate threat of civil unrest—protests, demonstrations, etc. Avoid all protests and demonstrations.

- Terrorism

- There is a low to moderate threat of terrorism in these locations
- Enable a calling plan on your phone, always carry phone charged and turned on. Consider purchasing an external battery.
- **Have a plan for getting in touch with each other in an emergency**

General Safety Tips



- **Know Your Surroundings**

- Thieves frequent transportation centers, historical sites and tourist attractions.
- Common ploys used by thieves to distract you include jostling in a crowd or spilling something on you
- Do not become isolated in downtown areas of large cities, especially after dark.

- **Protect Your Money**

- Avoid carrying large amounts of cash.
- If you must carry a wallet, carry it in your front pocket and consider wrapping it in a rubber band - this creates friction, making it harder to pickpocket - or use a chain to attach your wallet to a belt loop.
- If you must carry a purse, keep it closed, place the strap over one shoulder (not around your neck), keep the purse to your front, and keep your hand on it.
- Do not flash large amounts of money when paying a bill. If paying in cash, give the vendor an amount close to the purchase price.
- Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs
- Try to keep credit cards in sight during entire transactions

- **Protect Your Belongings**

- Leave spare cash, jewelry, passports, tickets, and personal papers in a secure place such as a hotel safe.
- Report lost or stolen possessions immediately to the local police.
- Be alert for people watching your movements, who look out of place or who follow you; report suspicious people to the front desk.
- Keep all locks locked.
- Keep the door closed, and engage the dead bolt and privacy latch or chain at all times.
- Do not leave valuables in the open. Stow watches, jewelry, wallets, purses, cameras, and laptops in a nightstand, bureau, or suitcase.

Emergency International Travel Insurance



- **You are covered** by a UMass insurance policy for **medically urgent or emergency situations** abroad
 - For example, if you are hospitalized or require a referral to a hospital or doctor
 - The number to call will be given at the end of this presentation
- **Memorize** the emergency number (911 equivalent) in your host country



Sexual Assault and Harassment Abroad

Please remember that if your personal boundaries are crossed, it is NOT your fault

Resources Abroad

- Your local program leader is best able to facilitate communication with local resources
 - Talk with program staff in-country, but know **they cannot guarantee confidentiality.**
- U.S. State Department Consulate or Embassies—legal counsel, hospital bridging, translation services
- SASHAA-non governmental organization, has **confidential** crisis line

Resources at UMass

- **UMass travels with You!** You have Access to all regular on campus services
 - UMass IPO – Primary point of contact within office is your group leader
 - Dean of Students Office
- CONFIDENTIAL RESOURCES:**
- UMass Center for Women and Community, has a **24-Hour Crisis Hotline**: 011-413-545-0800
 - Also: University Health Services, UMass Amherst Police Department, Center for Counseling and Psychological Health, Student Legal Services

Health, Safety, and Security Abroad

Do NOT use drugs and use good judgment if you consume alcohol



- Drugs are illegal in most countries in the world, with very severe penalties
- **Neither UMass nor the U.S. government can help you**
- Alcohol may be legal in your host country, but it is important to consume it safely
- Alcohol abuse is one of the biggest threats to US students going abroad
- Be aware and respectful of local customs



“Depending on the crime and the country, if you are convicted you may face a sentence ranging from fines and jail time, to years of hard labor or even the death penalty.” ~ U.S. Department of State



Health, Safety and Security Abroad

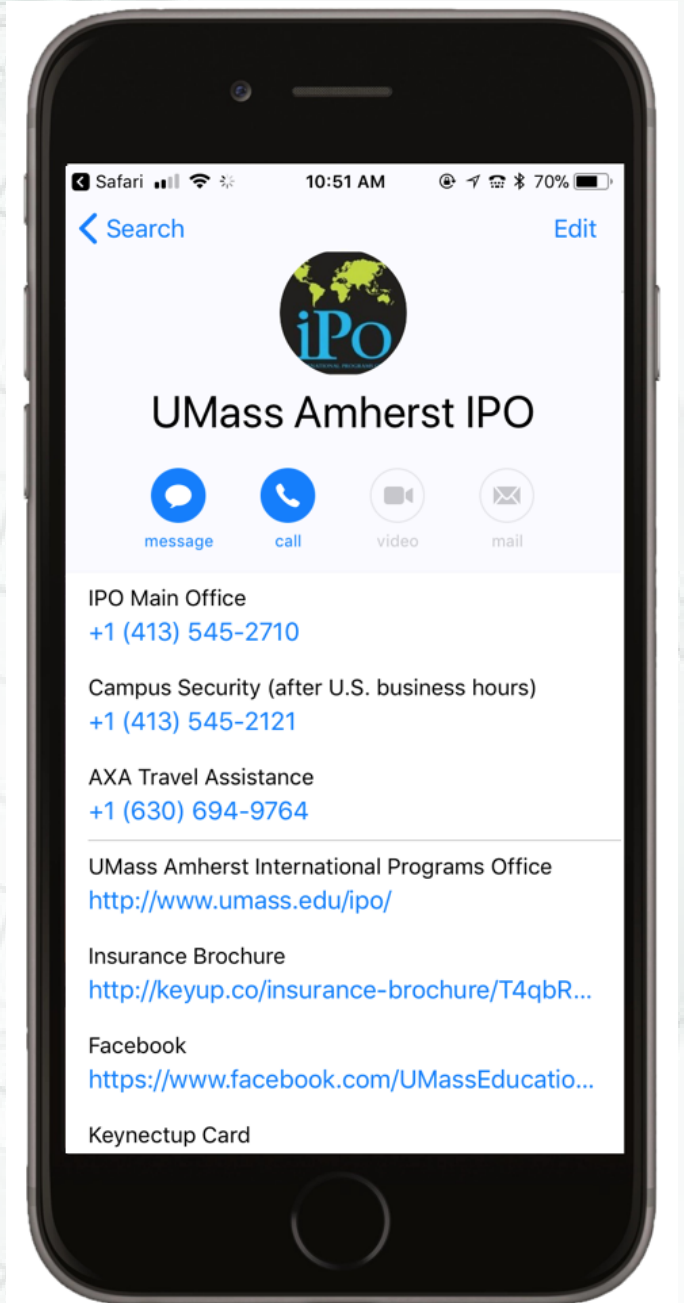
And remember...

- The **Code of Student Conduct Applies while you are abroad**
 - *“I understand that I remain subject to the University of Massachusetts’s policies on student conduct during my education abroad program.”*

Get out your phones!

Save UMass IPO's emergency contact information to your phone:

1. Start a text to phone number **444-999**
2. For the message, type **UMassIPO**
 - **No spaces—not case sensitive**
3. Tap the link that is texted to you
4. Fill out required info in your internet browser
5. Save the contact card to your contacts



Health, Safety and Security Abroad

Want more info??

Health and Safety

umass.edu/ipo/education-abroad/health-safety

Sexual Assault/Harassment Abroad

umass.edu/titleix/resources/survivors-studying-abroad



Questions? Contact Andrea at andreadrake@ipo.umass.edu

Have a wonderful and safe summer!