

Student Pre-Departure Orientation

Oxford Summer Seminar

Oxford, England

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Managing your Health Abroad

Make a Travel Clinic Appointment (UHS!)

- Assessment of your current health and provide you with country-specific information, vaccines, medication information

Who *especially* needs a Travel Clinic? Anyone...

- ☐ with **ongoing prescription medications**
- ☐ managing a **chronic health** condition
- ☐ requiring **regular visits** with a provider
- ☐ who needs specific **vaccinations**



Managing your Health Abroad

Medications

- Carry prescriptions in original bottles!
- Pack in your carry on, not checked bags
- Bring copies of prescriptions and enough supply for your entire trip



Vaccinations

- Check on [CDC.gov website](https://www.cdc.gov) for what you need
- All travelers:
 - Routine vaccinations (MMR, TDAP, flu shot)
 - Especially measles—current outbreak
- Some travelers
 - Hep A
 - Hep B
 - Rabies

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

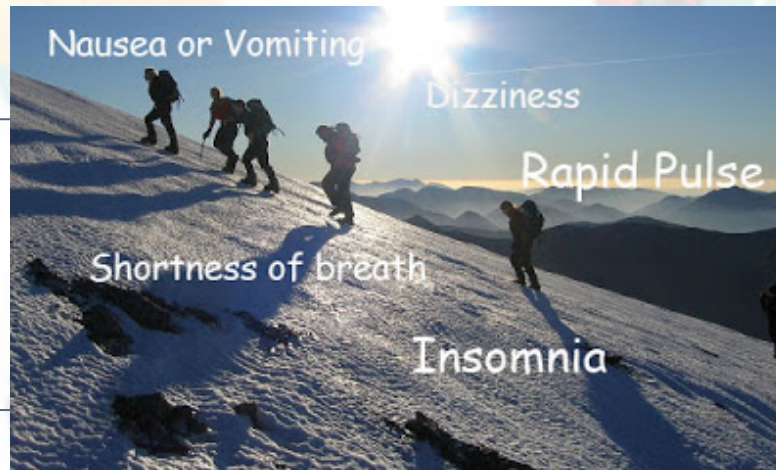
acute, progressive, fatal

- PREVENTION!!
- **Stay Away from furred animals...**



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 Health Abroad

Please know that **we are here** to support you. Please check in with your faculty leaders or us at IPO if you are having any challenges.

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



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 emergency number to call will be given at the end of this presentation
- **Memorize** the emergency number (911 equivalent) in your host country
 - Who do you contact in an emergency?



Health, Safety, and Security Abroad

Real vs. Perceived Risks

- Falls, drowning and motor vehicle accidents are the most common causes of death for students abroad.



STEP

Smart Traveler
Enrollment Program

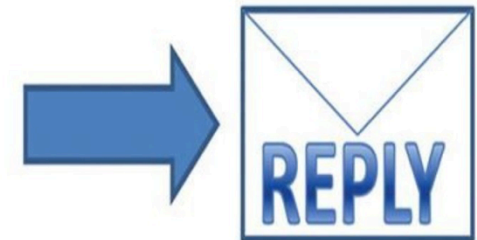
Enroll in STEP at step.state.gov

- 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.
- Consider purchasing an external battery.
- Have a plan for getting in touch with each other in an emergency



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

Security Information for United Kingdom

- **Crime: low threat (moderate threat in London)**

- Main security threat is petty crime—pickpocketing, scams, etc. Especially in tourist areas and transportation hubs
 - Safeguard valuables and personal belongings.
 - Travel in groups or pairs

- **Security Services: minimal threat**

- **Civil Unrest*: low threat**

- **Terrorism: moderate threat**

- **Kidnapping: minimal threat**

- **Geopolitical: low threat**

| Overall Rating: 2 Low | Sub-Ratings | | 1 | 2 | 3 | 4 | 5 |
|------------------------------------|-------------------|---|-------------|---|---|---|---|
| | Crime | 2 | <div></div> | | | | |
| | Security Services | 1 | <div></div> | | | | |
| | Civil Unrest | 2 | <div></div> | | | | |
| | Terrorism | 3 | <div></div> | | | | |
| | Kidnapping | 1 | <div></div> | | | | |
| | Geopolitical | 2 | <div></div> | | | | |

Rating Values: 1 - Minimal, 2 - Low, 3 - Moderate, 4 - High, 5 - Very High
NR - Not Rated

*Subject to increase with Brexit

BREXIT

- TBD
- Stay tuned

For more information:

<https://www.bbc.com/news/uk-46318565>

<https://www.gov.uk/government/collections/how-to-prepare-if-the-uk-leaves-the-eu-with-no-deal>





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, conceal it 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
- 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**

- Don't bring your prized possessions.
- 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 authorities
- Keep the door closed, and engage the dead bolt and privacy latch or chain at all times.
- Do not leave valuables in the open.

Sexual Assault and Harassment Abroad

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

Resources Abroad

- Your faculty **staff** on-site are 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
- Pathways to Safety International**-has 24/7 **confidential** crisis line (international toll-free)
<https://pathwaystosafety.org/>

Resources at UMass

- UMass travels with You!** You have access to UMass resources
- UMass IPO** – Education Abroad Advisor or Andrea, Director of Int'l Health, Safety, Security
- Dean of Students Office**

CONFIDENTIAL RESOURCES:

- UMass **Center for Women and Community (CWC)**, has a **24-Hour Crisis Hotline**: 011-413-545-0800
- Also CONFIDENTIAL: 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

- Drugs are illegal in most countries in the world, with very severe penalties
- Neither UMass nor the U.S. government can help you if you are caught with drugs

ALCOHOL

- Alcohol abuse is one of the biggest threats to US students going abroad
- Alcohol may be legal in your host country, but it is important to consume it safely
- Be aware and respectful of local customs
- Travel in groups or pairs



Health, Safety and Security Abroad

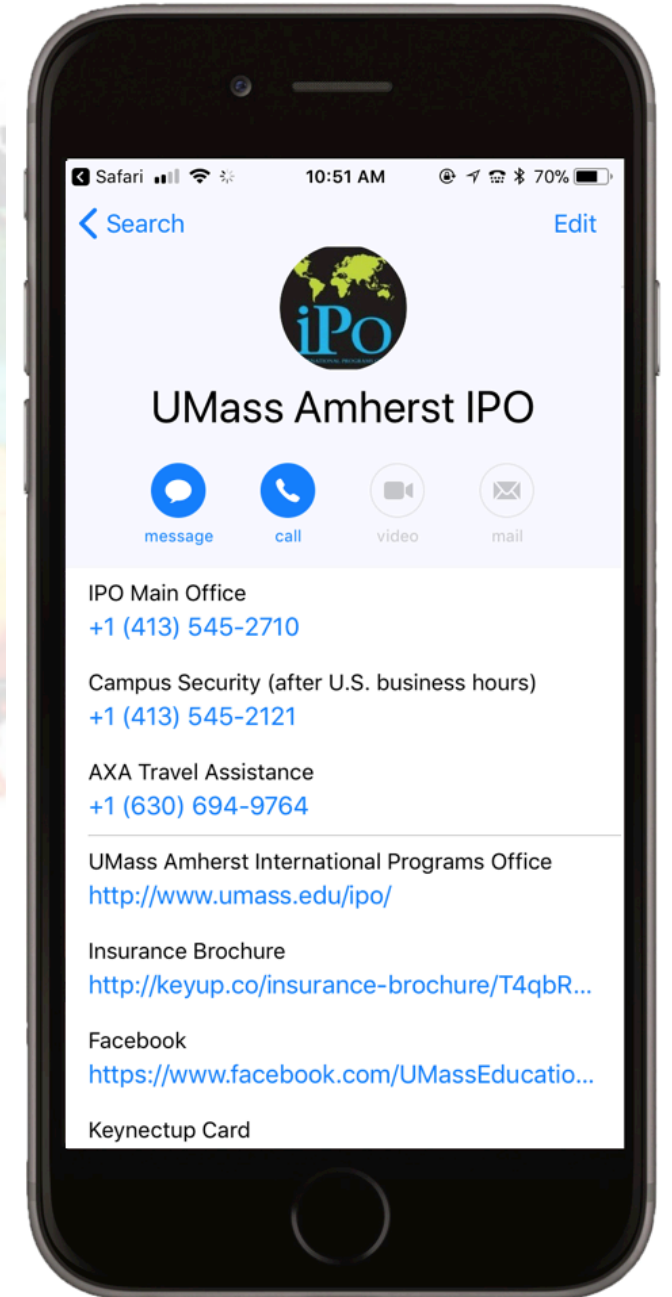
And remember...

- 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.”*
- Behavioral issues are reported back to UMass Amherst

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

Health and Safety www.umass.edu/ipo/education-abroad/health-safety

Sexual Assault and Harassment Abroad

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

Check out Travel Tips [on our website](#)

Pinterest www.pinterest.com/wandershare

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

Have a wonderful and safe experience!

Bon Voyage!