***Pre-Departure Health, Safety, and Emergency Planning Checklist and Reminders***

## Alcohol Safety

* Be aware of potential interactions between alcohol and drugs. Consider how alcohol is consumed in the local culture -- ask trusted local residents for advice. Understand that certain drinking behaviors may identify you as an outsider, making you a target for crime. If you choose to drink while abroad, do so with a trusted “buddy” – there’s safety in numbers.

## International Insurance Requirement

* All WPI travelers are automatically enrolled in international travel medical insurance once they register their international flight itineraries through the [WPI MyTrips Travel Registry](https://www.wpi.edu/student-experience/resources/off-campus-projects/health-safety-security/international-travel-registry)

## Current Health Conditions & Medications

* Not all medications are available or legal in some countries. Contact International SOS: +1 215-942-8478 for more information. Discuss managing current conditions abroad with International SOS and/or the Global Projects Program: [internationaltravel@wpi.edu](mailto:internationaltravel@wpi.edu) (+1- 508-831-6299).
* Students with disabilities and/or chronic conditions should also disclose travel plans to [Office of Disability Services](https://www.wpi.edu/offices/office-disability-services)

## Country-Specific Health Information

* Research health risks and recommendations for your destination on the [Centers for Disease Control & Prevention (CDC) Travelers’ Health Page.](http://wwwnc.cdc.gov/travel/) For pre-departure health needs, you may use the following resources to locate a medical professional:
  + CDC travel health facilities [nationwide](https://wwwnc.cdc.gov/travel/page/find-clinic)
  + WPI’s Student Health Center ([healthcenter@wpi.edu](mailto:healthcenter@wpi.edu))
  + Contact International SOS and speak with a medical professional

## Immunizations

* Discuss your travel plans with a medical professional; bring along a copy of the CDC’s country-specific information (see prior link). Allow as much time as possible for immunizations.

## Non-Emergency Health Needs Abroad; Mental Health Needs

* It is not uncommon for students to experience emotional distress while abroad, perhaps even for the first time. Prior to your departure visit the WPI SDCC and reach out to International SOS if you feel you will require emotional support while you travel.
* All WPI travelers are entitled to up to 5 emotional support counseling session while they are traveling on WPI affiliated travel. These can be in person, by skype or over the phone depending on location.

## Medical Emergencies

1. Go to the nearest treating facility
2. Call International SOS
3. Call your on-site contact, trip leader/program adviser, or the GPP Emergency Response Phone (+1 508.769.0117)

## Sexual Misconduct

* + If your sexual boundaries abroad are violated in any way, know that it was NOT your fault.
  + For all resources and reporting options, click [here.](https://www.wpi.edu/offices/title-ix) Confidential survivor support resources are available at [RAINN,](https://rainn.org/) the nation’s largest (and independent anti- sexual violence organization)

## Risk Management

* + Think about what dangers and cultural differences you will face abroad, and consider steps you can take to reduce exposure, such as reviewing the U.S. Department of State (DOS) [Travel Advisory](https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html) and country information for your destination. Also enroll in the DOS’s [Smart Traveler Enrollment Program](https://step.state.gov/step/) (STEP).
  + Download the free apps, [‘’Smart Traveler](https://apps.apple.com/us/app/smart-traveler/id442693988)” and “[International SOS Assistance App](https://www.internationalsos.com/MasterPortal/default.aspx?membnum=11BCAS785861)” to use before you leave.

## Road, Water and Fire Safety

* + [ASIRT](http://www.asirt.org/) provides information about road conditions to make safe transportation choices.
  + Swim with care. Choose safe beaches, plan for emergencies and do not consume alcohol.
  + Locate/test fire escapes, smoke detectors and fire extinguishers in your residence. Purchase a portable smoke detector from the [Fire Safety Foundation.](http://www.firesafetyfoundation.org/)

## Make an Emergency Action Plan

* + Consider real and perceived emergencies that may happen in your location. Know how to seek safety and how to contact help.
  + When you are safe after an emergency, report your status to International SOS, WPI ([gppdutyofficer@wpi.edu](mailto:gppdutyofficer@wpi.edu) ), your program provider, your supervisor, family, and friends.

## Tips for International Students

* + Make sure you have what you need to re-enter the States; otherwise, you may risk facing detention by Customs and Border Patrol. Click [here](https://www.wpi.edu/offices/international-house) for more information.

## Crime and Threat Deterrence

* + Clean out your wallet, backpack, and/or handbag before you leave. Make photocopies of the credit, debit, and/or ATM cards you take, as well as your passport and visa.
    - Leave one copy at home.
    - Seal another copy in an envelope and place it in a secure location in your luggage. o If you become the victim of a crime, seek safety, assess and report the crime, cancel and

replace credit/debit cards, and follow [these instructions](https://travel.state.gov/content/travel/en/passports/after/lost-stolen.html) to replace a lost U.S. passport.

* + Consider whether or not terrorism is a concern for your location; learn how to minimize [your exposure](https://www.northwestern.edu/global-safety-security/health-safety/travel-security/sports-and-entertainment-venue-security-recommendations.html) and increase safety when attending large public events or visiting popular tourist sites.

## Make a Communication Plan

* + Agree on communication protocols with your sponsor, trip leader and your friends/family (phone, text, email, Facebook, etc.). Be mindful of social media posts that could unnecessarily alarm friends and family. Keep an easily accessible, written record of contact information for local medical/emergency contacts, international SOS, WPI emergency contacts, local law enforcement, your host, other travelers, and any other relevant WPI contacts.

# For more information:

 +1 508-831-5547

* [internationaltravel@wpi.edu](mailto:internationaltravel@wpi.edu)

# [www.wpi.edu/+internationaltravel](http://www.wpi.edu/%2Binternationaltravel)