Health, Safety & Risk Issues Abroad

Office of International Affairs
Grossley Hall-Room 115
Purpose

- Office of International Affairs provides an annual update of safety issues and risk factors before Program Directors travel abroad.
BEFORE YOU GO:

- Review the **Faculty and Staff Travel Abroad Policy**
- View the Health and Safety PowerPoint for Program Directors
- Print and review the DSU Study Abroad Emergency Response Guideline
- Enroll yourself and students in Smart Traveler Enrollment Program (STEP) [https://step.state.gov/step/](https://step.state.gov/step/)
- Leave a copy of your itinerary, lodging, and contact information with your family/friends
- Select a student leader (in case the PD(s) becomes incapacitated or unavailable)
- Submit the following documents to OISS (all that apply to your program):
  - Copies of flight/ground itineraries and lodging address(es)
  - Your/host coordinator contact information while abroad
  - Copy of your passport
  - Copies of class syllabus, program requirements, etc
  - Copies of health insurance for students/PD(s)
DSU & DSU Affiliated Study
Abroad Destinations

South Africa, France, Switzerland, Italy, Korea, Mexico

Paris, Argentina, Ghana, Brazil, Japan

Ireland, Scotland, Spain, Belgium, Czech Republic

United Kingdom, Netherlands, Sweden, China, Strasbourg, Brussels

Hungary, Austria, Germany, Slovenia, Greece, Turkey
Emergencies:

Minor: pickpocketing petty theft, illness, injury, language & communication barriers

Major: natural disasters such as earthquakes, hurricanes, or acts of terrorism
What is a Medical Emergency?

- Any Hospitalization - no matter how brief
- Rape or sexual assault
- Severe food poisoning
- Severe allergic reaction
- Any mental health issue
- Any incident involving injuries or potential injuries
Responding to Medical Emergencies

- Seek appropriate medical care.
- Notify your selected insurance company.
- Notify Public Safety (302-857-7911) (24 hours) (if necessary.
- Notify OIA (302-857-6421/6474) (business hours)
- Protect students’ right to medical privacy. Share only necessary details with individuals on a need to know basis.
Medical & Accident Insurance

- Study Abroad Insurance is mandatory for students and PDs for all programs abroad
- Prior to leaving, PDs should communicate to students how medical costs abroad will be paid when services are rendered
Medical & Accident Insurance

ALL INSURANCE PLANS MUST INCLUDE:

- Evacuation/Repatriation
- Evacuation (for medical emergencies—does not include terrorism);
- Repatriation of remains;
- Accident and Life insurance;
- KNOW the 1-800 number to insurance agency
What is a General Emergency?

- Protests/Civil Unrest (Brazil 2013)
- Military Coup (Egypt 2013)
- Widespread Riots (England 2011)
- Protests/Civil Unrest (Arab & Middle East 2014)
- Earthquake/Tsunami (Japan 2011)
- Terrorist Bombing (Russia 2013)
- Anything “newsworthy” regardless of its effect on students or programs
Crisis Planning & Preparedness

- Make sure everyone – staff & students are safe and secure
- Minimize anxiety for the students
- PDs should be prepared to operate independently if cutoff from US based communication
- Contact or respond to directions of local authorities
- Follow the DSU Study Abroad Emergency Response Guideline for Study Abroad Programs
Emergency Preparedness

- Instruct the Student Leader to review *Study Abroad Emergency Response Guideline*
- Designate a primary and secondary place to meet
- Agree on when, where & how to meet
- Program Director is required to immediately begin keeping a log of events.
Health & Safety

World Health Problems are tracked by the CDC (center for disease control) and WHO (world health organization)

www.cdc.gov
www.who.int

Dysentery, cholera, HIV, HBV are health concerns
#1 Travelers Health Warning...

Caused by viruses, bacteria & parasites that contaminate food or water

**Wash hands frequently or use cleansing gel**
Yellow Fever

- Mosquito-borne disease
- Vaccination required to enter certain countries
- Prevalent in Panama, Central America & Ghana
- Malaria can also be contracted in Mexico
- Wear long sleeve clothing for protection
Yellow Fever

- As of 3/17/09, Yellow Fever Outbreak in the southern part of Brazil
- Yellow Fever vaccinations are recommended by CDC
- Recommended repellants containing 30-50% DEET for adults
Meningitis

- Bacterial infection that causes symptoms of high fever, headache, stiff neck, nausea.

- **Meningococcal vaccine should be taken 7-10 days before traveling.**

- Students should have this BEFORE traveling abroad
Health & Safety

Students should be informed on sexually transmitted diseases such as gonorrhea, syphilis, herpes and HIV

For pre-existing medical conditions—the student’s medical doctor should assist in this planning stage or provide some recommendations

Program Director should have protocol for pre-existing medical conditions such as asthma, diabetes, hypertension, etc.
Laws for Alcohol Consumption

- DSU students are to abide by the US drinking age of 21 years and will be subject to the DSU Judicial procedures if he/she does not follow such laws.

- Program Directors should remind students “they are subject to the laws of the host country”.
Effects of Reckless Behavior

- Auto accidents
- Makes you vulnerable to street crime
- Falls from hotel balconies
- Drowning
- Fatalism
- Poor grades abroad
- Social conflicts with peers & authorities
- “Ugly American Syndrome”
Drug Abuse

Less common than alcohol abuse
Severity is greater as jail sentence can be imposed
Program Directors should reiterate to students that “they are subject to the laws of the host country”
Criminal Acts:

- Avoid public demonstrations
- Be aware where it’s appropriate to take pictures
- Do not take pictures of civil disturbances

**Consequence:**

- Financial burden of legal representation is the responsibility of the student
- Mistreatment in the jails
- Court held in language of the host country
- US Embassy can not get you released if incarcerated
Don’t Become a Victim of Crime

- Think about using a money belt
- Stay in well lighted areas
- Beware of beggars
- Avoid being alone at night in an isolated areas
- Know where the high crime areas are
- Don’t sleep in unlocked areas
- Do not go in public under the influence of alcohol or drugs
Nutritional Changes

Advise your students on the diet of the host country
Food and Drink

- Avoid salad, uncooked foods, fruits and foods you do not peel yourself
- Do not accept food from Strangers
- Don’t drink Untreated water
- Avoid raw seafood, rare meats
- Avoid unpasteurized foods e.g. cheese and milk
- **Beware of the food and water in the aircraft as it may come from the departing country**
Study Abroad Should be...

Adventuresome

Informative

Fun
Emotional & Mental Health

Pre-existing emotional conditions may intensify by living in a foreign culture

“Culture Shock” can have a shattering effect on some students and cause “Anxiety”
Minimize Emotional Problems

- Conduct one-on-one counseling with students to establish positive motivation for studying
- Be aware of the ten stages of anxiety of students
Anxiety
Ten Stages of Adjustment

- Initial anxiety
- Initial elation
- Initial culture shock
- Superficial adjustment
- Depression-frustration
- Acceptance of host culture
- Return anxiety
- Return elation
- Re-entry shock
- Reintegration
Coping with Culture Shock

- Make students aware if women should not appear flamboyant or aggressive in the host country
- Appropriate inconspicuous dress
- [www.journeywoman.com](http://www.journeywoman.com)
- If racial or religious differences exist within the culture-the students should be made aware
- Students should participate in group activities
- Non-verbal communication know the gestures that are considered rude
Foreign Medical Practice

- Healthcare standards will vary from country to country around the world
- *Students should be advised that they should not expect the same practices as those in the U.S.*
- Ensure that specialized medications or prescriptions will be available when participating in longer study abroad programs
Legal Relationships

- Contractual Relationships exist simply by the student being a member of the university and agreeing to abide by university rules.

- In Loco Parentis exists if you have an underage student participating in your program; You, the Program Director, act in place of the parent.

- Special Relationship exists as the Program Director for Study Abroad who oversees the students enrolled in this program.
Personal Liability

- Delaware State University is not responsible for lost or stolen items while you are traveling abroad.

- Program directors are expected to respond to emergencies with reasonableness and good faith.

- Suits filed against the DSU Program Director while overseas may have representation provided by the State of Delaware.
Negligence

Claims or Allegations are made when Program Directors act Negligent.

Tort is a wrongful act or malfeasance against another.

Tort Liability

Standard of Care

Wanton, Willful & Intentional
Protect DSU from Potential Liability

- **FERPA/HIPAA**
  Protect students’ medical privacy

- **Title IX Prohibition Against Sex Discrimination**
  Do not hold office hours in your hotel room
  Avoid excessive alcohol consumption with your students or while on duty
  Forbid students of the opposite sex to share accommodations—even if consensual
The ADA and the Rehabilitation Act

- Understand that medical conditions may qualify as disabilities
- Be aware that the ADA (1990 and 2000) prohibits discrimination on the basis of disability
- Follow the Rehabilitation Act (1973) that states no otherwise qualified individual with a disability shall be excluded from the participation in any federally funded program or activity.
Reducing Liability for you and the University

- Disclose any known dangers regarding the trip. Advise or clarify if “warnings are issued in the native language”
- Disclose disciplinary action to be taken for rule violation
- Waivers and releases of liability should be apart of any agreement
Reducing Liability for you and the University

- Where a contract exists, a choice-of-law clause should be included to ensure that, if a case is filed, it will be tried in our jurisdiction under our laws.

- Disclose all significant cultural differences between countries.

- Identify potential risks of host county from the US State Department website (http://www.state.gov/).

- Be sure that parents have signed for minors, if any.
PREPARATION FOR STUDY ABROAD
What to Pack

suggested

- Medicines
- Extra Syringes (diabetics)
- Extra Eyeglasses/lenses
- Small first aid kit/supplies
- Sun block
- Anti-diarrhea (Imodium)
- Anti-motion sickness meds
- Water purification tablets
- Allergy medicine(s)
- Insect repellent
- Moisturizer
- Condiments of choice
- Antibiotic ointment
- Hand washing gel
- Aspirin/pain killer
- Feminine hygiene products
Medication

- Prescription meds must be in the containers from the pharmacy in order to clear security in the airport and foreign countries.
Practical Tips for Safe Traveling

From: The Parents Guide to Study Abroad by William Hoffa; NAFSA; 1998

- Take only the cards that will be used on the trip and remind students to notify their bank/credit card company(ies) that they will be traveling abroad if they plan on using these cards.

- Keep a list or copy of the cards, numbers & emergency replacement procedures

- Make 3-lists of Travelers Checks (home, carry one & remote location w/ receipts)
Practical Tips: Luggage

- Mark all luggage inside & out (bright band around their suitcase(s))
- Enclose an itinerary in each bag
- Keep a list of the contents for each bag
Don’t carry everything in one place! Never pack essential documents, medicine etc. in checked luggage. Keep them in your carry on bag. Bring minimal luggage.

Keep names and phone numbers of insurance companies in close proximity.
Passport

- Carry 2 extra passport photos or
- 1 passport copy (your copy will facilitate getting a replacement passport) Our office will provide you a copy of the student’s passports.

A lost passport should be reported to local police.

- Get written confirmation of the incident from the police,
- Know the address to the nearest US Consulate Office,
- Go to the U.S. Consulate in the current country for an application if passport is lost/stolen
Practical Tips for Safe Traveling

- Register your overseas travel plans with Smart Traveler Enrollment Program (STEP) online at https://step.state.gov/step/. In case of an emergency or crisis when you are traveling, the State Department can contact you.
- Have a signed, valid passport and visas, if required. Fill in the emergency information page of your passport.
- Familiarize yourself with local laws and customs of the countries to which you are traveling because you are subject to its laws.
- Emergency assistant can be found at U.S. Embassies, which are open 24 hours a day, seven days a week. **(Know the address of the local embassy in your visiting country)**
- **Emergency numbers:** Office of Overseas Citizen Services in the State Department's Bureau of Consular Affairs. 1-888-407-4747 from the U.S. or Canada ------ 202-501-4444 from overseas
- Travel Warnings/Travel Alerts: check to see if the country you will be visiting has been issued a travel warning. (www.travel.state.gov)
- Country Specific Information: The U.S. Department of State provides information on every country in the world such as location of the U.S. embassy, health conditions, minor political disturbances, crime, or unusual currency and entry regulations.

For more information, go to http://www.travel.state.gov/travel/tips
Ten Tips for Travel Under the New Security Rules

- Arrive early
- Have proper ID such as driver’s licenses, passports, military ID
- Get your ticket or boarding pass before you arrive (procedures are changing)
- Avoid using the Ticket Counter if you have nothing to check
- Make sure carryon bags have been cleaned out – no unacceptable items should be left in them
REMINDERS:

- After reviewing this PowerPoint, be sure to view the Study Abroad Emergency Response Guideline
- Submit your completed forms to the OIA 2 weeks before your departure date (Forms:
  - Program Director’s Study Abroad Information,
  - Safety Abroad & Receipt of the Emergency Response Guideline,
  - International Travel-Assumption of Risk, Release (and attachments)
- upon your return the Study Abroad Summary
OFFICE OF INTERNATIONAL AFFAIRS

Any questions about the content:

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