Country_________________ Semester ______________ Year ________________

I have read and found satisfactory answers to all of the questions on this Checklist:

Name ___________________ (print/type)    Signature _______________________

STUDENT HEALTH & SAFETY CHECKLIST
For CSB/SJU Sponsored International Internships

Issues to Discuss with the Program Director

1. ☐ What is the official language of the host country (s)?

2. ☐ I know which activities and services are and are not available during the trip, in the U.S. and abroad including emergency medical procedures (see Student Handbook).

3. ☐ I understand that my Program Director is in charge of health and safety for the program.

Financing Study Abroad

4. ☐ I know roughly how much my study abroad experience will cost.

5. ☐ I can comfortably afford to participate in the program I have chosen.

6. ☐ I know the limits of what my financial aid package covers for my study abroad program.

7. ☐ In case I don’t receive the scholarships, fellowships, grants or loans I applied for, I have a back-up plan.

8. ☐ I have thoroughly researched and contacted groups, foundations and organizations that may be able to help me financially.

Travel Planning

9. ☐ I have a safe place to keep my passport/visa/tickets while traveling (i.e. a hidden pouch or document holder).

10. ☐ I have a safe and secure location to keep my passport/visa/tickets at my program residence abroad (i.e. a lock box or safe).

11. ☐ I have photocopies of my passport/visa/tickets kept in a separate, secure place from my passport/visa/tickets. (i.e. Don’t keep official documents and copies together.)

12. ☐ I will not give my passport/visa/tickets to anyone who asks to view them without first checking that person’s official credentials.

13. ☐ I selected a travel provider, keeping in mind my priorities in regards to time before I have to buy, flexibility in departure and return dates, number of connections, and cost.
14. □ I checked with my credit card company to find out if it offers insurance on the purchase of airplane tickets.

Questions to be asked upon arrival

15. □ I am familiar with the health care system of the country where I will be studying, including the quality of facilities and the cost of services.
16. □ I know the location of the nearest hospital to my abroad residence.
17. □ I know how to refill needed prescriptions abroad.

Other Health Issues

18. □ I have signed and submitted the two required Medical information and release forms to the Center for International Education.
19. □ I have an emergency contact in the U.S. and in each host country that my program will visit.
20. □ I have a first aid kit.
21. □ I know what my insurance policy does and does not cover.

Basic Health and Safety

22. □ Before leaving, I have gotten a complete physical from my doctor.
23. □ I have received all necessary immunizations required/recommended for entry to the countries I will visit, and I know where to obtain other inoculations abroad if needed later. I have thoroughly investigated the safety websites listed at the end of this section.
24. □ I know who the emergency contacts will be at CSB/SJU and overseas.
25. □ I know who my emergency contact will be at home.
26. □ I have asked whether or not the drinking water is safe to drink in the country where I will be studying.
27. □ I know what precautions to take when eating local food.
28. □ I have researched where to buy food that suits my dietary needs/restrictions (i.e. for vegetarians, diabetics, etc…)
29. □ I know how extensive, safe and reliable the public transportation system is in the country or region I will visit.
30. □ I am aware of the laws and codes of conduct that are likely to impact me.
31. □ I understand that the use of alcohol and drugs increases my risk of accident and injury.
Safety Websites:

- [http://travel.state.gov/travel/warnings.html](http://travel.state.gov/travel/warnings.html)
- [http://www.secussa.nafsa.org/safetyabroad](http://www.secussa.nafsa.org/safetyabroad)

**Risk Factors and Strategies to Reduce Risk**

32. [ ] I am aware of the prevailing local sentiment towards people of my cultural background, race, religion, sex, sexual orientation, etc.

33. [ ] I know which non-verbal behaviors are considered inappropriate/rude and which are commonly used (certain hand gestures, greeting by bowing, kissing or shaking hands, etc.).

34. [ ] I know which areas are considered unsafe in the cities I will visit.

35. [ ] I know which forms of public transportation are safest to use.

36. [ ] I know where to get help if I need it.

37. [ ] I have a small flashlight to carry with me at night.

38. [ ] I have only given out my mailing address to people I know, and those people will inform me before they send me any mail/packages.

39. [ ] I am aware of the prevailing local attitudes towards, and local laws dealing with, sexual harassment and sexual assault.

40. [ ] I am aware of how past and current U.S. policy has affected/affects the countries where I will visit.

41. [ ] I am aware of any travel advisories issued by the U.S. State Department for the countries to which I will be traveling.

42. [ ] I know how to avoid confrontations over politics/religion, and how to avoid provoking unwanted attention by not flaunting my “American-ness”.

43. [ ] I am aware of the prevailing national sentiment towards the U.S. and U.S. citizens in the countries I will visit.

**Crisis Management**

44. [ ] I am familiar with my program’s Emergency Medical Procedures (see Student Handbook).

45. [ ] In the event of serious injury or death, I have made my wishes clear to family in the U.S., and to my program director abroad.

46. [ ] I am aware of what my program, the Embassy and the Consulate can and cannot do to assist me in the event of a crisis.

47. [ ] I have been provided with comprehensive information about my program, and I have shared this information with parents/guardians/family members.

48. [ ] I have more than one way to keep in touch with home while abroad (i.e. through e-mail, calling card, fax, etc….)
How Foreign Laws Apply to You

49. □ I am familiar with the basic social laws of the countries to which I will be traveling, including laws related to drug and alcohol use.

50. □ I am familiar with how the legal system works in each country I plan to visit.

51. □ I know the location of the U.S. Embassy in each country I plan to visit.

52. □ I have registered/will register with the U.S. Embassy in the country where I will be studying.

Methods of Communication While Abroad

53. □ I know all the important telephone and fax numbers and addresses for my program’s office both in the U.S. and abroad, including emergency after-hours numbers (see Student Handbook).

54. □ I know the address and telephone number for my residence abroad.

55. □ I know how my calling card plan works and how to use my card to call home.

56. □ I know where to buy a cell phone abroad in case I need one.

57. □ If I bring my PDA, its wireless service will work abroad.

58. □ If it’s important for me to have access to a satellite phone, I know where I can use one abroad.

59. □ I have created an internationally accessible e-mail account address.

60. □ All of my emergency contacts both in the U.S. and abroad have all of my contact information, and I have theirs.

61. □ I know how the mail service operates abroad (efficiency, costs, etc.) and what to expect when mailing items.

62. □ I have a list of everyone to whom I have given out my contact information.

63. □ I have asked those to whom I have given my address to tell me before they mail me anything.

Returning Home: Duties and Customs

64. □ I have called my airline to find out what I can and cannot bring overseas and what I can and cannot bring back into the U.S.

65. □ I have called the airports I will be flying to/from to find out any new regulations or requirements they may have since the September 11th attacks. (i.e. arrive four hours early for international flights, no curbside check-in, etc…)

66. □ I know what is legal and illegal to put in my carry-on luggage.
Re-Entry Culture Shock

67. ☐ I understand that re-entry shock is normal and something that most students experience after returning from study abroad.

68. ☐ I realize that I may need to deal with re-entry shock and I have already thought of some strategies for dealing with re-entry issues.

69. ☐ I will be patient with myself while experiencing the frustrations of re-entry.

70. ☐ I understand that on-campus counseling is available to help me deal with this challenge.

Making the Study Abroad Experience Count at Home

71. ☐ I plan to arrange for course registration while abroad (if applicable).

72. ☐ I plan to take care of forms and applied for scholarships at my home campus while abroad.

73. ☐ I have thought of ways to add an international component to my studies at home.

74. ☐ I will try to find ways to integrate my study abroad experience with my world at home.

75. ☐ I have begun looking at ways to use my study abroad experience to build my resume.

76. ☐ I know that there are resources for finding other study, internship, volunteer, and work experiences abroad.