

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://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.