Many of you are coming to this training with a great deal of experience but many of you are traveling to new areas or in new settings than you may be familiar from past experience. This workshop was designed to allow students interested in pursuing research projects and participating in field or service work abroad to meet, brainstorm, and learn from one another. This is an opportunity to make each and everyone’s project more culturally-appropriate and methodologically-sound before entering the field. As researchers and service workers, it is important to always remain self-reflective and recognize your position in any community in which you are attempting to live and work. It is not only respectful to yourself and others to learn and think about ways to appropriately handle challenging situations, but also a necessary step for generating and analyzing qualitative and quantitative data. The success of any project hinges on the preparedness and awareness of the researcher or field worker, and this year we are trying to push students to begin thinking about these critical issues long before they arrive in-country. Preemptively addressing some of the potential social and cultural obstacles faced by researchers and field workers in a new cultural context before entering the field will allow for a more successful project and mutually benefit all parties involved, and we hope everyone will think about the ways they can improve their research as well as their overall experience living and working in another country as we want everyone involved to have a positive experience in their summer endeavors.

**Points to Remember:**

This is a great opportunity to share experiences and facilitate a dialogue between researchers, field workers and others going into the field.

It has often been said that, **“The more you travel, the less you know”**

It is important to always remain self-reflective and not to overestimate your level of understanding when it comes to a set of unfamiliar cultural and social values that are different from your own. These social systems are complex and are bound to present challenges.

Research and working in another country is FUNDAMENTALLY different from tourism. **Remember:** just because you have traveled to another country does not mean you are prepared to work and conduct research there. Students may face professional and political challenges as a researcher and service worker that they may not encounter as tourists.
AGENDA

8:30am  Registration and Continental Breakfast

8:45am  Welcome, Goal, Objective
Kristin Unzicker—Rollins School of Public Health
Suzanne Mason—Emory Global Health Institute

9:00 – 9:45  Health: Preparedness, Prevention, Emergencies; Mental Health; Sexual Assault
Michael J. Huey, MD – Emory Student Health
Sue Gloor/Lisa Sthreshley, Office of Health Promotion

9:45 – 10:00  Break

10:00 – 11:00  Safety, Culture and Travel Q & A
Kelly Callahan, Assistant Director of Program Support, Carter Center Health Programs

11:00 – 11:15  ISOS and Evacuation
Suzanne Mason – Global Health Institute

11:15 – 12:30  In-Country Safety and Culture Scenarios
Interactive Problem Solving and Skill Building

12:30 - 1:30  Geographic Area Lunches and Dialogue

PACKING LIST
A few helpful items people don’t always think of...
- Cell phone – open for use in local area. Buy SIM card
- Headlamp and/or small flashlight
- Mini First Aid Kit w/pain killers, band aids, etc.
- Insect Repellant and Sunscreen
- Leatherman (don’t keep in carry-on luggage!)
- Condoms – even if you don’t plan on using them
- Hand sanitizer and wipes
- Ziploc bags, Safety pins
- Whistle
- Compass
- Safe Water Straw, water filters and/or tablets
- Comfortable closed-toe shoes
- Clothing appropriate for local professional workplace
- Casual but modest clothing for travel
- Alarm clock and Smoke Alarm
- Hat
- Sheet, silk sleeping bag (may need mosquito net)
- Rubber door stop for safety precaution at night
- Adapters and extra batteries for any devices
- Small, quick-dry towel and wash cloth
- Camera – be sensitive of use and be careful of very expensive models or items
- Phone card
- Second pair of glasses
- Address list for sending postcards home
- Gum or mints—can really help out with nausea
- Bandana, handkerchief and a light scarf (many uses!)
- An open mind and positive attitude!

NOTE: Most people over-pack for travel. Pack versatile clothes and that can be worn over and over and wash/dry easily. Don’t feel like you need to buy a lot of new “gear” to be prepared for the field. Only pack what you can comfortably carry—it will make a big difference!
Road safety is a major but neglected public health challenge, more than 1.2 million people are killed in road crashes each year and 50 times more are injured. Below are a couple of links to key documents in road safety that outline the problem and key interventions:

  The World Health Organization has several key reports that are key to understanding the problem – the World Report on Road Traffic Injury Prevention, The Global Status Report, and key “how to” manuals for implementing specific interventions.

  The [Make Roads Safe](http://www.makeroadssafe.org/) Campaign is the campaign for global road safety and the website has some very good materials and short films demonstrating the problem.

- [http://www.asirt.org/](http://www.asirt.org/)  
  The [Association for Safe International Road Travel (ASIRT)](http://www.asirt.org/) is a non-profit, non-governmental organization that promotes global road safety through education, advocacy and targeted road safety projects in low and middle income countries. They have good materials and road safety facts for a number of countries. They also produce annually updated, detailed road travel reports for over 150 countries, which enable travelers to make informed travel choices.

Road crashes are the leading cause of death and injury for healthy Americans traveling abroad. Young people, ages 15-24, are at greatest risk. They represent the largest number of pedestrians and users of public transportation and are more prone to taking risks.

Below are some simple rules for them to keep in mind while traveling:

- Don’t ride on motorcycles or motor scooters; if you must, make sure you have a helmet on.
- Tell drivers to go slow and stay slow.
- Don’t ride in cars without seatbelts.
- Spend money to travel safely.

- If you are going to use taxis regularly, you might want to develop a relationship with a driver whom you know and trust and who comes well-recommended by the people you are working with

- Never get into any vehicle where you think the driver might have been drinking, using drugs, or is otherwise impaired.

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**CHECKLIST**

*(before departure)*

- **Register with International SOS**
  - Post your flight and hotel information so we may locate you in the event of a natural disaster, terrorist event or other emergency.
  - Pick up ISOS membership card with information on how to contact ISOS to obtain assistance with a wide range of issues.
  - Identify English-speaking doctors and places to go for help, store medical history and contact information for use in an emergency, scan important documents, vaccination reminders and more—all in one place.

- Get necessary immunizations and medications

- Contact insurance company for coverage info

- Make a list of agencies and individuals that could be of assistance in an emergency to carry with you in the field

- Copies of passport

- **scan in International SOS emergency record**
  (Also leave one with US emergency contact and keep one in your luggage)

- Update faculty advisor on plans and any project/program changes

- Follow-up with on-site contact to confirm arrival information and plans for connecting once you arrive in-country

- Sign in with embassy

- Familiarize yourself with cultural norms and practices for places will be traveling

- Practice important common phrases in the local language and have a plan for improving communication throughout your experience.

- Make any necessary arrangements or complete preparations for your project/program

- Pack items you will need for work, study, living and not just for travel

- [add your own reminders too! ]
OBJECTIVES

Purpose of this training is to:
- review Emory University policies for global experiences, travel, research and field work;
- review helpful steps to take before departing on global experiences;
- review strategies for staying healthy, safe and secure while traveling, working and serving in low-resource settings;
- discuss cultural factors that impact global experiences;
- connect students to resources and services available on campus and in other agencies to assist with global experiences;
- prepare students at various levels and purposes for success during global experiences.

Specific Goals for Health and Safety Preparedness:

1. Ensure pre-travel health and safety preparedness
2. Increase your mental awareness of potential health and safety risk
3. Strengthen your capacity to reduce health and safety risks
4. Strengthen your capacity to respond to adverse health and safety events

Cultural Information and Resources

Department of State: (Country-specific information)

CIA World Factbook:
   Select the country from the drop-down menu for more information

Countries and Culture: http://www.everyculture.com/

Peace Corps Culture Library:
http://www.peacecorps.gov/index.cfm?shell=library.culture
   Materials on cross-cultural understanding
   Insights from the field
   Looking at ourselves and others

Understanding Culture Shock
Worldwide classroom:
http://www.worldwide.edu/travel_planner/culture_shock.html

** Excellent self-study course on study abroad experience and culture at:
http://www.pacific.edu/sis/culture/
(probably more geared to undergraduates)
Strain visibly dirty water through a cloth or a bandanna to remove large particles.

Filters – microfilters with absolute pore sizes of .1 to .4 μm remove cysts and bacteria, but not most viruses (such as Hepatitis A). In order to be certain that viruses will be eliminated, chemically treat or boil water after filtering.

Boiling for one minute is sufficient to kill most bacteria, viruses, and parasites. In an area with a cholera outbreak, boil water for three minutes.

Iodine tablets should be used only as a backup method for disinfection, and not for more than a few weeks, as iodine is used by the body for thyroid functions. Do not use iodine to disinfect water if you have thyroid problems. Some people object to the taste of iodine treated water. The taste improves after sitting for a time, or with the addition of vitamin C (you can grind up a vitamin C tablet and add a pinch of it after the recommended treatment time). Per liter, use either ½ tablet of iodine and let sit for 45 minutes, or a whole tablet and let sit for 15 minutes. If water is cold (refrigerator temperature) and you are concerned about Giardia, let the water sit four times as long to kill Giardia cysts.

Chlorine is available as packaged disinfection tablets or as household bleach, which is inexpensive and can be found in most countries. Bring a cheap dropper bottle to dispense it into your water. Dump out and refill the bottle every few months as bleach can slowly react with the oxygen in the air and lose its potency. If you do not like the taste of chlorine in your water, leave the water bottle top open or pour the water from one bottle to another to help rid it of the taste. Per liter, use either 2 drops and let sit for 45 minutes, or 4 drops and let sit for 15 minutes. If water is cold (refrigerator temperature) and you are concerned about Giardia, let the water sit four times as long to kill Giardia cysts.

Preparing for travel, cultural exchange and education is an ongoing yet essential process for successful international research and practical experiences. The following information and resources are intended to assist you to prepare and better understand the resources available and the role you will play on your exciting journey and international experience.

Remember that the message and impact you leave is just as important as the experience you will take away with you. During your preparations, be sure to consider the entire duration of the time that you are away and all of the countries and regions that you will visit in your preparations—your safety, health and positive experiences are important in work, research, study and leisure.

- **International SOS** – [www.internationalsos.com](http://www.internationalsos.com)  
  (Emory University Member #11BYSG000003)  
  **Required to register BEFORE DEPARTURE** for all official university travel outside the United States, which includes all summer global field experiences and research  
  **Take time to explore resources available online before departure**  
  **CARRY CARD WITH YOU AT ALL TIMES**

- **US Department of State Travel Information**  
  • Provides country-specific information, tips for travel, travel alerts, safety information, consulate information and much more!


- **Essential to Register Presence in Country with the Embassy/ Consulate that Issued Passport** (Travel Registration ➔ Add a Trip) – [https://travelregistration.state.gov/ibs/ui](https://travelregistration.state.gov/ibs/ui)

  *Check this site every week before departure. Should a travel ban be instituted, you probably will not be able to proceed with travel.*

Some Helpful Safety Tips from Previous Students:

- **Be very observant of your surroundings.**
- Be as prepared as you can with a detailed folder of contact numbers.
- Carry a cell phone and keep important numbers saved on the phone.
- Use your best judgment about your own health and safety. Never compromise your safety to complete your work.
- Be sure to discuss with your mentor/host organization who you should address any health and safety concerns early, should they arise later when it is not as comfortable to inquire about help.
- Use “common sense”. Just be smart. If it feels wrong, it probably is wrong, whether it is a person, place or thing.
- Don’t be an “Ugly American” or traveler. Treat other with more respect than you might normally in your hometown. This will help you avoid tussles.
- Talk to owners of guesthouses, read about health and safety before you go. Know how to educate yourself and find others who can provide more helpful information locally.
- Always be sure you are with someone else that you trust if you go out. If you go out, be aware of the risks involved later or with certain behaviors.
- Be sure to drink in moderation if you are out in your community.
- Pay attention and do not act like a target to put yourself at greater risk, whether it is in the field or after hours.
- Dress appropriately to prevent negative or unwanted attention.
- Expect a lot more attention than you may be used to. Figure out a way to deal with it within your comfort zones.
- Don’t be afraid to talk to your host country mentors about any issues you may have or about any questions that arise.
- Realize that when working in these settings it is often very difficult to extract yourself from the situation once you are in it. Try to avoid situations where you do not feel in control of what is happening.
- Be flexible, be honest and be open
- Seek out students and others that have a lot of international experience. Connect with others familiar with the area you will be traveling to before you leave.