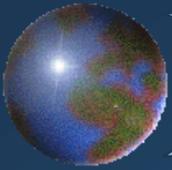


Emory University Pre-departure Training

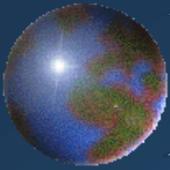
Preparations



Be Thorough

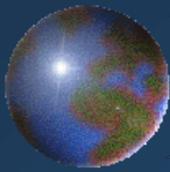
- ✦ Research and plan for your particular destinations and planned activities
 - ❖ The entire duration of the time you'll be away
 - ❖ All of the countries and regions you will visit

- ✦ Remember to plan for all expected activity, not just your field work
 - Work
 - Research
 - Study
 - Leisure



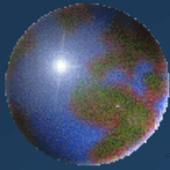
Passports and Visas

- ✦ Confirm your passport is valid for the entire duration of your travel. Some countries require six months of validity beyond the date your stay is scheduled to end.
- ✦ Determine if you need to obtain a visa prior to arriving in country. If you do, consider using a processing agency.
 - ✦ CIBT (www.cibt.com) and Diran (www.diranvisa.com) are visa processing agencies that others at Emory have used.
 - ✦ They charge a fee, but it can be well worth it.
- ✦ Scan and upload your passport information in ISOS's Emergency Record.
- ✦ Make two paper copies, one to leave with someone back home, one to carry with you separately from your actual passport.
- ✦ Confirm that a family member's passport is current in case there is an emergency and they need to join you.



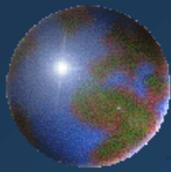
Health-Related

- ❁ Immunizations:
 - ❁ Identify those needed.
 - ❁ **Plan ahead.** Immunizations must be started early enough to complete the series.
 - ❁ Upload your immunization record into the ISOS Emergency Record.
- ❁ Research health and safety considerations specific to the region where you will be travelling.
- ❁ If you have particular health concerns, contact ISOS ahead of your departure. They can provide information on medical resources and physicians at your destination.
- ❁ Identify support systems in country and at home.
- ❁ Plan how you will maintain self-care during your travel experience.



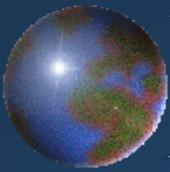
Health Related

- ✦ See your personal physician/provider
 - Especially if chronic medical conditions, regular medications, allergies (EpiPen), birth control, etc., are issues for you
- ✦ Get prescriptions for other medications that might be advisable, depending on your destination.
 - Antibiotics for diarrhea: Ciprofloxacin or Azithromycin
 - Anti-malarial prophylaxis: Mefloquine, Doxycycline or Malarone
 - Topical antibiotic ointment cream
 - Topical antifungal cream/ointment
 - Confirm nothing additional specific to your destination.
 - Keep prescription medications in their original containers
- ✦ For medication you take regularly:
 - Bring enough for the duration of the trip **and extra (check with insurance)**
 - Do not pack it in checked baggage
 - Bring a written prescription for the medication and upload an electronic copy of it in the ISOS Emergency Record



Health Related

- Consider what OTC medications you should bring.
- Depending on where you are traveling these could include:
 - Anti-motility agents: Pepto-Bismol and loperamide (Imodium AD)
 - Oral rehydration salts (ORS) packets
 - Antifungal vaginal cream
 - First aid kit with Betadine, thermometer, gauze
 - N-SAID/Tylenol® (US Brand of acetaminophen)
 - Feminine hygiene products (note that tampons may not be available at your destination)
 - Condoms/contraceptives male and/or female



Health Information and Resources

🌐 **CDC Travelers Health Home Page** <http://www.cdc.gov/travel>

- 📄 Destination-specific guidance
- 📄 Travel notices
- 📄 Disease directory
- 📄 Yellow Book
- 📄 Mobile apps (*TravWell, Can I Eat This?, Yellow Book*)
- 📄 Much more!

🌐 **WHO Travelers Health** <http://www.who.int/ith/en/>

- 📄 Guidance on health risks and precautions
- 📄 Information for travelers with pre-existing medical conditions, special needs
- 📄 Much more!

🌐 **International SOS** <http://www.internationalsos.com>

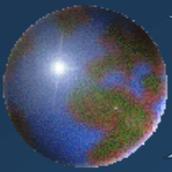
[Emory University Member #11BYSG000003]

🌐 **If on student insurance – Student Health Services**

- 📄 <http://studenthealth.emory.edu/>
- 📄 1525 Clifton Road, 404.727.7551

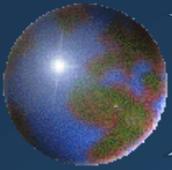
🌐 **Staff – TravelWell Center**

- 📄 <http://www.emoryhealthcare.org/centers-programs/travelwell/>
- 📄 **Emory Midtown, 550 Peachtree St., NE, Medical Office Tower, 7th Fl., 404-686-5885**
- 📄 Pre and post travel advice, travel health kits, immunizations and more!



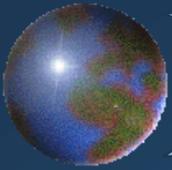
Sexual Harassment and Assault

- ❖ Research local cultural norms – gender, race, sexual orientation, socioeconomic status, nationality
- ❖ You may receive a lot more attention in-country than you are used to. Prepare to deal with that within your comfort zone.
- ❖ Download and familiarize yourself with Emory Respect Program's response/resource guides
http://studenthealth.emory.edu/hp/respect_program/get_help/index.html
- ❖ Remember that the Emory Respect Program is also a resource when you return
- ❖ You are the best resource for your own safety – stay aware, prepared, etc. Be aware of risk reduction tactics
- ❖ Consult with Emory advisor and in-country mentor, ahead of departure, on resources, local protocol, in event of an emergency.



Health Insurance

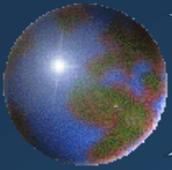
- ❖ Contact your health insurance provider and ask how they would respond to sickness or injury while abroad.
 - ❖ Depending on your insurance coverage and health situation, you might consider purchasing supplemental travel health insurance.
 - ❖ Understand the payment process. Up-front payment may be requirement with reimbursement later (keep receipts!)
- ❖ Have important contact numbers for your insurance provider. Some may have in-country contacts.



Health Insurance

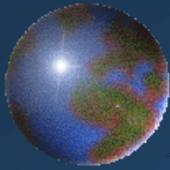
- Aetna Student Health Insurance Plan
 - You will need to pay for care and then submit to Aetna for reimbursement
 - Need help: Your Patient Portal to Kimberly Taylor at: www.studenthealth.emory.edu.
- Other Insurance Plans: Contact your customer service rep for instructions before you leave, not after





Property Insurance

- ✦ Contact your renters or homeowners insurance provider to determine the extent of your coverage for lost or stolen personal property.
 - ❖ **NOTE:** Emory and ISOS do not reimburse for the loss or theft of personal funds or property.
 - ❖ If you have particularly valuable items (e.g., high-end electronics) you might consider purchasing insurance to cover them while traveling. Read the fine print, however, and thoroughly research the details of what is actually covered.

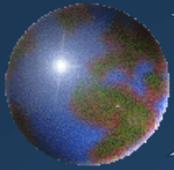


Be Current

- ✦ Stay informed on current events at your destination, particularly those that could have health and safety implications for your plans.

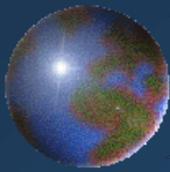
- ✦ Register with State Department's Smart Traveler Enrollment Program ("STEP"). STEP emails are a valuable resource. <https://step.state.gov/step/> More on STEP to follow.

- ✦ Read ISOS update emails about your destination country.
 - ❑ You will automatically receive any alert emails about your destination when you book your trip through an Emory travel agency or when you register your trip with ISOS.
 - ❑ If you are interested in this information for other countries, you can also sign up for those alerts.



Equipment

- ❖ Consider if there is any particular clothing or equipment you should have based on your destinations and planned activities.
- ❖ Only buy what's necessary and only pack what you can comfortably carry. It will make a big difference.
- ❖ If appropriate, plan to carry a "Go Bag" which you can take anywhere and that contains health and safety tools. (See example on following slide).
- ❖ Consider using a simple, cheap cell phone while you are away, rather than your smartphone.

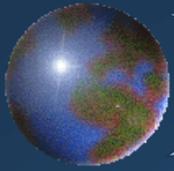


Go-bag



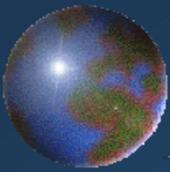
Adjust contents based on security/safety situation.

- First aid kit
- Water bottle & water sterilizing tablets
- Extra contacts or glasses
- Knife
- Map
- Compass
- Flashlight
- Charger
- Matches (lighter if not flying)
- Phone and/or communication radio
- Daily meds
- Backup flash drive (whatever info on)
- Small change in local currency
- Supersize bandana
- Info card which includes
 - safety, security, survival tips,
 - important phone numbers and key phrases in local language



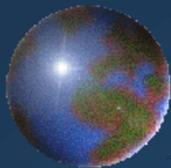
Language and Culture

- ❖ Familiarize yourself with cultural norms and practices for all places you will be traveling.
- ❖ If it is common to bring gifts for those you will be staying with or meeting, bring transportable, appropriate items for this.
- ❖ Photographs of family and friends can be a valuable tool for connecting with people in-country.
- ❖ Practice important common phrases in the local language and have a plan for improving communication throughout your experience.



Cultural Information and Resources

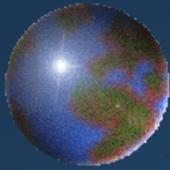
- ✦ **Department of State** (See “Learn About Your Destination”)
<http://travel.state.gov/content/passports/en/country.html>
- ✦ **CIA World Factbook** (Select country from pull-down menu)
<https://www.cia.gov/library/publications/resources/the-world-factbook/>
- ✦ **Lonely Planet** <https://www.lonelyplanet.com>
 - ❏ Great local info on steps for taxis, scams and more!
 - ❏ Check out Thorn Tree Forum on their website for more info too.
- ✦ **Countries and Culture** <http://www.everyculture.com/>
- ✦ **Peace Corps Online Library**
<https://pclive.peacecorps.gov/pclive/index.php/library>
- ✦ **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://www2.pacific.edu/sis/culture/> (*probably more geared to undergraduates but helpful*)



Contacts, Keeping in Touch

- ✦ Connect with others familiar with the area before you leave.
 - ✦ GFE page on RSPH website
<http://www.sph.emory.edu/rollins-life/community-engaged-learning/global-field-experience/index.html>
 - ✦ EGHI Global Engagement Directory
https://secure.web.emory.edu/globalhealth/docs/documents/Emory_Global_Engagement_Directory.xlsx
 - ✦ Faculty Advisor
 - ✦ Inquire with students/faculty/staff – lots on Peace Corps volunteers at RSPH
 - ✦ Global Services <http://global.emory.edu/support/>

- ✦ Follow-up with your in-country contact(s) to confirm arrival information and plans for connecting once you arrive in country.
- ✦ In addition to emergency contact info prepared, once in-country, make a list to carry with you in the field of local agencies and individuals that could be of assistance in an emergency.
- ✦ Determine the extent to which you will have cell phone and internet access and make sure those back home are aware of this.
- ✦ Leave a detailed itinerary with a family member or close friend. Include as much information as you can – e.g., dates, addresses, phone numbers, contact persons.



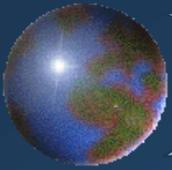
Register your trip with STEP

- ❖ The Smart Traveler Enrollment Program (STEP) is a free service that allows U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

- ❖ Enrollment benefits:
 - ❖ Allows you to receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
 - ❖ Helps the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
 - ❖ Helps family and friends get in touch with you in an emergency.

- ❖ To register: <https://step.state.gov/step/>

- ❖ It is also a good idea to make an in-person visit to the US embassy where you are visiting (if accessible).
 - ❖ Potential contacts and another point of awareness of your presence
 - ❖ Confirm they have your information



Money

✦ Cash

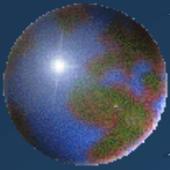
- Bring at least some local currency (2-3 days worth of funds and enough to cover known, immediate expenses) so that you can get by, in-country, before reaching an exchange point.
- Understand which countries are cash only, have electronic banking, etc.

✦ ATM

- Research if your card will work in-country, where machines can be found.
- Notify your bank of your planned travel so they won't block your account due to "unusual activity."
- If access and machine availability is "iffy," bring more cash.
- Sometimes when ATM cards "should" work abroad, they don't.
- Be discreet while using ATM (security, frequent use).

✦ Credit cards

- Research the usability of your credit cards in the places you will be traveling.
- Notify your US bank that you will be traveling so they don't block your account due to "unusual activity."
- Realize that many foreign countries require "Chip and PIN" cards. Determine if you have one, and necessary PIN.



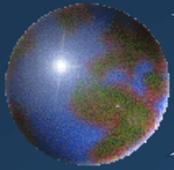
Driving

- ❖ Driving any motorized vehicle (including scooters) is strongly discouraged due to unfamiliarity with rules, roads, and equipment. Driving also creates a security risk. You are an obvious target.

- ❖ If possible, secure a local driver or reputable, licensed, taxi company.

- ❖ In the unusual event that you expect you will have to drive:
 - ❑ Research the requirements for driving and/or renting a car at your destination.
 - ❑ If an international drivers license is needed to drive in your destination country, obtain one if there's a possibility you'll need it.
 - ❑ Insurance. If you rent a car, buy the local insurance (unlike US).

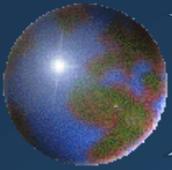
- ❖ NOTE: the penalties for driving while under the influence of alcohol or drugs can be much more severe in other countries than they are in the US. Don't do it.



Travel documents

- ❖ Itineraries and receipts
 - ❖ Bring a hard, paper copy of all flight itineraries.
 - ❖ Some airports require an itinerary for entry; accessing it on a mobile device may always not be possible.
 - ❖ Airports can also include proof of vaccinations (e.g., Yellow Fever)
 - ❖ Airports may also require proof of flight and identity to collect luggage.

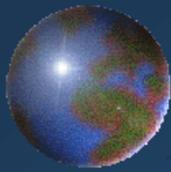
- ❖ Pack a photocopy of your passport and put it in a different place than your actual passport. Scan a color copy of your passport and email it to yourself.



Arrival Plans

- ❖ Pick-up should be pre-arranged
 - ❑ Who. If not in-country mentor, then a pre-arranged taxi or service.
 - ❑ Know exactly where you will be going.
- ❖ If some one is picking you up upon arrival
 - ❑ Make a thorough plan that includes time, meeting place, and back-up plans.
 - ❑ Have their contact information available.
 - ❑ Plan for how to reach someone from the airport based on the resources you'll have when you land (will your cell phone be operable?).
 - ❑ More on this topic in Personal Safety and Security Presentation.

- ❖ Become familiar with alternative options in the event of a change in plans. A good resource for access information to and from hundreds of airports is:
<http://www.toandfromtheairport.com/>



Travel Checklist

- Travel documents (passport, printed itineraries)
- Drivers License
- Cash, ATM, and credit cards
- Cell phone – open for use in local area. Buy SIM card
- Your “Go Bag” and associated items
- Headlamp and/or small flashlight
- Power adapters
- Chargers, extra batteries for devices
- Emergency “battery stick”
- Camera (careful of expensive models)
- Phone card
- Alarm clock
- Smoke alarm; consider a Personal Attack Alarm
- Small, quality padlock and loop-ended cable
- Rubber door stop (safety in room at night)
- Collapsible bag cage (communal housing security)
- Fake wallet (small cash, expired cards)
- Extra pair of eye glasses and copy of Rx
- Insect Repellant and Sunscreen
- Lightweight rope (available in bracelet form)
- Leatherman (not in carry-on!)
- Water purification tools, as applicable
- Safe water straw, water filters/tablets
- Gum or mints (helpful with nausea)
- Medications
- Mini First Aid Kit (painkillers, band aids, etc.)
- Bandana, handkerchief, light scarf, triangular bandage
- Roll of toilet paper or travel Kleenex
- Whistle
- Compass
- Safety pins
- Condoms (even if you don’t plan on using)
- Hand sanitizer and wipes
- Ziploc bags
- Small detergent packets
- Comfortable closed-toe shoes
- Clothing appropriate for local workplace
- Casual but modest clothing for travel
- Hat (sun protection)
- Sheet, silk sleeping bag
- Mosquito net, as necessary
- Small, quick-dry towel and wash cloth
- Address list for sending postcards home
- An open mind and positive attitude!