

The Lehigh University Study Abroad Office

List of Health/Safety/Security Items

PRE-DEPARTURE

- Get a medical exam and a dental exam before departure.
- Check with the Lehigh Health & Wellness Center (or your own doctor) about immunizations/shots for the country where you're traveling (<http://www.lehigh.edu/health/>).
- Check with your insurance company and your doctor to see if you can fill your current prescriptions so that you can take a supply for the entire period you'll be abroad. If not, make arrangements for how to acquire your medication.
- Get a letter from your doctor, describing your condition(s) and generic names of prescription drugs.
- Leave medication in their original containers.
- Disclose fully on your medical form about your allergies, health conditions, treatment, etc.
- Be prepared to pay for medical services on-site; reimbursement through insurance will take awhile.
- Color photocopy your passport, visa (if stamped in your passport) and all your credit cards and IDs; leave a copy home; take a copy with you abroad. Be sure to write down all the contact numbers in case you have to cancel the cards.
- Read the Country Specific Information Sheet and Travel Alerts (if relevant) for your country (and Travel Warnings so you know which areas to avoid).
http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html.
- Check the Department of State's Tips for Traveling Abroad http://travel.state.gov/travel/tips/tips_1232.html so you're aware of their various services, including their victim assistance program.
- Insure any valuable items (camera, laptop, jewelry) that you'll be taking abroad.
- Read up on the culture of your host country so you know typical behavior from unusual behavior.

ON-SITE

- Try to minimize your appearance as a tourist since thieves think of visitors as easy targets (don't wear t-shirts with American phrases, don't wear a baseball cap, don't speak loudly in English, etc.).
- Try to learn culturally appropriate behavior for each circumstance.
- If you have a wallet, carry it in your front pocket, perhaps wrapped in a rubber band to make it harder to slip out of your pocket; clutch purses and hold backpacks so that the zipper is against you.
- Be vigilant of your surroundings and those around you.
- If you're a victim of a theft, don't fight your assailant. Report thefts and attacks to the local police and your program support staff.
- Never leave backpacks, purses, carrying bags, etc. exposed in restaurants, cyber cafés, clubs, libraries, etc. Keep an eye on them at all times!
- When entering a club or a hotel, take note of the fire exits in case you have to flee in a hurry.
- Only drive with experienced drivers who know the terrain. Wear a seat belt at all times. Never hitchhike.
- Be aware that you are more vulnerable when under the influence of alcohol. Make arrangements to return home in the company of other individuals.
- Minimize participation in extreme sports unless you are very experienced at them and only then with safe providers.
- If there is a natural disaster or terrorist event, contact the program, your family and your friends so they know you're alright. Follow instructions from the local authorities regarding appropriate activities in the aftermath of an event.