

Staying Safe & Healthy While Abroad

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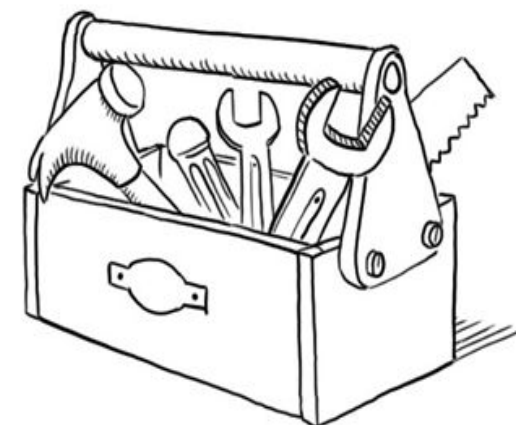
Goals of this Session



**U-M REQUIREMENTS &
RESOURCES**



**WELL-BEING & RISKS
ABROAD**



**DEVELOP
A TOOLKIT**



**PRACTICE
SCENARIOS**

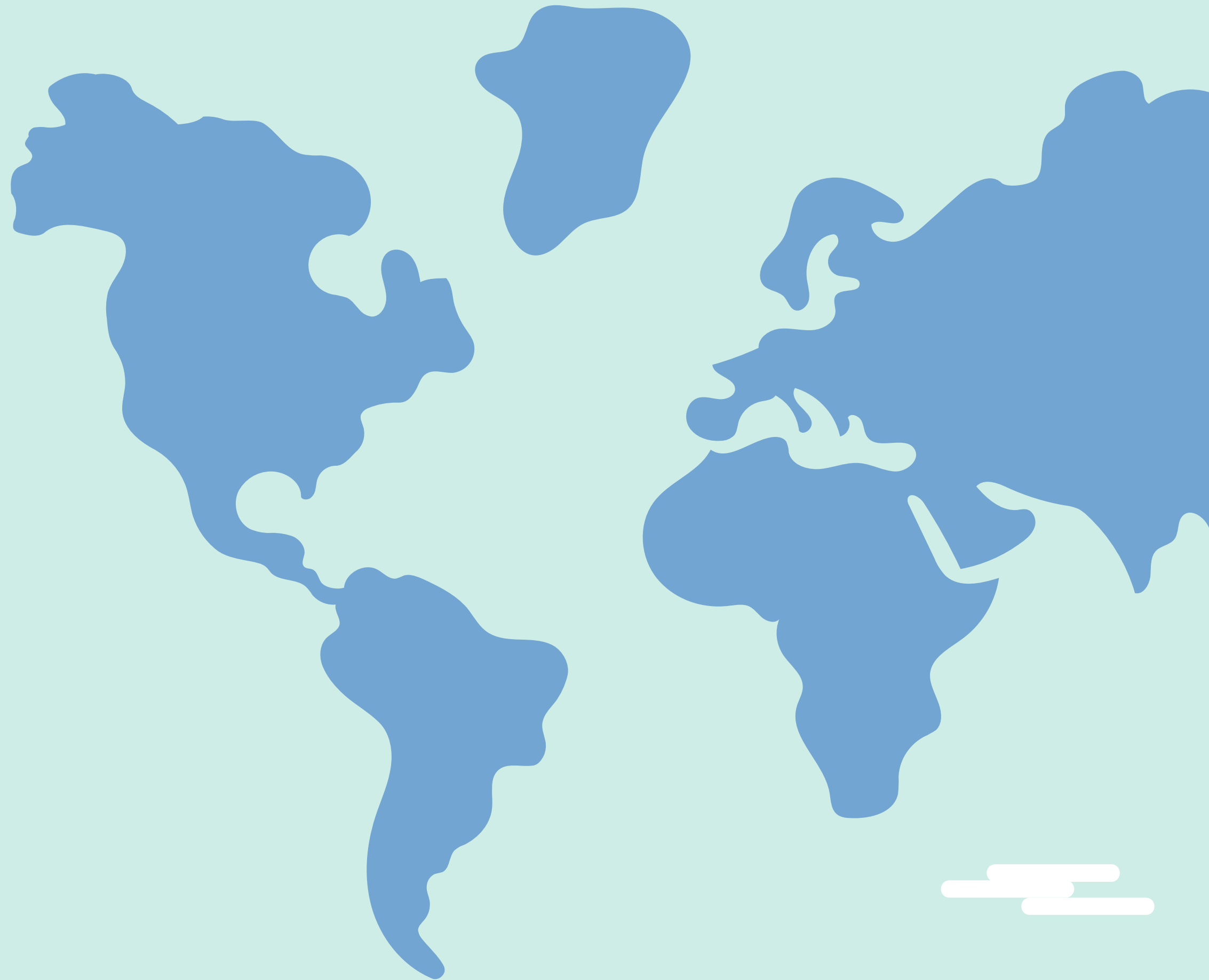
Introductions

In the Zoom chat, please share:

- Your Major
- What destination(s) are you traveling to?
- What type of experience are you doing (e.g. internship, volunteer, summer classes, language study, etc.)?



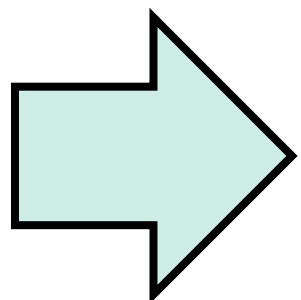
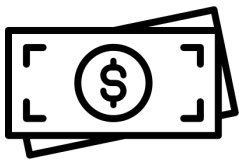
U-M Travel Requirements



Does your trip abroad count as “U-M Related Travel”?

At least one of the following:

- Receive “in-residence” credit (not “transfer” credit)
- Receive funds from or managed by a U-M unit
- Necessary to achieve a degree requirement
- Organized by an SSO (Sponsored Student Organizations) or sanctioned by U-M as a “Sponsored Event”
- U-M managed or otherwise organized



U-M Related Travel (UMRT) = U-M travel requirements apply

U-M TRAVEL REQUIREMENTS



REGISTER TRAVEL

TRAVEL CONSIDERATIONS

CHECK RISK RATING

ENROLL IN GEOBLUE

UNIT REQUIREMENTS



SUBMIT PLAN (if applies)



STEP 1:

Register your travel with U-M Travel Registry

For students who applied for their program through M-Compass, your program application is your travel registration. Students on non-UMRT can still register.

HOW:

- Once you know your travel dates and destination(s), go to global.umich.edu
- Select “Register Your Travel”
- Select “Student Registration”
- Select “U-M Related Travel” or “Non-UM Related Travel” (for personal travel outside of program dates or destination)

WHY:

Locate and communicate in an emergency

- U-M may send informational messages or wellness checks following an incident abroad (e.g. natural disaster, political unrest, terrorist attack, etc.).
- Wellness checks sent via email or text require response from travelers to confirm their status.



STEP 2:

Review Additional Considerations for International Travel

Learn more about verifying travel destination entry / exit requirements, planning your travel logistics and contingencies, and staying healthy while abroad.

ALERT TRAVELER

*Recommended

Alerts integrated with U-M Travel Registry

- “Opt-in” – download app and subscribe to use
- Subscribers receive real time alerts for their travel locations
- Access destination-relevant health, safety, and security information
- Download User Guide

STEP REGISTRATION

*Recommended

U.S. Embassy alerts & trip enrollment

- A free service from the U.S. State Department for U.S. citizens/nationals
- Receive timely notifications concerning nearby travel safety issues
- Helps the U.S. Embassy, family, and/or friends contact you in an emergency
- Go to: <https://step.state.gov/>



STEP 3:

Check U-M Country Risk Rating for your destination(s)

Review the corresponding eligibility and complete the requirements for your U-M related travel destination(s).

HIGHER RISK TRAVEL

TRAVEL HEALTH LOW RISK

Eligibility:
UG & GRAD

No Travel
Health/Safety
Plan

TRAVEL HEALTH MEDIUM RISK

Eligibility:
UG & GRAD

Submit
Travel Health
Plan

TRAVEL HEALTH HIGH RISK

Eligibility:
GRAD only

Submit Travel
Health Plan

TRAVEL WARNING

Eligibility:
UG & GRAD

Submit
Safety Plan

TRAVEL RESTRICTION

Eligibility:
GRAD only

Submit
Safety Plan

*Submit Travel Health Plan or Safety Plan at least 3 weeks prior to departure

WHY:

- Ratings assess “risk” at the **macro level**. Determines eligibility and what additional preparation is needed to have a successful experience abroad.
- Travel Health Plans / Safety Plans serves as a **learning tool** for travel to demonstrate understanding of risks and develop mitigation strategies.



STEP 4:

Enroll in U-M Travel Abroad Health Insurance (GeoBlue)

Enroll in GeoBlue health insurance for the duration of travel (even if you have personal health insurance).

HOW:

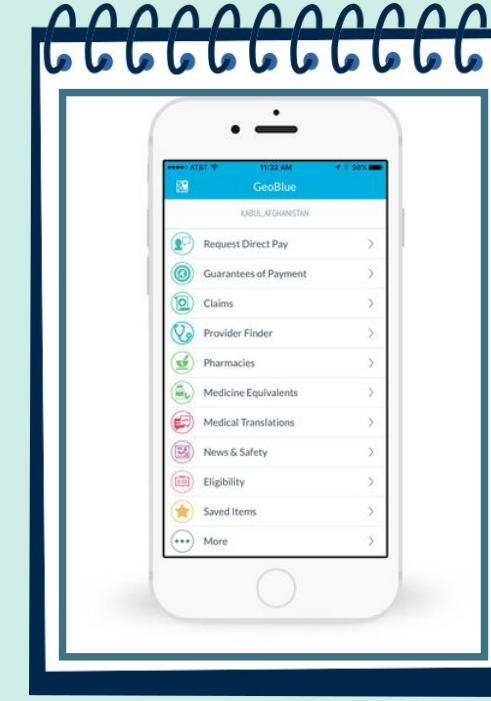
- Go to <https://uhs.umich.edu/tai>
- Select “Students on Educational Activities” and follow the enrollment instructions listed on the page.
- If you are going on a U-M managed program, check if your office is enrolling on your behalf.

Resource: [GeoBlue One-Page Overview](#)

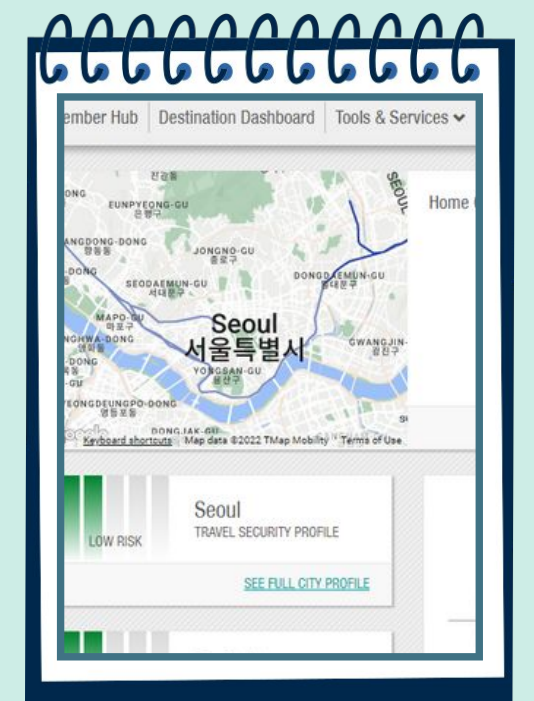
NEXT STEPS



Register your
Account



Download
GeoBlue App



Access Member
Hub



U-M TRAVEL ABROAD HEALTH INSURANCE (GEOBLUE)

COVERAGE

100% of reasonable expenses covered

Physician office visits (including telehealth), inpatient/outpatient hospital, emergency hospital services.

*Not trip insurance. Excludes preventative healthcare (e.g. physical, routine dental work)

Other benefits

- Prescribed medications overseas
- Emergency medical, political, and natural disaster evacuation
- Mental health services
- Bedside visit
- Repatriation of remains
- [Post-departure trip interruption benefit](#)

TELEHEALTH SERVICES

Global TeleMD

- Virtual appointments for medical guidance and consultations (non-medical emergencies)
- 24/7 access, multiple language options
- Download GeoBlue Global TeleMD app

Global Wellness Assist

- Connect with mental health counselor
- Support for: managing life changes, harassment, stress, anxiety and depression, and more
- Use GeoBlue mobile app and select “Telehealth” and “talk to a counselor.”

HOW TO USE

Locate a medical provider

- Use GeoBlue website or app to find participating provider.
- When visiting an “in-network” doctor or hospital, you will not pay out of pocket.
- You can visit any doctor/hospital in the world (except U.S.). You will pay out of pocket and file a reimbursement.

Make Appt / Go to Medical Facility

- Call to schedule an appointment
- In an emergency, go to nearest option

Arrange Payment

- Prior to visit, request Direct Pay through GeoBlue website or app
- Pay out of pocket and file a claim for reimbursement

Scenarios

Let's Practice!



SCENARIO 1

SUMMARY

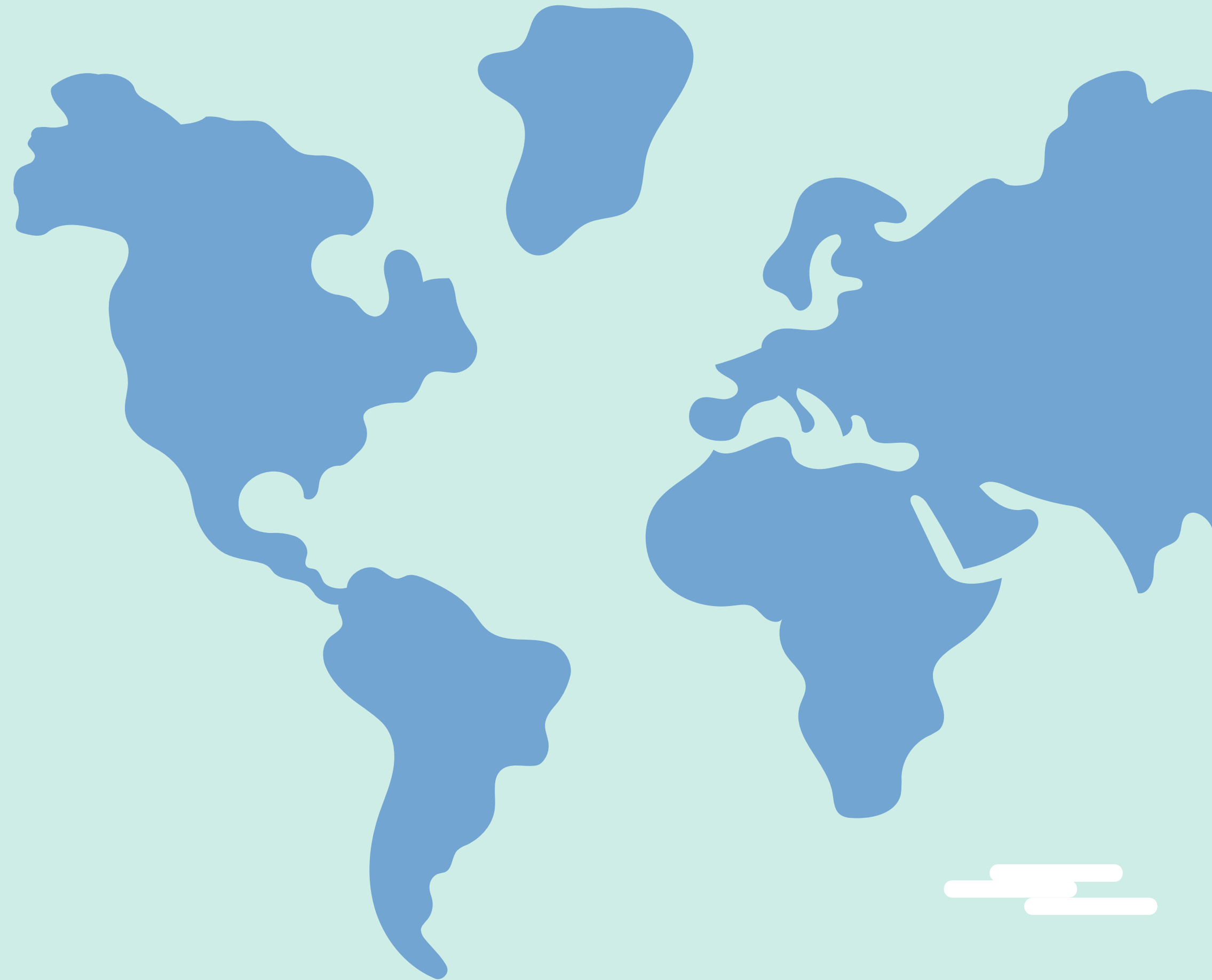
It's the first week of the program, and Wyatt is traveling to their volunteer site—which is about 45 minutes away from the nearest medical facility and their housing accommodations.

Wyatt gets off the public bus and walks along a gravel path. They trip and seems to twist their ankle. There is some visible bruising on their leg. Wyatt is worried about bothering the local staff and wants to continue with the project.

QUESTIONS

- Is this a serious situation? Why or why not?
- What should Wyatt's next steps be?

Travel Health Preparation



Planning Ahead: Physical Health



Travel Health Preparation Guide

- Identify and plan for your health and well-being during travel
- Understand how health conditions/disabilities that are managed in the U.S. may change or be more challenging abroad



UHS Travel Health Clinic

- Allergy, immunization, & travel health clinic
- Schedule visit early, especially before peak travel
 - Small fee for clinic visit
 - Review website for services and costs
- Bring immunization record & list of current medications.



GeoBlue Pre-Departure Program

- Consultations with clinicians before departure on what to expect in host country
- Guidance to quality healthcare professionals to avoid any disruption of care



CDC Travelers' Health

- Provides a list of health risk concerns and required/recommended vaccinations by destination.
- Includes resources about common travel health issues (e.g. jet lag, food poisoning, bug bites, etc.)

Planning Ahead: Mental Well-Being

What are common struggles for students when they are abroad or are preparing to go abroad?
Share your responses...



Common Struggles when Studying/Interning Abroad

ACCULTURATION STRESS:

- Language and cultural barriers
- Missing home and support system
- Less social support and close friendships
- Challenges of daily life: shopping, transportation, weather, etc.
- Communicating with healthcare providers & navigating different healthcare system
- Facing stereotypes and prejudice



Planning Ahead: Managing Well-Being



Managing Mental Health Abroad

- Identify common study abroad stressors
- Review a step-by-step guide on how to ensure your mental health needs are addressed before going abroad, while abroad, and when you return.



Medication Access

- Are these medications available/legal in the host location/country?
 - For legality: Contact the [U.S. Consulate/Embassy](#) or [International Narcotics Control Board](#)
- How do I ensure I have adequate supply and access to these medications abroad?



Consulting with your Provider

- If you are currently seeking care with a therapist, counselor, or psychiatrist, discuss your travel plans and concerns with them.
- Have a plan for continued care with an in-country provider or telehealth option.



Resilient Traveling

- Being aware of “travel escapism”
- Practice “[Resilient Traveling](#)” through a module-based approach of identifying behaviors and skills for having a successful experience abroad.




QUICK GUIDE:

TRAVEL HEALTH PRE-DEPARTURE

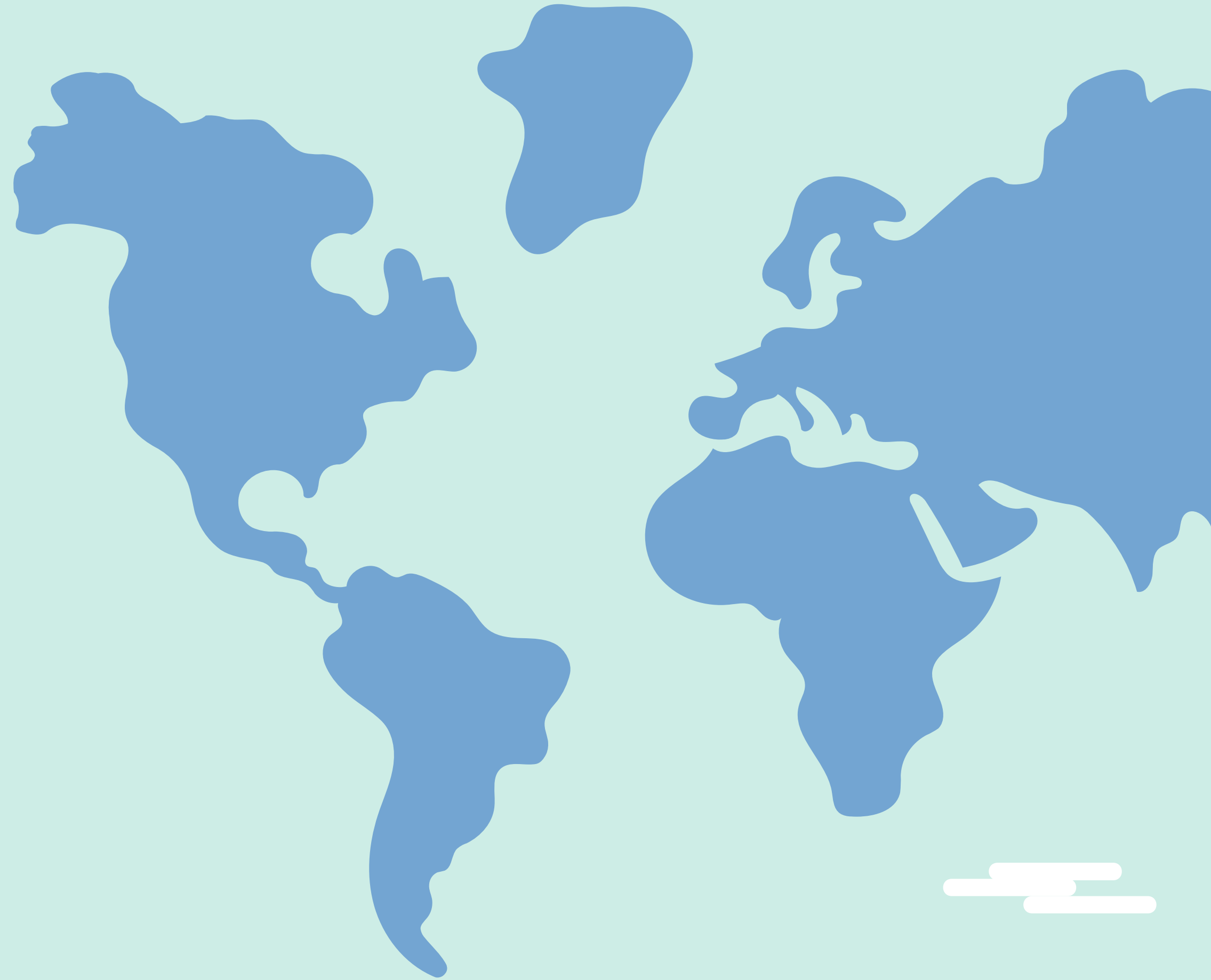


	SERVICES	ONLINE RESOURCES	CONSIDERATIONS
PHYSICAL HEALTH	<ul style="list-style-type: none"> UHS Travel Health Services Student’s medical provider GeoBlue Pre-Departure Program 	<ul style="list-style-type: none"> Travel Health Preparation Guide* CDC Destinations’ Travel Health 	<ul style="list-style-type: none"> Have necessary vaccinations, medical support, and medications based on personal needs and destination risks
MENTAL HEALTH	<ul style="list-style-type: none"> U-M Counseling & Psychological Services (CAPS) Student’s therapist / psychiatrist 	<ul style="list-style-type: none"> Managing Mental Health Abroad Togetherall - virtual platform to anonymously seek well-being support from peers MiTalk - self-help resources on various mental health topics. 	<ul style="list-style-type: none"> Mental health services/treatment abroad may differ from U.S. Students without previous mental health concerns can still experience stressful situations abroad
MEDICATION	<ul style="list-style-type: none"> GeoBlue Pre-Departure Program Student’s medical provider Fill prescriptions with GeoBlue 	<ul style="list-style-type: none"> For legality: Contact the U.S. Consulate/Embassy or International Narcotics Control Board 	<ul style="list-style-type: none"> Certain medications may be illegal in host country Determine what you are allowed to bring & ensure adequate supply and access.
DISABILITIES	<ul style="list-style-type: none"> U-M Services for Students with Disabilities (SSD) In-country partners / providers 	<ul style="list-style-type: none"> Disabilities Abroad Disability Accommodations Abroad Form 	<ul style="list-style-type: none"> Make sure program activities are accessible or have reasonable alternatives

QUICK GUIDE: TRAVEL HEALTH ON-SITE

SERVICES	
 PHYSICAL HEALTH	<ul style="list-style-type: none">• GeoBlue Travel Abroad Health Insurance - Emergency services & non-urgent health issues• UHS Nurse Advice by Phone - Call UHS nurse to determine how to approach medical issue.• Global TeleMD - Virtual appointments for medical guidance and consultations (non-medical emergencies). 24/7 access, multiple language options. Download GeoBlue Global TeleMD app• Emergency number in your host country
 MENTAL HEALTH	<ul style="list-style-type: none">• Uwill Teletherapy Services - offers students with access to a therapist of their choice via the mode of their choice - video, phone, chat or messaging. (Six sessions at no cost; additional sessions upon request).• GeoBlue Global Wellness Assist - a telehealth counseling option to address issues related to managing life changes, harassment, anxiety, depression, academic pressure, stress, and more. Use GeoBlue mobile app and select “Telehealth” and “talk to a counselor.”• GeoBlue Travel Abroad Health Insurance - Schedule an appointment (one-time or recurring) with a psychiatrist or therapist in host destination
 MEDICATION	<ul style="list-style-type: none">• Locate pharmacies through GeoBlue Travel Abroad Health Insurance member hub/app.

Travel & Onsite Considerations



PRE-DEPARTURE PREPARATION

See Global Michigan's [Student Travel Preparation](#)



Entry & Exit Requirements

- Passport valid beyond departure date
- Visa based on nature and duration of stay
- Public health-related entry and exit requirements
- [International student considerations](#)



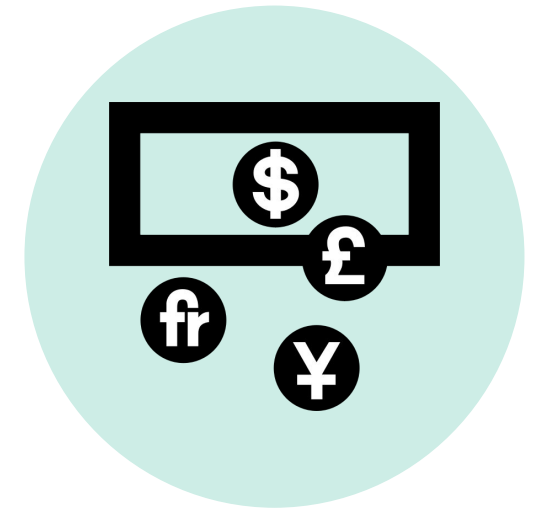
Housing Accommodations

- Determine your housing priorities:
 - transportation access
 - access to food options
 - community amenities
 - nearest medical facility
- Review the "[Selecting Safe Housing Abroad](#)" guide



Packing & Arrival

- See [Travel Tips: Packing List, Travel Advice, and Arrival Plan Resource](#).
- Packing considerations: baggage allowance; climate/cultural norms; your essential items
- Arrival Plan: when will you land, how to navigate immigration / customs; how to get to housing, etc.



Finances

- Verify types of payment accepted (e.g. cash, credit cards, contactless payment) and currency.
- Secure your money when traveling and keep in multiple places.
- Prepare for unexpected costs

PRE-DEPARTURE PREPARATION

See Global Michigan's [Student Travel Preparation](#)



Communication

- Have working phones:
 - Enable international roaming / data on current phone plan
 - Purchase a local SIM card or eSim
 - Use wifi-only*
- Determine how you will contact family/friends, onsite partners, and emergency services.



Technology & Data Security

- Technology needs and risks can vary by international destination.
- Mobile device security
- Safe Computing Guidelines for Domestic and International Travelers
- Traveling with Duo
- Protect Sensitive Data



Research Your Destination

- U.S. Department of State Country Information Page
- OSAC Country Reports
- UK Foreign Travel Advice
- Australia SmarTraveller
- Global Road Warrior



Identities Abroad

- Learn more about how your social identities can influence your experience abroad.
- See Global Michigan's [Identities Abroad](#)

IS THIS AN EMERGENCY?



You arrive in country and realize you did not pack your medication.



You are at the police station. You were mugged and your wallet and passport were stolen.

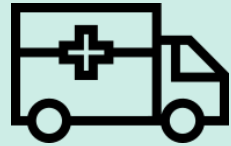


Your roommate has said rude remarks to you on multiple occasions and disrupts your sleep schedule.

INSTRUCTIONS

1. Read the 3 scenarios.
2. Select 1 of the 3 scenarios.
3. Think about the following questions:
 - a. Is this an emergency: Yes or No
 - b. How could this situation escalate?

GENERAL EMERGENCY PROTOCOLS



STEP 1:

Tend to immediate safety /
medical needs

Use your best judgement:
Advocate for the immediate
safety of yourself and others.

Call local emergency numbers
or go to nearest medical facility



STEP 2:

Connect with local contacts
and support networks

Work with local supports
(e.g. law enforcement, medical
personnel, GeoBlue, in-country
partners).

**Save all after-hours phone
numbers before hand.**

If needed, get in touch with the
U.S. Embassy / Consulate



STEP 3:

Contact U-M to update on your
status and discuss next steps

For urgent matters, call
U-M Division of Public Safety &
Security (DPSS)

Ann Arbor: +1 (734) 763-1131

Dearborn: +1 (313) 593-5333

Flint: +1 (810) 762-3333

For non-urgent matters, call or
email your unit contact OR
umich-itoc@umich.edu

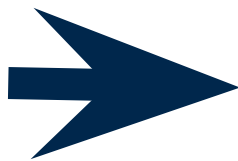
See [General Emergency Protocols for U-M International Travelers](#)
and [Global Michigan In Case of Emergency page](#)

COMMON DESTINATION RISKS

RISKS

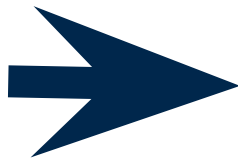
Personal Safety

- Petty theft, pickpocketing, snatch-and-grab, especially in crowded / tourist areas.



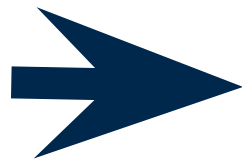
Political Unrest

- Planned or unplanned protests about government policies, current events, elections, etc.
- Demonstrations commonly take place in city centers but could occur anywhere.



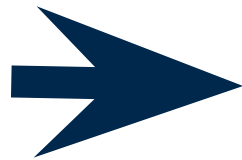
Transportation Risks

- Risk of collisions between cyclists/cars with pedestrians at intersections.
- Public transportation strikes



Identity-Based Harassment

- Reports of race-based, religious-based, gender-based, etc. discrimination and harassment



MITIGATION STRATEGIES

Personal Safety

- Maintain situational awareness; limit carrying valuable items and keep your bag near you at all times;
- If possible, travel with someone and limit night travel.

Political Unrest

- Avoid demonstrations and crowded areas
- Stay informed of current events
- Limit political discussions
- Plan alternative routes

Transportation Risks

- Be careful when crossing the road, especially bike lanes
- Monitor the news for strikes and plan for alternative transportation options.

Identity-based Harassment

- If you alone, find a safe space (e.g. cafe, near other people). Ask help from bystanders and/or call 911.
- If there are people around and you feel safe speaking up, set a boundary by telling the harasser to stop.
- Don't engage in verbal attacks

Scenarios

Let's Practice!



SCENARIO 2

SUMMARY

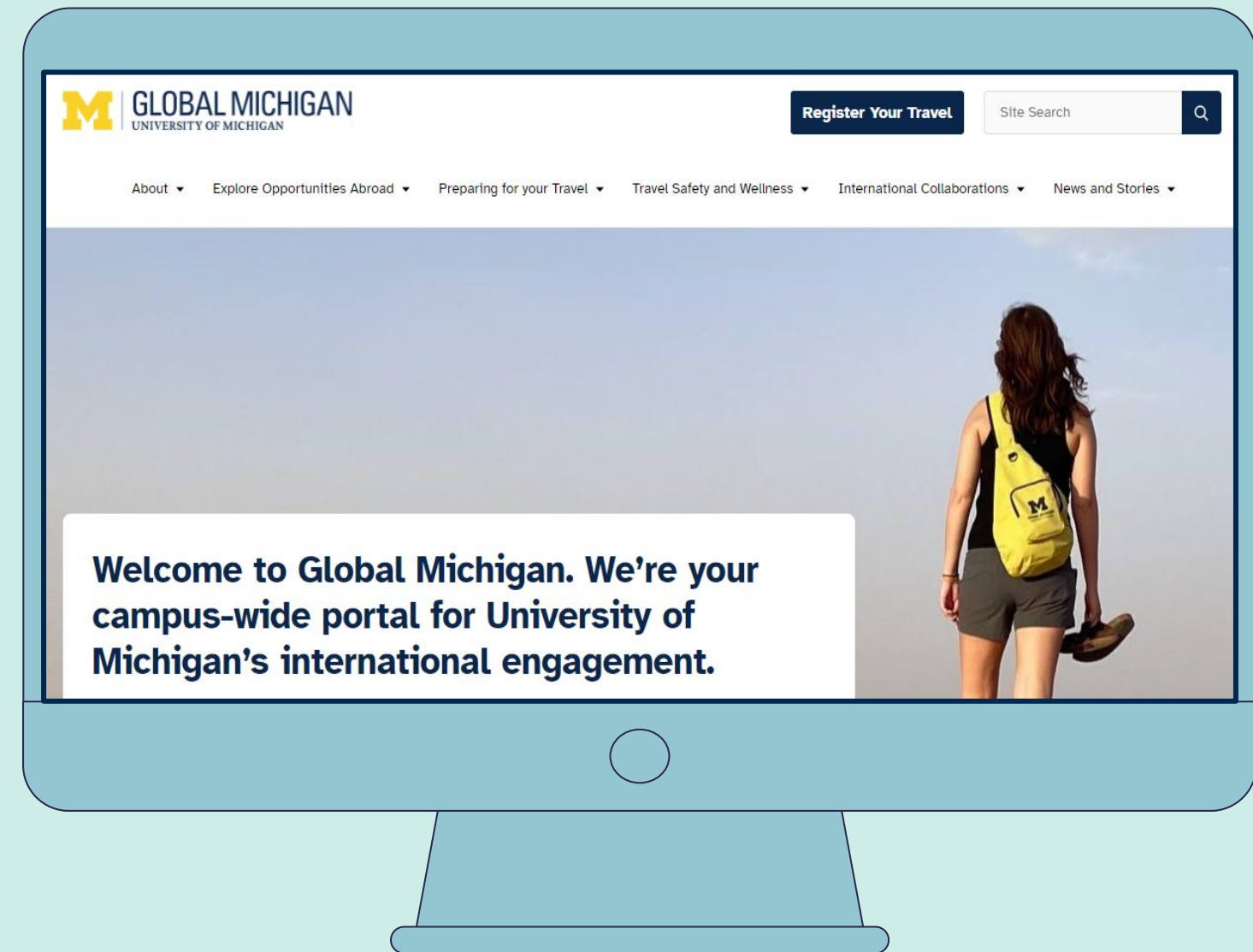
Janelle's internship is located a few hours away from several national parks. A group of her friends want to go hiking on a mountain over the weekend during their free time. The mountain is quite high, and the roads to the mountain are unlikely to be paved or in good condition. The group has already purchased bus tickets and plans to return late at night. The group is inviting Janelle to join them as well.

QUESTIONS

- What concerns or questions, if any, do you have about their plan?
- What should Janelle's next steps be?

More Global Resources

Visit the Global Michigan website for more information about travel planning & travel safety and wellness resources at <https://global.umich.edu/>





What questions do you have?

Contact us at
umich-itoc@umich.edu