Global Wolverines: Staying Safe & Healthy While Abroad
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Office of the Provost
Welcome!

What are you most excited about?

What are you most anxious about?
Pre-Departure Preparation
Wakanda Forever!

Border Tribe

Mining Tribe

Jabari Tribe

River Tribe
Q&A: If you recognize these webpages, what are they for?

- Allows the University to reach out to you in the event of an emergency (more on this later!)

- Are you all registered yet??

- If you are traveling before, register as “personal” on global.umich.edu

- Make sure you purchase insurance for additional travel days at geobluestudents.com

- Also recommend you register with the U.S. Embassy via the Smart Traveler Enrollment Program (STEP)
Travel Health Preparation Guide

- Recommended!
- Compare your health care needs here with the anticipated needs abroad
- Share with CAPS or UHS to open a conversation about your well-being abroad
- [http://global.umich.edu/travel-resources/health-safety/](http://global.umich.edu/travel-resources/health-safety/)
Medications

Q&A: Name one country where Sudafed is illegal.

- Know the names of the medications you are taking
- Keep meds in original containers that are clearly labeled
- Some medications are illegal in certain countries—**do your research**
- Always pack medications in carry on bag
- Pack a simple medical kit with non-prescription travel-related products
UHS Travel Health Services

Q&A: What does UHS stand for?

- Allergy, immunization, & travel health clinic
- Schedule appointment 6-8 weeks before departure [uhs.umich.edu/travelhealth](http://uhs.umich.edu/travelhealth)
- $45 clinic visit fee
- Additional costs for immunizations, medications, and required supplies can be found online
- Bring your immunization record & list of current medications
- If you can’t get in--check their website for additional travel clinic options
- Check the Center for Disease Control and Prevention website
Know Before you Go:
Health Concerns in Your Country?

& others
Know Before you Go: Local Attire

& others
Travel Health Insurance

Have you purchased travel health insurance yet?

- $1.15/day + $5 administrative fee
- Once you receive your certificate #, create an account at GeoBluestudents.com
- Download the mobile app to find providers, arrange direct pay, and file a claim
- Covers:
  - Doctor/hospital visits
  - Prescribed medications overseas
  - Emergency evacuation
  - Mental health

Q&A: What is one unique health topic covered by GeoBlue?
How to use your GeoBlue Insurance: Before Departure

1. Schedule an appointment with a doctor or mental health professional while abroad before departing:
   • Call or go online to make an appointment with a Participating Provider (+1-610-254-8771, geobluestudents.com)
   • GeoBlue will organize Direct Pay and you will not have to pay out of pocket.

2. Medications
   • Call GeoBlue to determine whether your medications are available in your travel destination/s. If they are available, they are likely legal.
   • Call GeoBlue if you expect to fill medications while abroad.
Important Documents

Q&A: What are examples of important docs?

Q&A: What is a best practice to keep them safe?

- Make two copies of important documents (passport, plane tickets, GeoBlue card, credit cards, and itinerary). Keep digital copies.

- Give one set to someone not traveling with you

- Keep the other set in a different location than the originals

- If possible, lock your passport and valuables away while traveling

- At a minimum, keep a copy of your passport and visa on you at all times

- International Students should have up-to-date travel Documents: https://internationalcenter.umich.edu/students/f1-students/important
Packing Tips

Stay nimble on your travels abroad by using this checklist to keep your luggage light.

Bring it back to the basics
- Take only the essentials and make sure your clothes can easily be washed and dried. Most households and accommodations abroad line-dry clothes and do not have dryers.
- Split items evenly between two bags in case one is lost (e.g., ½ of pants in each bag, ½ of shirts, etc.).
- Be careful not to pack too much. A good rule of thumb is to pack what you can carry four city blocks. Many travelers report they packed more than they needed. You will be able to purchase many items overseas (e.g., toiletries), but be aware they may be more expensive, of different quality, or inconveniently sized.
- Do not bring expensive jewelry, watches, electronics, or other accessories since you may be especially vulnerable to theft while traveling. As a general rule, U-M suggests that travelers do not bring anything with them they could not bear to lose, whether its value is monetary or sentimental.
- Lay out everything that will go in your checked and carry-on luggage and take a picture. If the luggage is lost or stolen, this can help you file a claim to replace the items.
- Fill out a couple of blank index cards in both English and local language with a list of any medical conditions (e.g., asthma or food, drug, and pet allergies) plus reactions and treatments. Include any dietary restrictions as well. Keep one copy on your person at all times and give the other copy to site leaders.

Packing your carry-on luggage

The essentials
- Boarding pass
- Credit/debit cards
- Cash
- Technology (cellphone, laptop, camera, etc.)
- GeoBlue insurance card
- Passport, visa, and immigration documents
- Vaccination card (if applicable)
- Contact information (U-M emergency numbers, names and addresses of local contacts, accommodation information, etc.)
- Program itinerary
- Basic medications, such as Pepto Bismol, Advil/Tylenol, favorite cold meds, Band-Aids, prescriptions, etc.
- Copies of important documents, such as credit/debit cards, GeoBlue insurance card, boarding pass, etc. (packed in carry-on during transit and moved to a different location than originals upon arrival)

Q&A: Can you identify one packing tip?
Plan for the Land!

1. Arrival
2. Communication
3. Money Access
4. Transportation
5. Handling Unexpected Circumstances
6. Local and U-M Contacts
Arrival Onsite
Communications

Local SIM Cards?
WIFI?
International Cell Plans?
Arrival at the Airport

- Flights
- Local contact #s
- Transportation to accommodations
- Changing money
- Communications
- Reconnecting with the group if separated
- Meetup Time and Place if separated
Travel Resources

- US Department of State Country Information Pages (Tip: Google “Country Information Page” + your destination)
- US Department of State OSAC Crime and Safety Reports (Tip: Google “site:osac.gov” + your destination)
- Centers for Disease Control
- Other Government Travel recommendation sites
- Other resources
Safety Considerations in Your Country?

- Which are you most concerned about happening during your time in Brazil, South Africa, Spain, Costa Rica, or other?

- Which is most likely?

- What are some strategies to prevent these things from happening?

Sources: Google “Country Information Page” + your destination Or “site:OSAC.gov” + your destination
General Safety Suggestions

- Same common sense as you would in a big city
- Areas where you could be more easily victimized
  - Train stations
  - Tourist sites
  - Market places
  - Festivals
- Practice situational awareness
- Walk with a purpose
- If you are confronted, do NOT fight back. Give up your valuables
- Avoid demonstrations; be alert in crowds
- Avoid overt use of technology
- Don’t go out alone; don’t go out without telling someone
- Watch what the locals do! Follow their advice
- Be aware of current events
- Learn how to say “no” in a culturally appropriate way
- Understand important gestures
Situational Awareness
Would you have done anything differently in Kyle’s situation? If so, what and why?
How would you explain the concept of situational awareness to someone who has never heard the term?
Situational Awareness:
Knowing what is going on around you so you can figure out what to do

1. **Scan**
   - Make observations
   - Stay alert

2. **Question**
   - Question your observations
   - Is what you are experiencing normal based on the local context?

3. **Weigh your options and choose**
   - Consider possible courses of action, evaluate the risks, and choose how to move forward

4. **Remain flexible to change**
   - Circumstances can evolve—be flexible and adaptable
Think ahead to your upcoming travel experience. What points during this experience are likely to require situational awareness? Why?
Food and Water Considerations

For more tips: cdc.gov/travel
Mental Health Abroad

Jaron’s Story: Loneliness

resilient-traveling.umich.edu/
Think about the coping strategies you use when you get stressed on campus. Write down 3 of these strategies and create a plan for how you can practice them while abroad.

**Example:** Usually when you are stressed you talk to your best friend about it. While overseas you may have limited phone/internet access, so you decide to keep a journal of “talking points” and call your friend once a week to chat about them.
What is an Emergency? Yes or No

• You set your bag down while waiting at a bus stop. While you were on your phone, someone took your bag.
• You have travelers’ flu and can’t hold down fluids.
• You and a friend made a pact when going out – “go together, leave together.” During the evening, your friend texts that you should go on ahead and they will catch up either tonight or the morning. In the morning, your friend is not answering texts and missed class.
• You got altitude sickness and can’t stop the vomiting and nausea.
• A dog lightly bit your hand when you reached to pet it.
• By week two, you are so homesick that you skip classes and don’t leave the house for a whole day.
What is an Emergency?

- Serious illness, hospitalization, missing student, or injury?
- Emotional or psychological stress that appears to require professional attention
- Being the victim of a crime (burglary, robbery, harassment, sexual assault, or being accused of a crime)
- In-country situation (political crisis or natural disaster)
General Emergency Steps

- Tend to your immediate safety and/or medical needs
- Utilize local contacts
- Contact the University of Michigan (DPSS) to update your status and discuss next steps
- 1-734-763-1131

Emergency Protocol Details: [http://global.umich.edu/travel-resources/health-safety/](http://global.umich.edu/travel-resources/health-safety/)
# The Michigan App: Emergency Numbers

## Ann Arbor

<table>
<thead>
<tr>
<th>EMERGENCY</th>
<th>NON-EMERGENCY</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Police, Fire, Medical</td>
<td>U-M Division of Public Safety and Security</td>
<td>1-734-763-1131</td>
</tr>
<tr>
<td>911</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>U-M Division of Public Safety and Security</td>
<td>1-734-763-1131</td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ann Arbor Police (Off Campus)</td>
<td></td>
<td>1-734-994-2911</td>
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## International

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<tr>
<td>U-M Division of Public Safety and Security</td>
<td>1-734-763-1131</td>
</tr>
<tr>
<td>U-M Travel Abroad Health Insurance (GeoBlue: 24/7 Call Collect)</td>
<td>1-610-254-8771</td>
</tr>
<tr>
<td>U.S. State Department Overseas Citizens Services</td>
<td>1-202-501-4444</td>
</tr>
<tr>
<td>View General Emergency Protocols</td>
<td></td>
</tr>
</tbody>
</table>
How to use your GeoBlue insurance: While Abroad

You can go to any doctor or hospital you choose anywhere outside of the U.S.

**GeoBlue Providers**

1. Make an appointment with an “in-network” doctor or hospital (go to www.geobluestudents.com to locate one in your city)

2. WILL NOT PAY OUT OF POCKET – 100% covered by GeoBlue

3. No cost to student and you will not see a bill if you contact GeoBlue before arrival.

**Non-GeoBlue Providers**

1. Visit any doctor anywhere in the world (except the U.S.)

2. PAY OUT OF POCKET

3. Obtain a receipt for your services

4. File a reimbursement at www.geobluestudents.com

5. Receive a 100% reimbursement within 15 days of filing a claim
Emergency Communications

Cyclone survivors need 'significant emergency response,' agency says as death toll rises

By Tara John, CNN

Issued 10:50 AM ET, Wed March 20, 2019

Rescue efforts have been hampered by debris, heavy rains and destroyed infrastructure.

(CNN) — Rescue workers at the Mozambican port city of Beira, where Tropical Cyclone Idai made landfall last week, have described scenes of devastation that will require a "significant emergency response... including medical services and water and sanitation support," according to aid agency Médecins Sans Frontières (MSF).

The Category 2 storm ripped through Mozambique with 175 kph (109 mph) winds last week, flattening homes and buildings, and causing widespread destruction as it moved through neighboring Zimbabwe and parts of Malawi.
On Mon, Mar 18, 2019, 19:47 <morganpt@umich.edu> wrote:

Travel Registry

Dear Anonymous Student,

I hope you are well. As the Senior Advisor for International Health, Safety, and Security, I support U-M travelers abroad and provide resources and guidance in time of distress. I've learned that you may be in Mozambique. With the devastating cyclone that hit Mozambique on Thursday, I'm checking to see how you are, whether you have a safe place to stay, have water, and if you need assistance. Please respond so we at UM know you are alright.

In keeping with best travel practices, I also encourage you to:
1. Update your contact information in the U-M Travel Registry (M-Compass)
2. Update any family members or loved ones to let them know that you are OK. An easy way to do this is to forward this email.
3. Also, please let any UM contacts know that you are doing alright.
4. If you have not already registered for the Smart Traveler Enrollment Program (STEP), please do so via this link: https://step.state.gov/step/. Enrollment with the State Department, or with the Embassy / Consulate of your country, will enable them to better assist you in the event of an emergency during your travels.
5. Follow local news and the advice of your local contacts to remain up-to-date on the situation.
6. If needed, you can also contact the University of Michigan by following emergency protocols listed here: https://umich.box.com/shared/static/2ztndl1vh1owj8ucysr5fobuvoi0r64.pdf

The University, including the International Travel Oversight Committee, is keeping careful track of events using multiple sources. If you have any concerns or would like to discuss further, please do not hesitate to let me know and I can give you a call.

Best,
Patrick
Global Michigan: [global.umich.edu](http://global.umich.edu)

- Resiliency videos and strategies
- Travel checklists
- Student International Travel Guide
- Travel abroad health insurance
- Emergency procedures
- CDC, STEP, and other government resources
- UHS, CAPS, and SAPAC information

[login](http://safetyabroad.umich.edu)
Contact Us

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Visit global.umich.edu for additional resources!