

Staying Safe & Healthy While Abroad

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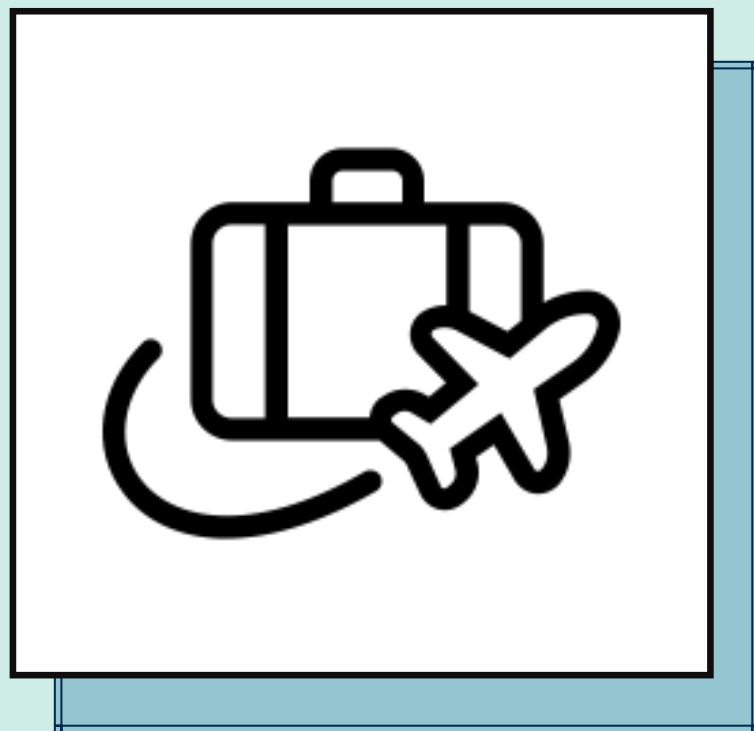
Introductions

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.)?



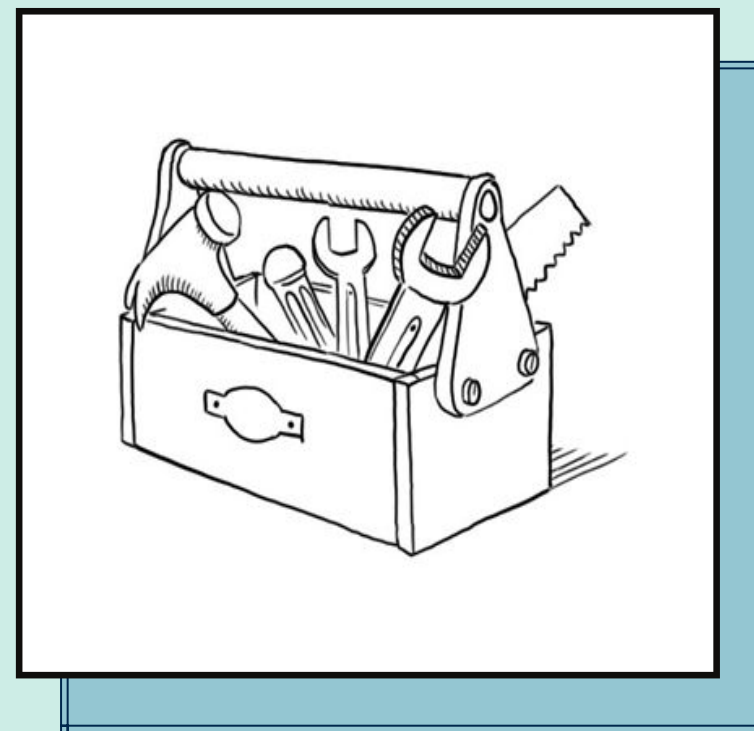
Goals of this Session



**U-M REQUIREMENTS &
RESOURCES**



**WELL-BEING & RISKS
ABROAD**

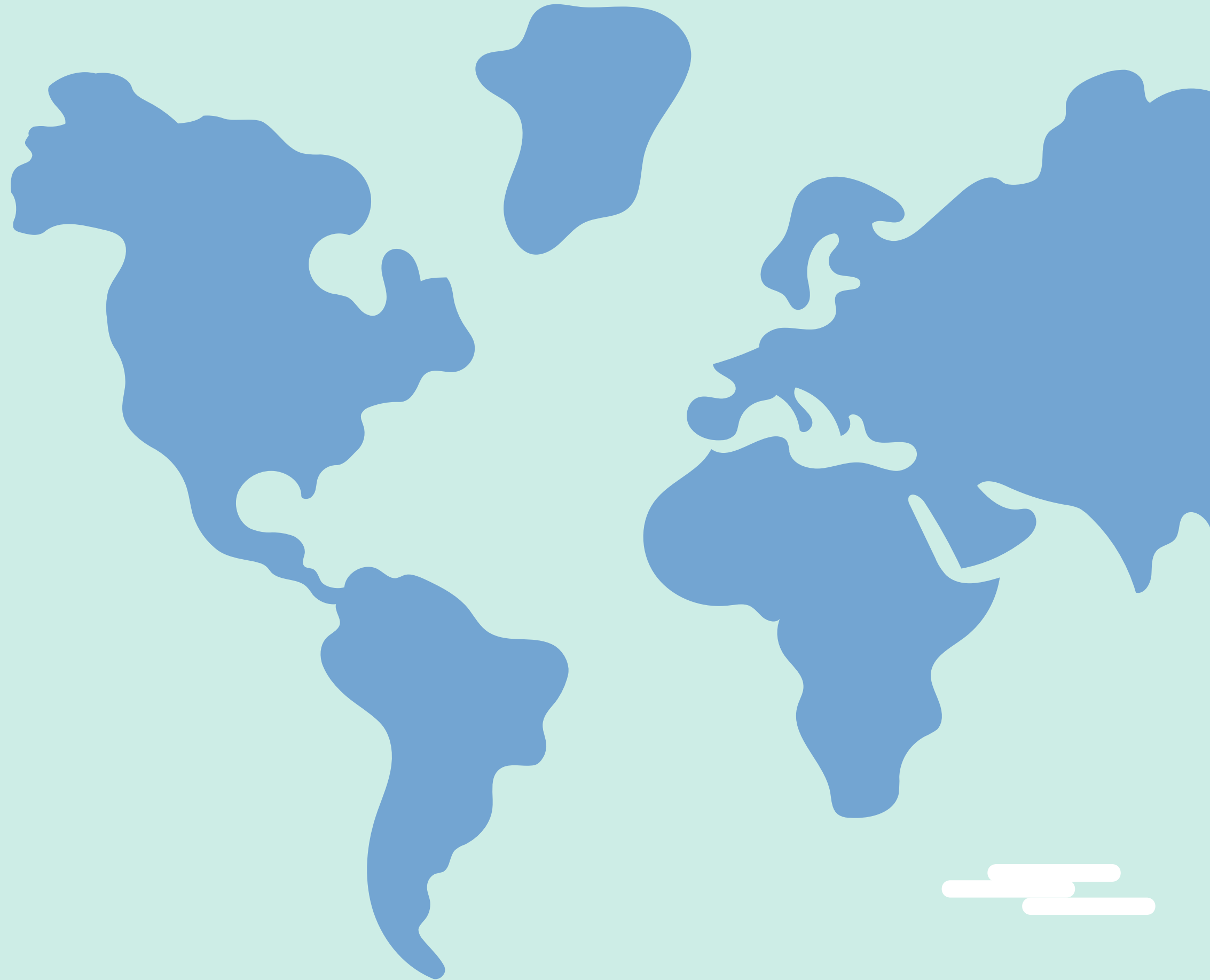


**DEVELOP
A TOOLKIT**

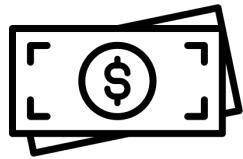


**PRACTICE
SCENARIOS**

U-M Travel Requirements

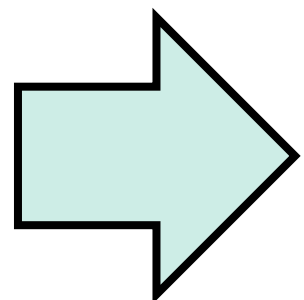


Does your trip abroad count as “U-M Related Travel”?



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



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:

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.
- Travel Health Plans / Safety Plans serves as a **learning tool for travel** to demonstrate understanding of risks and develop mitigation strategies.

Scenarios

Let's Practice!



SCENARIO 1

SUMMARY

After landing at the airport at 10:00pm, Wyatt heads straight towards his hotel accommodations. After settling in, Wyatt is excited to explore the city life and get some snacks since the hotel's room service and restaurants are closed. His phone is only able to access the wifi since he plans to get a local SIM card in the morning. He is not worried about using the map app on his phone since he only plans to go a few blocks from the hotel.

QUESTIONS

- What concerns or questions, if any, do you have about their plan?
- What precautions could Wyatt take after arriving in their host destination?



STEP 4:

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

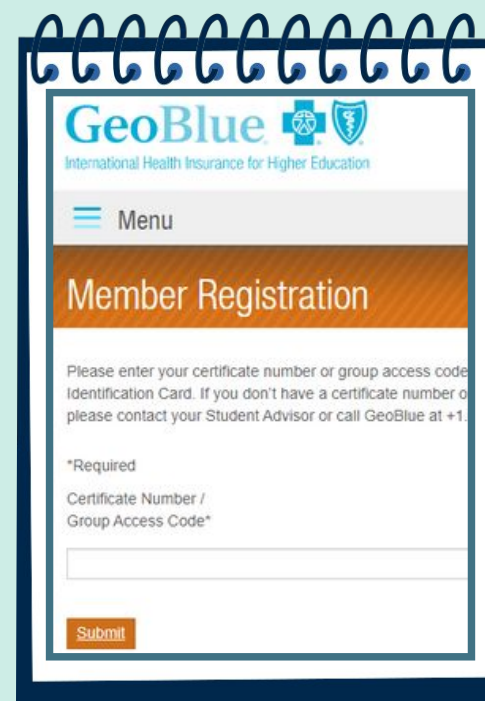
Enroll in GeoBlue health insurance for the duration of travel (even if you have personal health insurance).

HOW:

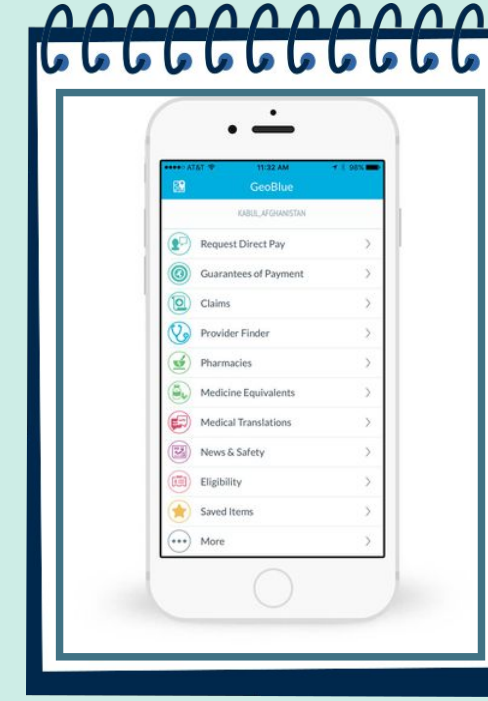
- Go to <https://uhs.umich.edu/tai>
- Select “Students on Educational Activities” and follow the enrollment instructions listed on the page.
- If you are going on a U-M managed program, check if your office is enrolling on your behalf.

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

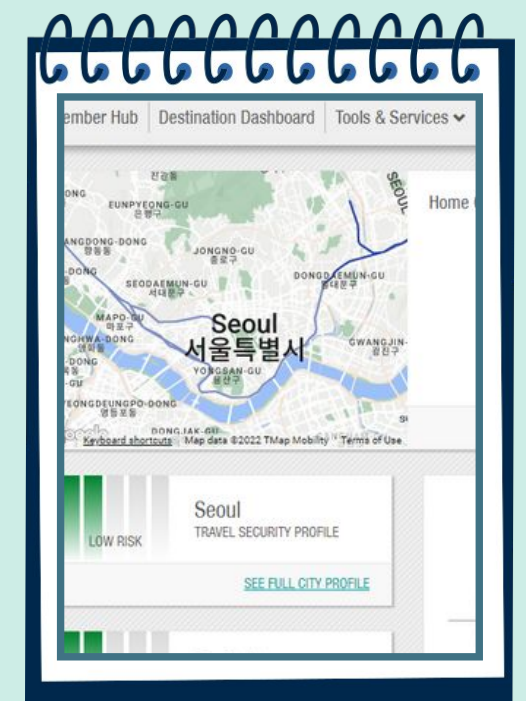
NEXT STEPS



Register your Account



Download GeoBlue App



Access Member Hub

U-M TRAVEL ABROAD HEALTH INSURANCE (GEOBLUE)

COVERAGE

100% of reasonable expenses covered

- \$1.68 / day + \$5 admin fee
- Physician office visits (including telehealth), inpatient/outpatient hospital, emergency services.
- *Not trip insurance. Excludes preventative healthcare, routine dental work.

Other benefits

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

ONLINE SERVICES

GeoBlue Pre-Departure Program

- Consultations for planning healthcare needs in host country.
- Complete the [questionnaire](#) and request a clinician follow-up.

GeoBlue Global TeleMD

- Virtual appointments for medical guidance and consultations (non-medical emergencies).
- Download GeoBlue Global TeleMD app.

Global Wellness Assist

- Speak to mental health counselor via phone / video call.
- Support for: managing life changes, harassment, stress, anxiety and depression, and more
- Use GeoBlue app and select “Telehealth” & “talk to counselor”

HOW TO USE

Step 1: Locate a medical provider

- Use GeoBlue website or app to find participating provider.

Step 2: Schedule an Appointment

- Using the provider’s contact information, call to schedule an appointment.

Step 3: Arrange Direct Pay

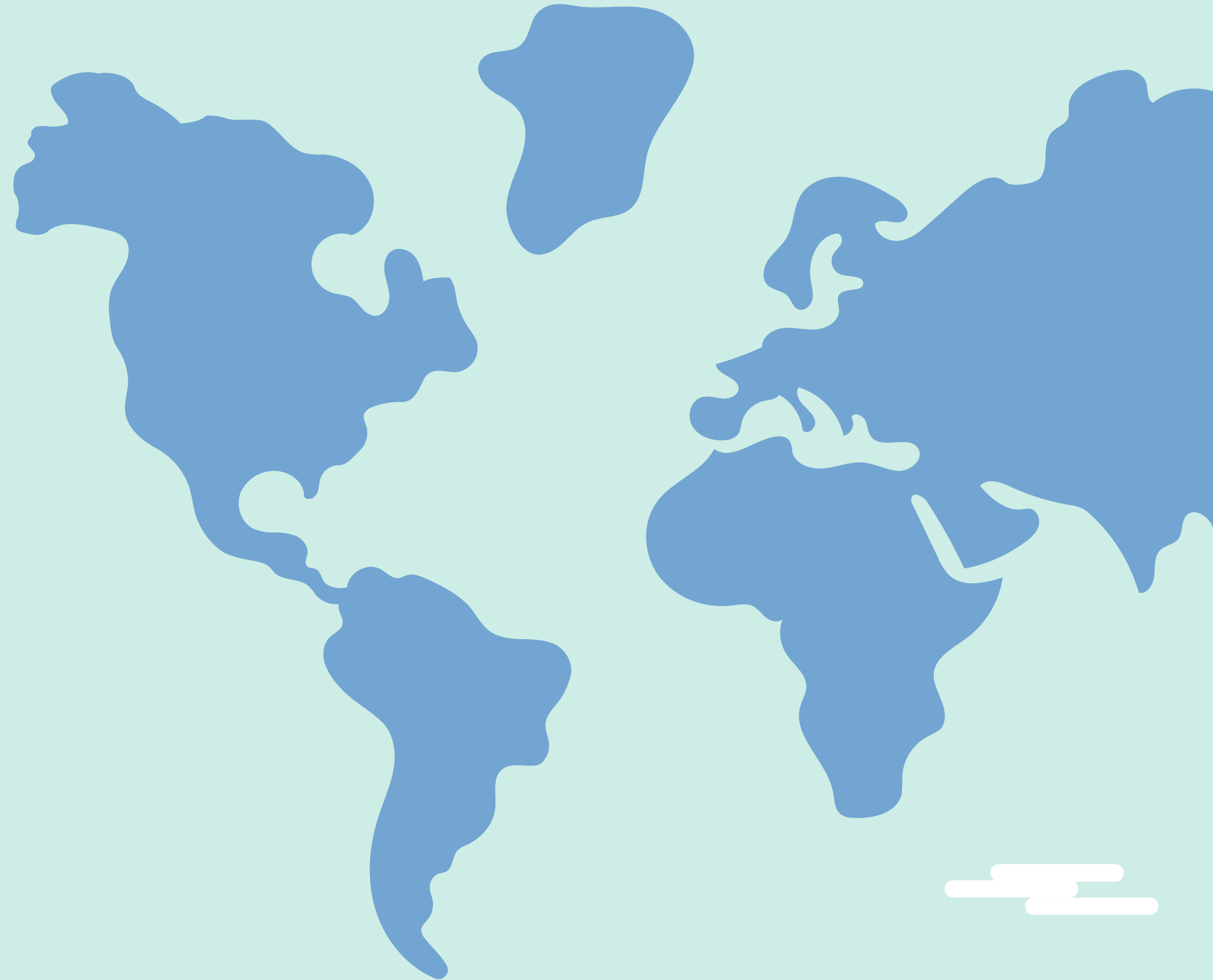
- Prior to visit, request [Direct Pay](#) through GeoBlue website or app
- It is recommended to follow-up with a call to GeoBlue for faster processing.

When visiting an out-of-network provider:

- You can visit any doctor/hospital in the world (except in the U.S.).
- You will pay out of pocket and file a claim for reimbursement. (Receipt needed)

****In an emergency, go to the nearest physician or hospital. When possible, contact GeoBlue at +1.610.254.8771**

Travel Health Preparation

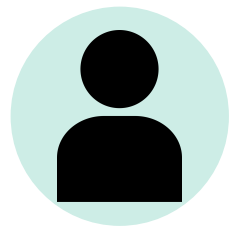


TRAVEL HEALTH: PHYSICAL HEALTH

PRE-DEPARTURE

Checklist

- Review [Travel Health Preparation Guide](#)
- Have necessary vaccinations to enter destination
- Ensure availability/access/legality of your medications
- Verify access and proximity to medical services



In-Person

- [UHS Travel Health Services](#)
- Student's medical provider



Online

- [GeoBlue Pre-Departure Program](#)
- [CDC Travelers' Health](#)

WHILE ABROAD

- [U-M Travel Abroad Health Insurance:](#)
Emergency services & non-urgent health issues
- [GeoBlue Global TeleMD:](#)
Virtual appointment consultations for non-medical emergencies consultations. Download Global TeleMD app.
- [UHS Nurse Advice by Phone:](#)
Call UHS nurse to determine how to approach medical issue.
- [Emergency number in your host country](#)

Planning Ahead: Mental Well-Being

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



TRAVEL HEALTH: MENTAL HEALTH

PRE-DEPARTURE

Checklist

- ❑ Review [Managing Mental Health Abroad](#)
- ❑ Have a well-being plan in mind, especially if you currently receive care – mental health services and treatment abroad may differ from U.S.



In-Person

- [U-M Counseling & Psychological Services \(CAPS\)](#)
- Student's therapist / psychiatrist



Online

- [Togetherall](#): virtual platform to anonymously seek well-being support from peers
- [MiTalk](#): self-help resources on various mental health topics
- [Resilient Traveling](#): skills on how to adapt while abroad

WHILE ABROAD

- [Uwill Teletherapy Services](#): Offers students with access to a therapist of their choice via the mode of their choice (video, phone, chat)
- [GeoBlue Global Wellness Assist](#): Telehealth counseling option to address issues related to managing life changes, harassment, anxiety, depression, academic pressure, stress, and more. Use GeoBlue mobile app
- [GeoBlue Travel Abroad Health Insurance](#): Schedule an appointment with a psychiatrist or therapist in host destination.

TRAVEL HEALTH: MEDICATION

PRE-DEPARTURE

Checklist

- ❑ Determine what medication / medical supplies you will need for your travel duration. See what you are allowed to bring & ensure adequate supply and access.
- ❑ Assemble a first aid kit based on your health needs and destination considerations.



Services

- [GeoBlue Pre-Departure Program](#)
- Student's medical provider
- Fill prescriptions with GeoBlue



Resources

- For legality:
 - Contact the [U.S. Consulate/Embassy](#)
 - [International Narcotics Control Board](#)

WHILE ABROAD

- [GeoBlue Travel Abroad Health Insurance:](#)
Locate pharmacies through GeoBlue App/Website. Medications are typically paid out of pocket, and travelers will need to submit a claim for reimbursement.

TRAVEL HEALTH: DISABILITIES

PRE-DEPARTURE

Checklist

- ❑ Consider your individual disability-related needs as you review education abroad options
- ❑ For students with existing accommodations, reconnect with your SSD coordinator to explore questions around access
- ❑ Connect with your education abroad advisor and share your accommodation needs if comfortable.



Services

- [U-M Services for Students with Disabilities \(SSD\)](#)
- [GeoBlue Pre-Departure Program](#)



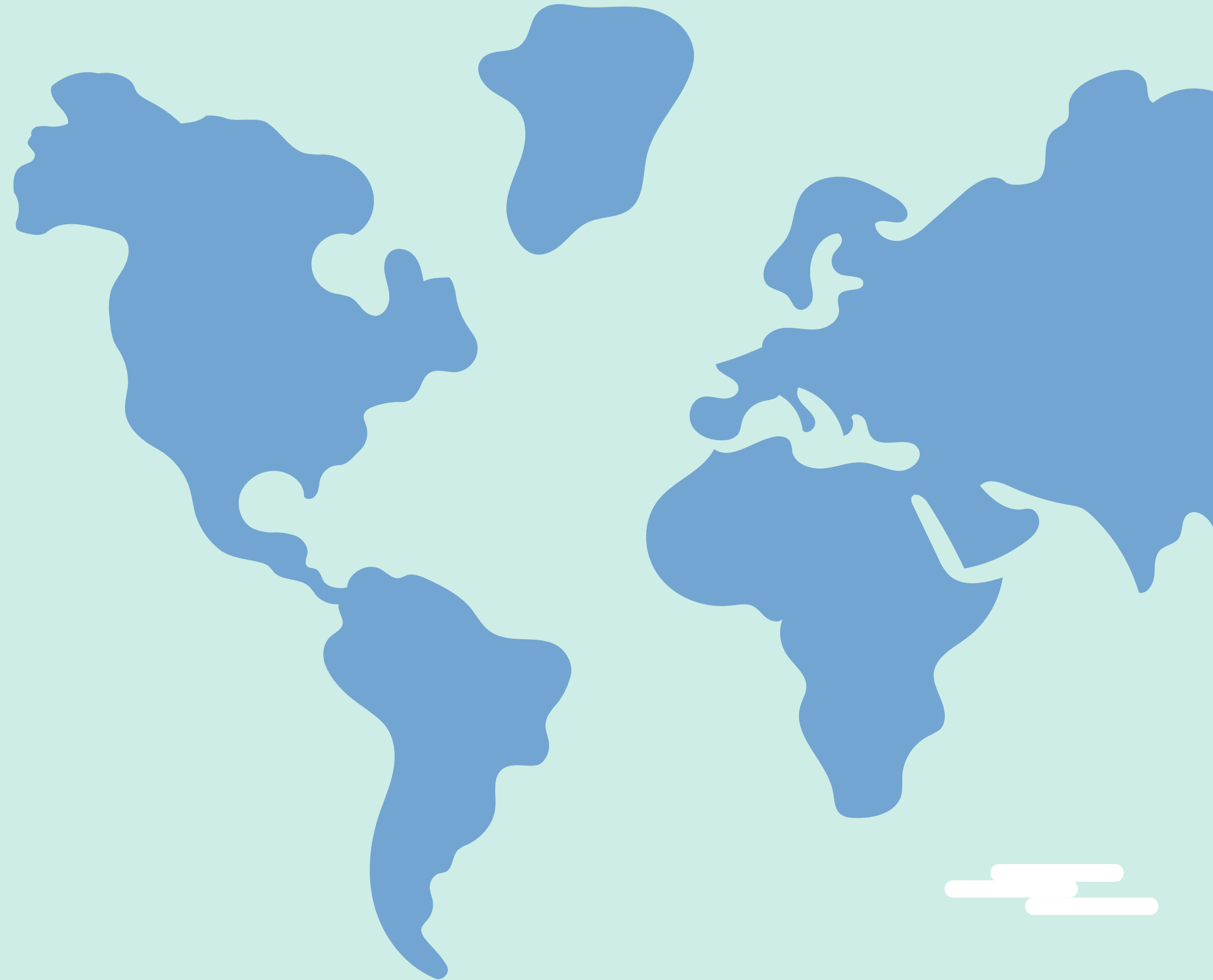
Online Resources

- [Disability Accommodations Abroad Form](#)
- [Disabilities Abroad](#)

WHILE ABROAD

- Schedule recurring appointments with [GeoBlue Travel Abroad Health Insurance](#) member hub/app.
- See if your in-country partner / provider has similar services for students with disabilities and connect with staff for support.

Travel & Onsite Considerations



PRE-DEPARTURE PREPARATION

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



Entry & Exit Requirements

- Ensure your passport is valid beyond departure date (e.g. 6 months)
- Secure a visa based on nature and duration of stay (if applicable)
- Review 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



Communication

- Have working phones abroad:
 - 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.
- Save important phone numbers

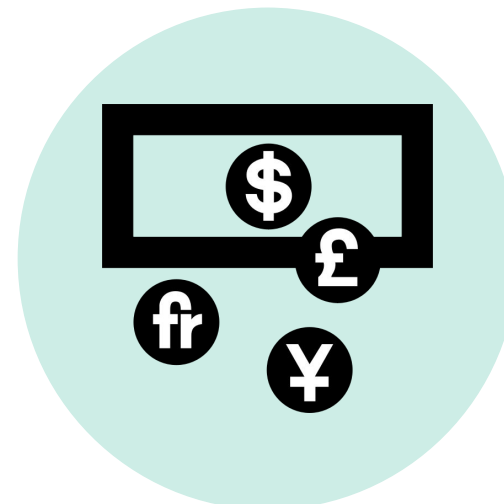
PRE-DEPARTURE PREPARATION

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



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



Finances

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



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](#)

STAYING INFORMED



Crisis24 Horizon

- Online platform accessible via registration.
- Sign up for real-time alerts of threats and disruptions
- Review location Intelligence of safety & security issues in countries and cities worldwide
- Explore advice sheets to mitigate a range of safety and security issues



Alert Traveler - U-M Travel Registry

- 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

- A free trip enrollment service from the U.S. State Department.
- Receive timely notifications from U.S. Embassy/Consulate concerning nearby safety issues
- Helps the U.S. Embassy, family, and/or friends contact you in an emergency
- Non-US citizens can still enroll to receive alerts.

IS THIS AN EMERGENCY?



Scenario A:

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



Scenario B:

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



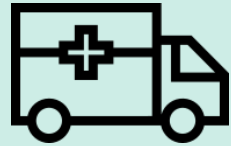
Scenario C:

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

INSTRUCTIONS

1. Read the 3 scenarios.
2. Determine if this is an emergency: YES or NO
3. 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 the nearest medical facility



STEP 2:

Connect with local contacts & support networks

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

Save all after-hours phone numbers beforehand.

If needed, get in touch with the U.S. or your home country's Embassy / Consulate



STEP 3:

Contact U-M to update on your status & 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

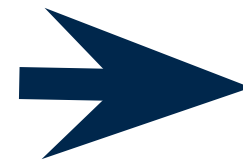
For non-urgent matters, call or email your unit contact OR email global.safety@umich.edu

COMMON DESTINATION RISKS

RISKS

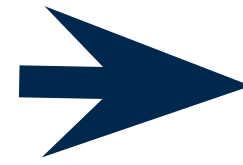
Personal Safety

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



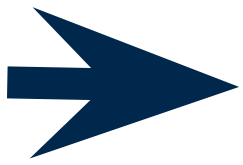
Political Unrest

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



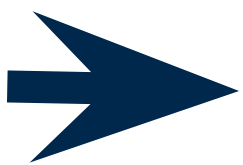
Transportation Risks

- 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; 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; observe locals
- Monitor the news for strikes and plan for alternative transportation options.

Identity-based Harassment

- If alone, find a safe space (e.g. cafe, near other people). Ask help from bystanders and/or call 911.
- If you feel safe speaking up, set a boundary with a firm and clear response.
- Don't engage in verbal attacks

Scenarios

Let's Practice!



SCENARIO 2

SUMMARY

It's the first week of the program, and Janelle is riding a public bus to her work site - which is about 45 minutes away from her housing accommodations.

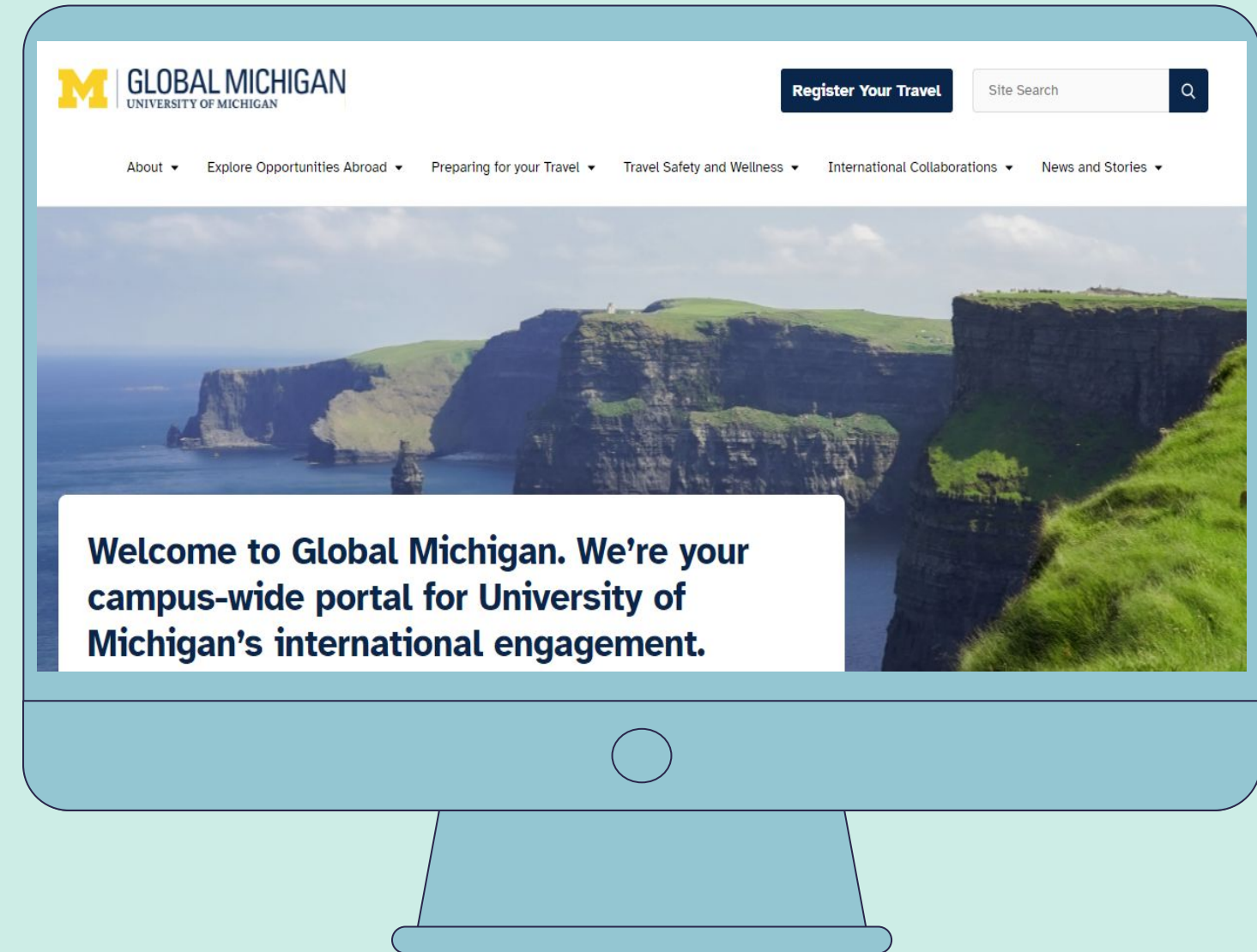
After stepping off the bus, Janelle feels very lightheaded and nauseous. She didn't pack any food or water and doesn't see any pharmacies or convenience stores nearby. Since it's her first week of the program, Janelle is worried about bothering the local staff and wants to continue with her work.

QUESTIONS

- What should Janelle's next steps be?
- Prior to this situation happening, what are some precautions Janelle could have taken?

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
global.safety@umich.edu