

Guidelines for Participation in Study Abroad Program

Responsibilities of Participants

Participants should:

1. Participate fully in all orientations before departure and on site, and read and carefully consider all information provided by the university that relates to safety and health conditions in host countries.
2. When applying for or accepting a place in a program, consider carefully their health and other personal circumstances, and assume responsibility for them after acceptance.
3. Make available to the university accurate and complete physical and mental health information and any other personal data that are necessary in planning for a safe and healthy study abroad experience.
4. Obtain and maintain supplementary health insurance coverage and abide by any conditions imposed by the carrier.
5. Inform parents/guardians/families, and any others who may need to know, about their participation in the study abroad program, provide them with emergency contact information, and keep them informed on an ongoing basis.
6. Understand and comply with the terms of participation, codes of academic and ethical conduct, and emergency procedures of the program, and obey host country laws.
7. Once on site, be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals.
8. Become familiar with the procedures for obtaining health and law enforcement services in the host country.
9. Avoid substance abuse of all kinds.
10. Follow the program policies for keeping program staff informed of their whereabouts and well-being, especially when travelling away from the program site.
11. Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.

12. Accept responsibility for their own decisions and actions.

Recommendations to Parents/Guardians/Families

In Study Abroad as in other settings, parents, guardians, and families can play an important role in the health and safety of participants by helping them make decisions and by influencing their behavior overseas.

When appropriate, parents/guardians/families should:

1. Through their student participants, obtain and carefully evaluate health and safety information related to the program, as provided by the university and other sources.
2. Be involved in the decision of the participant to enroll in a particular program.
3. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
4. Be responsive to requests from the university for information regarding the participant.
5. Keep in touch with the participant.

The University of the Sciences generally:

- a. *Cannot* guarantee or ensure the safety of participants or eliminate all risks from the study abroad environments;
- b. *Cannot* monitor or control all of the daily personal decisions, choices, and activities of individual participants;
- c. *Cannot* prevent participants from engaging in illegal, dangerous or unwise activities;
- d. *Cannot* ensure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants;
- e. *Cannot* ensure that home-country cultural values and norms will apply in the host country.
- f. *Cannot* fully replicate home campus support services at overseas locations;
- g. *Cannot* assume responsibility for the actions of persons not employed or otherwise engaged by the university, for events that are not part of the program, or that are beyond the control of the university and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

These guidelines were adapted from the NAFSA Inter-organizational Task Force on Safety and Responsibility (May 2002)

Guarding your health away from home is important, so we've put together a list of things to do to minimize risks to your health. Many of these recommendations are provided by HTH Worldwide's international community of physicians.

STUDY ABROAD CHECKLIST



Learn about the specific health risks of your destination and obtain vaccinations from a qualified physician

- Be aware of the risks associated with your host country. Is the water safe to drink? Do malaria and yellow fever occur?
- Remember that some vaccines require time to take effect or need multiple injections over a few months
- Confirm that your standard vaccines (i.e., diphtheria/tetanus) are up to date



Visit your primary care physician and dentist and obtain all medical histories/records

- Ask whether any routine tests can be performed prior to departure
- Confirm whether your primary doctor is willing to consult from abroad
- Obtain medical records detailing medical history as well as current problems and treatment
- Obtain duplicates of important test results and bring two copies of everything
- Consider storing your personal medical history on the web via an online service



Select an English-speaking, qualified physician in your destination and arrange an introductory appointment

- Review as much physician information as possible, including medical education, board certification status, special interests
- Make sure the physician is on the medical staff at a major hospital
- Consider visiting the doctor upon arrival, before you have any illness, to become acquainted
- Ask how the doctor can be reached after hours
- If your current program does not allow cashless access to doctors, bring cash on the first visit, and be sure to obtain a receipt to submit with your insurance claim for reimbursement upon return to the U.S.



Translate the names of prescription medications you use

- Determine the commercial brand names of past and present medications in your host country using a drug information guide.
- Learn the generic names, which may be familiar to physicians and pharmacists if the brand name is not
- If you require injections (i.e., allergy, insulin), get a letter from your doctor describing the shot's components



Pack medications, a first aid kit and a reference book about common medical conditions and their treatment

- Carry an adequate supply of your medications (at least six months) in case there is a delay in finding an equivalent supply; pack half this amount in your carry-on bag
- Bring extra prescription glasses and contacts and their prescriptions
- Bring an extensive first aid kit that includes: bandages, splints, tweezers, over-the-counter medications, vitamins, analgesics, decongestants, antacids, contact lens solution, sunscreen, bug repellent, contraceptives
- If you have severe allergies, bring injectable epinephrine for unexpected allergic reactions
- Leave all medications in their original bottles and include a physician's letter of explanation in your medical records



Understand the healthcare system in the destination country

- Be knowledgeable about the foreign health care system. What hospitals are preferred for routine care, trauma or emergencies? What is the difference between private and public hospitals regarding quality of care and availability of services?
- Learn not only the emergency telephone numbers for ambulance, fire, poison control and other such resources, but also whether these numbers, and the ambulance system are reliable.
- Have a basic knowledge about pharmacies – hours of operation, product reliability and staff trustworthiness
- Prescriptions you receive in your destination may not be labeled with directions. Take care to make sure you are clear on the instructions.

STUDY ABROAD CHECKLIST



Master the local medical lingo

- Learn or have available key medical phrases
- Be familiar with the medical, not simply lay, term for your key medical conditions



Develop a contingency plan for serious illness

- Know how to get out of the country as quickly as possible in case a better medical facility is needed
- Have an evacuation plan, which can be shared with friends and family, both at home and abroad. Do you have a medical evacuation assistance benefit? If so, how do you contact the assistance company? What is the preferred hospital in your home country for transfer? How can a transfer be arranged? What host country facility or regional referral center is preferred if transport home is medically unwise?



Prepare for the psychological aspects of life abroad, including culture adjustment and culture shock

- Quickly gain an appreciation for your host country's language, culture, and history while retaining a sense of humor and positive outlook.
- To deal with culture shock, hone your coping skills. (i.e., knowing and liking yourself, having a sense of competence, having friends and continuing activities you enjoy)
- Keep in touch with friends and family at home.
- Exercise to enjoy improved mood and better sleep.
- Because an overseas experience can worsen or even precipitate mental illness, do not hesitate to seek the advice of a mental health professional or primary care physician.



Recognize that despite significant variations in the delivery of healthcare services, the U.S. way is not the only effective way

- Many travelers abroad are pleasantly surprised by their experiences with foreign physicians.
- It is common in some countries for medical doctors to make house calls and answer their own telephones.



Evaluate your health insurance benefits

Does your plan

- Provide emergency evacuation and international medical assistance services?
- Cover the cost of emergency evacuation?
- Arrange direct payment to overseas hospitals that otherwise require my personal guarantee?
- Waive any pre-certification rules for medical procedures performed abroad?
- Cover services for chronic and other non-emergency conditions while I am abroad?
- Apply co-payments and deductibles for care abroad?
- Cover prescription drugs purchased abroad?
- Cover psychological counseling abroad?