Stay Healthy and Safe while Traveling Abroad

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INTRODUCTION

The purpose of this publication is to give students and parents general information about health and safety issues while studying or working abroad. When we prepare to travel we sometimes do not have time to think about all the issues that we will have to deal with while abroad. Our assumption is that someone at the destination will soon be telling us what we should already know.

Nothing can prevent random violence, an accident, or a disease. There is no such thing as guaranteed safety or health. However, careful monitoring of conditions in a country, thoughtful precautions tailored to possible danger, and general care for personal safety and health will all go far toward reducing risks even when they cannot eliminate every mischance and mishap.

YOUR HEALTH WHILE ABROAD

U.S. Department of State, Bureau of Consular Affairs

“If an American citizen becomes seriously ill or injured abroad, a U.S. consular officer can assist in locating appropriate medical services and informing family or friends. If necessary, a consular officer can also assist in the transfer of funds from the United States. However, payment of hospital and other expenses is the responsibility of the traveler."

You are planning to study or work abroad. As you prepare you must consider health and safety issues. Knowing about health risks, and preparing for them, is your best insurance against medical emergencies that can spoil or cut short your trip.

Please share this information with your parents as they may be concerned about your safety and health while you are so far away from their care and protection. Your parents may have questions such as: Will traveling and living in another country be more dangerous than staying in the U.S.? Will my child be safe? Will my child know what to do in a medical emergency?, etc. Remember:
Moving for a short time to a place where medicine is practiced differently than in the U.S. is likely to cause concern about the quality and the cost of health care. Your parents may worry about these differences, the idea of entrusting your health care to strangers, or the basic health standards that may be practiced in your host country. Even if health care is not perfect in the U.S., you understand procedures involved and the health system.

By definition, travel means going to new, interesting, and uncertain places. In these places, you may be exposed to conditions like: sun, insects, poor hygiene, low humidity, and diseases. Preparing yourself for these conditions is essential to having a healthy, safe, and comfortable trip.

It is important to be aware of the conditions and diseases associated with the region to which you are traveling. Personal safety issues and behavior modifications are as important as vaccines. Allow at least one month for adequate health preparation before departing on an international trip. Sometimes, it may take two to three months to make sure that all required and recommended vaccinations are in proper sequence.

Traveling is a great way to change your daily routine and leave your worries behind. However, do not expect a vacation from your health problems. That asthma condition, gastrointestinal disorder, or physical disability you deal with every day requires extra-special attention when you are away from home. If you suffer from diabetes, heart and lung disease, allergies, or AIDS, failure to take precautions while traveling could result in serious harm.

Despite all precautions, travelers abroad sometimes encounter illness and accidents. A good plan to reduce problems while you are abroad starts with evaluating healthy behavior and health risk factors. Both your behavior (lifestyle) and health risk factors affect your chances of developing a serious disease or of being safe in an unknown place.
Many serious health problems can be prevented by healthier lifestyles. You have the power to give yourself the best chance for good health by everyday choices you make—in the way you live, what you eat, and your general outlook on life. The same holds true while you are abroad.

Whether you are traveling in the United States or abroad, if you are sick, it is important to get appropriate medical attention right away. Overseas staff will help you get proper medical attention. However, you should take responsibility for your own health and safety while abroad.

SUGGESTIONS THAT WORK BEFORE DEPARTURE

◊ Pre-departure Medical Examinations
Before you travel, it is important to take a close look at the many factors that contribute to your physical and emotional well-being. Make sure you’re healthy before you start traveling. You need to complete all medical appointments well before departure date, including immunizations, if needed, gynecological checkup, and assessment of special health problems. Going abroad is not a magic “geographic cure” for concerns and problems at home. Both physical and emotional health issues will follow you wherever you go. Also, you should have a checkup with your dentist before traveling overseas. If left to chance, emergency dental care can be painful, hazardous, and very expensive.

When you meet with your doctor, explain the following: where you are going, how you are getting there, what you will be doing, and how long you will be gone. Give your doctor a country profile to help him or her prepare you with the right advice and medication.

◊ Visit your dentist. The last thing you want to deal with while overseas is a toothache or impacted wisdom teeth. Have any dental work you may need done before you go.
Inform yourself of local medical facilities. In addition to knowing what vaccines are required and how to keep healthy abroad, it is also important to know what to do and where to go if you should get sick abroad. The local U.S. Consular Office can usually recommend local English-speaking doctors, so take those numbers with you.

Does your health insurance cover you overseas? Verify your insurance coverage. What will you do if, despite your best precautions, you become sick or injured abroad? Not all U.S. insurance companies will cover you while you are traveling overseas. Many limit the amount of coverage. Emergency evacuation or long-term hospital stays can cost thousands of dollars. Check with your insurance company to verify coverage and purchase additional insurance coverage, if necessary. There are several insurance companies that specialize in overseas travel insurance and many permit you to buy coverage for as short as a month. Purchase the International Student Identity Card, through NIU's Study Abroad Office, for additional insurance coverage.

Do not forget medication for headaches, colds, and allergies when appropriate. Drug quality varies from country to country, so take your own medicine. Keep medicines in original drugstore containers. If you require a particular medication take an adequate supply, as it may not be available locally. Take the prescription or, better still, part of the packaging showing the generic rather than the brand name (which may not be locally available), as it will make getting replacements easier. It's wise to have a legible prescription or a letter from your doctor with you to prove that you legally use the medication to avoid any problems.

If you wear glasses, take an extra pair of glasses, contact lenses, a copy of your prescription, and bottles of lens-cleaning solution.
◊ Maintain the same level of activity and the same health routine you normally do at home. If you take regular doses of medication, such as insulin, ask your doctor to help you schedule doses to account for time zone changes.

◊ Additional precautions are advisable if you will be traveling to a third-world country. Either avoid drinking the water or take along your favorite method of water purification (check with a sporting goods store).

◊ Always carry a wallet card or wear a necklace stating any medical conditions you have (like diabetes). List allergies to specific medications.

◊ Assemble a medical kit. Refer to your pre-departure orientation handbook.

◊ One of the biggest problems with travel is acclimating yourself. Do not get overwhelmed by the excitement of your trip—take it easy for the first few days, increase your fluid intake, and avoid tempting, fatty, highly-spiced foods—your trip will not only be more enjoyable, but more likely illness-free.

IF YOU HAVE A MEDICAL CONDITION
Traveling can be a tiring experience even if you're in the best of health. If you require medication, take extra bottles along and a written prescription from your doctor. In addition to those suggestions listed above, please note the following:

◊ Be sure to carry any medicine in its original container and keep it with you always. Some countries have strict customs regulations.
◊ Take enough medication to last the entire trip, plus extra for unexpected delays returning home.

◊ Note any allergies you have, and your doctor’s phone and fax numbers. Keep this information in your wallet.

IDENTIFY YOUR HEALTH NEEDS
◊ Be clear about your health needs when applying for a program and when making housing arrangements. Describe allergies, disabilities, psychological treatments, dietary requirements, and medical needs so that adequate arrangements can be made.

◊ Resources and services for students with disabilities vary widely by country and region. If you have a disability or special need, apply early, identify it clearly, meet with the study abroad coordinator, and understand ahead of time exactly what accommodations can and will be made.

ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)
Background Information
AIDS is a severe, often life-threatening, illness caused by the human immunodeficiency virus (HIV). The incubation period for AIDS is very long and variable, ranging from a few months to many years. Some individuals infected with HIV have remained asymptomatic for more than a decade. Currently, there is no vaccine to protect against infection with HIV. Although there is no cure for AIDS, treatments for HIV infection and prophylaxis for many opportunistic diseases that characterize AIDS are available.

HIV infection and AIDS have been reported worldwide
Comprehensive surveillance systems are lacking in many countries, so that the true number of cases is likely to be far greater than the numbers officially reported from some areas, particularly the non-industrialized nations. The number of persons infected with HIV is estimated by WHO to be approaching the range of 18 million worldwide.
Because HIV infection and AIDS are globally distributed, the risk to international travelers is determined less by their geographic destination than by their sexual and drug using behaviors.

**Transmission and Prevention Information**

The global epidemic of HIV infection and AIDS has raised several issues regarding HIV infection and international travel. The first is the need of information for international travelers regarding HIV transmission and how HIV infection can be prevented.

**HIV infection is preventable**

HIV is transmitted through sexual intercourse, needle or syringe sharing, by medical use of blood or blood components, and from an infected woman to her baby/fetus. HIV is not transmitted through casual contact; air, food, or water routes; contact with inanimate objects; or through mosquitoes or other arthropod vectors. The use of any public conveyance (e.g., airplane, automobile, boat, bus, train) by persons with AIDS or HIV infection does not pose a risk of infection for the crew or other passengers.

**Travelers are at risk if they:**

⇒ have sexual intercourse (heterosexual or homosexual) with an infected person;
⇒ use or allow the use of contaminated, unsterilized syringes or needles for any injections or other skin-piercing procedures including acupuncture, use of illicit drugs, steroid or vitamin injections, medical/dental procedures, ear or body piercing, or tattooing;
⇒ use infected blood, blood components, or clotting factor concentrates. HIV infection by this route is a rare occurrence in those countries or cities where donated blood/plasma is screened for HIV antibody.

Travelers should avoid sexual encounters with a person who is infected with HIV or whose HIV infection status is unknown. This includes avoiding sexual activity with intravenous drug users and persons with multiple sexual partners, such as male or female prostitutes. Condoms, when used consistently and
correctly, prevent transmission of HIV. Persons who engage in vaginal, anal, or oral-genital intercourse with anyone who is infected with HIV or whose infection status is unknown should use a condom.

In many countries, needle sharing by IV drug users is a major source of HIV transmission and other infections such as hepatitis B and C. Do not use drugs intravenously or share needles for any purpose.

**Safety of Blood, Blood Products, and Needles**

In the United States, Australia, New Zealand, Canada, Japan, and western European countries, the risk of infection of transfusion-associated HIV infection has been virtually eliminated through required testing of all donated blood for antibodies to HIV. In the United States, donations of blood and plasma must be screened for antibodies to HIV-1 and HIV-2 and HIV-1 p24 antigen.

If produced in the United States according to procedures approved by the Food and Drug Administration, immune globulin preparations (such as those used for the prevention of hepatitis A and B) and hepatitis B virus vaccine undergo processes that are known to inactivate HIV and therefore these products should be used as indicated.

In less-developed nations, there may not be a formal program for testing blood or biological products for antibody to HIV. In these countries, use of unscreened blood clotting factor concentrates or those of uncertain purity should be avoided (when medically prudent). If transfusion is necessary, the blood should be tested, if at all possible, for HIV antibodies by appropriately-trained laboratory technicians using a reliable test. For more information, request WHO’s blood transfusion guidelines for international travelers.

Needles used to draw blood or administer injections should be sterile, preferably of the single-use disposable type, and prepackaged in a sealed container. Insulin-dependent diabetics, hemophiliacs, and other persons who require
DEPRESSION
A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

HOW TO HELP YOURSELF IF YOU ARE DEPRESSED
Depressive disorders make one feel exhausted, worthless, helpless, and hopeless. Such negative thoughts and feelings make some people feel like giving up. It is important to realize that these negative views are part of the depression and typically do not accurately reflect the actual circumstances. Negative thinking fades as treatment begins to take effect. In the meantime:

◊ Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
◊ Break large tasks into small ones, set some priorities, and do what you can as you can.
◊ Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
◊ Participate in activities that may make you feel better. Mild exercise, going to a movie, a ballgame, or participating in religious, social, or other activities may help.
◊ Expect your mood to improve gradually, not immediately.
◊ Feeling better takes time.
It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition discuss it with others who know you well and have a more objective view of your situation.

People rarely "snap out of" a depression. But they can feel a little better day-by-day.

Remember, positive thinking will replace the negative thinking that is part of the depression and that will disappear as your depression responds to treatment.

Let your family and friends help you.

One of the most scary emotional experiences a person will ever suffer during their lifetime is to experience a form of depression. Over 1 in 5 Americans can expect to get some form of depression in their lifetime. Over 1 in 20 Americans have a depressive disorder every year. Depression is one of the most common and most serious mental health problems facing people today. Many people still carry the misperception that depression is a character flaw, a problem that happens because one is weak. They say, "Pull yourself up by your own bootstraps!" and "You're just feeling blue... You'll get over it."

Depression is not a character flaw, nor is it simply feeling blue for a few days. Most importantly, depression is not a fault. It is a serious mood disorder which affects a person's ability to function in every day activities. It affects one's work, one's family, and one's social life.

Today, much more is known about the causes and treatment of this mental health problem. We know that there are biological and psychological components to every depression and that the best form of treatment is a combination of medication and psychotherapy. Contrary to the popular misconceptions about depression today, it is not a purely biochemical or medical disorder.
FATIGUE
Most experienced travelers agree that foreign travel by means of any public carrier is hard work and invariably involves elements of unpredictability. Therefore, it is best to be well rested, in good health, and in a sound frame of mind when you start your trip.

Use luggage that has shoulder straps or handles that do not dig into your hands. Use a portable, wheeled bag carrier for heavy luggage. Practice lifting your luggage before travel. Be sure to bend your legs to pick up heavy luggage. Do not bend over, using your back. Pack light!

Plan to travel in shoes that are comfortable. Never travel in new shoes or sandals.

Dress for comfort and ease of movement, especially for air travel.

◊ Wear clothes of natural fibers, such as cotton, wool, denim, etc. These fibers offer the best protection during an airplane evacuation or fire.

◊ Wear clothing that is non-restrictive.

◊ Wear long pants and long sleeves. NO SHORTS or SKIRTS.

◊ Wear low-heeled or strapped shoes, boots, or tennis shoes. You must remove high heels before leaving the airplane in an emergency. This will slow your departure from the airplane and put you at risk for severe injury from hazards, such as broken glass or metal debris. Avoid wearing sandals for the same reason.

FOOD AND MEDICINE
In areas of the world where hygiene and sanitation are poor, you should avoid unpasteurized milk and milk products such as
cheese. Food should be well cooked and served hot. Fresh fruit should always be peeled. Salads, in particular, may look delicious but contain invisible contaminants.

Diarrhea is usually caused by contaminated food or water. It is rarely serious or incapacitating, although severe cases may require medical attention. Hot tea or carbonated soft drinks containing sugar can be particularly helpful to the sufferer. Over-the-counter drugs may treat some symptoms at the risk of aggravating others. Many drugs sold abroad should not be taken, as they may contain ingredients that are impure or toxic. Again, you should ask your doctor.

**AIR TRAVEL**

**Dry Cabin Air**

The quality of the air you now breathe while flying in today's smoke-free cabin environment, is an issue of some import that has received little attention. First, you should know that the air you breathe, as well as the air that pressurizes the aircraft cabin so that you may remain conscious at high cruising altitudes, comes from the engines.

In-flight dryness can create thirst, scratchy eyes, bloodshot eyes, dry skin, etc. Drink lots of water during the flight. Take an additional bottle of water with you. Some doctors recommend that you drink two eight-ounce glasses of water right before departure. Dehydration is highly possible during airplane travel due to dry cabin air. It results in diminished blood flow to your muscles, reduced kidney functions, and fatigue, all of which induce jet lag. You can prevent dehydration by drinking one liter of water for every six hours of flight besides all beverages you drink with meals. Even if you may not be thirsty, it is important to drink water regularly throughout the flight, because the body's thirst mechanism does not warn you early about dehydration.

Alcohol and coffee both affect the body. Cabin air is relatively dry to begin with, and the combination can increase your chances of contracting a respiratory infection.
If you wear contact lenses, the low cabin humidity and consumption of alcohol or coffee can reduce your tear volume, leading to discomfort if you do not blink often enough. Lens wearers should clean their lenses thoroughly before the flight, use lubricating eye drops during the flight, read in intervals, and take the lenses out if they nap. (This may not apply to extended wear lenses; consult your practitioner.)

Jet Lag
The phenomenon of adjusting to a long flight is known as "jet lag." It is a condition characterized by various psychological and physiological effects that occurs following long flights through several time zones. Common symptoms of jet lag include headaches, irritability, upset stomach, sleeplessness, gastric discomfort, chills, and inability to concentrate. Symptoms may be worse if you are traveling west to east (away from the sun), because light helps to preserve the body's equilibrium. Travel from east to west (to an earlier time zone) results in fewer jet lag symptoms, and traveling northward or southward does not affect the body's circadian rhythms at all.

Jet Lag Preventatives
To reduce the effects of jet lag on a long trip, start changing your meals and bedtime several days before you leave to synchronize your body with the time zone of your destination. Abstain from caffeine.

The crossing of several time zones disrupts the sleeping and waking cycle, producing jetlag. The time needed for complete readjustment depends on the number of zones crossed. Experts say it takes one day for every time zone crossed to recover from jet lag symptoms. For example, if you cross six time zones, it will take six days to feel like your old self again. Although there are many methods for minimizing jet lag, it is impossible to eliminate it entirely.

People who have to take medication according to a strict time schedule (e.g., insulin, contraceptive pill) should seek a doctor's advice.
While en route, eat lightly.

On long flights, stimulate your circulation by standing, stretching, bending, and walking up and down the aisle from time to time.

**Motion Sickness**

If you have a history of motion sickness, you can choose from several over-the-counter remedies that can be taken before departure. Be careful, as most induce drowsiness and exaggerate the effects of alcohol. See your doctor for further information.

**Tips for Disabled Travelers**

Traveling disabled takes a great deal of planning. Decide what you need on a daily basis but on a much smaller scale. If you are ambulatory mode, try to manage with just one carry-on piece of luggage. If you're a wheelchair traveler, take another one for wheelchair parts, charger, etc., and a wheelchair backpack.

If you use a wheelchair, take the narrowest one you can find. If you can cope without a motor chair, your luggage will be minimal. If not, you might want to consider a motor add-on device that fits your lightweight chair.

If you're taking a wheelchair, consider new tires. In Europe, for example, traditional air-filled inner tubes provide more shock resistance on cobblestones.

Consider electrical current. Whether you take a power chair, or any electrical appliances, be aware that electricity varies drastically from the U.S. (110-120v). It's 220-240v in Europe, and other countries, so you'll need adapter plugs and a transformer.

Wheelchair repair shops may not be a common sight in other countries. A tube repair kit should include: bicycle wrenches, puncture repair kit, a tire changing kit, and cheap garden
gloves. Depending on the country that you will visit, do not forget to take a pump. Bicycles shops may be common at your destination. Check before departure. You’ll find that a narrowing device is essential for doors skinnier than your wheelchair. Use a 12-inch long 1/4” chain with a snap hook at each end that attaches through holes in each wheel axle brace. Shortening the chain as needed by moving the hook to a different link and re-attaching it will pull the wheels together and narrow the chair.

A wheelchair backpack comes in handy constantly for carrying cameras, maps, snacks, etc. A small lock on the pack will keep it free from pickpockets.

Money belts provide the ultimate peace of mind for cash, passports, credit cards, tickets etc. Choose one of three styles. One style fits around your waist, another around your neck, and still another style can be worn on your calf. By keeping your valuables in them, you foil potential pickpockets, and sleep comfortably on trains, etc.

How to choose an airline that will accommodate the disabled traveler
While you’re calling the airlines, research their attitude toward disabled travelers. What are their policies for helping you board, guide dogs, storing a wheelchair, batteries, etc? Ask and take notes.

Choosing a carrier that expresses disability awareness and concern for your comfort makes a big difference.

Battery-powered wheelchairs—with dry cell, wet cell, gel cell, or non-spillable electric storage batteries—may be accepted, but certain safety procedures must be followed in preparing the wheelchair for carriage. Call the airline well ahead of departure.

Federal aviation regulations require that canes be stowed prior to takeoff and landing as a safety measure.

Canes and crutches will vary in length, and the size may dictate
where they can be stowed. Telescopic canes may be collapsed and secured in a purse or seatback.

Qualified service animals (canines and monkeys) trained to assist with mobility, visual, and hearing impairment may be welcome on the aircraft at no additional cost, but must remain at the owner’s feet. They should not protrude into the aisles to comply with safety regulations. For this reason exit row seating is prohibited. Some countries have quarantine laws for animals or prohibit their entry altogether. Call the airline well ahead of departure to find out other requirements for your guide dog.

Some airlines may have a safety card in Braille available for vision impaired customers. Please advise the gate agent of your need for this information so he or she may relay this request to the flight attendants.

LIQUOR CONSUMPTION
Be careful of over indulging. Be aware of the customs of the country. To drink to get drunk, may not be the custom even though, like in France, they drink with every meal. It is very tempting in a foreign country where the beer may be stronger and cheaper and there are no barriers to drinking before the age of 21. However, there are some serious dangers. Drugging is not at all uncommon. Always try to buy your own drinks. Keep control of yourself. Never go home with a stranger. Always go out with at least one friend (especially if you are a woman), and return with that friend. Please note that abuse of alcohol can be grounds for dismissal from the program.

SEXUALLY TRANSMITTED INFECTIONS
An estimated 333 million episodes of curable sexually transmitted infection (syphilis, gonorrhoea, chlamydial infections and trichomoniasis) occur annually throughout the world. They are important causes of infertility, illness and death. Nonetheless, some travelers continue to place
themselves at risk of infection. In a few developed countries, a large proportion of sexually transmitted infections are now acquired during international travel.

Measures for preventing sexually transmitted infections are the same whether the individual is traveling abroad or not. Intercourse with multiple partners or with persons who have multiple partners (e.g. male or female prostitutes) can be dangerous. Do not judge by appearance: most infected people look healthy and have no symptoms of disease, yet are highly infectious. If in doubt, men should always use a condom, each time, from start to finish, and women should make sure their partner uses one. Women can also protect themselves from sexually transmitted infections by using a female condom—essentially—a vaginal pouch—which is now commercially available in some countries. Hepatitis B is the only sexually transmitted infection for which there is a protective vaccine.

**TRAVEL FIRST-AID KIT**

If you are going to be traveling, especially overseas, you should put together a traveler's first-aid kit before you leave. The kit should be comprehensive and contain a good selection of items. Here is a basic list of what to include:

- Small pair of scissors
- Tweezers or forceps
- Thermometer (note that mercury thermometers are prohibited by airlines)
- Sterile dressings (in different sizes)
- Gauze bandages
- An elastic bandage (can have Velcro ends)
- Triangular bandage and safety pins
- Adhesive tape
- Cotton swabs
- Band-Aids (a variety of sizes)
- Antibacterial ointment
- Antifungal cream or powder
Antiseptic solution
Hydrocortisone cream (1%)
Antibiotic cream or ointment
Water purifying tablets
Imodium (or other diarrhea medicine)
Antimicrobial medication for treatment or prevention of
diarrhea as arranged with the traveler's physician
Pain reliever (Tylenol or Motrin)
Antacid (such as Pepto or Mylanta)
Antihistamine (such as Benadryl)
Disposable gloves
Calamine lotion (or similar product for bug bites)
Sunscreen
A spare pair of glasses or at least the lens prescription
Acetaminophen
The traveler's favorite cold remedy and cold lozenges

WATER
Contaminated water can be the source of many infections and
diseases. It is usually safe to drink water in major Western cities.
Water is treated with chlorine to protect against disease. Avoid
drinking water in urban and rural areas of less developed
countries or anywhere chlorination is not available. Beverages
like tea or coffee, made with boiled water, carbonated drinks,
water in sealed bottles or cans, and beer and wine may be
substituted. If the water is questionable, ice will be equally so and
should be avoided. Remember: Just a small amount (or even
sipping a beverage chilled with ice cubes) and you may develop
diarrhea.

It is safer to drink from a can or a bottle than from a cup or glass
washed in water. Wet cans or bottles should be dried before
being opened, and surfaces that are in direct contact with the
mouth should be wiped clean before drinking.

Unsafe drinking water should not be used for hygienic purposes
such as brushing your teeth or contact lenses, washing near your
mouth, washing your hands before eating, and so on. For these
purposes, you may wish to boil your own "safe" water supply. Boiling is the most reliable way to make water safe for drinking. Bring water to a vigorous boil and continue boiling one minute for every 1,000 feet above sea level. An inexpensive immersion coil is a handy device to bring along for boiling. You may also need to purchase a simple plug adapter and possibly a current converter, which you can usually find in the electric department in most department stores. When bottled carbonated water is not available and boiling is not practical, your next best bet is to treat water with iodine additives (provided you do not have an iodine allergy).

When caught in an emergency, very hot tap water may be safe.

Swimming in contaminated water may also result in infection. Chlorinated pools are much safer than un-chlorinated pools or ponds.

WORLD HEALTH PROBLEMS
Some health problems are worldwide, such as diarrhea. Traveler's diarrhea occurs frequently. About 50 percent of all travelers are affected by diarrhea. If your doctor does not prescribe an antibiotic, you can take along some Pepto-Bismol liquid or tablets as a preventive measure along with Imodium AD. It also would be a good idea to bring along tablets for water purification (such as Potable Aqua) or a filtering device in case no safe drinking water is available. These are usually available in camping and sporting goods stores.

Other health problems, like malaria or diphtheria, are found only in certain geographic regions. Your best source for information is the Center for Disease Control. In addition to their website (http://www.cdc.gov/), they also maintain an International Travelers' Health Fax Service at (888) 232-3299.

Carry the name and address of a local English-speaking physician in each area you visit. Contact the non-profit
International Association for Medical Assistance to Travelers (IAMAT). For a world directory of English-speaking physicians who are available 24 hours a day, and their phone numbers, write to IAMAT, 417 Center Street, Lewiston, NY 14092. The American embassy or consulate can usually provide a list of local English-speaking doctors.

RESOURCES

Access-Able Travel
http://www.access-able.com/

Centers for Disease Control and Prevention

CurbCut
http://www.curbcut.com/

disABILITY Information and Resources
http://www.eskimo.com/~jltubin/disabled/

Global Access-A Network for Disabled Travelers

Health Check For Study, Work and Travel Abroad, (1996), NAFSA and CIEE
Mayo Health Oasis
http://www.mayohealth.org/ivi/mayo/9308/htm/traveler.htm

Health A to Z.com

MASTA
http://www.masta.org/travellers/index.html

Medicine Planet
http://www.medicineplanet.com/

National Institute of Mental Health
http://www.nimh.nih.gov
SAFETY ABROAD

This is a general guide to safety. Please refer to the list of resources for additional information. Share this information with your parents so they are involved in the process. They should be involved in discussing safety information about your destination.

Everyone has concerns about safety, particularly in places that are new and unfamiliar. Life in general has its hazards, but when we travel, despite all precautions, we are more at risk for accidents or crime. A basic knowledge of self-protection encourages and enhances our ability to enjoy a healthy lifestyle and helps to overcome the fear and uncertainty that so often restrict us in our actions. Personal safety starts with awareness.

Knowledge is one key to successful travel. Become an informed traveler. Knowing before departure what hazards and hassles you may encounter—and how to deal with them—will make your trip not only more rewarding, but also safer and less intimidating.
There is no place in the world that is completely safe, just as there is no place that is too dangerous to travel. It is all a question of understanding risks and taking needed precautions. Safety begins when you pack.

Be street smart when you travel, as you would be in a large American city. Look before you cross streets; keep yourself alert to what is going on around you. Anticipate problems before they occur. Do not be paranoid. A little common sense will hopefully keep you from losing your belongings or being injured.

You will be a guest in a new country and you should always behave with this in mind. Observe the rules of conduct of your specific program. Being a “foreign student” does not excuse you from knowing or from obeying the civil and criminal laws of the country.

You may be more likely a victim of crime or accidents simply because you are in an unknown environment. Take precautions to increase your safety abroad. Read about security problems in the country you are visiting. You should have some idea of what dangers to expect.

Learn as much as possible about the laws, history, and culture of the country you're visiting. Host nationals tend to be much friendlier to outsiders who are knowledgeable about their country.

Avoid political discussions. You are a foreigner and the country's political issues are none of your business.

Always remember that when you're in a foreign country you are an ambassador of your home country. Show respect by being polite and courteous.

Lastly, don't ignore your instincts. If you have a gut feeling that something is not right, it probably isn't. Listen to your inner conscience; move on, and get out.
Transportation Safety
Transportation-related injuries are the leading cause of preventable deaths among travelers. Road conditions and traffic regulation enforcement are a low priority in some countries, and vehicles may lack the safety equipment you have come to expect. In some places, drivers may have little or no training. All these factors can make driving a risky proposition, and you may need to take extra steps to ensure your safety.

Local Laws and Customs
When you leave the United States, you are subject to the laws of the country where you are—NOT the protection of the U.S. Constitution. You can be arrested overseas for actions that may be either legal or considered minor infractions in the United States. Be aware of what is considered criminal in the country where you are. Therefore, before you go, learn as much as you can about the local laws and customs of the places you plan to visit. Good resources are your library, your travel agent, and the embassies, consulates, or tourist bureaus of the countries you will visit. In addition, keep track of what is being reported in the media about recent developments in those countries.

Drug Violations
More than one-third of U.S. citizens incarcerated abroad are held on drug charges. Some countries do not distinguish between possession and trafficking. Many countries have mandatory sentences—even for possession of a small amount of marijuana or cocaine.

The Department of State's Consular Information Sheets are available for every country of the world. They describe unusual entry, currency regulations, or unusual health conditions, the crime and security situation, political disturbances, areas of instability, special information about driving and road conditions, and drug penalties. They also provide addresses and emergency telephone numbers for U.S. embassies and consulates. In general, the sheets do not
give advice. Instead, they describe conditions so travelers can make informed decisions about their trips.

In some dangerous situations, however, the Department of State recommends that Americans defer travel to a country. In such a case, a Travel Warning is issued for the country in addition to its Consular Information Sheet.

**Public Announcements** are a means to disseminate information about terrorist threats and other relatively short-term and/or trans-national conditions posing significant risks to the security of American travelers. They are issued when there is a perceived threat usually involving Americans as a particular target group. In the past, Public Announcements have been issued to deal with short-term coups, pre-election disturbances, violence by terrorists, and anniversary dates of specific terrorist events.

**Consular Information Sheets, Travel Warnings, and Public Announcements** are available at the 13 regional passport agencies; at U.S. embassies and consulates abroad; or by sending a self-addressed, stamped envelope to: Overseas Citizens Services, Room 4811, Department of State, Washington, D.C. 20520-4818. They are also available through airline computer reservation systems when you or your travel agent make your international air reservations.

In addition, you can access Consular Information Sheets, Travel Warnings, and Public Announcements 24 hours a day in several ways.

**Telephone**
To listen to them, call (202) 647-5225 from a touch-tone phone.
**FAX**
From your fax machine, dial (202) 647-3000, using the handset as you would a regular telephone. The system prompts you on how to proceed.

**Internet**
Information about travel and consular services is available on the Bureau of Consular Affairs' World Wide Web home page. The address is http://www.travel.state.gov. It includes Consular Information Sheets, Travel Warnings, and Public Announcements, passport and visa information, travel publications, background on international adoption and international child abduction services, and international legal assistance. It also links to the State Department's main Internet site at http://www.state.gov, which contains current foreign affairs information.

**ASSISTANCE ABROAD**
If you plan to stay more than two weeks in one place, if you are in an area experiencing civil unrest or a natural disaster or if you are planning travel to a remote area, it is advisable to register at the consular section of the nearest U.S. embassy or consulate. This will make it easier if someone at home needs to locate you urgently or in the unlikely event that you need to be evacuated in an emergency. It will also facilitate the issuance of a new passport should yours be lost or stolen.

Another reason to contact the consular section is to obtain updated information on the security situation in a country.

If you are ill or injured, contact the nearest U.S. embassy or consulate for a list of local physicians and medical facilities. If the illness is serious, consular officers can help you find medical assistance from this list and, at your request, will inform your family or
friends. If necessary, a consul can assist in the transfer of funds from family or friends in the United States. Payment of hospital and other medical expenses is your responsibility.

If you run out of money overseas and have no other options, consular officers can help you get in touch with your family, friends, bank, or employer and inform them how to wire funds to you.

Should you find yourself in legal difficulty, contact a consular officer immediately. Consular officers cannot serve as attorneys, give legal advice, or get you out of jail. What they can do is provide a list of local attorneys who speak English and who may have had experience in representing U.S. citizens.

YOUR PASSPORT
The U.S. passport is a document issued by the U.S. government certifying that the bearer is a citizen of the United States. Your passport is an indispensable travel registry and control document for foreign security and immigration authorities who look for any required entry visas and stamp its pages with your entry and departure dates. Your passport is an identification document to register at hotels, make credit card purchases, buy local currency, or rent a car. Most importantly, your passport is a guarantee for you and a notice to foreign authorities that the U.S. embassy has an interest if you are in trouble. Because of this guarantee of official U.S. interest, it is often a useful document to carry even in countries that do not require a passport to travel, such as Canada or Mexico. Please note that the U.S. passport does not give Americans rights to U.S. constitutional guarantees or any special treatment under foreign law when they travel.
Without a passport, you will not be allowed to enter most countries. This is one of the first things to consider in making your travel plans, because processing a passport can take as long as four weeks, and sometimes even longer during the peak travel season (from March to September).

Never under any circumstances lend your passport to anyone. If local law does not require you to keep your passport with you, carry only a photocopy of your passport.

Report the loss or theft of a passport to local police immediately and get a written copy of the police report—you will need it when getting new papers from the U.S. embassy.

**BASIC TRAVEL QUESTIONS TO ASK AS YOU PLAN YOUR TRIP**

Is there a development in the country that is an important reason not to go there? Political upheavals are posted in the U.S. State Department Travel Advisory Information. Please refer to the list of Resources in this publication.

What is the security situation at the airport? What is the best route and the best carrier to use to get there? Is the national airline safe?

Is there some particular problem or event in the country at the time of my visit that I should prepare for or avoid? Do their laws (civil and criminal) apply to foreigners?

Are there any details that you should be particularly concerned with in the country? For example, do airport cabs charge different or higher rates? Are passports needed for internal travel? Have the currency denominations changed? Are local authorities cracking down on illegal currency exchanges, etc.
What clothes are appropriate for different activities? Are any clothes inappropriate?

Are there any particular health problems or medical needs to anticipate? Would I know how to use an emergency telephone system?

CRIME

Even though the vast majority of travelers will not become targets of crime, it's a good idea to be prepared if the unlikely does happen. If you are unfamiliar with the area you will be visiting, or find yourself in a situation in which you feel unsafe, you might want to consider some of the following tips.

Tips

When traveling, we sometimes find ourselves going for days without reading the news. Keep up with the news while traveling.

Buy and read local and international papers, including English language newspapers.

Watch CNN, the BBC, and other global cable networks. The quality and breadth of the news shown on international news channels is sometimes stunning; you'll learn all kinds of information that never make it to our more sedate, conservative US stations.

Keep up with global events by turning on the TV in the morning.

Check the Internet. These days, most travelers stay in touch with their email in one way or another, whether from their own laptops, from hotel or hostel computers, or from Internet kiosks. When checking your email, check The Independent Traveler and the State Dept Web site.
Avoid wearing clothing that implies American citizenship. These could include English language t-shirts, clothing with sports or college insignias, and certain brand name clothes with high profile brand logos.

Avoid large crowds in tourist areas.

Stay in touch with loved ones. Many altercations are quite local in nature, and not all destinations in the region are dangerous. Call travel agent to inquire of any recent or threatened outbreaks of violence.

Before venturing into an unfamiliar neighborhood or region, ask the U.S. embassy or other knowledgeable person about the safety of the area.

Exchange money as soon as you arrive. Flashing greenbacks constantly can generate lots of attention, not just from terrorists, but from pickpockets and other petty thieves. To prevent this, exchange money at an official exchange counter as soon as you arrive. This way, you can begin using the local currency immediately, drawing less attention to yourself.

Most travelers who have been assaulted and robbed on the street have done something to show their vulnerability to their assailant. Just as an experienced traveler learns how to pack wisely for a trip, the security-wise traveler must learn how to travel safely. That starts with the realization that you have a duty to take reasonable precautions to protect yourself, family members, friends, and personal property. Risks of crime may threaten you, though you have not specifically been made aware of these risks.

Learn what coins are needed to operate public phones, know the number of the police and the embassy, and make
certain to carry enough of the local change to make at least three or four calls.

Many countries have a government office (such as the U.S. Department of State) that supplies information for citizens who are traveling. Check for advisories on political or civil unrest, criminal activity against tourists and other travel concerns.

Know the phone number and location of your government's closest embassy or consulate, and carry this information with you. In most cases a duty officer is on call at all times in case of crime or other emergency.

Know how local law enforcement agencies operate and where to go for help.

Walk only along heavily traveled streets; avoid isolated areas whenever possible. Stay out of dangerous areas such as narrow alleys and shortcuts at anytime. Avoid poorly lighted streets at night. Avoid areas where common sense tells you that the potential for trouble is higher.

Walk near the center of the sidewalk. That gives you more maneuvering room in the event you have to run or move suddenly.

Avoid walking late at night. If this is necessary for a social function, try to travel with another person. In particular, avoid remote areas of the city and the countryside at night.

Be especially alert in crowds. The most common sites for purse, bag, or camera snatching are the crowded shopping areas around places heavily frequented by tourists, such as on public buses, subway stations, etc.

Thieves often strike when travelers are distracted.
Do your map reading before going out. Studying a map on the street is like holding up a sign that says "rob me". Jot down directions on a small piece of paper. Always act as if you know where you are.

Never carry more money than you need. Never exhibit large amounts of cash.

Find out which parts of town locals consider risky. Know exactly what the local currency is, the local/U.S. exchange rate, and the local laws on converting money. Money changing scams are common.

Cash should be carried in two separate places on your person; at least one of the places should be inside the clothing.

Unless local law requires you to carry your passport, keep it locked in a safe location and carry a photocopy. If your passport is stolen, you will need identification to receive a new one. Bring several passport-size photos; it can be difficult to find photo shops in some countries.

Don't wear expensive clothing or jewelry. Store all valuables and lock your room before setting out.

Never carry large amounts of cash. Use traveler's checks or credit cards for most purchases, but first make sure they are accepted in the areas you will be visiting.

Carry purses, shoulder bags, and handbags tucked under the arm, with the clasp toward your body. Hold the bottom of the bag to prevent thieves from cutting out the bottom.

Keep from being distracted by street vendors, begging children, or women with babies, all of whom have been used by persons intent on pick pocketing unsuspecting tourists. Another known scam involves deaf mutes who act
ill or confused and seek the aid of a tourist. While the latter attempts to help he or she is robbed by members of the deaf mute's gang. Be aware at all times.

Do not try to be brave in the face of danger—run away and yell for help. Your life and health are worth more than your possessions.

Familiarize yourself with local exchange rates before you make any purchases, and pay close attention to all monetary transactions. Exchanging money, in particular, is sometimes seen as an easy way to deceive tourists. Avoid black market exchanges.

Beware of pickpockets, especially around train stations and other centrally located, crowded areas. Unfortunately, you need to be careful even around groups of small children, who sometimes act as distractions so you can be robbed.

Make sure that someone knows where you are going and when you expect to return.

If you become the victim of a crime, contact your embassy. A duty officer is on call 24 hours a day at every embassy to help you in case of an emergency.

MOTOR VEHICLES
The greatest physical threat to travelers abroad is not disease, but automobile travel. Northern Illinois University strongly discourages travelers to operate motor vehicles abroad. Road conditions and traffic regulation enforcement in most developing countries are far below North American standards, making driving in these areas highly risky. Mass transportation and taxis are preferable to driving yourself in nearly all cases. Foreign road signs, unfamiliar territory, narrow roads, heavy pedestrian and cycle traffic, and freewheeling drivers can quickly add up to an accident. Night driving is worse yet. If you absolutely have to drive yourself, at least try to wait a few days to acclimatize and overcome the effects of jet lag before heading out on your own.
Road Safety
An estimated 1.17 million deaths occur each year worldwide due to road accidents. The majority of these deaths, about 70 percent, occur in developing countries. Sixty-five percent of deaths involve pedestrians and 35 percent of pedestrian deaths are children. Over 10 million people are crippled or injured each year. It is estimated that more than 200 U.S. citizens die each year due to road accidents abroad. The majority of road crash victims (injuries and fatalities) in developing countries are not the motor vehicle occupants, but pedestrians, motorcyclists, bicyclists and non-motor vehicles (NMV) occupants. U.S. citizens are urged to review the Road Safety segment of Department of State, Bureau of Consular Affairs Consular Information Sheets at http://travel.state.gov/travel_warnings.html, and the country-specific links below for any country in which you intend to drive or travel by road as a passenger. Check with the embassy or consulate of the countries where you will visit to learn about requirements for driver's license, road permits, and auto insurance. It is important to be aware of the rules of the road in other countries, and the fact that road conditions can vary widely. It is also important to be aware of security concerns when driving abroad. Driving under the influence can have severe criminal penalties in other countries. The issue of international road safety continues to be a matter of growing concern to governments, international organizations, non-government organizations and private citizens. See the links to these topics and to other organizations below. May 1-7, 2000 was the UN National Road Safety Week for Economic Commission for Europe (ECE) countries. In 1998, the World Health Organization ranked road accidents as the 9th leading cause of mortality and disease.
Road Security
The Overseas Security Advisory Council's (OSAC) publications provide information about security and auto travel abroad. Potential victims of kidnapping and assault are probably most vulnerable when entering or leaving their homes or offices. Always carefully observe surroundings for possible surveillance upon leaving and returning. Never enter a car without checking the rear seat to ensure that it is empty. Do not develop predictable patterns. If possible, exchange company cars or swap with coworkers occasionally. Know the location of police, hospital, military, and government buildings. Avoid trips to remote areas, particularly after dark. Select well-traveled streets as much as possible. Keep vehicles well-maintained at all times. When driving, keep automobile doors and windows locked. Be constantly alert to road conditions and surroundings. Never pick up hitchhikers. Carry 3 x 5 cards printed with important assistance phrases to aid with language problems. Always carry appropriate coins for public phones. Practice using public telephones. Report all suspicious activity to the company security contact if applicable. Always lock the doors when parking a car, no matter where it is located.

Information for Students
The Department of State is engaged in outreach efforts to education-related organizations to publicize road safety risks in other countries. Students, who may chose less expensive, often less reliable methods of local travel while in foreign countries, should be aware of the potential danger. See the Center for Global Education, USC, travel and transportation web site at Travel and Transportation and the personal safety site at USC, Center for Global Education for more information. Students traveling abroad should also be aware of the dangers of potentially reckless behavior, including careless driving or driving under the influence. It should also be noted that penalties for persons judged responsible for automobile accidents resulting in injury or fatalities are treated very seriously by foreign authorities and can result in extremely stiff prison sentences. Northern Illinois University does not allow students to drive a vehicle abroad while participating in a study abroad program.
Although many countries do not recognize U.S. driver's licenses, most countries accept an international driving permit (IDPs). IDPs are honored in more than 150 countries outside the U.S. (See AAA's application form for the list of countries. They function as a legal identification document that translates U.S. driver's license information into 11 foreign languages. These licenses are not intended to replace valid U.S. state licenses and should only be used as a supplement to a valid license. IDPs are not valid in an individual's country of residence.

Before departure, you can obtain one from an automobile association authorized by the U.S. Department of State to issue IDPs. Article 24 of the United Nations Convention on Road Traffic (1949) authorizes the U.S. Department of State to empower certain organizations to issue IDPs to those who hold valid U.S. driver's licenses. The Department has designated the American Automobile Association (AAA) and the American Automobile Touring Alliance as the only authorized distributors of IDPs. Many foreign countries require deposit of a customs duty or an equivalent bond for each tourist automobile entering its territory, and the motoring associations are equipped with the necessary facilities for providing expeditiously a standard bond document (Article 3 of the Convention). The Convention is not applicable to United States motorists using their cars in the United States.

**Auto Insurance**

Car rental agencies overseas usually provide auto insurance, but in some countries, the required coverage is minimal. When renting a car overseas, consider purchasing insurance coverage that is at least equivalent to that which you carry at home. In general, your U.S. auto insurance does not cover you abroad. However, your policy may apply when you drive to countries neighboring the United States. Check with your insurer to see if your policy covers you in Canada, Mexico, or countries south of
Mexico. Even if your policy is valid in one of these countries, it may not meet that country's minimum requirements. For instance, in most of Canada, you must carry at least $200,000 in liability insurance, and Mexico requires that, if vehicles do not carry theft, third party liability, and comprehensive insurance, the owner must post a bond that could be as high as 50% of the value of the vehicle. If you are under-insured for a country, auto insurance can usually be purchased on either side of the border.

NAMES AND NUMBERS TO KNOW IN EMERGENCIES
Prepare a list of contacts that you might need in an emergency. You must carry this information with you always.

◊ The name of the U.S. ambassador or consul in the country and city of your destination and an emergency number.
◊ The address and telephone number of the company that issued your traveler’s checks in case your money is lost or stolen.
◊ The address and telephone number of your credit card companies in case your cards are lost or stolen.

Tape this information (including your blood type and Rh factor) on the back page of your passport. Keep a copy of this information somewhere else in case you are not using your passport.

SECURITY—ITEMS TO TAKE
Never leave valuables in your check-in luggage or unattended. Carry them with you always or leave them in a safe deposit box. Conceal them in an undercover passport carrier or money pouch. Money plays a key role in your trip. While losing a passport, visa or your identification certainly is not the end of the world, it could quickly mark the end of your trip. Carrying a passport pouch is a wise choice. The best ones are designed to fit comfortably between your clothing and skin. The key idea here is softness. No one wants rough
edges or stitching rubbing against their skin all day. Passport pouches are good for carrying cash and other valuables, too. Choose a style to strap around your waist, sling over your shoulder, or hang from your neck. If you are carrying large denominations of currency or traveler’s checks, you may want to consider a money belt so that if someone manages to lift your wallet, you will still have plenty of cash.

The following items may be useful for averting assault and theft:

◊ A money belt with a zipper that you can wear under your clothes.
◊ A neck pouch to conceal your valuables under your clothes.
◊ A small strand of bendable wire to fix baggage handles if they break.
◊ A small roll of fiber tape to repair ripped or broken luggage.

AIRPORT SECURITY
Due to world conflict, airport security is more stringent than ever.

To get through security procedures quickly and easily, it is wise to take the following advice:

BE at the airport early to allow time for extra measures that may include identifying your luggage at one or more points beyond check-in. For international flights, early means a minimum of two hours before departure.

KNIVES, scissors or anything that resembles a weapon or could be used as a weapon should not be carried aboard.

METAL jewelry, belt buckles or accessories, or a pile of change will sound the metal detector alarm. You will have
to empty your pockets, take off the jewelry, and keep going through the metal detector until it is silent. To speed up your security check, you may want to do this before passing through the metal detector. Agents have small boxes where you can put everything that you take off.

DON'T argue with security personnel—no matter what. They are there for your protection. Uncooperative behavior will only lead to greater delays and intensive searches.

SECURITY FOR WOMEN TRAVELERS
The most important thing is to pay attention to your surroundings. In any large city in the world it is not wise to venture alone into areas that are unfamiliar.

Safety tips for women and for any traveler, basically come down to common sense and knowledge of your surroundings. Do not do anything that you would not do at home: do not accept a ride from a stranger or go into strange neighborhoods alone after dark, always lock your car, and do not flash a lot of money or wear expensive jewelry.

When traveling and registering anywhere, for anything, use your last name and only your first initial.

The most common places for women to be robbed are at bus and train stations, airports, or crowded streets.
It is common for a would-be thief to use razor blades to cut purse straps, take the purse, and then get away in a thick sea of bodies.

Carry all valuables—i.e., tickets, money passports, etc.—in a money belt under your clothes. Take out of the belt only what you might need for the day. Walk with a purpose; do not look like you are sightseeing or lost. Be aware of who is around you. Use eye contact.

Dress appropriately to protect your safety. Respect the cultural norms of the society that you are in.

For additional information: http://www.journeywoman.com

RESOURCES
About.com—The Human Internet
http://airtravel.about.com/travel/airtravel/msubsafe.htm

Air Security International (ASI)
www.airsecurity.com

Alcoholics Anonymous World Services. POB 459, Grand Central Station, New York, NY 10163, 212.870.3400. Provides a directory of international AA meetings for members only.

A Safe Trip Abroad
http://travel.state.gov/asafetripabroad.html

Association for Safe international Road Travel
(ASIRT)
Telephone: (301) 983-5252
www.asirt.org

Centers for Disease Control Travel information
www.cdc.gov/travel/travel.html

CIA World Factbook

Eagle Creek Travel Gear
www.eaglecreek.com/

Fly Smart - An Air Traveler’s Guide - Federal Aviation Administration
www.faa.gov/apa/traveler.htm

Freedomtrek.com
www.freedomtrek.com/articles/healthandsafety.htm

Help for World Travelers
http://kropla.com/
A Manual for Integrating Persons with Disabilities into International Educational Exchange Programs. Edited by Susan Sygall. Mobility International USA, POB 10767, Eugene, OR 97440. (541)343-1284


Overseas Security Advisory Council
www.ds-osac.org

Safety Abroad First Educational Travel Information (SAFETI)
www.usc.edu/dept/education/globaled/safeti/
Terrorism Research Center
www.terrorism.com

The Travel Library
www.pplusmeriter.com/living/library/travel/safety.htm

Travel Health Network
www.pitt.edu/HOME/GHNet/travel/travel.html

USC Center for Global Education
http://www.usc.edu/dept/education/globaled/

U.S. Customs
www.customs.ustreas.gov/travel/index.htm

U.S. State Department Travel Advisory
http://travel.state.gov/travel_warnings.html

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U:\International Programs/Publications/Health and Safety revd Mar 05
Study Abroad Office, Northern Illinois University, DeKalb, IL 60115
www.niu.edu/niubroad
Reprinted 5/30/03 (AMS)