

Health and Health Insurance

- Provide students with official country-specific health information (CDC, HTH) (www.cdc.gov/travel; www.hthstudents.com) well in advance
- Clarify that you cannot give medical advice and that the students are responsible for obtaining necessary vaccinations and complying with other country-specific medical precautions
- Suggest to students to make an appointment with the Penn State's Travel Clinic
- Provide list of local HTH-vetted doctors and hospitals with contact data
- Explain HTH services to students (e.g. making appointments through HTH in advance)
- Encourage students with preconditions to let you know as necessary (food allergies, etc.)
- Strongly encourage students to register with HTH's "well-prepared" online form
- Students who plan to travel with medications need to make sure importing these is permitted (use original container; bring physician's prescription)
- Remind students to always have their HTH insurance number/card available during the trip.

Immigration Requirements and Legal Issues

- Provide official information about passports and visa requirements (well in advance)
- Require registration with U.S. State Department (local embassy or consulate)
- Provide information on differences in destination country law pertaining to travel, such as smoking, taking photographs or government or other facilities, drugs:
(<http://www.fco.gov.uk/en/travelling-and-living-overseas/travel-advice-by-country/>;
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html)
- Clarify limits of legal protection in cases in which students violate the law of the destination country
- Recommend that students make two copies of passports/credit cards (for home and for destination hotel).

Drug and Alcohol Policy

- Abuse of alcohol is prohibited. Possession, use or dissemination of illicit drugs is prohibited.
- Discuss expected student conduct.

Communication

- Collect phone numbers of students with international cell phones
- Distribution of telephone numbers to all students on a voluntary basis
- Provide list of emergency numbers (your cell phone number, students' numbers, U.S. Embassy/Consulate/HTH hotline/Penn State hotline/local police department)
- Create telephone tree as necessary and possible
- Strongly encourage students to communicate with parents while abroad/create travel blog/emails as far as possible (different time zones, lack of computer access, etc. may pose communication hurdles)
- Manage communication expectations of parents
- Ensure that students know how to place phone calls from destination country to the U.S.
- Remind students to always carry list of emergency numbers and student phone numbers during the trip.

Crime and Safety

- Provide students with country specific OSAC Crime Report, State Department Country report
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html;
- <https://www.osac.gov/> → click on jump to country)
- Discuss country-specific crime issues.

Smart Traveler

- Provide destination-specific packing advice
- Create buddy system (create pairs of students who will stay together at all times, as feasible)
- Nominate student back-up leader, as necessary
- Designate meeting points
- Avoid political and other demonstrations
- Swimming in free time: Alert students to possible water-specific dangers (currents, undertow, contaminated water, etc.)

Road Safety

- Provide students with ASIRT road safety information
(www.asirt.org/StudyAbroad/Brochures/tabid/86/Default.aspx)
- Stress importance of staying alert at all times in traffic (especially when visibility is poor; at intersections; in large cities).

Emergencies

- Discuss risks and possibility of different kinds of emergencies
- Discuss emergency procedures and protocol
- In case of an emergency, person listed as emergency contact of the affected student will be notified by Penn State (in general Student Services); if parents are not listed as emergency contacts, under FERPA and the University policy AD 11, information about a student may be released by a designated officer of the University when that information is necessary to protect the health or safety of a student.
- Raise awareness of emotional stress that may be caused by emergencies.