



# Office of Study Abroad

# Health Insurance

- Insurance does not cover injuries resulting from “off-road motorcycling; scuba diving, jet, snow or water skiing; mountain climbing (where ropes or climbing equipment are customarily used); sky diving, ultra-light aircraft; hang gliding; sailplaning/gliders; parachuting automobile racing or automobile speed contest; bungee jumping; spelunking; white water rafting; surfing or parasailing,” either as a part of the program or as a non-program activity.



# Health Insurance

- Faculty are refrained from providing advice about medications or over-the-counter medications
- When student is sick or injured, ask faculty seek for appropriate medical assistance immediately
- If you want the university to inform the emergency contact, ask faculty to inform the OSA. OSA will NOT contact emergency contact in other cases, unless requested by student
- “Emergency”: unconscious and/or hospitalization



# Sexual Harassment/Assault

Sexual assault is any sexual contact made without consent. Consent must always be freely given with words or actions that clearly communicate an individual's desire to engage in sexual activities. Consent is a clear 'yes', not the absence of a 'no'. Sexual assault is always the fault of the perpetrator and not the fault of the victim. Whether or not the victim has been drinking is irrelevant. No one deserves to be a victim of sexual assault.

# Sexual Harassment/Assault

When you, or someone you know, experiences relationship, or sexual harassment/violence:

- Seek safety first,
- Seek the support of resources within your faculty/ host country
- Contact the Office of Study Abroad.



# Tips for Female Travelers

Countries have varying cultural, social, and legal issues regarding gender roles, social relationships, and dating practices.

- Dress “local-like”
- Avoid eye contact or smiling at men you don’t know
- Be firm and assertive in your language and posture
- Travel in groups, especially at night.
- Pay attention to your instincts



# Safety

- Avoid Poorly-lit Places and Walking Alone, esp at Night
- Avoid possible Conflict Areas  
ex) Demonstrations, Large Crowds/Gatherings
- Avoid Substance Abuse and Alcohol  
“Student’s Code of Conduct”
- Avoid non-Bottled Drinks
- Do Not Leave your Belongings Unattended



# Safety

- If swimming while abroad, be mindful that certain hazards, such as a strong current or undertow, may not be marked. Do not swim alone or unaccompanied.
- Students are strongly discouraged from driving while abroad: Traffic laws and regulations vary.
- LU is not responsible for any direct or indirect expenses incurred as a result of a student's decision to operate a motor vehicle while abroad.





# Alcohol and Drugs

- Students are expected to adhere to the same code of conduct as if you were on campus at LU, as well as your host country's laws and regulations
- Zero Tolerance Policy against Drugs: Subject to strict punishment with the possibility of ending the student's program at the student's expense.



# InternationalSOS: How It Works

- Travel assistance provider for health (through Gallagher) and safety emergencies while abroad.
- Your trips will be logged into the Travel Tracker through the agency or manually through My Trips, by the OSA or yourself: This helps you and the OSA keep track of travelers, flights, and contact info should an emergency arise.
- You must have downloaded the International SOS app: [app.internationalsos.com](http://app.internationalsos.com).
- Our membership # is 11BCAS65032. Cards in folders!



# InternationalSOS: How It Works

- You should all be receiving Advisory letters from International SOS. Please READ it.
- For more details you can call and ask for a security briefing from an in-country expert through +1 215 942 8478 (this is the dedicated scholastic line – they know it's a university calling, Int'l SOS also has a number of more local assistance lines).
- You can also access this info through their website:
- [www.internationalsos.com/members](http://www.internationalsos.com/members)



# InternationalSOS: How It Works

- When abroad you can Check In, call collect to SOS, search clinics
- You can call them for guarantee of payment, assistance with ambulance, hospital etc. – it's really designed for emergencies
- For basic illness, still try to call International SOS before going to the doctor. They have doctors available via phone. If need be, you can go straight to local doctor, pay out of pocket, get reimbursed.



# Finance

- ATM: Ask your home bank to increase your daily withdrawal limit prior to departure
- Should carry emergency funds in USD
- Faculty are discouraged from loans to students, except in cases of emergency
- OSA will apply charges to the student's account, unpaid to the faculty



# Contacting Home

- Skype
- Pre-paid calling cards
- Cellphone: Check with your local phone provider. Text-only vs phone calls
- Free-Apps



# Non-Emergency Situation

- Not critical but still require assistance
  - ✓ minor illnesses or injuries
  - ✓ difficulties with roommates or housing
  - ✓ problems with program coursework
- You can get help from:
  - ✓ Faculty leader
  - ✓ OSA (email)

Note: OSA will communicate with the student's emergency contact only when the student is unconscious and/or hospitalized.



# In an Emergency

- Urgent situation or occurrence that threatens your health or safety and requires immediate action.
  - ✓ Severe illness or injury
  - ✓ Crime victim
  - ✓ Arrest
  - ✓ Civil unrest or natural disaster in the host country
  - ✓ Terrorist attack or threats





# In an Emergency

- Contact:
  - ✓ Faculty leader and/or on-site program support staff.
  - ✓ Emergency services, InternationalSoS
  - ✓ OSA: +1-409-880-7060
  - ✓ LUPD: + 1-409-880-7777
  - ✓ The U.S. Embassy or Consulate in the country your program city/country
- When making an emergency phone call:
  - ✓ First state your phone number: in case of interruption
  - ✓ Provide information based on 5Ws1H

# In an Emergency

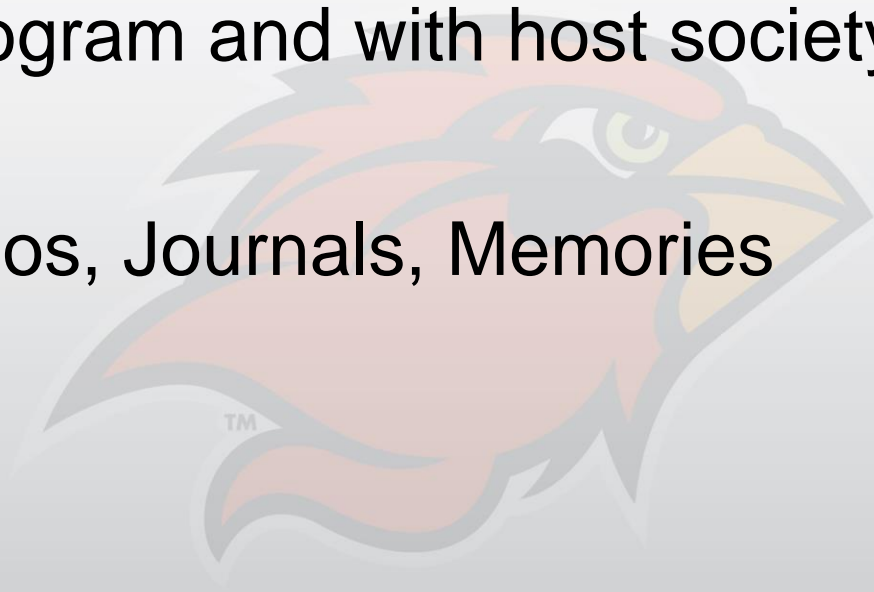
- In the event of a political, social, or natural emergency, the Office of Study Abroad will be in contact with the on-site faculty leader(s) for the program
- Always check your communication channel

Ex) International SOS, Smart Traveler,  
Emergency Tree



# Maximize Your Program

- Prepare
- Explore
- Connect: Within the program and with host society
- Communicate
- Capture: Pictures, Videos, Journals, Memories



# Global Ambassadors Program (GAP)

## Eligibility:

- Study abroad alumni students
- Willing to commit volunteer time
- Certificate upon completion of volunteer activities
- Great addition to your resume
- Become a GAP member, Make a Difference!

