Links to online pre-departure training presentations:
- Undergraduate Training Part 1: Health and Wellness
- Undergraduate Training Part 2: Risk Management & Emergency Planning
- International Risk Management for Graduate Student

Health, Safety, and Emergency Planning Reminders—review before traveling abroad:

Alcohol Safety
- Be aware of potential interactions between alcohol and drugs.
- Consider how alcohol is consumed in the local culture—ask trusted local residents for advice.
- Understand that certain drinking behaviors may identify you as an outsider, making you a target for crime.
- Stay with a trusted "buddy" while abroad, there’s safety in numbers.

International Insurance Requirement
- All Northwestern students must have GeoBlue medical insurance.
- Before enrolling:
  - Confirm with your sponsor that they have not already purchased your plan.
  - Book your flights—your coverage dates should be your arrival and departure dates.
- The cost is less than $12 per week, payable by credit card—Enroll Here.
- When you are asked for visa information, US students should leave the section blank.
- After enrolling, print the personal certificate document and keep it with you while abroad.

Current Health Conditions & Medications
- Not all medications are available or legal in some countries. Contact the Geo-Blue Global Health Team for more information (610-254-8771; globalhealth@geo-blue.com).
- Discuss managing current conditions abroad with
  - GeoBlue Global Health Team AND/OR
  - Julie Anne Friend and Beth Osterlund (847-467-3899; globalsafety@northwestern.edu).
- Students with disabilities and/or chronic conditions should also disclose travel plans to AccessibleNU (accessiblenu@northwestern.edu).

Country-Specific Health Information
- Research health risks and recommendations for your destination.
  - Centers for Disease Control & Prevention Traveler's Health Page
- For pre-departure health needs, you may use the following resources to locate a medical professional:
  - Chicago-area county health facilities
  - U.S. Health Facilities
  - Northwestern Travel Medicine Clinic

Immunizations
- Discuss your travel plans with a medical professional, and bring with you the country-specific information available here.
- Allow as much time as possible for immunizations.
- For more information on routine immunizations and travel medicine appointments, review Immunizations and Prophylatic Medications.

Non-Emergency Health Needs Abroad
- Call or email GeoBlue about an appointment that will offer direct billing and a physician who speaks English.
- If you do not use GeoBlue to find a physician, you will pay out-of-pocket and use receipts to be reimbursed.
Medical Emergencies
- Go to the nearest treating facility
- Call GeoBlue at (610) 254-8771
- Call NUPD at (847) 491-3456

Mental Health Abroad
- It is not uncommon for students to experience mental health conditions while studying abroad, perhaps even for the first time. Visit OGSS's mental health page.

Sexual Health and Misconduct
- There may be a heightened risk of sexual harassment and assault for study abroad students—both men and women. If your sexual boundaries are violated in any way, know that it was NOT your fault.
- Learn about your host country’s culture, and consider the safety tips provided in the training presentation.
- Pick up a booklet about sexual health abroad from the Office of Global Safety & Security (1800 Sherman Ave, Suite 4-400, Evanston, IL) or order a copy online.
- Survivor support resources are available at Northwestern CARE and https://rainn.org/.
- For resources and reporting options, click here.

Risk Management
- Think about what dangers and cultural differences you will face abroad, and consider anything you will need to be more careful about.
- Review US Department of State Travel Advisory and country information for your destination.
  - Americans abroad are subject to that country's laws and regulations.
  - Enroll in the Smart Traveler Enrollment Program.
  - Smartphone users can download the free apps, “Smart Traveler” and “GeoBlue” to use before you leave and while abroad.

Road and Fire Safety
- ASIRT provides information about road conditions to make safe transportation choices.
- Locate fire escapes, smoke detectors and fire extinguishers in your residence.
  - Check that the smoke detectors have working batteries.
  - No smoke detectors? Purchase a portable one from the Fire Safety Foundation.
- If possible, live on a floor where a fire truck could reach you. Suggestions are listed in the presentation.
- Visit the Jasmine Jahanshahi Fire Safety Foundation, Inc. for more information.

Make an Emergency Action Plan
- Consider real and perceived emergencies that may happen in your location, and know how to seek help.
- Designate a primary and secondary safe place.
- When you are safe after an emergency, report your status to Northwestern University (OGSS), your program provider, your supervisor, family, and friends.

Tips for International Students
- Make sure you have what you need to re-enter the U.S., otherwise, you may risk facing detention by the Department of Homeland Security Customs and Border Patrol. Click here for more information.

Collect all relevant contact information—SHARE IT WITH YOUR EMERGENCY CONTACTS AND FAMILY
- Keep an easily accessible, written record of contact information for local medical/emergency contacts, NU emergency contacts, local law enforcement, your host, other travelers, and any other relevant NU contacts.
- 24/7 emergency numbers: NUPD at 847-491-3456 and GeoBlue (medical only) at 610-254-8771.
Crime Deterrence
- Clean out your wallet, backpack, and/or handbag before you leave.
- Make photocopies of the credit, debit, and/or ATM cards you take, as well as your passport and visa.
  - Leave one copy at home.
  - Seal another copy in an envelope and place it in a secure location in your luggage.
- If you become the victim of a crime:
  - Seek safety, assess and report the crime, cancel and replace credit/debit cards, and replace a lost passport by contacting the nearest embassy or consulate.

Make a Communication Plan
- Agree on communication protocols with your sponsor AND your family (phone, text, email, Facebook, etc.).
- Be mindful of social media posts that could unnecessarily alarm friends and family.

Best Travel Practices

Questions? Contact Northwestern University's Office of Global Safety and Security (OGSS):

<table>
<thead>
<tr>
<th>Julie Anne Friend, Director</th>
<th>Beth Osterlund Program Coordinator</th>
<th>Jonathon Zinger Assistant Director</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:julie.friend@northwestern.edu">julie.friend@northwestern.edu</a></td>
<td><a href="mailto:beth.osterlund@northwestern.edu">beth.osterlund@northwestern.edu</a></td>
<td><a href="mailto:jonathon.zinger@northwestern.edu">jonathon.zinger@northwestern.edu</a></td>
</tr>
<tr>
<td>Direct: (847) 467-3175</td>
<td>Direct: (847) 467-3899</td>
<td>Direct: (847) 467-7902</td>
</tr>
<tr>
<td>Main: (847)467-6400</td>
<td>Main: (847)467-6400</td>
<td>Main: (847)467-6400</td>
</tr>
</tbody>
</table>

Personal information:
Name ____________________________
Local phone number __________________
Emergency contact phone number ________________
GeoBlue Medical Insurance Certificate Number ______

IN ANY EMERGENCY
Call NUPD at (847) 491-3456. Provide:
- Location (country & city)
- Personal information listed on this card
NUPD will contact the Office of Global Safety and Security (OGSS) at Northwestern University, who will return your call.

IN A MEDICAL EMERGENCY
Step 1- Go to hospital and call the GeoBlue Global Health Team at (610) 254-8771. Provide GeoBlue with:
- Your name & GeoBlue certificate number
- Hospital name, location, and telephone number
Step 2- Call NUPD at (847) 491-3456. Provide NUPD with:
- Hospital name, location, and telephone number
- Personal information listed on this card
NUPD will contact OGSS, who will return your call.

IN A SECURITY OR SAFETY EMERGENCY
Step 1- Call the U.S. Department of State at +1-202-501-4444 for the nearest embassy or consulate.
Step 2- Follow “IN ANY EMERGENCY” procedure on t