

Health & Safety Information Session

The Guarini Institute for International
Education

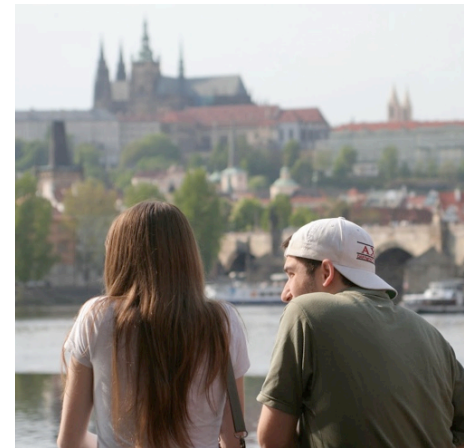
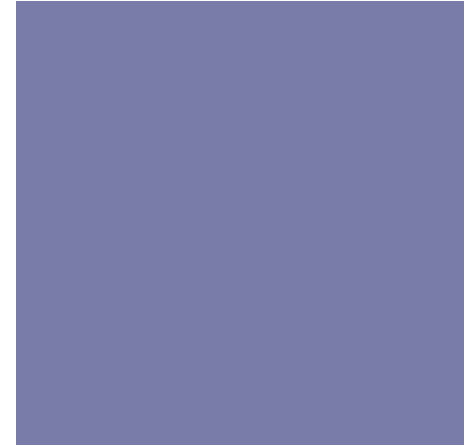


Why is
health and
safety
important?





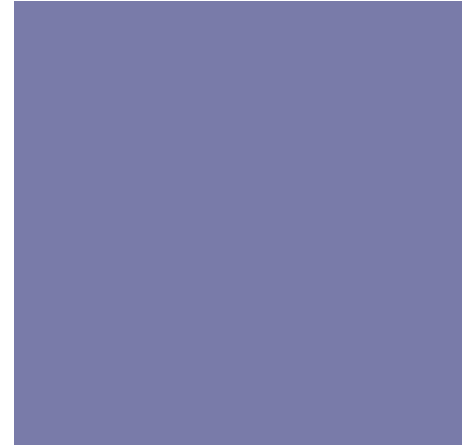
- ❖ Reduces accidents and thefts
- ❖ Helps you become more efficient when traveling
- ❖ Allows you to make the most out of your program and experiences
- ❖ Provides a better chance that you will return home without incident



Why is health and safety important?



Before Departure...





What do you
need to
consider for
your personal
health?



+ PRE-DEPARTURE HEALTH AND WELLBEING



TOPICS

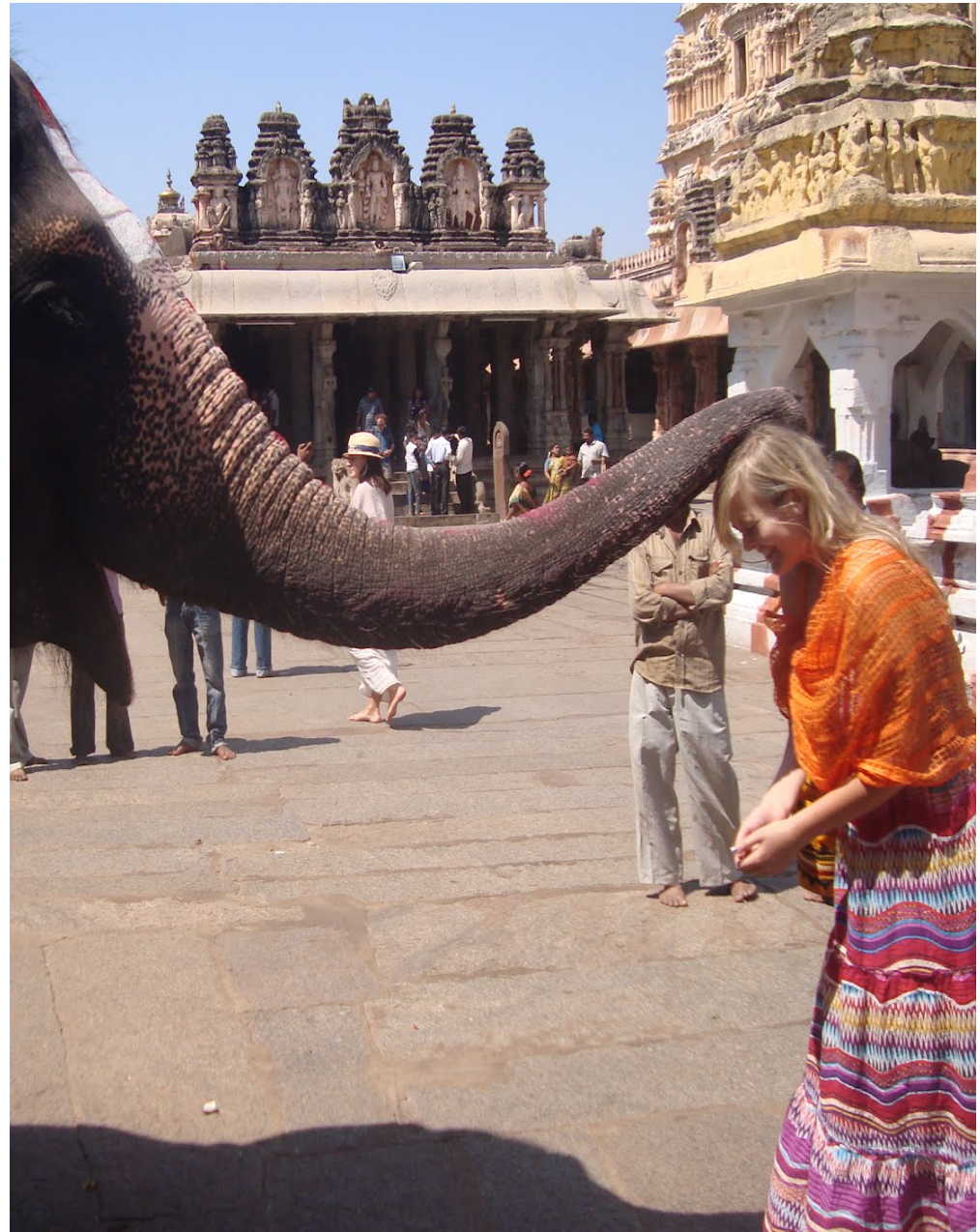
- Health Insurance
- Traveler's Consult*
- Medical Questionnaire
- Proactive Plan
- Medications
- Disabilities
- Sexual Health

What to do?

- Check what will be covered abroad.
- Schedule a Traveler's Consult at *Dick's House or your physician.
- Be honest and detailed on your medical questionnaire.
- Create proactive plans with Dartmouth staff and health providers.
- Bring prescriptions and some over the counter medications.
- Consider talking to your faculty director about your learning style.
- Make good decisions about sexual health (bring birth control/abstain).



What do you
need to learn
about your
destination
country?



+ ISOS website navigation

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+ ISOS website navigation

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Argentina

Overview Security Medical Travel City

Risk Ratings

M

MODERATE MEDICAL RISK for Argentina

L

LOW TRAVEL RISK for Argentina

Risk Summary

Although the country remains a low risk destination for travel security by regional standards, street crime remains the main risk for business travellers. Crime and violence in Buenos Aires are most serious in the villas miserias (shantytowns) of the so-called cordón industrial (industrial belt), which business travellers are unlikely to need to visit. The centre of the city is safer than the conurbano (Greater Buenos Aires) area. Crime levels are lower in the other major cities of Mendoza, Córdoba and Rosario, and lower still in rural areas. Demonstrations occur frequently in Buenos Aires, causing major traffic delays and disruption, impeding intra-city travel; clashes can occur between protesters and the police during rallies. The country is prone to flooding, particularly northern provinces, in the rainy season (December-March). Flooding can disrupt travel and essential services. In addition, heavy snowfall in the Andes Mountains along the Chilean border causes frequent closures of highways and border crossings. The Andes, particularly the provinces of Mendoza and San Juan, lie in a seismic zone and are prone to earthquakes. Volcanic eruptions may also occur.

[STANDING TRAVEL ADVICE](#)

Alerts

T

[Sexual assault of British national in Jujuy province underscores need for female travellers to take sensible precautions](#)

T

[Fuel workers end strike after agreement with government \(Revised 31 Oct\)](#)

T

[Plan ahead for significant disruption during rallies in Buenos Aires on 8 November \(Revised 29 Oct\)](#)

[View All Alerts](#)

Vaccinations For Argentina

Hepatitis A

Recommended for all travellers and expatriates.

[Print](#)

Routine Vaccinations

- All routine vaccinations should be current; these include: [Measles](#), [Polio](#), [Tetanus-Diphtheria-Pertussis](#), and [Varicella](#).
- Influenza occurs in the northern and southern hemisphere winters and year-round in the tropics. Consider an annual [vaccination](#).

Other Medical Precautions

- [Before you go - Routine Medical Care](#)
- [Malaria](#)
- [Diseases](#)



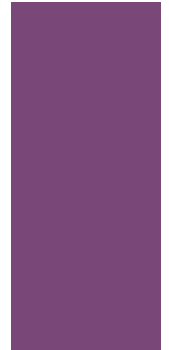
Emergency Support

■ Global Dartmouth Video

- <http://www.youtube.com/watch?v=SqpNtw-LdM8>



PRE-DEPARTURE RESEARCH



TOPICS

- Register ISOS- each new time you travel
- Laws and regulatory system
- Culture
- Political situation
- Health care system
- Community connections
- Social Scene
- Resources for your specific needs and goals

WHAT TO DO

- Go to ISOS website and read the guide to your destination country.
- Contact volunteered past participants to learn about the culture and social scenes.
- Read the material in your H&S info packet.
- Talk with Faculty Director.



How to plan for
your program?



+ OCP arrival letter



Dartmouth College, Hanover, NH 03755
Off-Campus Programs • The Faculty of Arts & Sciences

October 2012

TO: FRENCH FSP PARIS PARTICIPANTS – WINTER 2013

FROM: JOHN TANSEY, Off-Campus Programs, Executive Director

SUBJ: PROGRAM INFORMATION

DATES: Arrival: SATURDAY, JANUARY 5, 2013
Break: Saturday, February 9 through Sunday, February 17, 2013
Departure: SATURDAY, MARCH 16, 2013

CC: LAURE MARCELLESI, French FSP Paris, Faculty Director

This memo contains information regarding many essential aspects of the Winter 2013 French FSP in Paris. Please pay special attention to the arrival instructions that are outlined in this document. Review each section so that you may plan accordingly. You may want to save this document in both physical and digital locations for your ease of retrieval while traveling. Best wishes as you pursue this highly engaging academic and cross-cultural experience in Paris!

ARRIVAL

1. Where do I go when I arrive?

You should plan to arrive in Paris on Saturday, January 5, 2013. You will receive your



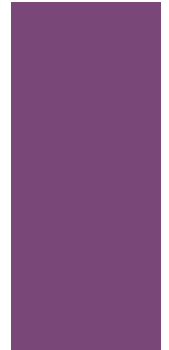
NORMS OF CONDUCT

You are reminded of the "Norms of Conduct for Academic Off-Campus Programs" which you have already read and signed. Grounds for removal of a student from a program without appeal, without academic credit, and with loss of tuition and fees are:

- Possession or use of, or being in the vicinity of someone known to be in possession of, drugs or firearms;
- Drunkenness;
- Disorderly, abusive, or disrespectful behavior toward anyone;
- Unexcused absence from class or other official program activity such as an excursion;
- Driving of motor vehicles;
- Behavior that is offensive to the family with which the student is placed;
- Any behavior that jeopardizes the good standing of the program vis-a-vis the families, the schools, or the local community;
- Absence from the program site without prior consent of the Program Director;
- Participation in dangerous activities is prohibited, including, but not limited to: caving, mountaineering, potholing, skydiving, parachuting, bungee-jumping, ballooning, and/or hang gliding.;
- **NOTE: You should follow Dartmouth College, and local policies and procedures.**



PRE-DEPARTURE PLANNING



TOPICS

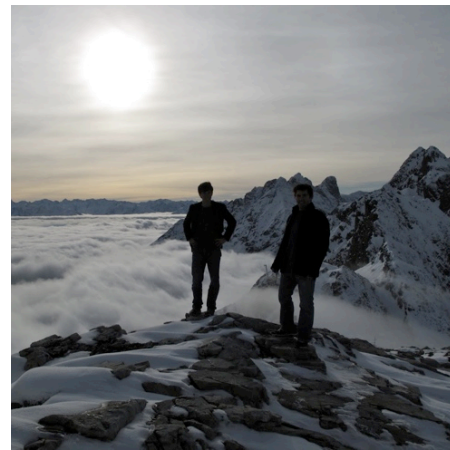
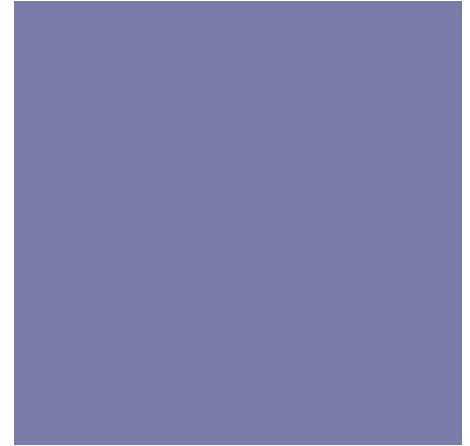
- OCP arrival letter and program orientation
- Documentation
- Finance
- Emergency Contacts
- Proactive Consultations

WHAT TO DO

- Carefully read the OCP arrival letter and plan to have it accessible when you travel.
- Attend all program orientations and consult with dean, health provider, staff and faculty director to create a proactive plan, if needed.
- Plan out the details of arrival.
- Check that you have all the necessary documents and letters to enter and exit the country.
- Prepare enough money and emergency funding.
- Inform your card issuer bank.
- Keep emergency contacts with you at all times and make sure OCP has accurate emergency contact info.



During the
program...



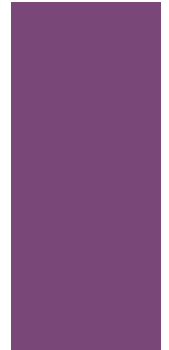


What do you
need to know/
do to keep
healthy?





ON-SITE HEALTH TIPS



TOPICS

- Mindfulness, positive, grounded in your values,
- Make friends with locals
- ISOS and referrals, health, depression
- Alcohol and drug use
- Food and water
- Animals

WHAT TO DO

- Periodically reflect on your experience or decisions made daily.
- Connect with local people/make friends.
- Communicate with faculty director and seek out support if experiencing a health issue, cultural shock/depression.
- If you choose to drink, drink responsibly- be aware of health risks & predatory behavior. Drug use may equal prison.
- Check safe water source; caution consumption of street food .
- Keep a distance from unfamiliar pets and stray animals (Rabies).
- Avoid crowded public areas in flu season.

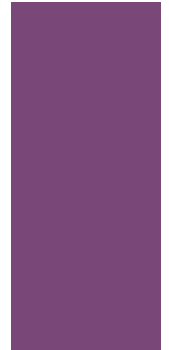


What do you
need to know/
do to be safe?





ON-SITE SAFETY TIPS



TOPICS

- Consulate Registration; Smart Traveler Enrollment Program (STEP)
- Stay in touch at all times
- Social scenes
- Thefts and Harassment
- Photographs and videos
- Appropriate dressing
- Transportation and taxis
- Politics

WHAT TO DO

- U.S. citizens enroll at www.state.gov. International students register with the nearest consulate.
- Your whereabouts and issues of concern: Keep faculty director, friends, host family informed (may need to reach you for emergency at home or in-country).
- Stay alert and don't make assumptions; use buddy system.
- Avoid displaying valuable items in public. Follow ethics of taking photos and videos.
- Dress culturally respectful and appropriate.



ON-SITE SAFETY TIPS

WHAT TO DO (continued...)

- Do not operate motor vehicles.
- Do not take empty trains late at night.
- Do not take unlicensed taxis. Have taxis wait until you have entered or confirmed your arrival location.
- Read daily news and keep updated with political situations in the country.
- Avoid areas with active terrorism and protest movements.



What are some
of the relevant
topics you want
to consider?



+ ON-SITE TOPICS



TOPICS

- Identity
- Sexual harassment and sexual assault
- Political activities

WHAT TO DO

- Communicate in an open-minded manner.
- Talk with your Faculty Director about culture shock.
- Be aware of how you might be judged by certain stereotypes.
- Be aware of the potential for sexual harassment and sexual assault.
- Take care in speaking about controversial political issues. Recognize possible impact to you and to the local person.



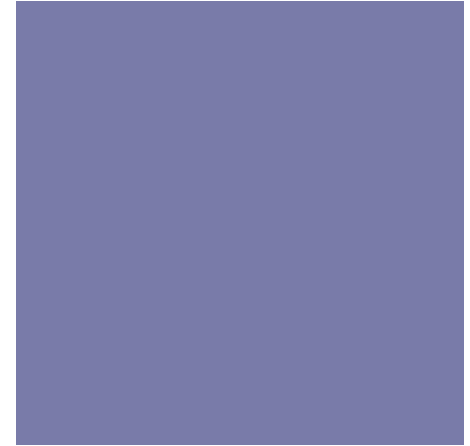
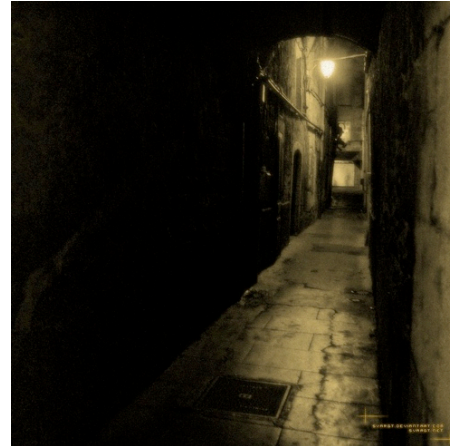
ON-SITE TOPICS

WHAT TO DO (continued...)

- Both men and women can be victims of sexual assault.
- You may contact a Dartmouth resource person while abroad.
- Sometimes people prey specifically on students in foreign programs.
- Sexual assault can be perpetrated by students and others associated with your program.
- Participation in political protest is prohibited.



Mary arrived at Madrid for her Spanish FSP at 2 a.m. Sharing a taxi with 2 other Dartmouth students, she was dropped off at a residential area where her host family lives. However, it turned out the driver misheard the address and left her at the wrong area. Mary is now alone with 2 suitcases and a phone that is not working. What should she do? What should have happened before she was dropped off?

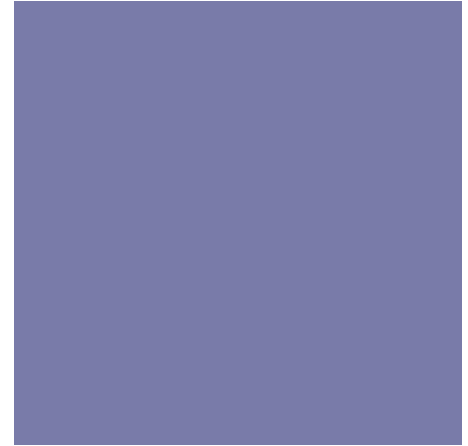


Midnight Madrid

Case Scenario 1



It's the third week of the Japanese LSA+. John couldn't motivate himself to do anything but lay in his bed and stare at the ceiling. He doesn't feel like talking to anyone. Most of the time, he just wants to be alone in his room. Overall, he feels very lonely and sad. He misses his family in Connecticut but the time difference makes it hard to talk to them. What's happening to him? What should he or a friend do?

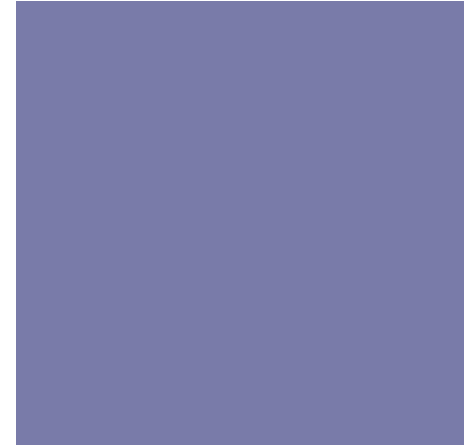


Depression

Case Scenario 2



James got off a crowded train in to Paris, where his FSP is located. He realized that his wallet was stolen, as well as the iPod he was listening to on the train. He carried all the cash and his credit cards in the wallet because he was on a weekend trip. What should he do?

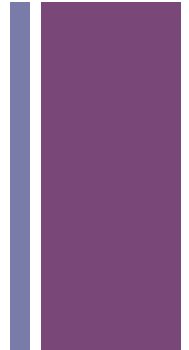


Lost wallet

Case Scenario 3

+ Resources to consult

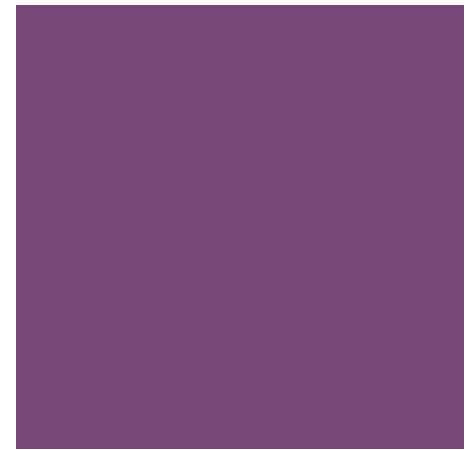
- ISOS <http://www.internationalsos.com/en/>
- Orientation; arrival letter sent from The Guarini Institute
- [The Guarini Institute](http://ocp-prod.dartmouth.edu/)
<http://ocp-prod.dartmouth.edu/>
- Dick's House
- Faculty Director
- Undergraduate Dean
- Past program participants



+ TAKE-AWAY POINTS

- Proactively plan with support from others.
- Arrange a 'Travelers' Consult.
- Register with ISOS.
- Register with Smart Traveler Enrollment Program (STEP) www.state.gov
- Read and travel with the The Guarini Institute arrival letter.
- Attend all Faculty Director led orientations, and reach out to the Faculty Director for support and advice. Dartmouth services are available to you while you are away.
- Use the buddy system and always let people know where you are.
- Keep yourself updated about the political and health situations.
- Never assume you should take a photo or enter a location (ask, politely).
- Be culturally sensitive and engage with locals.
- Review your arrival instructions and schedule, and have a back-up plan.
- Maintain and share emergency contact info; keep emergency funds on hand.
- Be aware of your surrounding and use your common sense.
- Have an engaging experience!





+ Engage!

Pick up your H & S Packet before leaving!

Schedule sufficient time to review your packet and arrival letter!

Follow-up on action steps for pre-planning!