

SECURITY AND HEALTH
DO'S AND DON'T WHEN STUDYING IN (COUNTRY)
Do's

1. Remain what you are – friendly, courteous, polite and dignified
2. Travel in small groups – three to five persons with both genders present.
3. Bring a book to read when using public transportation – you will not be the only person reading and it is an easy way to fit in.
4. Make a photo copy of your passport and credit card numbers and keep them separate from your passport and credit cards – give a copy to your family and of course we expect that you will give a copy of your passport to the Program Director.
5. Bring your prescription drugs with you in their original containers – don't pack them in your check in luggage. Also bring additional contacts/glasses or your corrective lens prescription with you.
6. If you require medicine containing habit-forming substances carry a doctor's certificate attesting to this fact.
7. Notify the Program Director of any medical issues including food allergies.
8. Carry some identification – a tag, bracelet, or card – if you have a medical condition that requires emergency care.
9. Understand completely what your health insurance covers and does not cover while you are in (Country). Chances are that you will have to pay for services in (Country) and get reimbursed when you return home unless you have purchased HTH Worldwide Insurance Services, a comparable insurance coverage, or obtain treatment from an HTH approved physician.
10. Dial _____ for fire, police, and medical emergencies.
11. For serious problems take a cab or ambulance and ask for the nearest hospital – that might be the (Name of Hospital).
12. For less serious medical problems you could try the (Name of Medical Center).
13. Only take the credit card(s) you need – you will not need all those other cards that you generally carry in the States.
14. Mark all your bags inside and out with your name and address – both home address and your address in (Country).
15. Bring two passport size photos and a photocopy of birth certificate and/or baptismal certificate, just in case you lose your passport.
16. Make a photo copy of your flight tickets – keep separate.
17. We will give you a wallet size card with our phone numbers on it – keep that with you at all times.
18. If you see an unattended package, move away from it and call the police.
19. Avoid protest groups' activities and potential volatile situations.
20. Keep abreast of local and international news that might tell you of potential civil unrest.
21. Know as much as possible about each country you plan to visit, including its history, religion, geography and government. Inform the Program Director of your travel plans.
22. Report any suspicious person in and around your residence to the Program Director or to one of the rectors.
23. Check the U S Embassy web pages for travel advisories.
24. Ask permission before photographing strangers who you find "interesting".
25. Use common sense.
26. For private health care call (Physician's name, phone number & address)
27. For dental problems call (Dentist's name, phone number & address).