Safety and Security Trainings

**DisasterReady.org**, courses on safety and security: [https://www.disasterready.org/courses](https://www.disasterready.org/courses) - free but registration required. Excellent site for on-line, self-directed training programs, including:

- **Save the Children** *Personal Safety and Security E-course*
- **United Nations** two core safety and security courses: *Basic Security In The Field (BSITF)* and *Advanced Security In The Field (ASITF)*

**U.S. Department of State** – good course to prepare for medium and longer term overseas electives, field work, expat assignments:

- **Overseas Crisis Readiness Program** [http://www.state.gov/m/fsi/tc/ocr/](http://www.state.gov/m/fsi/tc/ocr/)


Mental Health, Stress, Trauma Resources

**TRE For All**: [http://traumaprevention.com/what-is-tre/](http://traumaprevention.com/what-is-tre/)

University of South Florida, Education Abroad, “Mental Health Wellness Abroad.”

Recommended Travel Preparation And Resources

Travel Medicine (Travel Clinic) & Global Health Information

- Local Travel Medicine Clinic - Establish working relationship with local travel medicine clinic and encourage travelers to visit at least 4-6 weeks in advance of travel
- Centers for Disease Control Traveler’s Health/Destinations: http://wwwnc.cdc.gov/travel/destinations/list
- CDC Mobile Apps https://wwwnc.cdc.gov/travel/page/apps-about – terrific set of apps for travelers with excellent advice to stay healthy:
  i. TravWell
  ii. Can I Eat This?
  iii. Yellow Book 2016

U.S. Department of State – all key resources for any international/study abroad program to be familiar with:

- Review US State Department Country Specific Information (including Travel Alerts and warnings), Traveler’s Checklist, and US Embassy messages at your destination:
  - Country Specific Info: www.travel.state.gov
  - Traveler’s Checklist: http://travel.state.gov/content/passports/english/go/checklist.html
  - US Embassy or mission: https://www.usembassy.gov/ for a listing or use search engine e.g. “US embassy in Kenya”

Smart Traveler Enrollment Program (STEP) - Register with STEP. Be sure to register with the US State Department thru STEP. https://step.state.gov/step/

- US Department of State, Smart Traveler app

Passport & visa check. Passport book valid? Sufficient number of pages? Urgent replacement required? Will you need an entry visa(s) to enter the country or countries you intend to visit? Check the US Department of State’s Country Specific Information to see whether or not a visa is required. Make photocopies and include with your plan below.

- Consider US Customs & Border Protection, Mobile Passport Control and App, provides traveler convenience as well as electronic back up of your passport:
  ii. http://www.mobilepassport.us/
Pack wisely. Less is often more. Depending on duration and location of travel, consider some specialty equipment such as personal alarm, whistle, collapsible water bottle, first aid kit, money belt, door stopper, N95 mask, etc.

- Phone – do not leave home without a mobile phone that has international calling plan or buy a local phone and....
- .....learn how to use the compass and coordinates if it is a Smartphone...
- CDC and US Department of State both have traveler checklists for packing advice.

Plan. Once you’ve done some training and reviewed country specific information, think through what you will do if something happens (major crime, natural disaster, serious illness or injury) – a written emergency plan (1 or 2 pages) with insurance information and contact details for family members is indispensible in the event of an emergency. Make copies, include itinerary, and give to key people.

Driving Overseas.

In most cases, driving should be left to experienced and knowledgeable locals for many very good reasons. Do your homework before you leave so that you know all that is required to legally and safely operate a vehicle.

- International Drivers Permit? Valid driver’s license from the traveler’s country of origin?
- Local driving laws, e.g. zero tolerance for driving under the influence? Liability in an accident?
- Comprehensive insurance is essential and should include physical damage and auto liability risks and claims.
- Review the U.S. Department of State’s “Driving Abroad” section for further detailed information and with organizations like the Association for Safe International Road Travel (ASIRT).

CASE STUDIES AND ARTICLES


The Washington Post. Should schools that arrange field trips to foreign countries have duty to warn.... https://www.washingtonpost.com/news/volokh-conspiracy/wp/2015/08/03/should-schools-that-arrange-field-trips-to-foreign-countries-have-duty-to-warn-about-protect-against-rare-tick-borne-encephalitis/?utm_term=.d1b3b8f67d46


