



Safety & Health Abroad

Center for Global Studies Bennett College

Announcement

Come visit the Center for Global Studies and learn more about the different study abroad opportunities Bennett has to offer.

As this world becomes more interconnected having a global experience is vital to one's career and educational advancement!



BEFORE YOU TAKE OFF

Check with the Center for Disease Control (CDC) and prevention website for updated information.

- They offer great resources for travelers
- All students need to research the type of vaccinations and/or medical tests required for their host country.

CDC Website

Health Insurance

Medical treatment can be very expensive. All students traveling abroad are required to have international health insurance. Majority of the study abroad programs include health insurance in their fees but it is important you contact your study abroad provider and make sure.

Medication/ Prescription

It is important that you make certain you have the proper documentation for bringing your medication into your host country. Some countries may have stricter regulations on medication. Check with the local embassy or your international health insurance provider to make sure that your medication is acceptable.



Illness While Abroad

TAKE CARE OF YOUR HEALTH.

- Do not overlook your symptoms!
- Speak with your advisers and others for recommendation on good doctors.
- Your international health insurance should have a list of doctors in the area.
- Fill out a claims form if you need to be reimbursed by your insurance.



Safety Abroad

How to Avoid Safety Issues Abroad

- Keep Up with the news
- Stay Alert
- Download the State Department App
- Be aware of your surroundings
- Walk In Groups

Safety in Your Housing

Accommodations

- Keep your door locked at all times.
- Meet visitors in your living room or lobby.
- Do not leave money and other valuables exposed.
- If you are out late at night, let someone know when you're returning.
- Know the locations of the fire exits.

SAFETY ON THE STREETS

- Don't take short cuts, narrow allies or poorly lit areas.
- Do not discuss personal matters with strangers.
- Don't get in cars with strangers.
- Carry your emergency embassy card at all times.
- Beware of pickpockets!

Contact US

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Food & Water

- Wash your hands regularly or use hand sanitizer.
- Don't drink anything you did not open yourself.
- Always watch your drink at parties and bars.
- Countries with unsanitary water. Always use bottled water (even to brush your teeth)!
- Bring a **safety straw** just in case!
- If water in your host country is not good, most likely neither are salads, other uncooked greens and ice.
- Stay away from raw foods, dirty restaurants, and "street" food.

Checkout Social Media

