

## **HEALTH & SAFETY ABROAD**

### **Common Safety Issues**

#### **Petty Theft**

Pickpockets and scammers are much more common in foreign countries than you may expect. It is important to remain vigilant while in public spaces and keep an eye on your belongings.

#### **Road Safety**

- Traffic laws in other countries can vary significantly from what you are used to, and ignorance of local traffic regulations in your host country could lead to accidents and/or fines.
- Pay attention during your on-site orientation about what forms of public transportation are safe to use.
- Use caution when you are a pedestrian. Pay attention to traffic patterns and always remain alert when crossing the street.

#### **Travel Advisories**

Be sure to check the [U.S. Department of State](https://www.state.gov) for any travel advisories for your host country. Please note that your program may be postponed or canceled if a travel advisory is Level 3 or higher.

#### **Water Safety**

Please take extra precautions when enjoying recreational activities in and around water and when you're using boats for transportation or exploration. Always obey posted signs, use a life jacket if available, and

don't take unnecessary risks when it comes to water safety. Do not operate a boat or watercraft while abroad.

### **Emergencies Abroad**

If you experience an emergency while traveling internationally, immediately seek local assistance immediately.

Some of your options include:

- Contact your Faculty Leader.
- Visit the [U.S. Department of State Emergencies and Crisis Advice](#) website.
- Contact the [local police or emergency services](#)
- Find the nearest [U.S. Embassy, Consulate, or Diplomatic Mission](#).
- If you are not an American citizen, contact the consulate for your country of citizenship.
- Contact the local institution or organization at which you are working or studying.
- See the U.S. Department of State's resources on [Legal Issues Abroad](#).
- [Report your lost or stolen passport](#) to the U.S. Department of State.

### **Money & Documents Overseas**

- Notify your credit card company and bank of international travel.
- Keep contact information for credit card companies and banks in the event of a lost or stolen card.
- Have multiple types of payment methods available.
- Check for foreign transaction fees.

- Take only the credit cards and debit/ATM cards that you plan to use while you are traveling. Please note that some places do not use credit or debit cards as often as we do. Using cash is the easiest, most universal way to make purchases abroad.
- Keep valuables such as your passport and any cash you are taking in a money belt or pouch next to your body for the duration of your trip.
- Make multiple copies of travel documents and credit cards. Keep one set of copies separate from the originals while traveling, and leave another copy at home or with someone you trust.
- Leave an itinerary, and emergency contact information, with their department, and another copy with someone you trust.
- In the event of a lost or stolen travel document, contact the U.S. Embassy in your area.
- When mailing items to another country those items must be reviewed and cleared by customs. Some items may not be legal to ship to another country, or may require a heavy tax to be paid before they are released to you. Do not mail any electronics, medications, or anything else you would be upset to lose.

### **Maintain a Low Profile**

The best way to stay safe and not make yourself a target is to blend in! Tourists can be considered easy prey, especially if you wear or carry something that looks expensive (jewelry, electronics, etc.).

- Safety begins with awareness of your surroundings, yourself, and your behavior in public.
- Be vigilant – establish boundaries, observe your environment, be aware of people around you, and trust your intuition.

- Be extra cautious in tourist spots as they can be a higher risk target for petty theft, scams, and other crimes.
- Avoid public demonstrations (especially political demonstrations or human rights rallies).
- Dress to blend in. Wearing Montana Tech gear will make you stick out as a foreigner and a college student, as sporting your college gear is a uniquely American custom.
- Minimize speaking in loud, American English in public spaces. Americans have a reputation for being obnoxiously loud - don't feed into it!
- Do not go out alone at night, and don't leave your friends alone. Travel in groups.
- Cultivate cultural awareness – know what's appropriate in the culture you will be visiting. What is normal or acceptable behavior in this situation? What do you see the locals doing? What might you typically do at home that would cause unwanted attention in your host country? Ex. smoking or drinking in public, manner of dress, dating and public displays of affection, etc.

### **Mental Health Abroad**

While it may be difficult to find a mental health provider in your host country, students enrolled at Montana Tech have access to the resources through Mantra Health regardless of where and when they are! Download for [iOS](#) or [Android](#) and create a free account using your mtech.edu email.

### **Medications & Vaccinations**

Some countries may require you to have certain vaccinations prior to entry. Visit your healthcare provider as soon as possible to get required

immunizations and other pre-travel health advice. The [Center for Disease Control \(CDC\)](#) provides comprehensive health information for travelers, including information about recommended or required vaccines for each country.

American medication brand names, strengths, applications, etc. may vary in different countries. What is over the counter in the U.S. may not even be legally sold in your host country. If you need to bring a prescription abroad, follow these steps:

- Take an adequate supply of any needed prescription medications with you in the original, labeled containers.
- Obtain a letter from a doctor including a description of the problem, the generic name(s) of the required medication, and the prescribed dosage.
- If you need medication containing habit-forming or narcotic drugs, carry a doctor's certificate attesting to this need to avoid problems with customs agents and police abroad.
- Students who require injections for a specific health concern (e.g., diabetes) should obtain a doctor's letter explaining the need to carry needles and/or syringes.
- If you wear glasses, bring an extra pair and, if you wear contacts, it is best to bring enough for the duration of your time abroad, and bring copies of prescriptions for glasses, contacts and any other medications.
- DO NOT travel internationally with medical marijuana.