

## Study Abroad Safety Orientation

### 1. iJet/Worldcue

- iJet is PBA’s emergency assistance and insurance coverage provider. Worldcue is the service provided by iJet.
- Worldcue’s PBA-specific hotline, which is available 24/7 all around the worldwide is +1 (312) 470-3064.
- Get the Worldcue app for easy access to Worldcue.
- They are your **first** point of contact for any emergency or medical issue, or insurance need. Do not call anyone else first. If a student calls CEL, he or she will be asked to call Worldcue!
- You are covered through iJet/Worldcue while traveling up to 10 days before and 10 days after your official program dates.
- If you are sick, call Worldcue *before* you see a doctor. Worldcue will send you to providers accepted by PBA’s insurance and assist you with any insurance claims.
- Remember to register side trips on PBAabroad 72 hours in advance.

Worldcue Hotline: +1 (312) 470-3064

### 2. Side Trip Registration

- When staying somewhere overnight, study abroad students must register the trip as a side trip at least 72 hours in advance in order to have coverage.
- This registration is not a permission request, it is simply a way for CEL to locate all study abroad students in the case of an emergency.
- Side trip registrations can be completed on <http://pbaabroad.pba.edu>.

Your Home Page > Applications > Application > Program Application Page (Post-Decision)

**Program Application Page (Post-Decision)** Hide Tips

This page shows the current and required elements of your application in the post-decision phase. Unless otherwise indicated, you should assume that all elements of the right-hand column (material submissions, signature documents and questionnaires) are required for you to participate in the program.

<p><b>Danielle N McDonald</b></p> <p><b>Program:</b> +London Semester+</p> <p><b>Term/Year:</b> Fall Semester, 2016</p> <p><b>Deadline:</b> 03/14/2016</p> <p><b>Dates:</b> 08/10/2016 - 12/18/2016</p>	<p><b>Commitment to Participate</b></p> <p style="text-align: center;">Your status: <b>Committed</b></p> <p>Thank you for giving your commitment to participate. If you must change your decision, please contact The Rinker Center for Experiential Learning at <a href="mailto:cel@pba.edu">cel@pba.edu</a>.</p>
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<p><b>Application Instructions</b></p> <p style="text-align: center;"><a href="#">Register My Side Trip</a></p>	<p><b>Application Questionnaire(s)</b></p> <p>Click the following to view and complete the following online questionnaire(s). You may begin a questionnaire and save it for later completion, but note that you must click Submit in order for the questionnaire to be logged as complete and ready for review.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Title</th> <th style="text-align: left;">Received</th> </tr> </thead> <tbody> <tr><td>FERPA Authorization</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Medical Information</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Passport Form (Primary)</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Rationale for Studying Abroad</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Second Passport Form</td><td>N/A</td></tr> <tr><td>Complete Flight and Travel Itinerary</td><td><input type="checkbox"/></td></tr> <tr><td>Emergency Contact Information</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Financial and Disciplinary Impact Questionnaire</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Immunizations</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Personal Health Insurance</td><td><input type="checkbox"/></td></tr> </tbody> </table>	Title	Received	FERPA Authorization	<input checked="" type="checkbox"/>	Medical Information	<input checked="" type="checkbox"/>	Passport Form (Primary)	<input checked="" type="checkbox"/>	Rationale for Studying Abroad	<input checked="" type="checkbox"/>	Second Passport Form	N/A	Complete Flight and Travel Itinerary	<input type="checkbox"/>	Emergency Contact Information	<input checked="" type="checkbox"/>	Financial and Disciplinary Impact Questionnaire	<input checked="" type="checkbox"/>	Immunizations	<input checked="" type="checkbox"/>	Personal Health Insurance	<input type="checkbox"/>
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<p><b>Learning Content</b></p> <p>Click the following to view, read, and mark these learning content pages as having been read.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Title</th> <th style="text-align: left;">Received</th> </tr> </thead> <tbody> <tr><td>Introduction to Health Issues</td><td><input checked="" type="checkbox"/></td></tr> <tr><td>Passport Information</td><td><input checked="" type="checkbox"/></td></tr> </tbody> </table>	Title	Received	Introduction to Health Issues	<input checked="" type="checkbox"/>	Passport Information	<input checked="" type="checkbox"/>	
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### 3. Mental/Physical Health

- Get a dental and medical checkup before departing.
- Check [cdc.gov](http://cdc.gov) for necessary and recommended immunizations.
- Check if your prescriptions are legal in host country (use embassy websites).
- Bring extra prescriptions, retainers, glasses, and contacts, etc.
- Students with mental health concerns, should meet with a counselor to make a “while abroad” plan before departing in case an issue arises abroad.
- Eat a healthy, balanced diet and drink lots of water; be wary of street foods or pre-opened beverages.

### 4. Alcohol/Other Substances

- The Navigator polices regarding alcohol and other substances apply while abroad. No one under the age of 21 may drink while abroad (even if the drinking age is lower).
- Don't do drugs abroad (even if they are legal there).

### 5. Important Documents

- Your passport, visa (if applicable), and acceptance letter are crucial and not easily replaced abroad. Keep them either on your person in a secure pouch under your closed or locked in a secure place.
- We recommend you make copies of these to carry with you and to leave with family in the United States.

### 6. Update Your International Phone Number

- Upon arrival to the host country, students **must** update their international phone number in their application on PBAabroad.
- CEL uses this phone number to reach students abroad in the case of an emergency.

### 7. Safety Checks

- Carry your mobile phone with you at all times.
- **If PBA sends out a “Safety Check” text or email you must respond immediately!**

### 8. Dress

- Stick to plain, muted clothes.
- Remember classroom attire is different—students dress well in class and will not be wearing workout clothes or sweatpants in public; avoid wearing PBA/college gear.
- Bring comfortable shoes only! Walking is much more common abroad (even on cobblestones).

### 9. Don't Be a Target

- Be aware of your surroundings and do not travel alone!
- Be aware of the culture and its practices; know the local laws of your host country. Read the safety articles on [www.journeywoman.com](http://www.journeywoman.com).
- Do not be conspicuous with money, jewelry, electronics, etc. Be sure to purchase a travel wallet/money belt.

- Make smart travel choices; don't hitchhike/split rides with strangers, make sure companies are legitimate, travel with a buddy, etc.
- Avoid demonstrations & other political gatherings.
- Keep up with current events in your country.

#### 10. Communicate

- Stay in touch with family and friends.
- If a study abroad student has concerns about another PBA student they should:
  - i. Talk to their faculty sponsor.
  - ii. Email [CEL@pba.edu](mailto:CEL@pba.edu).
  - iii. Notify their professor for CCS 4043/1.
- If you have a personal concern that is a non-emergency, email [cel@pba.edu](mailto:cel@pba.edu).
- Remember, **contact Worldcue first for emergencies and medical issues.**

#### *Emergency Procedures*

Safety and security are of utmost importance to PBA and professionals in the field of study abroad. Although we cannot predict every emergency situation we try to provide some basic steps that students should take when they encounter an emergency. You should use your best judgment and decision-making skills when encountering an emergency.

- **Injuries & health issues:** Call Worldcue.
- **Lost or stolen items:** Report lost or stolen items of value to the local police. You should also inform your on-site Program Director/Faculty Sponsor.
- **Passport/visa issues:** If your passport or visa is lost or stolen, you should report this to the nearest U.S. Consulate or Embassy.
- **War/Political Unrest/Terrorism:** Your personal safety is of the upmost importance to PBA. CEL has an International Crisis Response Plan in order to address PBA faculty, staff, and students who experience political unrest while abroad. In the event of political unrest affecting your study abroad location, CEL, will collaborate with its study abroad partners to take action in the interest of your personal safety.

Should you need to return to PBA prior to the end of your program, CEL will assist you with your return and integration back into the PBA campus.

- **People to Contact:** Keep the following people informed of your safety and circumstances:
  - Worldcue
  - On-site Program Director or Faculty Advisor.
  - PBA's Center for Experiential Learning.
  - Host family and/or roommates
  - Parents and family