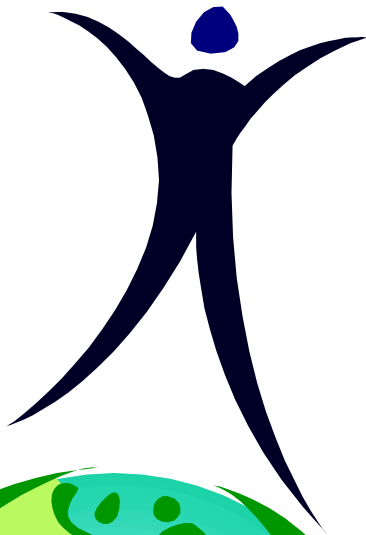




TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™
Office of Global Health

International Programs for Students Handbook



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This handbook was adapted from material in the TTU Study Abroad Handbook, information found on the Global Health Education Consortium (GHEC) web site, and resources provided by NAFSA: Association of International Educators.

June 2013

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About this Handbook..

The TTUHSC Office of Global Health (OGH) has designed this handbook to assist students who are interested in participating in an international program or activity. It is intended to provide information about the types of programs available at TTUHSC and to guide students in the decision making process.

Once students decide to participate in a TTUHSC sponsored international program or activity and they have completed any necessary applications for the selected program, this handbook will aid students in preparing for an international experience. The handbook begins with the decision making process and ends with the return home after the completion of the program. In between, the handbook discusses pertinent topics including safety and security, health issues and concerns, and culture and culture shock. In these pages, students will find everything they need from packing tips to pre-departure requirements. The handbook includes timelines, checklists, and a list of additional resources available through OGH.

A student's success in any international program or activity will depend on how well he/she has prepared him/herself for the experience. This handbook covers a wide range of information necessary for this purpose.

Over the years, thousands of students have benefited from the experience of living and studying abroad. As citizens grow more aware of their role in the global community and the interconnectedness of countries, the need for programs that expose students to different cultures and customs becomes increasingly important.

TTUHSC approved programs are designed so that students can experience the cultural and national differences in health care systems. We believe that international programs can be an important complement to study in the United States. An international program often provides the occasion for students to profit from a rich experience and offers special meaning and depth to the more academic understanding of language and culture of the host country.

Participation in a TTUHSC International Program can be one of the most rewarding aspects of a student's academic career. In deciding to travel abroad, students should be aware and be prepared to accept that educational and cultural philosophies in other countries can differ substantially from those dominant at U.S. colleges and universities. As a result, students must be prepared to be flexible and open to the host culture. Students must also be prepared to examine their own opinions and be aware of any cultural biases. Students who do not accept this challenge will be forfeiting a unique educational and cultural opportunity.

Living and studying abroad is a cumulative experience. In addition to linguistic, academic, and cultural differences students may encounter as they adjust to life in another country, there are other important aspects of the experience that may offer special challenges. Things may not be as easily accessible as one is accustomed to in the U.S., and one may find his/herself dealing with a higher level of bureaucracy.



About this Handbook cont...

All host countries are rich in cultural opportunities as well as learning opportunities. OGH strongly encourages students to take full advantage of the cultural opportunities available in the host country including exhibitions, lectures, museums, and markets as well as special activities and opportunities sponsored by your host institution or organization abroad.

Upon completion of an international program or activity, we encourage students to offer any feedback they may have regarding how to make this handbook more inclusive of information future students may need to know. The best source of information for students interested in participating in an international program is students who have already participated.

Finally, all embedded links that will not be accessible when this document is printed have been included on page 28 (Useful Websites) of this handbook.

Students are welcome to contact OGH at any time for more information about TTUHSC International Programs.

OGH has tried to make the information in this handbook as accurate and useful as possible. However, you should bear in mind that situations and conditions change. For this reason, it is always a good idea to use this information as a general resource, not as a hard and fast rule.

Students who choose to participate in a TTUHSC international program or activity must complete the designated Pre-departure Requirements.

More information about the Pre-departure Requirements can be found on page 9 or on the [OGH website](#).



So you want to participate in a TTUHSC International Program. Now what?

- Talk with your school so that they can advise you on the best time to go abroad and what requirements must be met. Your school is the best source of information regarding curriculum issues and what is required in order to receive credit for your participation in an international program.
- Consider any special preferences (see “Preference Checklist” below) and identify the type of program you want to be involved in (see page 6 “Types of Programs”). Additional details about some of the more popular programs can be found on the OGH website.
- Take an honest look at your goals and reasons for wanting to participate in an international program as well as your capabilities and limitations. There are no right or wrong answers but an honest reflection will help you make the most of the experience and help you set reasonable expectations before your departure (see “Preference Checklist” below).
- Start making your pre-departure arrangements (see page 8 “Pre-departure Checklist”).
- Read through this handbook.

Preference Checklist

1. Why do you want to participate in a TTUHSC International Program?

- | | |
|---|---|
| <input type="checkbox"/> Learn about another culture | <input type="checkbox"/> Improve language skills |
| <input type="checkbox"/> Opportunity for travel | <input type="checkbox"/> Increase medical knowledge |
| <input type="checkbox"/> Experience medicine in another culture | <input type="checkbox"/> Enhance education |
| <input type="checkbox"/> Help those in need | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Implement a research project (see chapter 1 & 2 of the GHEC Student Handbook) | |

2. Is there a country or countries in which you want to study? Is the location compatible with your interest and goals?

Do you prefer a larger city smaller city?

3. In which areas/specialties are you interested?

4. For what length of time do you want to go abroad?

5. Do you have a housing preference?

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> host family | <input type="checkbox"/> student housing |
| <input type="checkbox"/> dormitory | <input type="checkbox"/> hotel |

6. Do you prefer fewer opportunities for integration into the host culture or more?

7. How important is the cost factor?

- extremely important somewhat important not important

Other notes/thoughts:



Types of Programs...

TTUHSC offers two types of international programs for students:

FACULTY-LED PROGRAMS

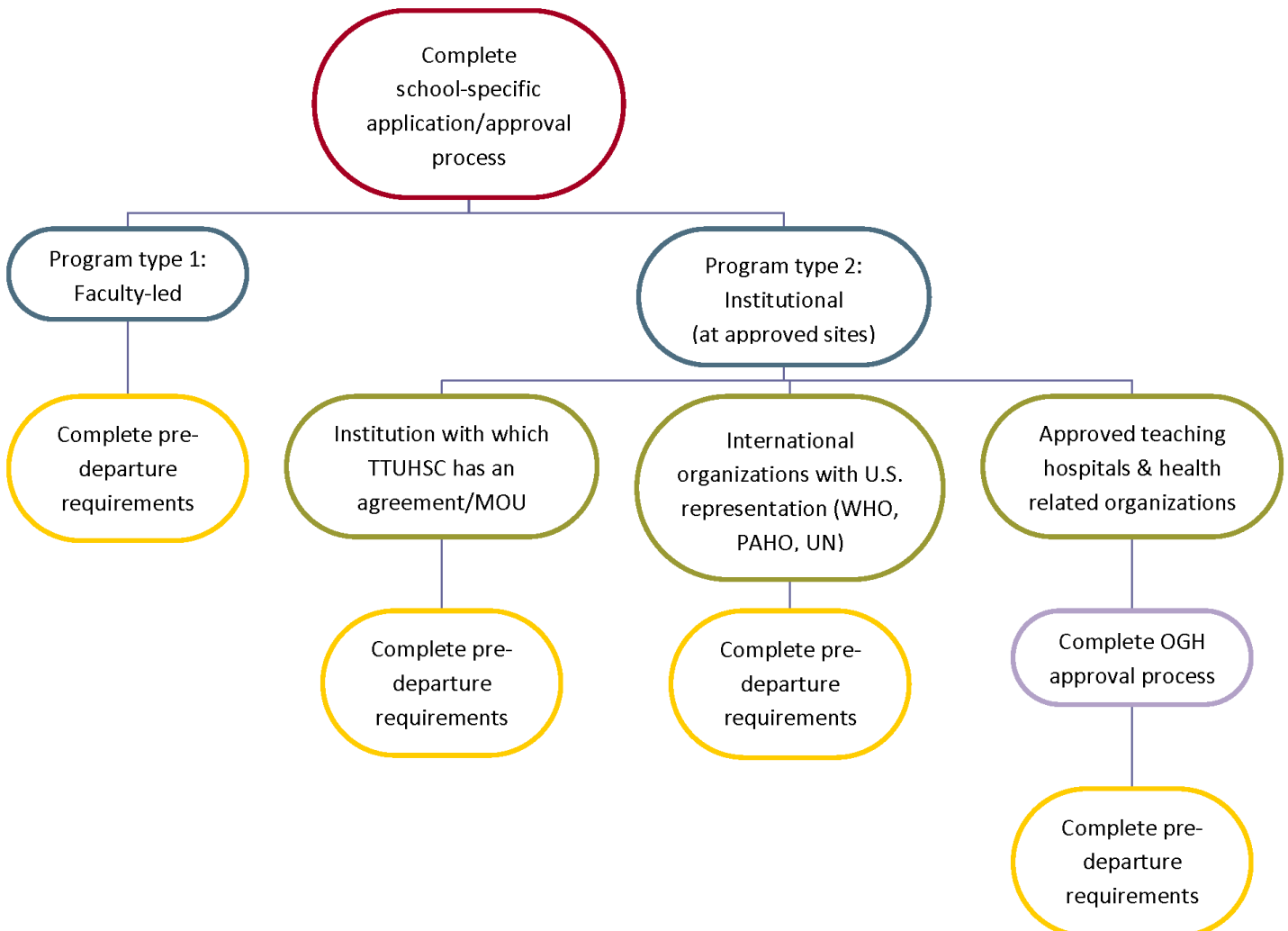
A TTUHSC faculty member designs the program in consultation with his/her school, recruits students for the program, accompanies the students abroad, administers the program, and is responsible for the educational content of the program.

INSTITUTIONAL PROGRAMS AT APPROVED SITES

There are three types of approved sites:

- An institution with which TTUHSC has an agreement/memorandum of understanding (MOU)
- International organizations with which the U.S. has representation (e.g., WHO, PAHO, UN)
- Approved teaching hospitals, institutions, and health related organizations. This option allows students to participate in programs they select/arrange and which meet individual interests or passions. Students interested in this option should see page 7 for more information about the approval process.

TTUHSC students may **NOT** participate in programs located in countries on the Department of State's Travel Warning list.



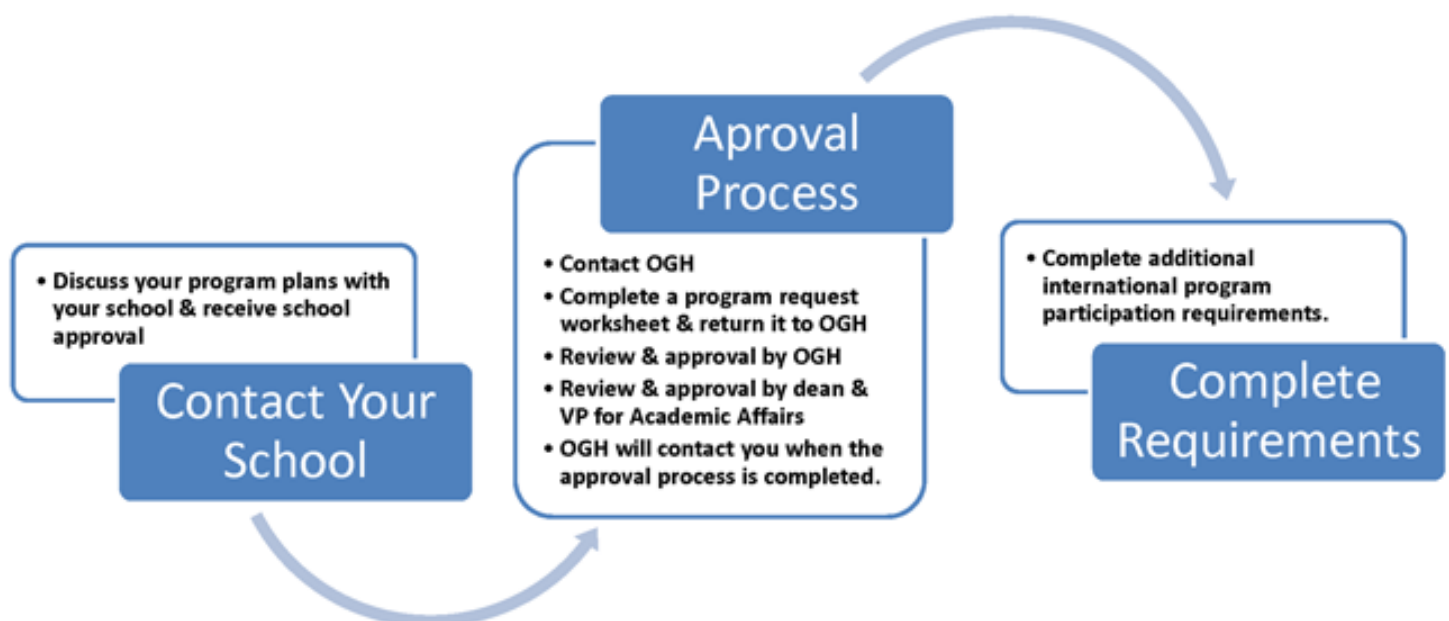
Arranging Your Own International Program

The following information outlines the approval process for students interested in arranging their own international program or elective at a teaching hospital/institution abroad or through a health related organization. Please be aware that the approval process requires 4-6 weeks.

Remember: OGH will NOT approve programs located in countries on the Department of State's Travel Warning list.

Steps:

- The application/approval process must begin at the school level. Students should discuss their program choice with their school and contact their school for application guidelines and due dates.
- After you've discussed your program with your school, please contact OGH to begin the approval process. OGH is involved in the approval process in these instances to ensure the institution, university, or organization abroad meets the safety & security criteria put in place by TTUHSC.
- OGH will provide a program request worksheet. You must complete the worksheet and return it to OGH. All items on the worksheet must be completed or the worksheet will be returned to you.
- Once OGH receives the completed worksheet, the worksheet will be reviewed and a decision regarding approval of your program will be made.
- If the program is approved by OGH, the program request worksheet will be forwarded to the dean of your school and the Vice President for Academic Affairs for approval.
- OGH will contact you when the approval process has been completed. Some organizations require that their own application and approval process be completed in addition to TTUHSC's. You should not start this process until you have been informed by OGH that your program request has been approved.
- After your program request has been approved, you must complete the pre-departure requirements (see page 8).



PRE-DEPARTURE CHECK LIST

Required

() TWO-PHASE PRE-DEPARTURE ORIENTATION (arranged by OGH)

- On-line pre-departure modules
- Face-to-face meeting with OGH

() EMERGENCY / LIABILITY FORMS (see OGH)

() PASSPORT

Note: If you already have a passport, double check the expiration date. Many countries require the passport expiration date to be at least 6 months past the expected date of return to the U.S.

() VISA OR TOURIST CARD—this will depend on the visa requirements of your host country.

() INSURANCE

Required of all students participating in a TTUHSC international program or activity. Unless the program you select provides insurance, you are required to purchase insurance through the TTU system contract with HTH Worldwide. Contact OGH for more information about the insurance including current rates.

() IMMUNIZATIONS

Immunizations are required by many Asian, African, and Latin American countries. An International Certificate of Vaccination is required proof that you have received the necessary vaccinations. An up-to-date tetanus shot is recommended. For more information, contact Travel Medicine at 806-743-2757 or visit the [Center for Disease Control and Prevention web site](#).

() TRANSPORTATION

Obtain tickets and reservations for travel from the U.S. to your destination. Check baggage size and weight regulations.

() MONEY (see pages 12-15 “Travel Finances”)

() EXIT COUNSELING SURVEY (provided by OGH)

Strongly Recommended

() GUIDEBOOKS AND MAPS

() BACKGROUND READING & COUNTRY SPECIFIC INFORMATION

Research the countries you are planning to visit. (See Additional Resources on page 28-30)

() LANGUAGE

It's often helpful to start learning the language of your host country before you depart. Know some basic phrases that are commonly used. Some language CDs are available for checkout through OGH.

() RAILPASSES AND TICKETS

Some countries have discount rail passes and tickets that can be purchased in advance. They are convenient and can save you money.

() HEALTH PRECAUTIONS

Get a health check-up and see your dentist before you leave.

() MAIL

Make arrangements for receiving mail during your travels. The U.S. Postal System can hold your mail or forward it to an alternate address.

() EMERGENCY FUNDS

Make arrangements for receiving additional money should an emergency arise.

() ACCOMMODATIONS

Reservations are helpful, especially for the first night after your arrival or for particularly crowded locations. If accommodations are not provided in your program cost, your host institution or organization can make recommendations to you as can students who have traveled to these locations before.

() INTERNATIONAL PHONE CARD OR CELL PHONE

See page 31-32 for a more detailed pre-departure checklist and a packing list.

Steps to Take Before You Go — A Timeline

6-9 months prior...

- Begin the process of participating in a TTUHSC International Program—know where you want to go and what you want to do. Contact your school about your desire to go abroad and the requirements to do so. Complete any necessary application.
- Check into any available funding. Know the due dates for the applications.
- Begin language classes to facilitate communication in your host country.

3-4 months prior...

- Once your location has been determined begin making travel plans and arrangements—purchase a flight and procure accommodations.
- [Obtain a passport.](#)
- Make sure you have turned in all documentation for a visa (if required) either to OGH or the embassy/consulate of the country in which you will be traveling. Remember, you will need to have a passport before you can obtain a visa.
- Familiarize yourself with local laws and customs for the countries to which you are traveling. Background knowledge eases transition into a new community. Sensitivity to regional customs and mores and knowledge of local laws convey sincere interest in the community and ensures that your behavior and choices are appropriate, respectful, and legal.
- Undergo a health review with your physician, dentist, and optometrist.

1-2 months prior...

- Attend a required Pre-Departure Orientation session.
- Complete and return to OGH an Emergency and Liability Forms packet.
- Be aware of any immunizations required by your host country—see Health Issues (pages 21-23).
- Make arrangements for your mail, bill payments, pet care, etc. while you're away.
- Confirm what you are expected to bring and begin purchasing trip specifics.

2 weeks prior...

- Begin packing.
- Call the airline and confirm weight limits for baggage and any restrictions for airline travel.
- Purchase converter plugs, travel guides, and other needed items. OGH has several converters available for check out.
- Gather all your important phone numbers and addresses for staying in touch.
- Distribute wallet cards received at the pre-departure orientation to trusted family / friends.
- Organize medications, prescription renewals and any special medical supplies, including eye glasses & contact lenses.
- Read all consular information sheets and public announcements for the countries you plan to visit. Go to www.travel.state.gov for this information.

Day of Departure...

- Confirm your flights for departure and return.
- Get a good night's rest, and drink plenty of water to stay hydrated.
- Unplug electrical items at home & adjust the thermostat if necessary.
- Leave in plenty of time to get to the airport. Always arrive 2-3 hours before an international flight.
- Make sure to label all of your luggage both inside and outside.
- Do not lock your bags. You will be asked to remove all locks during check-in. You may be able to use a lock if it is TSA approved. DO NOT leave your luggage unattended.
- To save time upon arrival, have some host-country currency available for your trip.
- Keep your passport, visa, and other important documents on your person and available for airport security and custom officials.
- Contact your family and OGH upon arrival to let everyone know you arrived safely.

Useful Information

Visas

A visa is an official document issued by a foreign government which grants permission to enter, study, or live in a particular country. OGH can help with specific details on how to obtain a visa for your host country. Since these requirements change periodically, you should check with your host country's embassy in Washington DC or consular offices for the particular requirements. An affiliated program sponsor may also be able to assist you with questions regarding the visa application process.

It is important to begin the process of obtaining a visa as soon as you know of your plans to travel abroad. It may take 4-8 weeks to obtain all the proper documentation for a visa. A passport is required in order to begin the process. Go to [Electronic Embassy](#) for more information.

Cell Phones, Calling Cards, & Skype

Purchasing a cell phone abroad that can be loaded with pre-paid minutes is the most convenient way to keep in touch with friends and family. Most foreign providers offer phones at reasonable prices with varying plans and packages.

NOTE: If you choose to purchase a cell phone abroad, please contact OGH with the phone number.

Calling direct from abroad to the U.S. can be very expensive. A less expensive way to make these calls is to have a long distance international calling card. Most long distance carriers offer cards and special plans for international calls. Contact the carrier (e.g., Sprint, AT&T) directly for detailed information. International calling cards may also be available in your host country for a very reasonable price.

Skype is another popular service to use for making international calls. Many of Skype's services are free (Skype-to-Skype and one-to-one video calls) while other services (calls to phones) are pay-as-you-go or subscription based. Visit [Skype](#) for more information about the services available.

Personal Property Insurance

The insurance TTUHSC provides through HTH Worldwide does not include personal property insurance. Many of you will be traveling to locations with higher than average rates of crime, including theft, and may want to consider purchasing insurance to cover loss of personal possessions while abroad. It is possible that you may be covered under your current policy, so investigate that prior to departure. Inexpensive, but limited travel insurance coverage, is available through [STA Travel](#).

Absentee Voting

If there is a U.S. election in which you wish to participate while abroad, you should make arrangements for an absentee ballot before leaving the country. Contact the County Board of Elections or the Secretary of State's office where you are registered to vote, or visit [Federal Voting Assistance Program](#).

International Student Identity Card (ISIC)

The ISIC is an internationally recognized card that provides you with discounts abroad for museum admissions, airfares, tickets, bookstore purchases, hostel reservations, and more. It also provides some additional insurance for emergency medical evacuation and repatriation of remains. The ISIC is available for full-time and part-time students enrolled in a degree-granting program. You can look at the benefits of having a card at [ISIC—Benefits](#).

Packing Tips

The most important thing to remember is to pack light! One way to encourage yourself to pack light is to pack your bags with everything you want to take, carry them around the house for 10 minutes and then take out all of the things you can get by without.

Quick notes about clothing and footwear choices:

- Select lightweight, drip-dry, and wrinkle-proof, easy to care for clothes (like microfiber, jersey, and cotton / polyester blends) that are appropriate for anticipated temperatures, climate, and local custom.
- Select items that can be washed in the evening and worn by morning.
- Mix and match items for variety. Select clothes that can be “layered”
- Keep in mind hemisphere difference in regards to seasons.
- Consider packing clothes that can be donated or left behind.
- To avoid being a target, try not to wear conspicuous clothing (such as TTUHSC shirts) or expensive jewelry. Do not carry too many credit cards or more money than you can afford to lose.
- Invest in good footwear! It is important to buy high quality shoes that are going to last you awhile and are very comfortable. Do not take new or unworn shoes!! The last thing you will want to deal with is aching, blistered feet.

CHECK WITH YOUR HOST INSTITUTION AND/OR ORGANIZATION REGARDING APPROPRIATE ATTIRE FOR HOSPITAL AND/OR CLINICAL SETTINGS. Your host institution and/or organization should also be able to tell you if scrubs and/or a white coat should be worn. Also, ask your host institution or organization if laundry facilities are available!

REGULATIONS

For information on U.S. Customs regulations, contact the Customs Office (Preston Smith International Airport, **762-5739**).

Individual airlines set regulations regarding the size and number of pieces of luggage a passenger can carry on board or check on international flights. They can refuse to carry excess baggage, but it is unlikely they will. However, they will usually charge high rates for excess baggage. Label your luggage on both the outside and the inside with your name, address, program, or university address.

For the latest travel regulations visit the [TSA website](#).

Please Note: Federal export control laws regulate the export of strategically important products, services, and technologies to foreign persons (including governments, corporations, and organizations). Laptop computers, GPS systems, or their associated software may be subject to export controls. Items of this nature can be taken abroad for **personal use**. These items must remain in your possession and control at all times and may not be left behind, donated, or sold while in your host country.

Know Before You Go

To check the current rules for what you can and cannot bring back into the U.S., visit the [Customs website](#).

See page 30 for a complete list of items to consider packing when you travel abroad.

Considering the Costs

Participating in an international program can be costly. It is important to evaluate the cost of participation at the beginning so that you can plan accordingly.

Below is a list of costs to consider when planning your trip:

- Program fee (may be charged by the host institution and/or organization)
 - * It is very important to know what is included in the program fee. Does it include housing? Are all meals covered or only weekday meals? Does it cover the cost of extracurricular activities? Does it include in-country transportation and transportation from and to the airport at arrival and departure?
- International flight
- In-country travel (taxi, metro, train, etc.) if not provided by your host institution or organization
- Housing
 - * Will you be living in a dormitory, a hotel, or with a host family?
 - * Will you be living alone or with other students, volunteers, and/or health care professionals participating in the same program?
 - * How far is the housing arrangement from the institution, clinic, or hospital? Will you need transportation or can you walk?
- Meals
- MEDEVAC and International Health Insurance (provided by HTH Worldwide—contact OGH for more information)
- Passport
- Visa
- Immunizations
- Excursions
- Shopping
- Leisure activities

The budget worksheet on the following page can be used to help you estimate the cost of your program so that you can begin saving and preparing as soon as possible.





Budget

This budget-prep worksheet will help you evaluate the total cost of your international program. It can be used as a tool to help you be as financially prepared as possible. It can also be useful if you are applying for scholarships or other funding which require an estimate of the total cost of your program.

Expenditure	Cost
<i>Pre-Departure:</i>	
Program Fees/Tuition	
International Flight	
Passport and passport photos	
Visa (if required)	
Immunizations	
MEDEVAC/International Health*	
International Student Identity Card (optional)	
Other:	
Other:	
<i>Post-Departure:</i>	
Housing (if not included in the program fee)	
Food (if not included in the program fee)	
On-site Transportation (if not included in the program fee)	
Sightseeing/Other Excursions	
Shopping/Spending Money	
Leisure Activities	
Books/Educational Supplies (if required)	
Other:	
Other:	
TOTAL ESTIMATED COST:	

*contact the OGH



ACCESSING MONEY: Rely on several sources of money (ATM/debit card, credit card, cash, traveler's check) to cover expenses while abroad. This will ensure that if one of your means for accessing money fails, you will not be stranded without money. Also, the amount of money you can access through any one source may at times be subject to limitations, so you will want to have a second source should you need a large amount of money immediately. Check with your bank before you depart to find out the maximum amount you can withdraw in a 24-hour period. Depending on the country, ATMs are usually common in large cities and at most major airports. Be sure you have an **internationally valid PIN number**. ATMs are also subject to breakdowns, fraud, and other scams. Also, with ATMs, debit cards, and credit cards, ATM fees and international interest charges will typically apply. Traveler's checks can be inconvenient and, since many establishments do not accept them, fees are assessed for converting them. Also, you are often limited to cashing them during banking hours only. You may wish to exchange a small amount of money prior to your departure from the U.S., so that you don't have to concern yourself with these matters immediately upon arrival.

ATM & CREDIT CARDS: ATM and credit cards give the best exchange rates. ATM cards that are marked with the Pulse, Cirrus, Visa, or MasterCard logo can be used to withdraw cash from just about any ATM in the world.

Contact your bank and credit card company to let them know you are leaving the country for an extended period of time and that your cards have not been stolen. It is smart to take your bank's phone number and your credit card company's phone number, in case your cards are stolen. Make photocopies of the fronts and backs of your cards, and leave them with someone you trust back home. You may also want to consider emailing yourself a copy of your cards or your card information (numbers, etc.) as well as important bank numbers. However, there are security risks involved with this option.

Some smaller and/or developing nations may not be able to process ATM and credit cards. Some outlying locations may also not have the ability to accept ATM or credit cards. If in doubt, ask a contact person at your host institution.

CASH: Carry only small amounts of cash. If it is lost or stolen it cannot be replaced. It is a good idea to obtain a small amount of the host country currency before departure to use for buses, taxis, phone calls, etc. We suggest \$40-\$50. Local banks can order foreign currency for you. You can also exchange currency in most major airports.

TRAVELER'S CHECKS: Most banks sell traveler's checks. However, many countries do not have the ability to cash traveler's checks. A contact person from your institution and/or organization abroad will be able to provide more information about the ability to use traveler's checks.

CREDIT CARDS: Most U.S. credit cards can be used worldwide. Visa is a commonly used credit card in foreign countries. American Express is not widely accepted.

How to Exchange Money

The key to successful money exchange is advance planning. Try to anticipate how much money you will need for a particular country. It is costly to convert to a new currency because each time you pay a service charge. Remember to exchange only as much as you think you will need for a particular country. You can exchange money at banks, American Express Offices, airports, railroad stations, large hotels, some tourist information centers, and travel agencies. (Banks, airports, and railroad stations offer the best rates.) Remember you will need your passport with you as identification to exchange money. Keep receipts from banks until you leave the country.

Rates of Exchange

Fluctuation is the key word in currency exchange; therefore, rely on information that is current. Visit [Universal Currency Converter](#) for current exchange rates. Inflation in a country can mean that prices for meals and accommodations increase dramatically from one day to the next.

Emergency Cash

Before you leave, you should discuss with your family a plan for getting more money during the program just in case an emergency occurs. Check Western Union details and service fees, credit card services, and ATM availability.

If you find yourself stranded with no money at all, contact the embassy or U.S. Consulate in your host country for suggestions. The embassy personnel are prohibited from furnishing cash or loaning money; however, they can suggest possible sources for financial assistance.

Funding Available through OGH:

- **International Education Fee Awards**

Each semester students pay a \$4 International Education Fee. The funds collected from this fee are intended to help supplement the cost of TTUHSC international programs. For more information about the availability of funds and how to apply for funding to support your international program experience, contact OGH or visit our website.

- **Beyond Borders, Beyond Measure Scholarship**

Each fall TTUHSC students submit photographs from previous international experiences. The photographs are displayed and sold at TTUHSC and during the October First Friday Art Trail. All proceeds support TTUHSC international programs and are available for programs that occur in the summer. Scholarship amounts vary from year to year. For more information about the application process, including application due dates, contact OGH.

Some schools may have additional funding for school-specific programs. Contact your school for more information about scholarships and awards offered through the school.

Safety and Security have become important considerations for all of us. Life abroad requires a higher standard of awareness and functioning than life in the U.S. Before your departure, examine your physical, mental, and emotional preparation for life abroad. It is important to ask yourself, “What is my plan of action if a crisis occurs?”

Travel warnings and other public announcements issued by the U.S. Department of State should always be read and heeded.

Prevent What You Can

It’s a fact of human nature: most of us tend to overestimate the danger of rare events over which we have little or no control (such as terrorist attacks) and underestimate the danger of common events over which we have at least some control (like traffic accidents). Please be concerned with preventing the things you can: theft, pedestrian safety, driving difficulties, and getting lost. Here are some items to consider and a few prevention strategies:

- **Traffic & Transportation**—realize roads may be dangerous (not to mention bumpy) especially after dark; understand that pedestrian safety may involve things you are not used to (like dodging motorcycles on sidewalks); check the safety and reliability of public transportation; use seat belts when available. Remember: there are dramatically different ways of driving and rules for driving in different areas of the world.
- **Theft**—don’t carry a lot of cash; be aware of your surroundings; stay alert and sober; protect your passport. Remember: tourists are a target everywhere, so do what you can to blend in with your surroundings. And don’t fight to protect what can be replaced.
- **Alcohol / Drugs**—cultures differ in their attitudes toward alcohol and drugs. It is of utmost importance that you remain alert and aware at all times especially since you will be in an unfamiliar environment and culture.
- **Civil Unrest**—demonstrations, especially violent demonstrations, are rare in the U.S. The novelty of a demonstration can be attractive; however, a demonstration or rally of any nature has the potential to turn violent quickly. It’s also important to remember that some demonstrations target U.S. policies and politics, making them especially dangerous for U.S. citizens.
- **Terrorism**—the “No Double Standards Policy” requires the U.S. government to let the public know about verifiable threats. If you are alerted to a possible threat in your location, please take these alerts seriously. There are a few countermeasures you can take to lessen your risk: flee from and report any unattended packages; always be aware of the people around you and their body language; do what you can to avoid looking like a stereotypical American (e.g., wearing baseball caps backwards, t-shirts with U.S. schools, teams, & logos). Incidents may occur in multiples so if there is an explosion don’t assume that is the end of the crisis. Take the necessary steps to protect yourself.



One of the most important tips concerning safety and security is trust your “gut instinct.” If something appears wrong or doesn’t “feel right” to you, trust your instincts.

Another important aspect of safety and security abroad is having a plan of action should an emergency occur. It’s important to know who to call and what to do. Having a plan in place before you go abroad not only provides peace of mind but saves time and effort should an emergency occur.

The information on the following page will help you design your own emergency action plan.

Emergency Action Plan Steps

REMEMBER:

- Always have your emergency contact numbers with you. Carry the wallet card provided by OGH with you at all times.
- Exchange phone numbers with the other members of your group so that you can reach them in times of emergency.
- Create a “communication tree” in order to contact everyone quickly.
- It is always helpful to have a primary and secondary meeting place so that if an emergency occurs you will know where and how to meet the other members of your group.

Below are a few steps to consider when an emergency occurs.

STEP ONE

STAY CALM. You are no good to yourself or anyone else if you cannot remain calm and stay focused on what to do next.

STEP TWO

If an emergency occurs, **assess the situation.** Is the crisis personal (accident/injury, illness, sexual assault, kidnapping, arrest, etc.) or regional (natural disaster, political uprising, terrorist attack, etc.)? You may need to contact program staff at your host institution and/or organization for advice.

STEP THREE

Take action and exercise good judgment. If possible, remove yourself from the emergency and get to a safer location where you can get help.

STEP FOUR

Now that you are in a safer and more stable location, **reach out to and update the others** in your group and at your host institution about your situation. Get in touch with your emergency contacts so that they can help you. Have them assist you in finding what you need (medical care, transportation, a lawyer, etc.) Call the OGH emergency number if you need additional assistance and to keep TTUHSC informed of the situation.

If you cannot reach someone to help you (because phone lines are down, you are trapped, etc.), don't give up. Try alternate methods of communication and transportation until you are able to reach someone. If you need to move to another location, let others know and leave a written description of where you are going.

STEP FIVE

After you have removed yourself from any immediate threat, regrouped to a safer location, and informed your emergency contacts, you may need to **move to a more permanent location for treatment/assistance** (hospital, police station, embassy/consulate, contact's home, counseling center, etc.)

STEP SIX

Maintain contact and update your emergency contacts, including OGH, on your condition.

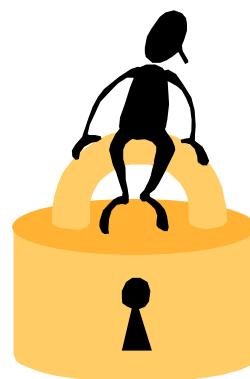
STEP SEVEN

After the emergency is over, and once your condition has stabilized, **evaluate your emergency action plan** and use what you've learned to revise it, in case of future emergencies.

STEP EIGHT

Upon your return, **provide feedback** to OGH about your emergency situation and how your emergency action plan worked. What you learned could help other students in the future.

USE THE BUDDY SYSTEM, AND ALWAYS LET SOMEONE KNOW WHERE YOU ARE GOING AND WHEN YOU PLAN TO RETURN!



Know the facts and who to contact:

- Each year 2,500 Americans are arrested overseas. One-third of the arrests are on drug-related charges.
- Once you leave the U.S., you are not covered by U.S. laws nor the U.S. Constitution.
- You **MUST** be aware of the laws of the host country:
 - Are there specific laws that govern the role of women—when they can and cannot be alone, what they can and cannot do, specific attire they must wear in public, etc. (see page 19)?
 - Are there laws about the use of drugs, including prescription medications?
 - Are there laws regarding the import of medication?
 - Are there specific laws which address homosexuality (see page 19)?
- “I didn’t know it was illegal” will not get you out of jail.
- The burden of proof in many countries is on the accused to prove his/her innocence.
- In some countries, evidence obtained illegally by local authorities may be admissible in court.

If you are arrested, **IMMEDIATELY** contact the **U.S. Embassy/Consular office** in your region. The U.S. Embassy/Consular office **CANNOT** get you out of jail, demand your release, represent you at trial, provide legal advice, or pay legal fees and/or fines; however, they can:

- Visit you in jail after being notified of your arrest,
- Provide a list of attorneys (the U.S. Government cannot assume responsibility for the professional ability or integrity of these individuals or recommend a particular attorney),
- Notify your family and/or friends and relay requests for money or other aid—**but only with your authorization**,
- Intercede with local authorities to make sure that your rights **under local law** are fully observed and that you are treated humanely, according to internationally accepted standards,
- Protest mistreatment or abuse to the appropriate authorities.

The Department of State’s **Bureau of Consular Affairs Office of Overseas Citizens Services** provides emergency services pertaining to the protection of U.S. citizens arrested or detained abroad, the search for U.S. citizens overseas, the transmission of emergency messages to those citizens or their next of kin in the U.S., and other emergency and non-emergency services.

Contact the Office of Overseas Citizens Services at **202-501-4444**.



LOST or STOLEN PASSPORTS!

As soon as you realize your passport is missing, **IMMEDIATELY** contact the nearest police authorities and U.S. Embassy or consulate in your region. You may be asked to report how, where, and when you lost your passport, what you did to recover it, and what the end result was. Forms to be completed to replace your passport can be found at the [State Department web site](#).

In emergencies, you may contact the [National Passport Information Center](#) for support. Call (877) 487-2778 to reach an operator Monday through Friday from 8 a.m. until 10 p.m. ET.

Take a photocopy of your passport with you, in case it is needed in your host country and leave a copy with your emergency contact in the U.S. Also consider scanning your passport and e-mailing a copy to yourself. Having an easily accessible electronic version could come in handy if your passport is lost or stolen.

...A Special Note About Gender and Sexual Identity...

While abroad, you'll be constantly comparing your host culture to what you're accustomed to at home, and that goes for everything from what you eat, to whom you meet, to where and how you live. Part of living, serving, and studying abroad is adapting to the customs, and of course, complying with the laws of your host country and its predominate culture or cultures. There isn't a single, overarching rule for how to express your true self while abroad. As in any cross-cultural situation, it pays to observe your surroundings, be sensitive to local customs, and express yourself appropriately and respectfully. Be true to yourself, but stay open to every learning opportunity.

Above all BE SAFE. Local laws and practices can differ greatly, and the reality is that how you express your sexuality and gender could pose safety concerns while abroad. Make sure you know the laws relating to sexuality and gender expression. Homosexuality remains illegal in some countries; even in countries without legal barriers, cultural norms may prohibit outward expression of your sexual identity. The good news is that if you arrive at your program with good planning and keen understanding of the issues, your time abroad should be healthy, safe, beneficial, and meaningful.

[Identity essay by CIEE](#)

Especially for Women

You know the reality; different people have different ideas about what it means to be a woman. Most American women think of gender as only one of a number of factors that define personal identity. In our society, gender is usually less important to a person's identity than things like educational level, socioeconomic standing, professional accomplishments, spiritual beliefs, talent, ability, creativity, and passion. The principle of equality between the sexes is almost universally accepted, and U.S. women expect that just societies will ensure equal opportunity for women.

It is important to recognize that some cultures rely on gender as a primary way to define identity, though how that manifests itself in attitudes and behavior varies widely. In some cultures, attitudes toward women are similar to U.S. attitudes. But other cultures may deny the equality of men and women in one aspect or another.

If you participate in an international program in one of these more restrictive societies, you might be surprised at the extent your gender can shape the opportunities you have. In the most extreme cases, there might be certain places you simply can't go and things you simply can't do. It can be challenging to live and study in such a society, so be ready to learn, analyze, and adapt.

The best way to handle the challenges is to be informed. Ask questions of your host institution and get specific information about the area you will be traveling to.

- When and where is it appropriate to be alone?
- What types of clothes should you wear in different situations?
- How should you respond to unwanted attention?
- What should you know about traveling in the city and elsewhere?
- What should you be aware of when out at bars, clubs, or other nightspots?

[Women-what you need to know essay by CIEE](#)

Wallet Card:

While abroad we highly recommend you carry with you at all times the wallet card provided by OGH. Complete the information on the card so that you will have your emergency contact numbers with you at all times.

TTUHSC has a 24-hour emergency phone so that you can contact the institution at any time, regardless of the time differences between countries or the day of the week. While this phone number is reserved for emergency use, do not hesitate to call if you need assistance.

Wallet cards with OGH contact information (including the emergency phone number) can also be provided for parents, spouses, and significant others.

Take responsibility for your safety & security by asking the right questions and communicating effectively:**Make sure you know what to expect by asking about the following:**

- Natural phenomena that can be dangerous (like surf at beaches)
- Dangerous animals and plants
- Environmental hazards (like the quality of air and drinking water)
- Common crimes (like purse snatching) and strategies used to catch tourists off-guard
- Necessary traffic and transportation precautions
- Street-smart behavior
- Trusting local citizens
- Norms governing dress and behavior
- Documentation that should be carried at all times versus stored in a safe place

Communicate with your host institution or organization:

- Give accurate physical and mental health information to the program administrator (see page 21).
- Register with local U.S. authorities, if OGH has not done so for you.
- Know how to contact [local emergency services](#).
- Know the location and contact information of the local U.S. authorities (embassy, consulate, etc.).
- Keep program staff informed of your whereabouts and well-being.
- Express any safety concerns to the program staff.

One final note about Safety and Security:

Some foreign countries may require that you check in with local authorities to verify your address and your safety. In some countries, the concierge of your hotel will do this for you. PLEASE DO NOT DISREGARD THIS! You can and will be deported if you do not follow the laws of your host country regarding check-in. Find out what is required by your host country prior to your departure! The country-specific information provided by the [State Department](#) will often address any check-in requirements.



Before you travel abroad, it is worthwhile to take a close look at the many factors that contribute to your overall physical and emotional well-being. A trip abroad will almost certainly affect your health because so many factors of your well-being have to do with lifestyle and environment.

We recommend you have a physical exam, dental check up, and eye exam before going abroad. This may help to eliminate any potential health related issues prior to departure.

Assess your health and health related practices:

- Both physical and emotional health issues will follow you wherever you go.
- You should address any physical or emotional health issues honestly before making plans to participate in an international program.
- Travel can often exacerbate any problems/issues you were experiencing prior to your departure.

Identify your health needs:

- Be clear about your health needs when applying to participate in an international program and when making housing arrangements.
- Describe allergies, disabilities, psychological treatments, dietary restrictions, and medical needs so that adequate arrangements can be made beforehand.
- Resources and services for individuals with disabilities vary widely by country and region; if you have a disability or special need, identify it and understand ahead of time exactly what accommodations can and will be made.
- Consider a Hepatitis B vaccine if there will be any work which involves possible exposure to blood or body fluids.
- Carry a letter from your physician along with any medications. Separate your prescription medications into two suitcases / bags to ensure that if one set is lost or misplaced, you have an additional supply. Keep all medications in their original containers. Take an extra pair of eye glasses or contact lenses and your prescription.

Pack a First Aid & Medical Kit

Don't underestimate the importance of keeping some basic medical supplies close at hand. You should always travel with a first aid kit that includes the following items:

- Band-Aids
- Rubbing alcohol/antibacterial ointment
- Sunburn ointment/sunscreen
- Anti-diarrhea medication
- Gauze and adhesive tape
- Pain reliever and decongestants
- Antacid
- Prescription medication
- Burn cream
- Bug repellent (creams/wipes) containing DEET
- Hand sanitizer

Depending on the region, include water purification tablets, antihistamines, salt tablets, and skin moisturizers. Be sure to pack regular medications, contraceptives if you may need them, feminine hygiene products if you are traveling where they are not available, and any other routine health and medical products you think you may need. Check the expiration dates of all medications before you leave.

A more extensive list of First Aid Kit items can be found page 32.

The Center for Disease Control and Prevention (CDC) & World Health Organization (WHO)

The [CDC](#) & [WHO](#) web sites can provide valuable information regarding the health issues and concerns impacting your host country (including malaria endemic areas). The **CDC's** [Yellow Book](#) can tell you what vaccinations are required and/or recommended. The **WHO's** web site can provide [country specific](#) information about health trends and diseases specific to your region. Use both web sites to research your host country prior to your departure.

Additional health information can be found at the following web sites:

- [State Department Health Issues](#)
- Travelers with disabilities can get more information from [Mobility International](#) or **541-343-1284**



TRAVEL MEDICINE

TravelMed is a clinical medical service that provides consultation and immunizations for persons who will be traveling in other countries.

TravelMed can provide counseling and information regarding precautions you should take to prevent general illnesses or those specific to a country.

TravelMed staff will discuss your destination, how long you will be there, and the conditions you are likely to encounter. Your personal health history will be assessed, and you will be advised on any immunizations required and other health precautions.

General necessary immunizations may include:

- Tetanus–diphtheria (Td)
- Hemophilus influenza (HIB)
- Hepatitis B
- Influenza, viral
- Measles–Mumps–Rubella (MMR)
- Pneumococcal pneumonia
- Polio

Specific or required immunizations may include:

- Hepatitis A
- Japanese encephalitis
- Meningococcal meningitis
- Plague
- Rabies
- Typhoid
- Yellow fever
- Cholera

TravelMed can also provide you with tips for safe travel, the prevention of common travelers' ailments, and special concerns. Examples include:

- Food
- Water
- Motion sickness
- High altitude sickness
- Travelers' diarrhea
- Tuberculosis
- Malaria
- Serious allergies
- Heart conditions
- Pregnancy
- Eyeglasses, contact lenses
- Prescribed medication
- Health identification

To make an appointment with TravelMed call **806-743-2757**.

TravelMed is open from 8—5 Monday through Friday.

TravelMed is located in the Texas Tech Physicians Medical Pavilion, located on the 1st floor in the Family Medicine Clinic.

Visit the [TravelMed](#) website

Special note about taking medications, medical supplies, or medical equipment for donation:

If you are taking medications, medical supplies, or medical equipment to be donated, have a detailed list and a letter from the university stating that they are donations. Please contact OGH if you need assistance drafting a letter. Please be advised that some countries will not allow the import of medications, and in these instances you must obey the law of the host country. If there is any question about the legality, contact the ministry of health in your host country for specifics.

Taking Care of Your Health

Remember to:

- Give yourself time to adjust
- Drink plenty of non-alcoholic fluids
- Eat nutritious food—"peel it, boil it, or forget it"
- Avoid quaint food stands and street vendors
- Make your medical needs known



Find Out About Local Resources:

Learn how to get medical help, whether routine or emergency, in your host country before the need arises. Is there a 911-style emergency number and, if so, what services does it access? Who will provide routine medical care, and how can you reach that provider?

HTH Worldwide

For the safety of its students, TTUHSC requires that all students participating in an international program or activity have emergency medical evacuation and repatriation of remains insurance in addition to health and accident coverage. To ensure uniform coverage, OGH has contracted with HTH Worldwide for insurance that provides the necessary coverage This insurance is mandatory unless your program provides coverage or requires that you purchase coverage from an alternate vendor. Contact OGH regarding the current cost of coverage.

Services provided on hthstudents.com

- Search for a doctor in the U.S. and overseas
- Use the medical drug, term, and phrase translation guides
- Read important health and security news
- Download claims forms
- Check the status of a pending claim

Toll-Free Customer Service and Multi-Lingual Staff

- HTH Worldwide's toll-free, concierge-level, multi-lingual customer service supports their online capabilities.
- To access HTH's toll-free, multi-lingual customer service center, call 888-243-2358 during their business hours: Monday – Friday, from 8:00 am – 7:00 pm ET. They are available around the clock for emergencies by dialing 877-424-4325 and selecting the option for emergency assistance.

mPassport

- All HTH Worldwide insurance plans include convenient access to HTH's Global Health and Safety Services online and via handheld mobile devices. Members can use HTH Worldwide's **mPassportSM** service to translate medical terms, phrases and brand-name medications right from handheld mobile devices. mPassport also assists in finding emergency services and qualified doctors all around the world.

View [HTH's brochure](#) for more information regarding policy coverage and exclusions.

Considering Ethics...

Programs abroad continue to increase in popularity because they offer a variety of unique educational and service related opportunities. One of the challenges of programs abroad is the differing regulations that govern health care and health related procedures that students can perform. In other countries these guidelines are often less stringent and well defined. Even when guidelines exist, they may or may not be enforced. Prior to participating in a program abroad, it is important to consider the ethical implications of the activities and services you may be a part of, including the potential for harm and abuse.

Ethics deals with the 'right thing to do', what the basis is for right and wrong, and provides some reason for norms of behavior. A Pinto & R. Upshur, *Global Health Ethics for Students*.

Everyone approaches international programs with good intentions, but it's often difficult to know what will cause harm or long term negative consequences. A patient's safety, welfare, and privacy always come first and are as important abroad as they are in the US. Your personal and professional growth or goals should never come at the expense of a patient.

As students, a program abroad is a learning opportunity. You are in your host country to learn, not necessarily to treat. The amount of treatment, if any, you are able to provide will greatly depend on the amount of your clinical training. While abroad it is important that you remember this rule of thumb regarding the ethics of international programs: **you cannot do abroad what you are not allowed to do in the US.** This rule will go far in protecting you and the patients you serve.

For a moment, put yourself in the patient's shoes. Would you want someone who is unskilled, someone with limited training, performing treatments and procedures on you? Know your limitations and be honest with yourself and others, including supervisors, mentors, and Program Administrators, about those limitations.

Engaging in treatments and services for which you are not trained is unethical. In addition, if you are asked to complete a task you don't feel comfortable completing, discuss your feelings openly and honestly with the Program Administrator or supervisor. These types of discussions are an important aspect of the learning process and can be as beneficial as any educational or service related experience.

Sometimes a power imbalance is created between a developed world health professional and a developing world patient. This power imbalance can result in vulnerability, exploitation, and a loss of authority on the part of the patient. While this power imbalance can occur in the US too, often times poverty, social and cultural factors, and language barriers can exacerbate the imbalance.



Recognizing patient autonomy is one of the core values of medical ethics; it is particularly important to honor in communities with limited resources, where all patients must be given the choice whether or not to have trainees involved in their care. AAMC, *Guidelines for Premedical and Medical Students Providing Patient Care During Clinical Experiences Abroad*

Evaluating ethics is a circular process: learn, act, reflect, repeat...

Always defer to and show respect for local healthcare professionals. These individuals typically reside in the host community and have a better understanding of the health needs, standard of care, cultural mores, and challenges that face the host community. Their knowledge and experience can be highly beneficial to your experience, and their insight into the host community can help you better understand the current situation, best practices, and what is and is not appropriate when engaging patients.

In addition to considering the ethical parameters of international programs, while abroad you may witness or experience situations that are considered acceptable in another country but not in the US. For example, you may observe a traditional or cultural practice that you consider to be harmful to the patient. We know that countries and cultures can at times differ in their values, but experiencing and witnessing this difference can be very challenging. If you encounter a situation that challenges your core values and leaves you questioning the morals and professionalism of the individuals involved, use it as a learning experience. Ask questions. Get as much information as you can about the situation. Discuss the situation with a trusted colleague or mentor, including a faculty member at TTUHSC. Analyze and reflect on the scenario. The more you delve into the experience, including your feelings and reactions, the more you will learn about yourself and the type of health professional you want to become and the better you'll be able to understand your host culture.

You're encouraged to use your international experience as a catalyst for asking the tough questions—questions about the existence of inequality, sexism, and racism; questions about power imbalances and power structures; questions about policies that may limit access to healthcare for the most needy individuals; and questions about the best use of resources and appropriate resource allocation.

When considering challenging ethical scenarios, the goal is not necessarily to know the answer, but to be okay with no answer or multiple answers.

Ask yourself:

- What are the facts?
- What are the ethical issues?

- Additional resources:
- [Ethics and Best Practice Guidelines for Training Experiences in Global Health](#)
 - [Guidelines for Premedical and Medical Students Providing Patient Care During Clinical Experiences Abroad](#)
 - [Global Health Ethics for Students](#)
 - [Ethical Challenges in Short-Term Global Health Training course through Johns Hopkins](#)
 - [Global Ambassadors for Patient Safety at the University of Minnesota](#)



Ethics and Photography...



If you choose to take photographs while abroad, you have a responsibility to uphold the dignity of the people you encounter and portray fairly your host community and its culture. Students should always strive to portray the host community in an ethical way, providing a comprehensive depiction of the country while avoiding misperceptions. Photographs are a great tool for relaying to others your experience abroad, but they can also skew perception and convey a narrow or limited picture of the reality.

When taking photographs abroad, keep these tips in mind:

- Always ask permission of your subject.
- Always photograph your subject in a respectful way. It is never appropriate to take images which dehumanize or exploit.
- Strive to be fair and balanced. While you may want to demonstrate the poverty of the community and the challenges the community faces, balance that with the strength and beauty of the community.
- Avoid false generalizations, stereotypes, and the “danger of a single story”.
- Avoid shock photography or “poverty porn”.

“Poverty Porn”

Words and images that elicit an emotional response by their sheer shock value. Images like starving, skeletal children covered in flies.

From Poverty Porn to Humanitarian Storytelling by Kathy Hansen.

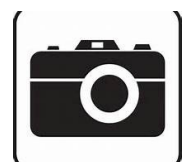
Taking Photographs in Hospitals or Clinics

Remember, just because you CAN take a photo, doesn't mean you SHOULD.

Regulations are often more relaxed in other countries, especially in developing countries. While touring or visiting hospitals or clinics, visitors may be allowed to take images of patients. Just because you are allowed or given permission to take photographs doesn't mean it's appropriate. If you are not allowed to take images of patients in a hospital in the US, you should avoid taking images of patients in a hospital abroad. The rules that govern ethical behavior don't change just because you're in a different country.



Images are powerful.
Always choose the story you tell with care.



Dignity. Respect. Value. Consent.
Responsible. Mindful. Humble. Considerate.

What is Culture?

Culture* can be most broadly defined as the sets of values, attitudes, beliefs, and behaviors which are widely shared by members of the host country. Culture is a neutral term, neither good nor bad, and refers to the collective historical patterns, values, societal arrangements, manners, ideas, and ways of living that people adopt to order their society. It is comprised of all the things individuals learn from society, including language, religion, beliefs about economic and social relations, political organization and legitimacy, and the thousands of “Do’s and Don’ts” communities deem important for becoming a functioning member of that group.



Understanding culture is important because it will be one of the first things you encounter when you go abroad and it can seriously affect how you adjust to and interpret your experience. Understanding culture also helps us better understand where behavior comes from and why people behave the way they do.

Understanding the impact culture has on society and the role it plays can help you better understand the likely points of contention across cultures and why they tend to occur. Culture can impact how we use / view time; the value / meaning given to people and animals; how food is prepared, served and eaten; how conflict is resolved; ideas about leadership; how decisions are made; concepts / ideas of beauty; social etiquette; child-raising beliefs; concepts of personal space; ideas about modesty; use of gestures and facial expressions; how services are rendered and paid for; the grief process; ideas and beliefs about medicine (both modern & traditional); beliefs about the healing process. It is also important to remember that people of different cultures will perceive and react to Americans in radically different ways depending on the content of their own cultural values and beliefs.

A Special Note about Culture and Food

Food is eaten for sustenance, but what and how it’s eaten is part of a country’s—or region’s—culture. Food options and local specialties arise out of a society’s nature, geography, and history.

A few things to keep in mind regarding food:

- Many of the foods you like may not be available, and even when it is available, it may not be what you’re expecting.
- The concept of meals (when they’re eaten, etc.) varies from culture to culture and can be more strictly defined than in the U.S.
- Commit to trying new foods.
- Be aware of the health risks posed by some foods. **Avoid food from street vendors and remember: “peel it, boil it, or forget it.”**
- The more informed you are, the more comfortable you’ll feel dining on traditional cuisine.
- If you have special eating habits, needs, or food restrictions, research your destination carefully before assuming that the food you need is available. Learn what’s available that fits your needs.

*The [Unite for Sight](#) web site has a [cultural competency on-line course](#) you may be interested in viewing.

Culture Shock

Culture shock describes the anxiety produced when a person is in a completely new environment. The term expresses the lack of direction, the feeling of not knowing what to do or how to do things in a new environment, and not knowing what is appropriate or inappropriate. It is a physical and emotional discomfort one suffers when trying to adapt to a new environment. Some symptoms can include excessive concern over cleanliness and health; feelings of helplessness and withdrawal; irritability; fear of being cheated or robbed; an intense desire for home, friends, and family; loneliness, isolation, and disorientation; defensive communication; and physiological stress reactions such as upset stomach or sleeplessness.

Some remedies for culture shock:

- Be aware that culture shock is normal
- Give yourself periods of rest and reflection
- Examine your own cultural biases
- Develop awareness of how other cultures are as functional as your own
- Take care of your physical needs
- Take time to learn the basic survival skills
- Meet new people
- Interact with a goal of mutual understanding
- Be open to new things, including beliefs and values that conflict or differ from your own
- Suspend judgment as much as possible toward things you do not yet understand
- Write about your experience and your feelings (see Culture Shock Exercise below)
- Learn the language and culture
- Talk to a friend or someone at your host institution/organization

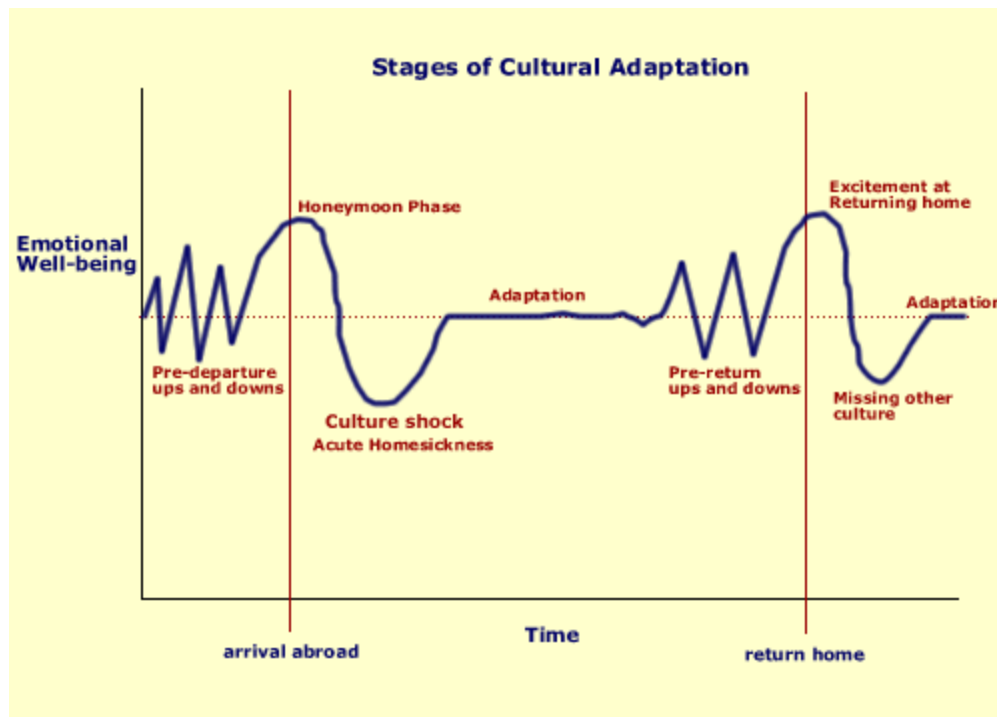
Culture Shock Exercise:

When you are feeling overwhelmed by your experience, it is often helpful to process what you are thinking and feeling. You are encouraged to keep a journal, not just to keep your days and your experiences straight, but to record what you are thinking, feeling, and any ways in which you may be changing. The following are some helpful questions to consider:

- What do you like about your new environment?
- What don't you like about your new environment?
- How do the locals respond to you? Do they know you're a foreigner? How do they look at you, treat you, and speak to you?
- What cultural differences are you most aware of?
- What has surprised you about your experience? What has been easier than expected? What has been more difficult than expected?
- What have you learned about yourself and the way you react to new experiences?
- How have your values and beliefs clashed with your new environment?
- How have your values and beliefs made the experience more and/or less manageable?

Remember, cultural competency is a long-term goal and making mistakes is inevitable. You will not always meet your host country's expectations no matter how hard you try or how prepared you feel you are. Also keep in mind that frustration regarding your limited ability to help (and diagnosing and treating patients based on limited information) is a common factor of the international experience.

Culture Shock Adjustment Graph



1) The Honeymoon Phase

This state can happen for the first few hours, days, or weeks. It is a feeling of excitement and discovery that follows your arrival to the new place/culture. You can expect to have a sense of euphoria as you make new discoveries almost every day.

2) Culture Shock

This state usually occurs after the first few days and is the worst part of the adjustment process. It is usually a combination of homesickness, the lack of novelty, and a sense of not-belonging and feeling a cultural barrier. It is characterized by hostility, frustration, anxiety, and sometimes depression. Sometimes students react by rejecting the new environment and blaming their new environment on their feelings of discomfort.

3) **Adaptation** - The good news is that it can get better. Once you start to realize that you are, in fact, adjusting to the culture and that life in your host country isn't so bad, you may find yourself more open to being involved with local activities, which helps you get better adjusted to life abroad. You begin to relax into the new environment and to laugh at minor mistakes which previously would have caused major frustration. By the end of your program, you will begin to feel quite comfortable in your host country. The cultural differences don't seem tragic anymore. You may even experience conflict about returning home.

Many students report volleying back and forth among these stages multiple times while abroad. The stages can persist for only a few minutes or hours to several days. Students also report experiencing a very similar dynamic upon their return.

Returning home after a significant trip abroad can be even more difficult and stressful than going abroad. Below is a list of some of the contributing factors:

- Few people prepare for the return because they expect it to be easy.
- What you have seen and experienced has changed you in both major and subtle ways.
- The people in your life may expect you to be the same person you were before you left.
- Reverse culture shock is often not recognized and is seldom understood.

Tips for Taking Care of Yourself When You Come Home

- Be aware of the re-entry process and prepare for the adjustment. Know that there may be moments of frustration, disorientation, and boredom.
- Allow yourself time and give yourself permission to ease into the transition.
- Get plenty of rest, nutritious foods, and fluids.
- Expect to have some new emotional and psychological responses. After all, you will be viewing life from a new perspective.
- Do a little “cultural catching up” because aspects of your own culture will have changed while you were away.
- Keep an open mind, try to resist snap judgments, and allow yourself time for reflection and self-analysis. Acknowledge that your experience may have left you with new opinions and beliefs.
- Cultivate sensitivity towards those you left behind and show an interest in what they have been doing while you were away.
- Making comparisons between cultures and nations is natural; however, be careful not to be seen as too critical of home.
- Seek support from those who have also gone abroad and can relate to your experience.
- Take care of your day-to-day business.
- Think about and clarify all that you learned while abroad. Don't sell yourself or your experience short. Did you learn to:
 - Solve problems creatively?
 - Accept responsibility?
 - Communicate across cultures?
 - Learn quickly?
 - Take initiative and risks?
 - Achieve goals despite obstacles?
 - Handle difficulties and stress?
 - Manage, organize, and multitask?
 - Adapt to new environments and negotiate transitions?
 - Learn through listening, observing, and making mistakes?
 - Share your experience with others:
 - Find a group/club that is interested in hearing your story
 - Write about your experience for the OGH newsletter
 - Deliver a presentation on what you learned for OGH's Global Health Lecture Series



Students participating in a TTUHSC international program are **required** to complete an Exit Counseling survey. This survey will be mailed to you after the end of your program. Additional requirements upon your return may be established by each school.

Students who are awarded scholarships or other funds to support their international program may be required to complete a project. Contact OGH or your school for suggestions and ideas on how to complete this requirement, including project due dates.

Useful Websites:

Pre-Departure—

- Department of State www.travel.state.gov
- TTU's Passport Office www.iaff.ttu.edu/main/passport.asp
- Obtaining a visa http://travel.state.gov/visa/americans/americans_1252.html
- Cheapest Airfares www.airfare.michaelbluejay.com
- The Electronic Embassy www.embassy.org/
- TSA www.tsa.gov/311/index.shtm
- Currency Exchange www.xe.net/ucc/
- Mobility International (travelers with disabilities) www.miusa.org
- Know Before You Go (Customs web site) <http://www.cbp.gov/xp/cgov/travel/>

Country Specific Information—

- Lonely Planet www.lonelyplanet.com/destinations/
- Let's Go www.letsgo.com/destinations
- Study Abroad www.studyabroad.com
- CIA World Factbook www.cia.gov
- Department of State travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html
- International Dialing Codes <http://www.countrycodes.com/international-dialing-codes.php>
- International Emergency Numbers http://en.wikipedia.org/wiki/Emergency_telephone_number



Safety, Security, and Health—

- Travel Warnings http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html
- Center for Disease Control and Prevention www.cdc.gov
- TravelMed www.ttuhsu.edu/som/fammed/travelmed.aspx
- World Health Organization www.who.int/ith/en/
- STA Travel (personal property insurance) www.statravel.com
- Locating a U.S. Embassy www.usembassy.gov/
- National Passport Information Center (lost stolen passports) http://travel.state.gov/passport/npic/npic_898.html
- HTH Worldwide www.hthstudents.com

Ethics—

- Ethics and Best Practice Guidelines for Training Experiences in Global Health <http://www.ajtmh.org/content/83/6/1178.full.pdf+html>
- Guidelines for Premedical and Medical Students Providing Patient Care During Clinical Experiences Abroad <https://www.aamc.org/download/181690/data/guidelinesforstudentsprovidingpatientcare.pdf>
- Global Health Ethics for Students <http://onlinelibrary.wiley.com/doi/10.1111/j.1471-8847.2007.00209.x/abstract;jsessionid=CEDD7EE2B65E21F4EEB5B8F7DFA0885E.d02t01>
- Ethical Challenges in Short-Term Global Health Training course through Johns Hopkins <http://ethicsandglobalhealth.org/>
- Global Ambassadors for Patient Safety at the University of Minnesota <http://www.healthcareers.umn.edu/online-workshops/gaps/index.htm>

Other Resources—

- International Student Identity Card <http://www.isic.org/benefits/>
- Council on International Educational Exchange (CIEE) www.ciee.org
- The Knowledge series by CIEE <http://www.ciee.org/study/advisors/knowledge-series.aspx>
- Go Abroad www.goabroad.com
- American Medical Student Association <http://www.amsa.org/AMSA/Homepage/About/Committees/Global.aspx>
- Global Health Education Consortium <http://globalhealtheducation.org/SitePages/Home.aspx>
- Federal Voting Assistance Program <http://www.fvap.gov/>
- RAINBOW SIG www.indiana.edu/~overseas/lesbigay
- The International Gay and Lesbian Human Rights Commission www.iglhrc.org
- The International Lesbian, Gay, Bisexual, Trans and Inter Sex Association www.ilga.org
- Unite for Sight www.uniteforsight.org/
- TTUHSC Office of Global Health www.ttuhs.edu/cima
- TTUHSC OGH Students Abroad Gallery http://www.ttuhs.edu/cima/activities/study_abroad/

Recommended Reading & Viewing*:



Books:

- ***The Blue Sweater: Bridging the Gap Between Rich and Poor in an Interconnected World***
by Jacqueline Novogratz
The Blue Sweater is the inspiring story of a woman who left a career in international banking to spend her life on a quest to understand global poverty. It all started back home in Virginia, with the blue sweater, a gift that quickly became her prized possession—until the day she outgrew it and gave it away to Goodwill. Eleven years later in Africa, she spotted a young boy wearing that very sweater, with her name still on the tag inside. That the sweater had made its trek all the way to Rwanda was ample evidence, she thought, of how we are all connected, how our actions—and inaction—touch people every day across the globe, people we may never know or meet.
- ***The Bottom Billion: Why the Poorest Countries are Failing and What Can Be Done About It***
by Paul Collier
Collier contends that these fifty failed states pose the central challenge of the developing world in the twenty-first century. The book shines a much needed light on a group of small nations, largely unnoticed by the industrialized West, that are dropping further and further behind the majority of the world's people, often falling into an absolute decline in living standards. Collier analyzes the causes of failure, pointing to a set of traps that snare these countries, including civil war, a dependence on the extraction and export of natural resources, and bad governance. *The Bottom Billion* offers real hope for solving one of the great humanitarian crises facing the world today.
- ***Caring for Patients from Different Cultures (3rd Edition)***
by Geri-Ann Galanti
This book contains over 200 case studies, illustrating cross-cultural misunderstanding and culturally competent health care. The chapters cover a diverse range of topics, including birth, end of life, traditional medicine, mental health, pain, religion, and multicultural staff issues. The case studies highlight important concepts from the fields of cultural diversity and medical anthropology. This volume is an important resource for nurses and physicians in achieving cultural competency.
- ***Cross-Cultural Medicine***
by Judyann Bigby, MD
As the United States population becomes increasingly diverse, the need for guidelines to assure competent health care among minorities becomes ever more urgent. *Cross-Cultural Medicine* provides important background information on various racial, ethnic, cultural groups; their general health problems and risks; and spiritual and religious issues.
- ***Dead Aid: Why Aid Is Not Working and How There Is a Better Way For Africa***
by Dambisa Moyo, PhD
Dead Aid confronts one of the greatest myths of our time: that billions of dollars in aid sent from wealthy countries to developing African nations has helped to reduce poverty and increase growth. In fact, poverty levels have steadily declined – and millions continue to suffer. Dambisa Moyo offers a bold new road map for financing development of the world's poorest countries. *Dead Aid* is an unsettling yet optimistic work, a powerful challenge to the assumptions and arguments that support a profoundly misguided development policy in Africa. And it is a clarion call to a new, more hopeful vision of how to address the desperate poverty that plagues millions.
- ***Dying for Growth: Global Inequality and the Health of the Poor***
by Jim Yong Kim, Joyce V. Millen, Alec Irwin, and John Gershman
Viewing the contemporary world from the perspective of health outcomes, this penetrating and often harrowing inquiry provides a wealth of valuable insights and analyses, woven together with in-depth studies that are poignant, vivid, and highly informative. It is a challenge to complacency, a thoughtful and compelling call to action. -- Noam Chomsky

Recommended Reading & Viewing cont.*:

Books cont.:

- *The End of Poverty*
by Jeffrey Sachs
Sachs lays out a clear conceptual map of the world economy. Explaining his own work in Bolivia, Russia, India, China, and Africa, he offers an integrated set of solutions to the interwoven economic, political, environmental, and social problems that challenge the world's poorest countries. *The End of Poverty* is an indispensable work, with the power to remake the world.
- *Foreign to Familiar*
by Sarah A. Lanier
Foreign to Familiar is a splendidly written, well researched work on cultures. Anyone traveling abroad should not leave home without this valuable resource! Sarah's love and sensitivity for people of all nations will touch your heart. This book creates within us a greater appreciation for our extended families around the world and an increased desire to better understand them.
- *Going Abroad—Traveling Like an Anthropologist*
by Robert Gordon
This quick read seeks to inculcate that state of mind that is amenable to learning from others. It is anthropology of travel and the use of anthropology in travel. It combines philosophy of travel and analysis of travel with the nitty-gritty of how to get the most out of travel. It should be read by potential travelers prior to going abroad and then left at home. Perhaps the key lesson is to inculcate a sense of humility and how to grow through travel.
- *Half the Sky*
by Nicholas D. Kristof and Sheryl WuDunn
This book introduces some extraordinary women struggling throughout Africa and Asia, including a Cambodian teenager sold into sex slavery and an Ethiopian woman who suffered devastating injuries in childbirth. This is a report of the rampant gendercide in developing countries, particularly India and Pakistan.
- *The Haves and the Have-Nots*
by Branko Milanovic
Learn about the serious subject of economic inequality while you have plenty of fun traveling around the globe and far back in time! Through fascinating stories and wonderful illustrations, Branko Milanovic explains income and wealth inequality – their concepts, measurement, evolution, and role in human life – without compromising precision or balance. This is a delightful book, as commendable for vacations as for the classroom. -- Thomas Pogge, Professor of Philosophy and International Affairs, Yale University
- *An Imperfect Offering*
by James Orbinski, MD
A collection of stories by James Orbinski, the former head of Doctors Without Borders, from his decades of service with this humanitarian group. These stories will prepare you to relate to the suffering of others. Orbinski describes his time on the front lines of suffering in Russia, Somalia, Afghanistan, and Rwanda.
- *In the Land of Invisible Women: A Female Doctor's Journey in the Saudi Kingdom*
by Qanta Ahmed
Unexpectedly denied a visa to remain in the United States, Qanta Ahmed, a young British Muslim doctor, becomes an outcast in motion. On a whim, she accepts an exciting position in Saudi Arabia. This is not just a new job; this is a chance at adventure in an exotic land she thinks she understands, a place she hopes she will belong. What she discovers is vastly different. The Kingdom is a world apart, a land of unparalleled contrast. She finds rejection and scorn in the places she believed would most embrace her, but also humor, honesty, loyalty and love. And for Qanta, more than anything, it is a land of opportunity. A place where she discovers what it takes for one woman to recreate herself in the land of invisible women.
- *The Invisible Cure*
by Helen Epstein
The Invisible Cure is an account of Africa's AIDS epidemic from the inside--a revelatory dispatch from the intersection of village life, government intervention, and international aid. Helen Epstein left her job in the US in 1993 to move to Uganda, where she began work on a test vaccine for HIV. Once there, she met patients, doctors, politicians, and aid workers, and began exploring the problem of AIDS in Africa through the lenses of medicine, politics, economics, and sociology. Amid the catastrophic failure to reverse the epidemic, she discovered a village-based solution that could prove more effective than any network of government intervention and international aid, an intuitive response that calls into question many of the fundamental assumptions about the AIDS in Africa.

Recommended Reading & Viewing cont.*:

Books cont.:

- ***The Life You Can Save***
by Peter Singer
For the first time in history, eradicating world poverty is within our reach. Yet around the world, a billion people struggle to live each day on less than many of us pay for bottled water. In *The Life You Can Save*, Peter Singer uses ethical arguments, illuminating examples, and case studies of charitable giving to show that our current response to world poverty is not only insufficient but morally indefensible. *The Life You Can Save* teaches us to be a part of the solution, helping others as we help ourselves.
- ***Mountains Beyond Mountains***
by Tracy Kidder
The story of Dr. Paul Farmer, a specialist in infectious diseases (including tuberculosis and HIV), who established a clinic in impoverished Haiti over 20 years ago. He has spent several months every year since then improving the treatments offered by the clinic. He has exported treatment to Peru and Siberia, achieving cure rates comparable to those in the United States.
- ***Pathologies of Power***
by Paul Farmer
Passionate eyewitness accounts from the prisons of Russia and the beleaguered villages of Haiti and Chiapas challenge our understanding of human rights. Farmer's experiences in Haiti, Peru, and Russia expose the relationships between political and economic injustice, on one hand, and the suffering and illness of the powerless, on the other.
- ***Poor Economics***
by Abhijit Banerjee and Esther Duflo
Poor Economics offers a ringside view of the lives of the world's poorest, helping to explain why the poor need to borrow in order to save, why they miss out on free life-saving immunizations but pay for drugs that they do not need, and the counterintuitive challenges faced by those living on less than 99 cents per day.
- ***Sickness and Wealth: The Corporate Assault on Global Health***
by Meredith Fort, Mary Ann Mercer, Oscar Gish, and Steve Gloyd
In this powerful and accessible collection of new essays, international scholars and activists examine how official and corporate actors of globalization—including multinationals, the IMF and World Bank, the World Trade Organization, and "first world" governments—have enacted policies that limit medical access and promote disease and death for many in the poor world. The contributors to *Sickness and Wealth* provide a history of health and "development" strategies; reveal the grim health consequences of these policies throughout the world; and highlight the work of activists and organizations currently working for improved global health.
- ***The Spirit Catches You and You Fall Down***
by Anne Fadiman
The story of a child born to a family of Hmong immigrants who suffers from epilepsy. It reveals the family's attempts to cure Lia through shamanistic intervention and the home sacrifices of pigs and chickens and the disastrous results of the medical community's intervention that insisted upon removing the child from deeply loving parents.
- ***Travel as a Political Act***
by Rick Steves
Travel connects people with people. It helps us fit more comfortably and compatibly into a shrinking world. And it inspires creative new solutions to persistent problems facing our nation. We can't understand our world without experiencing it. *Traveling as a Political Act* helps us take that first step. Americans who "travel as a political act" can have the time of their lives and come home smarter—with a better understanding of the interconnectedness of today's world and just how our nation fits in. Rick Steves explains how to travel more thoughtfully—to any destination.
- ***Why Global Poverty?***
by Clifford W. Cobb & Philippe Diaz
Global poverty did not just happen: it is the result of the geo-politics of injustice stretching back centuries and continuing to our day. This book presents notes on the production of the film "The End of Poverty?", a complete transcript of the film, and over seventy full interviews - including Joseph Stiglitz, Amartya Sen, John Perkins, Chalmers Johnson, Susan George, and Eric Toussaint - to give an in-depth account of the methods of global economic domination and ways to remedy worldwide injustice.

Recommended Reading & Viewing cont.*:

Books cont.:

- ***World Poverty and Human Rights***

by Thomas W. Pogge

Some 2.5 billion human beings live in severe poverty, deprived of such essentials as adequate nutrition, safe drinking water, basic sanitation, adequate shelter, literacy, and basic health care. One third of all human deaths are from poverty-related causes: 18 million annually, including over 10 million children under five. However huge in human terms, the world poverty problem is tiny economically. Just 1 percent of the national incomes of the high-income countries would suffice to end severe poverty worldwide. Yet, these countries, unwilling to bear an opportunity cost of this magnitude, continue to impose a grievously unjust global institutional order that foreseeably and avoidably perpetuates the catastrophe.

DVDs:

- ***A Closer Walk***

A Closer Walk is the first film to provide a definitive portrayal of humankind's confrontation with the global AIDS epidemic. The film explores the intricate relationship between health, dignity, and human rights, and shows how harsh realities of AIDS in the world are an expression of the way the world really is. *A Closer Walk* tell us that if we act with compassion and conviction –if we walk the walk—we can put an end to the worst plague in human history, and reaffirm our membership in the human family.

- ***The End of Poverty***

Exploring the history of poverty in developing countries, filmmaker Philippe Diaz contends that today's economic inequities arose as a result of colonization, military conquest and slavery, with wealthier countries seizing the resources of the poor. Narrated by Martin Sheen, this absorbing documentary includes interviews with numerous historians, economists and sociologists who shed light on the ongoing conditions that contribute to poverty.

- ***Half the Sky***

Take an unforgettable journey with six actresses/advocates and New York Times journalist Kristof to meet some of the most courageous individuals of our time, who are doing extraordinary work to empower women and girls everywhere. These are stories of heartbreaking challenge, dramatic transformation and enduring hope. You will be shocked, outraged, brought to tears. Most important, you will be inspired by the resilience of the human spirit and the capabilities of women and girls to realize their staggering potential. *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* is a passionate call-to-arms, urging us not only to bear witness to the plight of the world's women, but to help transform their oppression into opportunity. Our future is in the hands of women, everywhere.

- ***Living in Emergency***

Set in war-torn Congo and post-conflict Liberia, *Living in Emergency* interweaves the stories of four volunteers with Doctors Without Borders as they struggle to provide emergency medical care under the most extreme conditions. Two volunteers are new recruits: a 26 year-old Australian doctor stranded in a remote bush clinic and an American surgeon struggling to cope under the load of emergency cases in a shattered capital city. Two others are experienced field hands: a dynamic Head of Mission, valiantly trying to keep morale high and tensions under control, and an exhausted veteran, who has seen too much horror and wants out. Amidst the chaos, each volunteer must confront the severe challenges of the work, the tough choices, and test the limits of their own idealism.

- ***No Woman, No Cry***

For too many women, pregnancy is a death sentence. One thousand women die each day from complications during pregnancy or childbirth. Shockingly, nearly all maternal death and disabilities could be prevented. In her gripping directorial debut, *No Woman, No Cry*, Christy Turlington Burns shares the powerful stories of at-risk pregnant women and their caregivers in four parts of the world—a remote Maasai village in Tanzania, a slum in Bangladesh, a post-abortion care ward in Guatemala, and a prenatal clinic in the United States. The film leaves audiences with a clear message: Every Mother Counts.

- ***Pandemic: Facing AIDS***

Rory Kennedy depicts the human face of AIDS in some of the world's most severely afflicted countries. This book will leave you with a fresh awareness of the scope of AIDS and the lives affected by it. Kennedy also focuses on the successes now possible with effective prevention, testing, and treatment. The film balances hope and despair.

Recommended Reading & Viewing cont.*:

DVDs cont.:

- ***A Powerful Noise***
Hanh is an HIV-positive widow in Vietnam. Nada, a survivor of the Bosnian war. And Madame Urbain works in the slums of Bamako, Mali. Three very different lives. Three vastly different worlds. But they share something in common: Power. These extraordinary women are each overcoming barriers to rise up and claim a voice in their societies. Through their strength and the ability to empower others, Hanh, Nada and Madame Urbain are sparking remarkable changes. Fight AIDS. Educating girls. Rebuilding communities.
- ***RX for Survival—A Global Health Challenge***
Filmed in over twenty countries, this film looks closely at the most critical health threats facing the world today. This six-part documentary series presents the compelling stories and real-life drama of those who are proving that solutions are indeed possible – and that lives can be saved right now, the world over.
- ***¡Salud!***
Reveals the human dimension of the world health crisis and the central role of international cooperation in addressing glaring inequalities. Personal stories of young medical students – now numbering 30,000 – from the Americas, Africa and the Caribbean being trained by Cuba. This book invites you to explore new paths to making health a global birthright, wiping out the diseases of poverty.
- ***Sick Around the World***
Four in five Americans say the healthcare system needs fundamental change. Can the U.S. learn anything from the rest of the world about how to run a healthcare system, or are these nations so culturally different that their solutions would not be acceptable? FRONTLINE correspondent T.R. Reid examines the healthcare systems of other advanced capitalist democracies to see what ideas might help the U.S. reform its broken healthcare system.
- ***Triage***
A powerful odyssey of James Orbinski, recipient of the Nobel Peace Prize on behalf of Doctors Without Borders, as he returns to Africa to ponder the meaning of his life's work and the value of helping others. Drawing on a lifetime of experience deep in the trenches of genocide and famine, this extraordinary man relives the triumphs and tragedies of relief work in Somalia, Rwanda, and the Democratic Republic of Congo.
- ***A Walk to Beautiful***
In Ethiopia, a country with few hospitals and even fewer roads that lead to them, five women are on a journey to rebuild their lives after suffering devastating losses in childbirth. When the women survive but their babies do not, they are summarily shunned by their families. Now, they must make their way to a hospital in Addis Ababa, where they hope to receive treatment for fistula, a condition caused by obstructed labor during childbirth.
- ***What are we doing here?***
WHAT ARE WE DOING HERE? is a controversial documentary about why after 50 years of Western involvement, billions of dollars in foreign assistance and countless promises, Africa is still so poor.
- ***Women, War & Peace***
A series revealing how women are agents of change in today's wars – purposefully targeted, yet essential to the quest for peace and justice. These stories from women on the frontlines pull the disheartening realities of war into the limelight of hope.
- ***Worlds Apart***
This video offers an invaluable tool for raising awareness about sociocultural barriers to patient-provider communication, and the way they affect the healthcare of culturally and ethnically diverse patients.

*All the books and DVDs mentioned above can be checked out from the OGH library. OGH also has currency converters and language CDs available for check out. For more information about items available in the OGH library, visit our website at www.ttuhsu.edu/cima/library.aspx.

Packing List

What <u>Every</u> Student Needs to Take:	Optional Items & Specialty Items (check with your host organization):
Passport (including a copy) with Visa (if required)	Medical kit (see following page for a list of possible items)
Wallet card from OGH	Tripod or camping stool
ID	Water filter or water purifying tablets (Iodine)
Tickets (plane, bus, train, etc.)	Non-disposable mess kit
Vaccination cards (if applicable)	Non-disposable beverage cup
Cash (U.S. dollars & local currency)	Cloth napkin
Hat	Melatonin (to help regulate sleep)
Sunscreen	Carabineer
Sunglasses	Mosquito net
Small umbrella, raincoat, or poncho	International calling cards
Camera	Swimsuit
Small flashlight	Salt tablets
Small notepad & journal	Toilet paper
Pens / pencils	Long underwear
First-Aid kit (see following page for a list of possible items)	Sleeping bag & sleeping pad
Travel towels	Pillow
Ziploc™ bags (a variety of sizes including gallon)	Sheets
Compressible daypacks or backpack	Extra glasses & contact lens with prescription
Copies of debit / credit cards	Contact lens solution
Phone numbers for bank & credit card company	1 nice outfit for evening / special events
Light-weight dry sacs	Scrubs / white coat (if needed)
Nalgene™ water bottle	Women – bring sanitary supplies
Comfortable walking shoes	Prescription medications
Socks	Snacks (for long days and unpredictable situations)
Light jacket	Transformer / converter plug
Pants/slacks	Powdered Gatorade
Mixture of short & long sleeve shirts	Ear plugs
Pajamas	Blind fold / eye pillow
Shower shoes or flip flops	
Extra batteries	
Wet wipes	
Hand sanitizer	
Bug repellent (creams / wipes) containing DEET	
Fanny pack or neck pouch	
Toiletries	
Reading material	
Lip balm	
Undergarments	
Chewing gum	

Additional Resources Cont.

Detailed Pre-departure Check List	
Schedule Pre-Departure Orientation with OGH	
Schedule Doctor's appointment	
Schedule Dentist appointment	
Schedule appointment with Optometrist	
Refill prescriptions	
Receive immunizations	
Get a Passport	
Secure a Visa	
Read country-specific info on Department of State website	
Purchase HTH Insurance	
Book the flight	
Book accommodations	
Arrange for transportation from airport	
Have Post Office hold mail	
Make a copy of Passport	
Make a copy of credit/debit cards	
Attend Pre-Departure Orientation	
Complete emergency liability form packet	
Inform bank and credit card companies of upcoming travel	
Confirm flight arrangements	
Contact the airline to confirm baggage limits and restrictions	
Purchase converter plugs & travel guides	
Complete wallet emergency contact cards	
Distribute wallet emergency contact cards among friends and family	
Organize meds/prescriptions/special medical supplies/contact lenses/glasses	
Review country-specific updates and announcements @ www.travel.state.gov	
Pack	
Label baggage/Do Not Lock Baggage	

- First Aid kit supplies:** Band-Aids, rubbing alcohol, antibacterial ointments, sunburn ointment, gauze, adhesive tape, scissors, tweezers, safety pins, superglue, adrenaline & Phenergan, antibiotics, steroid and antifungal creams & drops, diarrhea treatment (quinolone, Imodium, Pepto-Bismol™), pain medications (acetaminophen, NSAIDS), respiratory treatments (decongestants, antihistamines, inhaler, etc.), altitude sickness prophylaxis (acetazolamide), motion sickness treatment (meclizine, scopolamine, etc.), Epi-pen, antacids
- Medical kit supplies:** Stethoscope, otoscope, thermometer, blood pressure cuff, TB mask, rubber gloves, ophthalmoscope, knee hammer