

Medical and Emergency Card for International Undergraduate Travel

Complete this card, save it, and share it!

FOR YOU

FOR YOUR PARENTS

Emergency Contacts

In-Country Contact and "911"

ND International Emergency Info

Insert country exit code: _____

NDI Direct Dial: +1 574 631 9645

24/7 Direct Dial, Text, iMessage:

+1 574 339 6154

ND Security: +1 574 631 5555

Your Embassy #

Emergency Contacts

In-Country Contact and "911"

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NDI Direct Dial: +1 574 631 9645

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Your Embassy #

Emergency Assistance

HTH Medical Insurance:

Policy # _____

Emergency Contact Number:

+1 610 254 8771 (accepts collect calls)

**ND On Campus
Program/Department Number:**

International Point of Contact:

**Online Safety and
Security Resources:**
ndi-tr.nd.edu

Emergency Assistance

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STEP 1

Fill-out ALL in-country information prior to departure:

- In-country contacts are the most effective at helping in case of emergency
- Global Gateway contact information: international.nd.edu/about/contact
- ND Alumni information: my.nd.edu
- 911 equivalents: chartsbin.com/view/1983
- US Embassy (type in country of travel, routine & after-hours numbers): travel.state.gov
- International calling guidelines for exit codes. Often you can dial "+" from a cell phone: wikipedia.org

STEP 2

Make sure you know your medical insurance information:

- HTH Worldwide Health Insurance registration is mandatory for undergraduates on ND sponsored travel. Check with your ND program to determine your enrollment responsibilities.
- **Write your personal HTH policy number on this card.** This number will arrive via email after registration. Contact HTH at 610-254-8700 with questions before you go.
- **Inform your parents and/or trusted person about your on-campus and abroad contact information.**

STEP 3

Have this emergency card on hand in multiple formats:

- Print several copies of this card (one for each bag, each wallet) in case your phone becomes non-operational
- Save a picture of the card in your phone
- Save the phone numbers in your contacts
- **Share a completed card with your parents and/or a trusted person**
- Save the card in your email

DO YOU NEED HELP?

24/7 Emergency: +1-574-631-5555 (ND Security Police)

24/7 Assistance Call/Text: 574-339-6154 (accepts iMessage & WhatsApp)
For confidential help, to file a report online, or to help a friend: speakup.nd.edu

Routine email: ssoisson@nd.edu or travelregistry@nd.edu



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INTERNATIONAL

international.nd.edu