

Student Leadership Roles

When traveling with several students clarifying roles is often helpful to ideal communication



COMMUNICATIONS

To serve in this role, the student has access to an international phone and data plan and initiates a GroupMe account.



BEEN THERE, DONE THAT EXPERT

The student in this role has on-the-ground experience in the area(s) of travel.



SOCIAL MEDIA COORDINATOR

Many U.S. embassies or consulates have active social media accounts. Using the link below, the student leader(s) will sign up for social media in all proposed areas of travel.
<http://www.state.gov/rr/pa/ode/socialmedia>



EMERGENCY CARD CREATOR

In this position, the student will prepare all common elements of the emergency card and distribute them to the group. This information is then supplemented by individual student information.



OUR "BROTHER'S" KEEPER

Ideally this is a student who is familiar with GreenNDot and willing to be a resource to discuss gender respect issues.



WELCOME HOME!

This student leader can initiate a group activity upon return to campus which may help students to process their international education experiences.

Keeping and Restoring a Healthy Mindset

One in four Notre Dame students abroad report mental health challenges, making it the #1 reported concern.

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TRAVEL, HEALTH AND SAFETY
international.nd.edu



GETTING GOOD SLEEP

McDonald Student Wellness Center hosts this 21-day sleep aid program: mcwell.nd.edu/services/sleep-program/. A customized McWell Sleep Toolkit is available for pickup.

Somni was created by a member of ND class of '14. Sleep kits are available for purchase at: puresomni.com/. Enter "SMARTSLEEP" to receive \$15 off.



MEDICATION AND HEALTHCARE PROFESSIONALS

As soon as you activate your GeoBlue International Health Insurance, review their resources and confirm legality of and access to medications and professionals in your area of travel. Talk to your current provider about the transfer of services and medications. <https://geobluestudents.com/for-students-members>



SELF-ASSESSMENT

Here is an open source and private assessment tool offered by the University of Michigan: resilient-traveling.umich.edu/

To utilize the GeoBlue Mood Calmer tool, [log in here](#). You must have an active account.



RESOURCES SELECTED BY UNIVERSITY COUNSELING CENTER (UCC)

Notre Dame has powerful on-campus resources at the UCC (<http://ucc.nd.edu/about-the-ucc/>). Indiana Law prohibits counselors from offering services to students while abroad. The UCC shares self-help resources at : <http://ucc.nd.edu/self-help/>



RESILIENT TRAVELING

A healthy mindset means you take care of yourself everyday. Especially when traveling abroad, there may be challenges to maintaining good mental health. The CDC offers resources at <https://wwwnrc.cdc.gov/travel/page/mental-health>.



WE HAVE AN APP FOR THAT

- Couch to 5K (exercise app)
- Headspace (meditation app)
- Can I Eat This?

Financial Matters and Theft Prevention

One in six students have something lost or stolen during their international travel, most often losing a phone.

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U.S. STATE DEPARTMENT RESOURCES

Primary support is from your country of origin. Lost or stolen passports have to be replaced from the embassy of origin.
travel.state.gov/content/passports/en/emergencies/victims.html

If you are a victim of crime internationally, American Citizen Services at the embassy is helpful in cases of crime, contacting family and friends in the U.S., explaining local criminal justice processes, and obtaining case information.

INSURANCE

ND Risk Management offers a separate property insurance policy. Review it at riskmanagement.nd.edu/insurance/insurance-policies/student-personal-property-insurance/.

Some individual homeowner or rental insurance policies may assist with the replacement of lost or stolen items. Contact them directly; you usually need a police report to file for insurance.



PICKPOCKETING, PHYSICAL AND VIRTUAL

VIDEO 1: [youtube.com/watch?v=nftzMoYCdIU](https://www.youtube.com/watch?v=nftzMoYCdIU)

VIDEO 2: [youtube.com/watch?v=ENjdB3RrrCw](https://www.youtube.com/watch?v=ENjdB3RrrCw)

TIP: Consider buying a neck pouch, a fanny pack or a money belt, which are simple and inexpensive purchases that can save you a lot of frustration.

WE HAVE AN APP FOR THAT

- Venmo
- Splitwise
- Wally or Mint (budgeting)
- OANDA Currency Converter
- OSAC

Remember: Do not use unsecured internet for private matters like banking and paying bills.



THINGS TO KEEP IN MIND WHEN GOING OUT

- Cash: have some local currency available, bringing only the amount of money you want to spend.
- Divide up your valuables; have only one credit card with you at a time.
- Leave unneeded valuables in a secure area when possible, including your passport and copies of all credit cards.
- Do not carry around your original passport unless mandated by your circumstance, (e.g. no safe place, traveling internationally or when in a country like Israel that requires you to carry it at all times).

Safe Transportation

Transportation-related incidents are the #1 cause of death for Americans abroad.



U.S. STATE DEPARTMENT COUNTRY-SPECIFIC INFORMATION

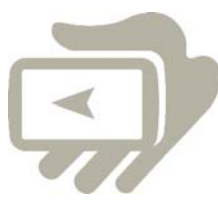
Review and abide by the country-specific information for each area of travel (not just your primary destination).

<https://travel.state.gov/content/passports/en/country.html>



NOTRE DAME-SPECIFIC PRACTICES

Notre Dame does not permit students enrolled in an international study abroad program to own, rent, or operate motor vehicles while abroad (this includes motorcycles). Other students should check with their program about travel policies. **We strongly discourage** hitchhiking and long-distance bicycle riding.



WE HAVE AN APP FOR THAT

- CityMaps2Go (internet not required/does include GPS)
- City Mapper (more detail, including walking durations)
- Maps.me
- FlightView

IMPORTANT NOTES

On-site staff or alumni contacts are the most valuable resources for transportation guidance in your country.

The U.S. Department of State has country-specific information online. Enter your travel country, click GO, then choose the Transportation tab.

If you choose to participate in inherently risky practices such as jet skiing, boating, skiing, or hang gliding, ensure you vet your provider carefully and abide by local program rules. Consider buying the supplemental insurance offered; for example, treatment for scuba accidents often costs millions of dollars.

Making Educated Alcohol and Drug Decisions

Ninety-seven percent of ND students prefer to be friends with someone who never, rarely, or moderately drinks. First year student survey, fall 2016

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U.S. STATE DEPARTMENT RESOURCES

Educate yourself about alcohol consumption while abroad.

[Shaken Abroad - the Don'ts of Alcohol.pdf](#)

This article explains the dangers of 'homemade' alcohol and alcohol poisoning while abroad.

[Alcohol & Drugs Overseas.pdf](#)



PRESCRIPTION AND OVER-THE-COUNTER MEDICATION

The U.S. Department of State offers some advice at [Medications Abroad.pdf](#). All legal medicine in the U.S. is not legal in other countries. Additionally, the [GeoBlue](#) website assists with prescription drug legality in a given country (login is required). When traveling with prescriptions, put them in your carry-on luggage, in a bottle with your name and the approximate number of doses you will need for your planned trip.



MCWELL IS AROUND THE WORLD

If you are interested in a support conversation regarding alcohol, we are there for you! Contact McWell@nd.edu for a phone, email or Skype consultation (business hours are in U.S. Eastern time).

Other resources online at McWell.nd.edu include lots of different strategies and tools for staying well! Explore and prosper.



CONSIDER THESE WISE WORDS

- Be aware of local laws and customs and respect them.
- Be aware of alcohol content and serving size (it differs).
- Stay in small groups and keep an eye out for each other.
- Eat before and while drinking.
- Be aware of your surroundings and trust your instincts.
- Know how you plan to get home.
- Watch your drinks; do not let them out of your sight.
- Pace your drinks; pay attention to your body.



WE HAVE AN APP FOR THAT

ND MOBILE (wellbeing portion)
Intellidrink

Do not carry any packages for anyone unknown to you!

ND and Other Global Travel Resources

Safe lodging for independent students is the #1 request from faculty.

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ND ALUMNI & FRIENDS

You can visit these amazing resources at my.nd.edu, where you can create your alumni profile while you are still a student.

GLOBAL GATEWAYS & CENTERS

If you're going into an area near a Global Center (<http://international.nd.edu/global-centers/>) or Gateway (<http://international.nd.edu/global-gateways/>), contact them in advance and tell them you'll be there.

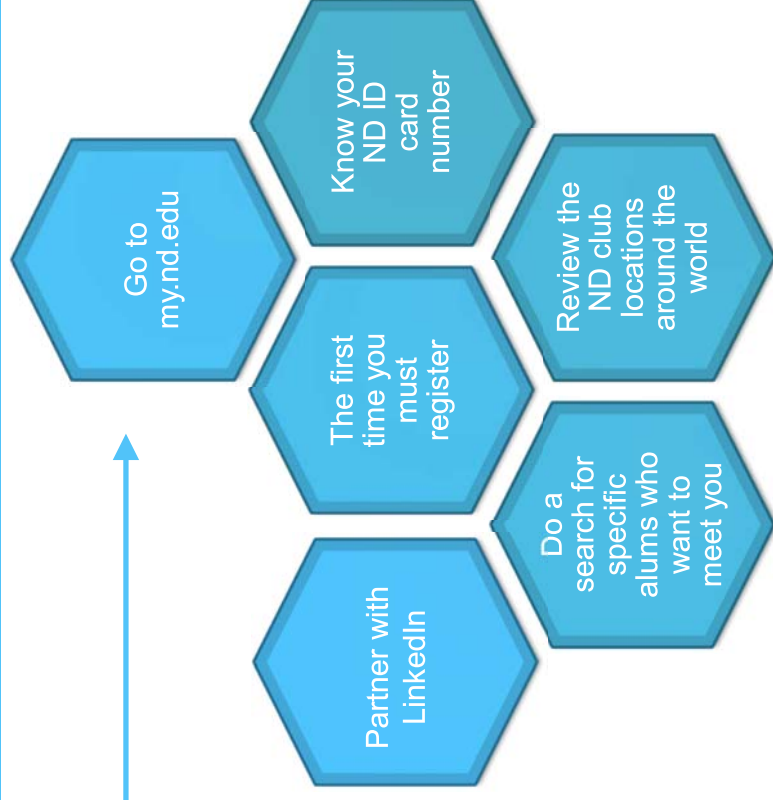
HELPFUL LODGING LINKS

These are some of the most commonly used resources for lodging abroad, besides direct hotel booking.

- Hostels: hotels.com/
- HostelWorld: hostelworld.com
- AirBNB: airbnb.com/

TRAVEL INFORMATION

Google Flights (google.com/flights/) allows you to search multiple airlines and cities at the same time. (This is not all-inclusive, as many smaller airlines are not on the service).



Contact ndalumni@nd.edu directly with questions

Physical Health and GeoBlue Insurance

Be proactive: simple elements of staying healthy provide big dividends. Stay hydrated, eat well-balanced meals and use alcohol moderately and to culturally enrich your international experience.

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GEOBLUE INSURANCE ABROAD

GeoBlue Insurance is required of all undergraduate students travelling internationally when on University-sponsored travel.

All study abroad programs and some short-term travel sponsors directly cover the cost of GeoBlue insurance. Talk to your program coordinator to learn how GeoBlue coverage is obtained for your travel.

FOR HEALTH SERVICES WHILE ABROAD, CONTACT GEOBLUE FIRST

By phone:

- Inside the U.S.: 1-844-268-2686
- Outside the U.S.: +1-610-263-2847

By email:

- Service for Inbound (in the U.S.) plans: studentinfo@geo-blue.com
- Service for Study Abroad (outside the U.S.) plans: customerservice@geo-blue.com

VACCINATIONS ABROAD

Review CDC's Traveler's Health page (<https://wwwnnc.cdc.gov/travel/>) for country-specific vaccine information. Review three sections (All, Most, and Some Travelers) for relevant vaccination advice for your travels.



STAYING HEALTHY ABROAD

You are what you eat; enjoying local delicacies is a wonderful part of overseas travel, but eating the wrong food could make you very sick. Be aware that food handling and preparation standards abroad are different from the U.S.

Stay active!

THE GEOBLUE APP

- Health Tool: the Medicine Equivalent Database contains over 6,800+ drug brand names and their equivalent names in the event you need to provide a specific drug name during your travels.
- Health Tool: Medical translations helps translate medical terms and phrases
- This app gives the ability to search for doctors in specific locations by specialty, language, and facility



WE HAVE AN APP FOR THAT

ND MOBILE (wellbeing portion)



Staying in Contact: Communication Plan

YOU are the primary communicator with your parents. Confirm your safety with them each time there is a significant event in your area of travel.

KNOW YOUR COMMUNICATION PLAN

Establish your cell phone plan before you leave; some options are Wi-Fi, International Service, or a SIM card purchased in-country. Talk to your provider about costs.

Other things to have on hand:

- Print, complete and share your Emergency Contact /Information Card. See an example at international.nd.edu/assets/233764/student_emergency_car_d_04_2017.pdf.
- Have the in-country 911 number in your phone.
- Have NDI's support number (574-339-6154) in your phone (accepts WhatsApp, text and FaceTime).

NOTRE DAME RESOURCES ABROAD

- Your best resources are very usually local resources.
- Please look up your Global Gateway contact information below. international.nd.edu/global-gateways/
- Use the ND Alum Network as discussed in slide five.

SAFETY CONFIRMATION

- You may get numerous requests for safety confirmation; respond to them all.
- Pay attention to your email.
- Respond to all the requests for safety confirmation as quickly as possible; a lot of people care about you.



STATE DEPARTMENT RESOURCES

- All Notre Dame travelers should enroll in the U.S. State Department's Smart Traveler Enrollment Program (STEP). STEP is a free service that gives you area-relevant security information. Non-U.S. passport holders should leave the passport field blank when registering.
- Register with STEP on elective travel as well. step.state.gov/step/
- Non-U.S. citizens should contact their home country's government to learn about available additional support.

EDUROAM WI-FI

Eduroam is a secure Wi-Fi network for students, researchers, and teachers when visiting an institution other than their own.

- Most universities abroad have eduroam Wi-Fi
- You can access this Wi-Fi using your Notre Dame credentials (NetID and password)

WE HAVE AN APP FOR THAT

- SmartTraveler
- WhatsApp (Africa) and WeChat (Asia)
- City Maps To Go (ability to download and navigate city maps without wifi)
- Google Maps (integrates very well with public transportation schedules)
- GroupMe/Facetime Audio/Viber (great apps to communicate with friends and family abroad)
- RemindMe (a one-way communication app often used by group leaders)



Gender Respect and Assault Response

Stay Safe. Research local customs. Talk to a student who has traveled there before you.

WOMEN TRAVELERS

- Be conscious of dress customs and standards in-country.
- Always try to stay with a group when exploring and avoid walking alone (especially at night).
- Create boundaries even if it may seem rude or unfriendly; protecting yourself is important.
- Remember that you are a visitor in another country.
- Do some research on social norms before you go and respect the customs of the nation. Look at the country-specific information, Local Laws and Special Circumstances tab on the U.S. Department of State website.



SEXUAL ASSAULT ABROAD

- Ninety percent of people who have been sexually assaulted knew their assailant.
- While abroad, the risk of attempted sexual assault is 3.2% higher and unwanted touching is 4.3% higher compared to a semester on campus.
- While the majority of reported sexual assault victims are female, 10-20% are men.



SAFETY ABROAD

- Watch your alcohol intake.
- Walk with purpose.
- Be aware of your surroundings.
- Trust your instincts.
- Don't allow yourself to be isolated with someone you don't trust or someone you don't know.



REPORTING OPTIONS ABROAD

Report to the University

- speakup.nd.edu
- ND faculty or staff (mandatory reporters) should report to local law enforcement.
- Work with your passport-affiliated embassy to learn more about reporting to local law enforcement while abroad; laws are different and the consequences of reporting can be severe.

CONFIDENTIAL RESOURCES ABROAD

- GeoBlue offers 24/7 confidential assistance for both physical and mental health needs.
- Sexual Assault Support and Help for Americans Abroad (SASHAA) offers 24/7 confidential assistance.
- Rape, Abuse and Incest National Network (RAINN) has an online chat available but is not able to provide information about local resources abroad. www.rainn.org
- The Self-Assessment Tool from University of Michigan's Social Work School can be found here: resilient-traveling.umich.edu/.

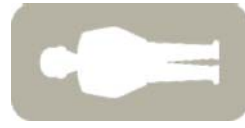
WE HAVE AN APP FOR THAT

- Circle of 6
- GeoBlue

Facing Extreme Situations

Your choices greatly impact your safety and you control 100% of your response.

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TIPS FOR EXTREME SITUATIONS

- Remain as calm as possible.
- Trust your instincts.
- If you are in a safe place, stay there; if not, go there.
- Be in contact with your loved ones (i.e. parents).
- Respond to safety confirmations.
- Pay attention to STEP and monitor local news and authorities.



CONTACT NOTRE DAME

If local resources are not available:

- NDSP (574-631-5555) is available 24/7.
- NDI (574-339-6154) is monitored 24/7 and accepts texts, WhatsApp, WeChat and FaceTime.



OTHER EMERGENCY RESOURCES

- U.S. Department of State: Get help in an emergency. Know the emergency number of your local embassy or consulate.
 - <https://travel.state.gov/content/passports/en/emergencies.html>
- FBI resources on intelligence recruitment threats to U.S. college students while overseas.
 - <https://www.fbi.gov/news/stories/advice-for-us-college-students-abroad>



911 ABROAD

- Know how to call your 911 in-country equivalent. It is frequently not the same as in the U.S.
- The link here can help.
 - https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf



WE HAVE AN APP FOR THAT

Communications:

WhatsApp, WeChat, Skype, Viber, Group Me

Reputable news sites:

BBC News; New York Times; France 24; Al Jazeera English

Be British: keep calm and carry on!

Cultural Awareness And Respect

Cultural integration is the most important differentiator between being on the ground and reading about a place.

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TIPS FOR CULTURAL IMMERSION

- Read about your host culture before arriving so you can engage with locals on various topics.
- Immerse yourself in your country's culture. Observe the locals, get involved with your university and meet students from your host country.
- Share your own culture; locals will be curious to hear about your home culture.



TIPS FOR RESPECTING YOUR HOST COUNTRY

- Learn the language if you can; this is one of the best ways to get to know foreign cultures.
- Learn the history & understand their culture more deeply.
- Try local food and converse with locals.
- Watch & Learn; be observant and respectful.

SUSTAINABLE TRAVELER VIDEO

- Please watch the video created by a Notre Dame student for her senior project on sustainable traveling. [youtube.com/watch?v=HNmfukaAxs0&feature=youtu.be](https://www.youtube.com/watch?v=HNmfukaAxs0&feature=youtu.be)



OTHER RESOURCES

- U.S. State Department, Bureau of Educational and Cultural Affairs: eca.state.gov
- NDSEED – read up on how ND students empower communities abroad: ndseed.wixsite.com/2013

WE HAVE AN APP FOR THAT

Smart Traveler



Enhance Your Personal Resilience

Know your resources and how to use them.

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GEOBLUE: MENTAL AND PHYSICAL HEALTH PROFESSIONALS AVAILABLE

By app:

- GeoBlue app

By phone:

- Inside the U.S.: 1.844-268-2686
- Outside the U.S.: +1-610-263-2847

By email: customerservice@geo-blue.com

TALK TO YOUR PROGRAM STAFF WHO OFTEN KNOW
LOCALLY-VETTED RESOURCES.



SELF-ASSESSMENT TOOL

An open source and private assessment tool offered by the University of Michigan can be found at [resilient-traveling.umich.edu](https://traveling.umich.edu/resilient-traveling)



STRESS REDUCTION IN DIFFICULT TIMES

A healthy mindset means you take care of yourself every day. Especially when traveling abroad there may be challenges to maintaining good mental health. The CDC offers resources at www.cdc.gov/travel/page/mental-health.



COUNTERBALANCE RISK FACTORS BY BEING INFORMED

The U.S. Department of State offers a Smart Traveler App which includes Smart Travel Enrollment Program access. Or, register online for STEP notifications at step.state.gov.

The State Department also hosts a global social media presence; follow local embassy/consulate at state.gov/rpa/ode/socialmedia/.



CONNECT WITH OTHERS

- Talk about your experiences.
- Listen to local resources.
- Stay in touch with family and program staff.
- If you have questions, ask them.
- Have both a routine and emergency communication plan.



ND INTERNATIONAL ASSISTANCE PHONE

Be prepared by putting this phone number in your contacts.

+1 574 339 6154

Accepts text, WhatsApp, WeChat

We Have an App for That

Find and download the apps mentioned throughout the slideshow.



HEALTH & WELLNESS

- Couch to 5k: <https://www.active.com/mobile/couch-to-5k-app>
- Headspace: <https://www.headspace.com/headspace-meditation-app>
- Can I Eat This? <https://wwwnc.cdc.gov/travel/page/apps-about>
- ND Mobile (wellbeing portion): <https://oit.nd.edu/services/websites-campus-portal/>
- Intelldrink: <http://www.intelldrink.com/>
- GeoBlue: <https://www.geo-blue.com/mobileapp/>
- Spotify: <https://www.spotify.com/us/free/>



TRAVEL

- CityMaps2Go: <http://www.ulmon.com/#get-the-app>
- City Mapper: <https://citymapper.com/cities>
- Maps.me: <https://maps.me/maps/>
- FlightView: <http://www.flightview.com/traveltools/iphoneapp.asp>
- Smart Traveler: <https://2009-2017.state.gov/r/pa/ei/rs/dos/165020.htm>
- Google Maps: <https://play.google.com/store/apps/details?id=com.google.android.apps.maps&hl=en>



COMMUNICATION

- WhatsApp: <https://www.whatsapp.com/>
- WeChat: <http://www.wechat.com/mobile/en/>
- GroupMe: <https://groupme.com/en-US/>
- Facetime Audio: <https://support.apple.com/en-us/HT204380>
- RemindMe: <https://itunes.apple.com/us/app/remindme-text-scheduler/id792456128?mt=8>
- Skype: <https://itunes.apple.com/us/app/skype-for-iphone/id304878510?mt=8>
- Viber: <https://www.viber.com/>



FINANCE

- Venmo: <https://venmo.com/>
- Splitwise: <https://www.splitwise.com/>
- Wally: <http://wally.me/>
- Mint: <https://www.mint.com/>
- OANDA: <https://www.oanda.com/mobile/?srcont=rightnav>
- OSAC: <https://itunes.apple.com/us/app/osac/id991315746?mt=8>

SAFETY

- Circle of 6: <https://www.circleof6app.com/>

REPUTABLE NEWS SITES

- BBC News: <http://www.bbc.com/news/10628994>
- New York Times: <http://www.nytimes.com/services/mobile/>
- France 24: <http://www.france24.com/en/mobile>
- Al Jazeera English: <https://www.aljazeera.com/connect/>



Welcome Home!

Readjust to your home culture after your adventure abroad.

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GET HELP

Emergency situations: call [911](tel:911) immediately if you or someone you know is in imminent danger of hurting themselves or others.

Non-emergency situations: Warm Line is a non-emergency helpline that provides consultation to ND faculty and staff. Call (574) 631-7336 during ND business hours and ask for the Warm Line.



GET GOOD SLEEP

Harvard Medical School shares “Sleeping well directly affects your mental and physical health and the quality of your waking life.” Visit their tips at <https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>.

McDonald Student Wellness Center hosts a 21-day sleep aid program: mcwell.nd.edu/services/sleep-program/. A customized McWell Sleep Toolkit is available for pickup.



CARE CONSULTANT TEAM

The Care Consultant Team provides support to Notre Dame students experiencing stress or difficult situations. Visit care.nd.edu/example/ and click “Referral Form.” Any concerned member of the Notre Dame community can solicit support for themselves or anyone else in the Notre Dame community.



LET'S TALK

Let's Talk is a brief (15 minute) consultation from a mental health provider and is available to all current students. It is completely free and confidential and you don't need an appointment. **NO PAPERWORK REQUIRED.**

- Mondays: 1-2 p.m., Fitzpatrick Hall, Room 258
- Wednesdays: 3-4 p.m., Hesburgh Library, B001D
- Thursdays: Coleman Morse, Room 229

UNIVERSITY HEALTH SERVICES

Being proactive about your health will allow you the best impact for your Notre Dame experience. If you don't feel well after international travel (or anytime), visit uhs.nd.edu for access to the best healthcare on campus.

Go Ask Alice, an online resource for specific health questions shared by Columbia University, also has helpful resources. Visit goaskalice.columbia.edu for more information.

WE HAVE AN APP FOR THAT

- ND Mobile (wellbeing portion): <https://oit.nd.edu/services/websites-campus-portal/>
- Spotify Playlist of happy music: mcwell.nd.edu/latest/news/international-day-of-happiness-2018-Spotify-playlist/

