

# CIPE POCKET GUIDE HEALTH & SAFETY ABROAD



If you are in immediate danger or need immediate medical assistance, call the local 911 Equivalent Abroad: .....

## EMERGENCY CONTACTS



### International SOS 24/7 Travel Assistance

Call collect: +1-215-942-8478

Membership #: 11B824535

Download the free Assistance App:  
[app.internationalsos.com](http://app.internationalsos.com)



### In-Country Program Contacts

Program Staff or Local Contact Phone:

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Embassy or Consulate Phone:

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### Yale Contacts

24/7 Yale Security: +1-203-785-5555

24/7 Yale SHARE Center: +1-203-432-2000



If you are trying to reach an adviser at CIPE due to an emergency abroad, Yale Security will route your call to the appropriate person at all hours: +1-203-785-5555

# MEDICAL & MENTAL HEALTH ISSUES

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## **International SOS will:**

- Assist you with accessing medical attention, counseling, or other services, if needed
- Provide emergency and routine travel health information
- Help you understand costs and services included in the ISOS out-of-country medical coverage and coordinate payment, if applicable
- Arrange translation services, if needed



## **In-Country Program Contacts can:**

- Accompany you to get medical attention, professional counseling, and/or medication
- Provide general support

## **BEFORE YOU GO ABROAD:**

- Meet with your physician or counselor to create a health plan
- Contact International SOS to discuss:
  - o Availability of services and medication you need abroad
  - o Travelers' health information, including immunizations
  - o Current security details for your destination

# NATURAL DISASTER, CIVIL UNREST, OR TERRORISM

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U.S. Citizens: Enroll in the Smart Traveler Enrollment Program (STEP) so the nearest U.S. Embassy or Consulate can contact you in an emergency: [step.state.gov](https://step.state.gov)



## International SOS will:

- Assess safety conditions and determine if evacuation is necessary
- Provide real-time news and security guidance



## In the event of a natural disaster, civil unrest, or terrorism:

Keep in close contact with your program or local contacts for updates on the situation and any coordinated efforts related to your safety.

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## SAFETY TIPS:

- Always keep your cell phone charged
- Stay away from demonstrations and high crime areas
- If out at night, make sure you know the transportation options and have a safe way home
- When traveling away from your program site, make sure that your program staff and family know your plans

# SEXUAL HARASSMENT & ASSAULT

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## **International SOS will:**

- Assist you with accessing medical attention, counseling, or other services, if needed
- Help you understand costs and services included in the ISOS out-of-country medical coverage and coordinate payment, if applicable
- Arrange translation services, if needed
- Provide legal referrals, if desired



## **In-Country Program Contacts can:**

- Accompany you to get medical attention, if desired
- Connect you with local resources who can inform you of local laws and assist you with filing a police report, if desired
- Provide general support



## **The Sexual Harassment and Assault Response Education (SHARE) Center offers these 24/7 services:**

- Confidential counseling and support by telephone when you are away from campus
- Ongoing support upon return to campus
- Connection with different resources, including the Yale College Title IX Coordinator, who can assist your program with coordinating interim measures and accommodations

# CRIME & LEGAL ISSUES

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## International SOS will:

- Assist you with accessing medical attention, counseling, or other services, if needed
- Provide legal referrals and translation services
- Assist in the replacement of lost or stolen passport or other travel documents



## If you have been the victim of a serious crime or arrested/detained abroad, contact your nearest consulate or embassy, who may be able to:

- Provide a list of local attorneys
- Contact your family or other emergency contact
- Provide a general overview of the local criminal justice process
- Inform you of resources nearby and in your home country



## In-Country Program Contacts can:

- Accompany you to get medical attention
- Connect you with local resources who can inform you of local laws and assist you with filing a police report, if desired
- Assist with finding new housing, if needed
- Provide general support

## BEFORE YOU GO ABROAD:

Make copies of your passport and other important travel documents. Keep one copy and leave one copy with someone at home.

# OTHER RESOURCES

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**Yale International Toolkit:**  
[world-toolkit.yale.edu](http://world-toolkit.yale.edu)

Visit the International Toolkit to access more predeparture tips, checklists, and resources to learn about your destination.

Y

**Student Accessibility Services:**  
**+1-203-432-2324**

Make an appointment if you need special accommodations set up before you arrive or have a change in circumstances during your time abroad.

Y

**ITS: +1-203-432-9000**  
**helpdesk@yale.edu**

24-hour assistance if you need help accessing your email or experience issues with DUO.

**Tip:** Download Yale VPN and DUO to your phone, tablet, and laptop before you go abroad!

Y

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