

## Personal Emergency Action Plan (EAP)

Health and safety standards vary considerably around the world. In some locations, public buses, or in-country airplanes, or boats/ferries are not maintained and are more likely to be in accidents causing injury or death. In some places emergency exits are not marked, or could be locked; medical equipment may not be clean; certain taxis may put you at risk; the definition of sexual consent or legal standards may vary dramatically from the U.S.

Even places that seem to you “just like” the U.S. may have different standards or cultural cues. Know the primary risks for your study and travel destinations, and how to avoid those risks. **You are your best asset for keeping yourself safe and healthy abroad.**

### Know Your Destination’s Risks

For each category below, identify a) the primary risks for your destination(s) and b) the top 2-3 steps you can take to reduce risk to your health/safety. See the International SOS website: [www.internationalsos.com](http://www.internationalsos.com) (11BSGC000020). **Also** review *thoroughly* your country’s travel advisory on the U.S. Department of State website: <https://travel.state.gov> to properly complete this.

International SOS: *Travel* tab, *Getting around* sub-tab; and Dept of State info

*Circle the methods of transportation that are considered safe:*

In-country airlines	Licensed taxis	Other:
Public buses (short-distance)	Unlicensed taxis (Uber, etc.)	Public buses (long-distance/overnight)
Trains	Ferries/boats	

*Circle the methods of transportation that are considered unsafe:*

In-country airlines	Licensed taxis	Other:
Public buses (short-distance)	Unlicensed taxis (Uber, etc.)	Public buses (long-distance/overnight)
Trains	Ferries/boats	

International SOS: *Medical* tab, *Standard of health care*, *Food & water*, and *Health threats* sub-tabs; and Dept of State info

Medical care:

Food/water/disease:

Health threats:

International SOS: *Security* tab, *Personal Risk* sub-tab; and Department of State info

Crime:

Terrorism and/or social unrest:

Other:

International SOS: *Security* tab, *Country stability* sub-tab; and Department of State info

Natural disasters:

Corruption/political situation:

Other:

### Fire safety

In April 2011, a fire in Paris took the lives of four exchange students and seriously injured dozens more. The Jasmine Jahanshahi Fire Safety Foundation equips students with the tools and training to stay safe from fire-related emergencies worldwide: <http://www.firesafetyfoundation.org/students-parents>

## Know Your Emergency Contact Information

**Before you go:** Find and share with your emergency contacts the **phone numbers** relevant to/ nearest to your study and/or travel location(s). Information source [www.internationalsos.com](http://www.internationalsos.com) unless otherwise noted (your destination: *Travel* tab, *Phone & Power* sub-tab and *Medical* tab, *Clinics & Hospitals* subtab)

Prefix if required for in-country calls (NDD) \_\_\_\_\_ Prefix to call out of destination country (IDD): \_\_\_\_\_  
Ambulance: \_\_\_\_\_ Fire: \_\_\_\_\_  
Hospital/clinic: \_\_\_\_\_ Police: \_\_\_\_\_  
Consulate/Embassy: \_\_\_\_\_ Health Insurance: \_\_\_\_\_  
(For U.S. citizens/residents: [www.usembassy.gov](http://www.usembassy.gov)) (Your private insurance)

U.S. Department of State, Office of Overseas Citizens Services: IDD+ (202) 501-4444. Consular officer emergency assistance 24 hours/day, 7 days/week.

International SOS (U.S.) IDD+1-215-942-8226 UVM Member #11BSGC000020

International SOS (my region): \_\_\_\_\_

UVM Police (24/7): IDD+1-802-656-3473 UVM 'OIE': IDD+1-802-656-4296 [studyabroad@uvm.edu](mailto:studyabroad@uvm.edu)

*UVM Office of International Education (OIE) may be reached 24/7 through UVM Police Services for emergencies.*

*OIE also is available by email and phone during business hours for non-emergency matters while you're abroad!*

Which places will you keep the above info so that it will always be immediately available to you, even if your wallet, phone or other items are lost or stolen?

- Wallet
- Cell phone contacts
- Picture and emailed to self
- Other \_\_\_\_\_
- Copy emailed to **both** home emergency contacts
- Paper copy in each bag I travel with
- Paper copy with **both** home emergency contacts

If my preferred method of communication becomes disabled, the other ways I know I can communicate with my home emergency contacts include (check all that apply):

- Land line
- Cell phone
- Text
- Email
- What'sApp
- Facebook
- Other \_\_\_\_\_

## Emergency Kit/Money

Which items do you need to add to your emergency first aid kit before it is fully stocked and ready? (<https://wwwnc.cdc.gov/travel/page/pack-smart>) Do you have emergency cash reserves that will cover you for at least one week in case you can't count on banks/ATMs? (*ISEP students: Remember that you may need up to 3 weeks of cash for food and first month's rent at the start of your program.*)

## Once in-country

Confirm hospital/clinic information above. Ask your host/local international office or program provider for the below (and confirm what is covered by your insurance). Share with your home emergency contacts.

Host emergency contact (international office, etc.): \_\_\_\_\_

Local friend: \_\_\_\_\_ Counseling equivalent: \_\_\_\_\_

Translator Services (if applicable): \_\_\_\_\_ Other: \_\_\_\_\_