



Health & Safety

The health and safety of each and every participant is the number one priority for all Seminars International sponsored programs. Over the past 40 years we have developed expertise and strong relationships with each of our international partners resulting in great recommendations for both students and adults.

Staying Healthy

Health and safety are of the utmost importance to the success of your international education experience. Below are some general recommendations.

- **Medical preparation** - Obtain any necessary routine medical/dental care before you leave. Carry a copy of your personal health record with you when you travel.
- **Vaccinations** - All routine vaccinations should be current. Required and recommended vaccinations for a specific country can be obtained via the Center for Disease Control (CDC)
- **Colds, Coughs, and upset stomach** - These conditions may be a temporary result of the temperature, climate changes and a differing diet inherent with traveling. Consult with a physician or a medical professional about remedies or medications available to you.
- **Glasses/Contacts** - Pack ample supply of contact lens cleaner/solution with you, as these items are often expensive and difficult to find abroad. Pack a second “back-up” set of glasses and carry your prescription with you.
- **Over the counter and Prescription Medications** - It is important that all medication, including over-the-counter drugs, be clearly labeled and in the original container. Make sure your medication is legal in your host country. Ask your physician to prescribe ample supply for your entire stay abroad. Carry needed prescriptions with you in your carry-on luggage.
- **Participants with Dietary Restrictions** - If you need special meals or dietary supplements please make arrangements prior to departure. Some items may need to be taken with you and are subject to the customs laws of the host country. Notify your faculty director and/or group leader of any special dietary needs or restrictions. This information is helpful when securing flight and housing arrangements.

Staying Safe

- **Local Emergencies** - Through our international partners, Seminars International has access to local resources to assist with a variety of emergency situations. This also allows us to closely observe and monitor current events on the ground with our partner’s assistance.
- **24/7 Emergency Assistance** - We have 24-hour emergency travel assistance available through our regular or toll free 800 number. You will be connected to the Seminars International staff on call. We are proud of our ability to be responsive to all emergency needs, wherever they may occur.

- **Connecting with the U.S. State Department International Travel Information** - The U.S. government, through the U.S. Department of State, uses a three tiered system to communicate country specific travel information. As this information becomes available, Seminars International stands ready to adjust travel itineraries as needed. We also enroll all of our leaders in the State Department Smart Traveler Enrollment Program. Please use the website below to find out country specific information, travel alerts and travel warnings.
http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html

More Health and Safety Resources

[U.S. Department of State Students Abroad Resource](#): Provides many resources for students as well as a comprehensive checklist for students traveling overseas.

[US Department of State Travel Resources](#): Provides information on travel documents, Travel Warnings and Alerts and the Smart Traveler Enrollment Program.

[National Center for Disease Control](#): Students can verify recommended vaccinations for their program destinations under the “Travelers’ Health” section.

Travel Insurance suggestions

Travel insurance is recommended for both individuals and groups. Below are two suggested insurance companies.

Cultural Insurance Services International:

<http://www.culturalinsurance.com/>

Travel Guard Insurance:

<http://www.travelguard.com/quickquote/?cmpid=kac-001-IO-Google-8930216&qclid=>