

HEALTH AND SAFETY

The Office of International Programs ensures the safety of all students participating in study abroad programs around the world. Students are given a Pre-departure Orientation that prepares them for responsible behavior and decision-making abroad. VU staff and faculty are trained and prepared to respond to emergency situations abroad.

Health

- <http://studentsabroad.state.gov/>
- [Traveler's Health: Center for Disease Control and Prevention](#)(health information for specific destinations, vaccinations, and illness and injury abroad)

All students are required to have health insurance coverage while participating in a VU study abroad program. The Office of International Programs requires that all students purchase the \$22 [International Student Identity Card \(ISIC\)](#), which includes emergency medical coverage. (Students can purchase this card at the Office of International Programs). However, a more comprehensive medical insurance policy is suggested.

For a list of international health insurance providers:

[NAFSA: Insurance and Medical Assistance](#)

Safety

Traveling abroad can be a wonderful experience; however, students must take certain precautions to ensure their own safety while participating on a study abroad program. The links below provide excellent advice on precautions:

- [Student's Guide to Study Abroad](#)
- [US Department of State: A Safe Trip Abroad](#)
- [US Department of State: Tips for Traveling Abroad](#)

The Office of International Programs urges you to read all of these materials carefully and to begin using the Department of State website now--before you leave the U.S--so that you are completely familiar with it and able to use it regularly while abroad to check updates on safety conditions and travel advisories for the country in which you are studying or traveling, as well as for those countries to which you are planning to travel.

We also want you to check with your resident director abroad as soon as you arrive about registering with the nearest U.S. Embassy or Consulate. This should be done for each group studying/traveling abroad, unless the U.S. Embassy or Consulate indicates otherwise. You should also make sure that you have the U.S. Embassy or

Study Abroad Programs - Valparaiso University
Consulate telephone number, together with other emergency telephone numbers,
while you are traveling.

The PDF Footer