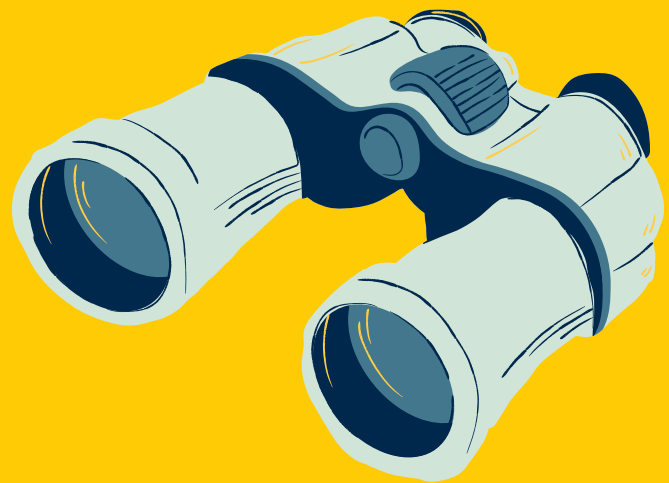




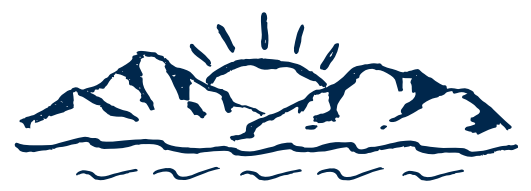
GLOBAL MICHIGAN
UNIVERSITY OF MICHIGAN



SAFETY CONSIDERATIONS
FOR INDEPENDENT STUDY
& FIELD RESEARCH ABROAD



Provided by the Global Engagement Team
in consultation with LSA Anthropology



Traveling Abroad?

Are you planning independent study, research, or fieldwork abroad? If so, you've come to the right place. This comprehensive resource guide, provided by the University of Michigan's Global Engagement Team, will help you navigate important safety prep considerations! We would also like to thank the University of Michigan Department of Anthropology for its invaluable contribution to this resource.

*WHEREVER YOU GO,
GO BLUE!*



Contents

- Phase 1: Early Logistical Planning
- Phase 2: Pre-Departure Preparations
- Phase 3: While Abroad
- Additional Emergency Resources

Phase 1: Early Logistical Planning (4-12 months pre-departure)

Verify your ability to meet entry requirements for your destination/s.

- ☐ Review relevant resources, including [DoS country information page/s](#), the [CDC Travelers' Health page/s](#), or your destination's official embassy websites for travel document or vaccination (e.g., yellow fever, COVID, etc.) entry requirements.
- ☐ International students may have different/additional requirements. The U-M [International Center](#) can provide additional information.

Understand U-M Requirements for traveling abroad independently (or with a group).

- ☐ Determine [U-M Country Risk Rating](#) and [related requirements](#) for your destination/s.
- ☐ [Register](#) any [U-M Related Travel \(UMRT\)](#).
- ☐ All travelers on UMRT are required to enroll in [U-M Travel Abroad Health Insurance](#).
- ☐ Determine any additional unit-level processes and requirements (refer to the [Education Abroad Office Contact list](#) to determine contact information).

Develop or confirm local support with any University collaborators, personal contacts, NGOs, government collaborators, and others at your field site abroad.

- ☐ Determine if on-site partners can assist with organizing and/or managing in-country logistics such as housing, transportation, communications, etc.
- ☐ Determine whether they can provide emergency support services or help manage emergencies, and if so, how.
- ☐ See [Partnering with an NGOs Overseas](#) on Global Michigan for more info.

Plan field logistics and risk management.

- ☐ Identify any required host country permit/s (for equipment, specific activities in-country, etc.) and begin the application process/es.
- ☐ Obtain official documentation of being a U-M student/faculty conducting research in the field. This may include contacting your department administrator to get a departmental letter of introduction and good standing.
- ☐ Identify necessary personal protective equipment or specialized training for participants in your specific field context (e.g., [first aid training](#), equipment or procedural training, etc.).
- ☐ Begin identifying risks and developing mitigation strategies for all aspects of your travel, including but not limited to those listed in this [Self-guided Risk Management Prompts and Resources for Planning International Travel](#) document.
 - ☐ If your field site is remote, refer to [U-M's Remote Field Sites Abroad: Additional Safety Considerations downloadable pdf](#) for further guidance.
- ☐ Understand and develop appropriate emergency protocols for each leg of travel, including:
 - ☐ [U-M's General Emergency Protocols](#);
 - ☐ emergency support from local collaborators;
 - ☐ local emergency services/first responder contact info;
 - ☐ [how to use your GeoBlue health insurance to access health care](#).



Phase 2: Pre-Departure Preparations (final 4 months pre-departure)

Begin financial planning and budgeting.

- ☐ Determine financial contingency plans, such as having access to departmental or other funds, in the event of unanticipated travel disruptions or travel health-related expenses not covered by insurance.

Ensure compliance with U-M Requirements for traveling abroad independently or with a group.

- ☐ Register your U-M Related Travel (for Group Travel, units or group leaders are encouraged to register the entire group by submitting a Request Form for Registering Student Group Travel Abroad).
- ☐ UMRT travelers must have U-M's GeoBlue Travel Abroad Health Insurance (**note:** students must obtain the insurance, while faculty and staff are automatically covered under the "Business Travel" plan. Details are on the UHS Travel Abroad Health Insurance webpage).
- ☐ Complete a Travel Health Plan or Safety Plan for review by the International Travel Oversight Committee at least 4 weeks pre- departure *if required by your destination's U-M Country Risk Rating*.

Understand your GeoBlue Travel Abroad Health Insurance policy and how to use it while abroad, including:

- ☐ Using your health insurance benefits (including downloading the GeoBlue app and identifying, scheduling appointments with, and/or accessing local healthcare providers, etc.);
- ☐ In- and out-of-network payment models;
- ☐ Downloading and learning to use GeoBlue's Global TeleMD 24/7 medical consultation app;
- ☐ Accessing the GeoBlue app's Global Wellness Assist feature for non-clinical mental health consultation;
- ☐ Using the Post-Departure Trip Interruption benefit for transportation/lodging costs (for covered reasons);
- ☐ Using Political and Natural Disaster Evacuation Coverage for your destination/s, if applicable;
- ☐ Additional up-to-date resources on the UHS Travel Abroad Health Insurance webpage.

Complete additional recommended U-M travel abroad prep (some may be required by your Unit for approval/disbursement of funds).

- ☐ Download the AlertTraveler info service app (free to those who register travel to U-M's Travel Registry).
- ☐ Register your travel dates with the U.S. State Department's Smart Traveler Enrollment Program (STEP) or your country of citizenship's equivalent.
- ☐ Resilient Travel – Managing Stress and Enhancing your Experience Abroad.
- ☐ U-M Safety Abroad Orientation.
- ☐ Information & Technology Services' Traveling with Technology and Data Security resources.

Additional Preparation

- ☐ Review Global Michigan's Identities Abroad webpage.
- ☐ Review relevant lab safety rules, regulations, or protocols.
- ☐ Review relevant local laws of the host destination/s (you are subject to all local laws while abroad) and U-M's Arrested or Detained While Abroad Emergency Protocols.
- ☐ Confirm local support with NGOs, government collaborators, other University collaborators, or personal contacts at your field site abroad.

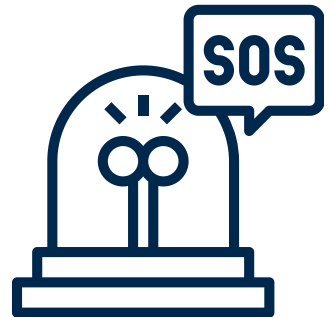


Phase 3: While Abroad

U-M General Emergency Protocols for International Travelers

In case of emergencies, access guidance and contact information in the [U-M General Emergency Protocols pdf download](#) (also available on the [Global Michigan website](#)).

- ☐ Step 1: Tend to your immediate safety and/or medical needs.
 - ☐ Get somewhere you feel safe.
 - ☐ Seek emergency medical treatment, if necessary.
 - ☐ Contact local authorities, if necessary.
- ☐ Step 2: Connect with local contacts and/or local support networks.
 - ☐ Contact your U-M program leader or on-site partner.
 - ☐ Reach out to local people you trust for assistance.
 - ☐ Contact the [U.S. Embassy/Consulate](#) or that of your country of citizenship, if necessary.
- ☐ Step 3: Contact U-M to provide a status update and get guidance for the next steps.
 - ☐ Contact your U-M Dept./emergency contact.
 - ☐ For urgent emergencies, [contact your campus DPSS](#) to be transferred to a U-M emergency responder for international travelers.
 - ☐ For non-urgent matters, you can contact Global Engagement at umich-itoc@umich.edu.



Using Your GeoBlue Health Insurance While Abroad

- ☐ For urgent health matters, seek the nearest medical services immediately. When possible, obtain receipts for your [reimbursement claim](#). GeoBlue will reimburse even if the provider is out of the GeoBlue network.
- ☐ For non-urgent matters, use the [GeoBlue app](#) or call +1 610 254 8771 to identify and schedule appropriate medical care, including arranging for a direct payment, so you do not have to pay out of pocket.
- ☐ Access mental telehealth services through the GeoBlue app's [Global Wellness Assist](#) feature for non-clinical mental health consultation.
- ☐ Access telehealth consultation with a medical professional through [GeoBlue's Global TeleMD app](#).
- ☐ The [Post-Departure Trip Interruption benefit](#) can reimburse transportation and/or lodging & incidental expenses for particular covered injury or illness reasons.
- ☐ Visit the [UHS GeoBlue Travel Abroad Health Insurance webpage](#) for additional up-to-date insurance information and resources.



Suggested Protocols for Specific Emergency Situations

Mental Health

- ☐ Access GeoBlue's [Global Wellness Assist](#) service in one of the following ways:
 - ☐ Through the GeoBlue Mobile app
 - ☐ By texting +44 790 934 1229 and include your name, location, phone number, and issue
 - ☐ Toll-free numbers for several countries are listed on the back of the Global Wellness Assist flyer (linked above).
 - ☐ If your country doesn't have a toll-free number, dial +44 20 8987 6228.
- ☐ UHS offers [resources for stress and mental health](#).
 - ☐ [Counseling & Psychological Services](#) (CAPS) offers free, confidential services for U-M students, including [24-hour phone support](#) at 734-764-8312

Sexual and Gender-Based Misconduct

- ☐ Get to a safe place as quickly as possible.
- ☐ Contact a trusted friend, family member, or colleague who can offer immediate support.
- ☐ Contact authorities, if necessary.
- ☐ Access U-M support resources as needed:
 - ☐ [U-M Sexual and Gender-based Misconduct Reporting and Resources](#)
 - ☐ [SAPAC support services website](#)
 - ☐ [DPSS Sexual Assault response and resources](#)
- ☐ **For support resources external to U-M**, RAINN (Rape, Abuse and Incest National Network) has a 24/7 hotline number at: +1 800-656-HOPE (4673) or SASHAA (Sexual Assault Support and Help for Americans Abroad) at: +1 866-USWOMEN (879-6636).



Arrest or Detention Abroad

- ☐ Ask the detaining authorities to notify the nearest [U.S. Embassy/Consulate](#) (for U.S. citizens) or Embassy/Consulate of your country of citizenship (for non-U.S. citizens).
- ☐ Understand what a U.S. Embassy or Consular official [can and can't do for you](#).
- ☐ Inform U-M through your department or [your campus DPSS](#).
- ☐ For additional guidance, access U-M's [What To Do: Detention or Arrest While Abroad downloadable pdf](#).

Civil Unrest / Political Instability

- ☐ Get somewhere safe, stay informed of the situation, and avoid all large gatherings, protests, demonstrations, or other unsafe areas.
- ☐ U.S. citizens can [connect with the U.S. Department of State](#) by calling 1 (888) 407-4747 (U.S. and Canada) or 1 (202) 501-4444 (overseas), or by contacting the nearest [U.S. Embassy/Consulate](#). Non-U.S. citizens should contact the Embassy/Consulate of their country of citizenship for assistance.
- ☐ For additional guidance, access U-M's [What To Do: Civil Unrest/Political Instability While Abroad downloadable pdf](#).

Suggested Protocols for Specific Emergency Situations, Continued

Natural Disasters / Severe Weather

- ☐ Stay informed of the situation, get somewhere safe, and follow directions from local authorities or emergency responders.
- ☐ U.S. citizens can connect with the U.S. Department of State by calling 1 (888) 407-4747 (U.S. and Canada) or 1 (202) 501-4444 (overseas) or by contacting the nearest U.S. Embassy/Consulate. Non-U.S. citizens should contact the Embassy/Consulate of their country of citizenship for assistance.
- ☐ For additional guidance, access U-M's What To Do: Natural Disasters/Severe Weather While Abroad downloadable pdf.

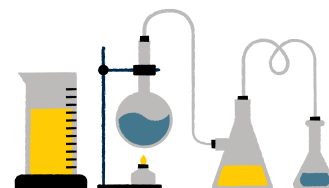


Loss or Theft of Valuables

- ☐ File a report with local authorities, if necessary.
- ☐ Cancel missing credit/debit cards or other forms of electronic payment, remotely lock or data wipe your devices if able, and/or file insurance claims if your lost valuables are covered.
- ☐ For lost or stolen passports, or if you are the victim of a theft or other crime while abroad, U.S. citizens can contact the nearest U.S. Embassy/Consulate or the U.S. Department of State, Office of Overseas Citizens Services at (888) 407-4747 (from the U.S. or Canada) or (202) 501-4444 (from overseas). Consular officers are available for emergency assistance 24 hours/day, 7 days/week. Non-U.S. citizens should contact the Embassy/Consulate of their country of citizenship.
- ☐ For additional guidance, access U-M's What To Do: Loss or Theft of Valuables While Abroad downloadable pdf.

Field Safety and Field Lab Incident Response

- ☐ Follow unit-specific protocols and UHS incident response best practices.
- ☐ Follow U-M EHS Occupational Incident Reporting guidelines, if necessary.



Thank you!

Global Engagement thanks Anthropology faculty and staff members Kelly Askew, Jennifer Hsieh, John Kingston, Lisa Parisi, Stacy Rosenbaum, and Amy Rundquist for their contributions to the creation of this document.



Emergency Contact Information

Program these numbers into your phone and write your on-site emergency contact info below.

GeoBlue Travel Abroad Health Insurance

+1-610-254-8771 (24/7, call collect)

U-M Division of Public Safety and Security (24/7, call collect)

Ann Arbor: +1 734-763-1131 Dearborn: +1 313-593-5333 Flint: +1 810-762-3333

U-M Sexual Assault Prevention and Awareness (SAPAC)

24/7 Hotline: +1 734-936- 3333

US State Department of Overseas Citizens Services

If you are the victim of crime, your Embassy can provide local assistance.

In U.S. or Canada: +1 888-407-4747

Outside the U.S. or Canada: +1 202-501-4444

Local emergency contact info:

Local 911/first responder equivalents:

Local GeoBlue facility/contact:

Embassy/Consulate info:

Personal emergency contact/info:

U-M Department contact name/info:

Cut-out version to detach and carry with you at all times

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