

HEALTH & SAFETY

(PART OF INTERNATIONAL PROGRAMS SECTION)

ACADEMICS

ACADEMIC YEAR:
2017-2018



HEALTH

AUK students must follow the AUK Student Code of Conduct while on university activities and programs, including study abroad and student exchanges.

Think about the environment you will be living in while abroad and find out if there are any health precautions you can take before you leave. See your doctor/personal practitioner before you leave, get a physical, complete foreseeable dental work, and consider your psychological stability.

- Make sure you receive all required vaccinations before you leave. Note that some vaccinations are given in a series of shots administered weeks or months apart, so please do not leave this until the last minute.
- Obtain enough of all prescription medications that you require for the duration of your program, and make sure to keep them in their original containers with the pharmacy label clearly stating your name and the prescribing doctor's name. It is also advisable to take a note from your physician stating the medicine you are taking, its dosage, its generic name, and the condition being treated.
- Make sure you inform your program contact of any medical conditions for which you might require care or special accommodations while you are abroad (for example diabetes, epilepsy, severe allergies, etc.).

- Make sure you have supplemental travel insurance; leave a copy of your policy with your parents and another copy with the Coordinator of Study Abroad and Student Exchange.
- Make sure you have completely filled out your Medical Information Form and file it with the Coordinator of Study Abroad and Student Exchange (as applicable).
- Know the local conditions that you will encounter while abroad, and consider how this will affect you. Is the weather extreme? Are there common allergens you need to worry about? Does the local diet present any difficulties for you? Is the water safe to drink? Have there been any recent epidemics?
- As a matter of both health and safety, avoid overindulging while abroad, and absolutely refrain from using any illegal substances.
- Carry information about blood type and important medical conditions on your person.
- Carry your medical insurance card with you at all times.

To find out about health issues in your host country, visit the [Centers for Disease Control](#). This site will also list the [vaccinations needed](#) prior to arrival.

Disclosure of medical conditions and/or disabilities

The social and cultural changes associated with studying abroad can put students under a great deal of physical and emotional stress, aggravating existing conditions. For this reason, we strongly encourage students to disclose any and all medical, physical, psychological, and/or dietary conditions that may require special accommodation while abroad. Such information will be kept strictly confidential, released only to the head of the program and any necessary health care professionals should such a need arise.

SAFETY

We encourage students to take responsibility in their personal planning for overseas programs to ensure a healthy and safe experience. Staying safe is important to consider when you go abroad and a reasonable amount of precaution is important.

- Always pay attention to your surroundings and belongings! Know where you are and where you are going. Don't travel alone if you can avoid it, and make sure you don't get separated from your companion(s).
- Take a tour of your destination and surrounding areas shortly after you arrive.
- Know where the closest police station and hospital are.
- Locate security and emergency devices and means for communication
- Maintain belongings to deter theft (Do not leave belongings unattended, avoid carrying valuable items, keep bags closed and held to your body)
- Don't pull large amounts of cash out of your pocket; keep a small amount of cash in one pocket, and if you must carry more, keep it elsewhere on your person.
- Don't yell inappropriately or converse very loudly in public places.
- Avoid areas where demonstrations are in progress. It may be illegal for you to participate and violation of local law may result in visa cancellation and deportation.
- Use the "buddy system" when venturing to new places.
- Do not walk alone at night. Avoid going out late at night, and with people you do not know well. Avoid narrow passages or other poorly lit and restrictive areas.

- Once you arrive in your host country, acquire a cell-phone. Give your number to your friends and family at home, your host institution, and save the local emergency numbers on your phone.
- Be discreet and respectful when taking photographs. If you want to photograph people, ask for their permission first.
- Carry a list of emergency contact numbers (local and at home) with you at all times.
- Travel in loose-fitting, comfortable clothing since you will swell up on a long flight. Wear shoes that are easy to remove for both security screening purposes and for comfort on the flight.
- Remember for travel to or through the USA, TSA restrictions regarding carry on items, including limitations on liquids and gels (containers of 3 ounces or less, all must fit within a quart-sized Ziploc bag, and each traveler is limited to one such bag).

LAWS

While in a foreign country, you are subject to its laws. The vast majority of students who study overseas have no problems with the laws and customs of the country they are visiting. However most students who do break that law do not do it on purpose; instead, they end up doing something illegal without knowing it.

Preparation:

- It is important to be prepared for all eventualities. Learn as much as you can about the host country. You are not exempt from knowing the laws of the host country and will be upheld to them.
- Laws over the use of legal and illegal substances, participation in demonstrations and other activities, vary from country to country. Do not use illegal substances overseas under any circumstances and be cautious in your general activities.
- Be aware of areas in which these laws differ from the local laws of Kuwait, and obey these laws. Penalties for breaking the law in other countries may be more severe and strictly enforced than in Kuwait.
- For additional information on host country laws, read the US Department of State [Country-Specific Information](#).

What if something happens?

- It is vitally important for students to understand and obey the laws of the host country and any countries to which a student plans to travel while are abroad. Students should be aware of areas in

which these laws differ, and obey these laws. If arrested, citizens have the right to request to speak to an officer from their nearest Embassy or Consulate based on nationality. Students should call the on-site point of contact person and the home campus numbers as soon as possible.

If students are arrested or detained abroad, they should NOT make any statements to the host country police prior to contacting their Embassy or Consulate and NOT make any statements to the host country police without having a lawyer present. Contact the travel insurance emergency number (as applicable) for additional legal assistance, which often will provide referrals for legal consultation services.