WHAT IF?

HEALTH, SAFETY, RISK & STUDY ABROAD
OBJECTIVES

• STUDENTS WILL LEARN ABOUT HEALTH, SAFETY AND ASSOCIATED RISKS WHILE TRAVELING, USING A CULTURE GENERAL APPROACH

• STUDENTS WILL BUILD RELATIONSHIPS WITH ONE ANOTHER AND LEARN FROM ONE ANOTHER’S EXPERIENCE AND EXPERTISE

• STUDENTS WILL EXPAND THEIR UNDERSTANDING OF HEALTH, SAFETY AND RISK BY LEARNING ABOUT THOSE CONCEPTS FROM NON-US PERSPECTIVES

• STUDENTS WILL CONSIDER THEIR STUDY ABROAD DESTINATION AND THEIR PERSONAL HEALTH AND SAFETY NEEDS IN ORDER TO CREATE A PERSONALIZED HEALTH AND SAFETY PLAN
HEALTH AND SAFETY AT TULANE
HEALTH AND SAFETY AT TULANE

- THE WELL
- CAPS
- TITLE IX AND THE CAMPUS CLIMATE SURVEY
- EMOTIONAL SUPPORT PUPPIES
- GOLDMAN
**HEALTH AND SAFETY IN OTHER CULTURES**

<table>
<thead>
<tr>
<th>Eastern</th>
<th>Western</th>
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<tbody>
<tr>
<td>Harmony with other people (other-valued)</td>
<td>Self-sufficiency and Self-esteem (individual-valued)</td>
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<tr>
<td>Relationships</td>
<td>Personal Autonomy</td>
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<tr>
<td>Balance (Ecological)</td>
<td>Efficiency (Machine-like)</td>
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<tr>
<td>Keep outer world constant</td>
<td>Keep inner world constant</td>
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<tr>
<td>Conform with society</td>
<td>Control altered states of consciousness</td>
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<tr>
<td>Freedom of inner experience</td>
<td>Freedom of expression</td>
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<tr>
<td>Variety of inner experience</td>
<td>Variety in behavior</td>
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HEALTH AND SAFETY IN OTHER CULTURES
HEALTH SAFETY

RISK DANGER

WHAT ARE YOU WORRIED ABOUT ABROAD?
DANGER: WHAT WE THINK

Health Emergency
Military Coup
Terrorist Attack

Accident or Injury
Sexual or Physical Assault

Minor Physical injury
Catcalling or Verbal Harassment

culture shock & dehydration & hunger & hangover & homesickness
DANGER: WHAT WE THINK

Health Emergency
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DANGER: WHAT REALLY HAPPENS

Accident or Injury
Sexual or Physical Assault

Minor Physical Injury
Catcalling or Verbal Harassment

culture shock
dehydration & hunger
substance abuse & hangover
homesickness
ANXIETY & STRESS

• IDENTIFY WHAT YOU CAN’T CONTROL
• EDUCATE YOURSELF ON WHAT YOU CAN CONTROL
HEALTH PERSPECTIVES ON CULTURE SHOCK

- FATIGUE
- DEPRESSION
- OUT-OF-CHARACTER BEHAVIOR

Diagram:
- Honeymoon
- Crisis
- Recovery
- Adjustment
CULTURE SHOCK TOOLS

• EDUCATION: WHAT CAN YOU EXPECT
• FLEXIBILITY
• COMMUNICATION SKILLS
• INSIDER KNOWLEDGE (SEE EDUCATION)
PHYSICAL AND SEXUAL ASSAULT

• RESEARCH NORMS OF HOST CULTURE

• IN SPAIN, SEXUAL ASSAULT LEGISLATION SAYS ‘YES MEANS YES’

• WHY ISN’T MARITAL RAPE A CRIMINAL OFFENCE IN INDIA?
PHYSICAL AND SEXUAL ASSAULT

• TRIAGE
  • CALL THE LOCAL EQUIVALENT OF 911 AND FILE A REPORT
  • SEEK MEDICAL CARE

• CHECK IN
  • CHECK IN WITH THE PROGRAM OR HOST UNIVERSITY STAFF
  • CHECK IN WITH YOUR PARENTS/FAMILY
  • CHECK IN WITH TULANE – FILL OUT A REPORT
ROMANCE ABROAD

• ROMANTIC NORMS? HOW MIGHT THEY DIFFER IN YOUR HOST COUNTRY?

• WHAT ARE YOU COMFORTABLE WITH?

• AVAILABILITY OF ...
SUBSTANCES

- DRINKING
- DRUGS
- TULANE CULTURE VERSUS LOCAL NORMS
- IDENTIFY YOUR PERSONAL HABITS AND PERSONAL WEAKNESSES
LOCAL NORMS & LOCAL LAWS

“MEANWHILE, FOR THE VISITOR TO AMSTERDAM THE IMMEDIATE ANSWER IS PERHAPS IN THE SMALL THINGS: TO PROCEED WITH SENSITIVITY; DON’T PARTY IN THE APARTMENT YOU’VE LET, NEXT DOOR TO NEIGHBOURS WHO HAVE TO WORK THE NEXT DAY; BE AWARE, IF YOU HAVE TO WALK IN THE STREET THAT IT IS A STREET, AND THAT CARS AND BICYCLES ARE TRYING TO PASS; TRY NOT TO GO AROUND IN LARGE GROUPS.”

• AMSTERDAM IS BECOMING THE NEW VENICE, A CITY STOLEN BY TOURISTS
PERSONAL HEALTH

• ACADEMIC
• PHYSICAL
• MENTAL
BUT EMERGENCIES DO HAPPEN

YEP, THEY SURE DO...
IN CASE OF AN EMERGENCY

- LOCAL EQUIVALENT OF 911
- LOCAL RESOURCES: PROGRAM DIRECTOR, RESIDENT ASSISTANT, BUDDY
- GLOBAL RESCUE
  - FROM ADVICE TO EVACUATION
YOUR PERSONAL PLAN

BE PREPARED

• PROPERTY INSURANCE
• HEALTH INSURANCE
• GLOBAL RESCUE
• STEP: SMART TRAVELER ENROLLMENT PROGRAM
• FBI.GOV

IN THE MOMENT

• LOCAL 911
• PRE-IDENTIFIED DOCTORS
• GLOBAL RESCUE APP
• SHELTER IN PLACE
• GET TO A SAFE SPACE & REPORT TO PROGRAM STAFF