

Think safety at all times

Remain safe at all times to avoid disruption of the program. Make sure you read the following in addition to what to bring check list in my website to keep you safe:

Airport

Wait for the entire group to assemble before you check in at the counters. Do not leave your luggage unattended. Assist your fellow students with luggage check-in. Students should try to remain in the group at all times. Always tell someone in the group if you are going to leave to go to the restroom or to get something to eat/drink.

Medication and sickness

Before you leave the United States be sure to obtain a copy of important medical/health information that a physician might need in the event that you become ill. For example: eyeglass prescriptions, prescribed medications, whether or not you are diabetic, have allergies, and your blood type. You should bring medications to treat any known pre-conditions, such as asthma and take proper precautions to avoid an attack. It is suggested that you have an annual check-up with your family doctor before you leave to go abroad.

It would be a good idea to carry with you medicine that travellers normally suffer from, example: Antacids, Ibuprofen, Aspirin, Anti-diarrhea, and other medications that you take regularly (re-fill your prescriptions and bring the medicine in your carry-on luggage). If you take medication regularly, also remember to keep a copy of your prescriptions with you to avoid any issues when leaving or entering the country.

If you see any symptoms of allergies, skin reaction, trouble breathing, headaches, fever, stomach ache during travel, to be reported immediately to program director or assistant faculty

For more information see: Centers for Disease Control, <http://www.cdc.gov/travel/travel.html>

Insect repellent and Sun screen

Use sun screen when outdoor since summer temperature range between 38 and 40°C. Apply insect repellent in the evening since areas near water or game reserves may have mosquitoes and other insects

Water

In areas with poor sanitation (some metros!!) only the following beverages may be safe to drink: Boiled water, hot beverages, such as coffee or tea, made with boiled water, canned or bottled carbonated beverages. Ice may be made from unsafe water and should be avoided. It is safer to

drink from a can or bottle of beverage than to drink from a container that was not known to be clean and dry. Where water is contaminated, travelers should not brush their teeth with tap water.

Brush your teeth and wash your face with bottle water in the first few days until body build resistance normal flora.

Food

Food should be selected with care. Any raw food could be contaminated, particularly in areas of poor sanitation. Foods of particular concern include: salads, uncooked vegetables and fruit, unpasteurized milk and milk products, raw meat, and shellfish. If you peel fruit yourself, it is generally safe. Food that has been cooked and is still hot is generally safe.

Wash your Hands as often as you can

Walking in groups and in crowds promotes spread of infectious diseases. Wash your hands as often as possible using antibacterial agent and when coughing, if you are sick, use your sleeves to cough out and protect your colleagues getting infected.

For more information see: *Centers for Disease Control*, <http://www.cdc.gov/travel/travel.html>

Consumption of Alcohol

Excess use of alcohol that interferes with the program or annoy your peers or the assisting staff and faculty, will not be tolerated. Recreational drugs are not allowed during the trip. Read the paragraph on Bad behavior and Academic integrity in the syllabus which clearly indicate that you can be deported any time during the trip if found disrupting the program in any way. Your instructors have the right to send you home at your own expense for violating course or university policies.

Respect to the staff at host institutions, hotels and transportation crew

Do not trigger any kind of arguments with people either while travelling, hotels or host institution or on the street especially in crowded places. Do and DON'T's will be discussed during orientation.

Required Vaccination by Government of India

Indian Government, requires proof of vaccination for **Yellow fever** for student who has travelled to certain tropical areas of Latin America before departure and Centers for Disease Control and Prevention recommends travelers to India have all routine vaccinations up to date and no other vaccination or medication is required.

KSU's Health Centre is a good source to update your routine vaccinations