



**Health & Safety Handout for Education Abroad Programs**

**Program Name:**

Study Abroad India, Global Biotechnology

**Countries/Cities to be visited during program (overnight stays):**

Paris, Delhi, Agra, Bangalore, Mysore

*The EAO encourages students to take responsibility for their own safety and security by carefully reading the information, advice, and resources provided, including the following websites:*

**CDC Website (Health Information for Travelers):**

<http://wwwnc.cdc.gov/travel/>

**State Department Website (International Travel Information):**

Country Name Here:India-<http://travel.state.gov/content/passports/english/country.html>

Students Abroad: <http://studentsabroad.state.gov/smarttravel.php>

Traveling with Disabilities: <http://travel.state.gov/content/passports/english/go/disabilities.html>

LGBT Travel Information: <http://travel.state.gov/content/passports/english/go/lgbt.html>

*You should be up to date on routine vaccinations while traveling to any destination. Some additional vaccines may also be required for travel. Routine vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. The CDC may also recommend additional vaccines or medications depending on where and when you are traveling. Please consult with your doctor/medical professional if you have questions or concerns regarding which vaccines/medicines are right for you.*

**Country Specific Vaccinations/Medications:**

**Paris**

No vaccination is required to travel to France.

**India**

Indian Government requires proof of vaccination for Yellow fever and Malaria pills for students who have travelled to certain tropical areas of Latin America before departure:

<http://boi.gov.in/content/health-regulation>

Malaria pills for all travelers to India

- ***Familiarize yourself with attitudes, local laws, and customs of the countries to which you are traveling.***
- ***Remember that no matter how safe you feel there is crime everywhere. Pick-pocketing and theft of a purse or bag is most common. Use common sense; stay aware of your surroundings.***
- ***To avoid being a target of crime, do not wear conspicuous clothing or expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.***
- ***Avoid traveling alone or at night. Always tell someone your travels plans including your destination, hotel, dates of travel, and method of travel.***
- ***Avoid protest groups or other potentially volatile situations.***

**City/region specific safety information:**

**Health and safety risks**

**Paris:**

Travellers should not worry about health risk pertaining to food and water while transiting for 2-3 nights in Paris.

However, students should be aware of safety at all times and move around in groups and be aware of immediate surroundings and suspicious activities if any at airports and crowded places such as bus stations and metros.

Students and faculty should return to hotels by latest 10.00pm as a team.

Be alert at all times and stay informed with news regarding act of terrorism or otherwise

**India (all cities):**

The Government of India updates its website at all time and releases information on a regular basis for outbreak of any tropical disease.

Students will be informed of medications in case of disease outbreak in India during travel. And CDC's website for medications during such outbreak will be strictly monitored.

A safety list is compiled below which will be accessible by students on D2L, and will be printed for distribution at pretrip orientation week.

**SAFETY LIST FROM CITY TO CITY:**

Remain safe and be alert at all times to avoid disruption of the program. Make sure you read the following, in addition to "What to bring check list", "DO's and DON'T's " and several other travel related documents posted on course webpage on D2L to keep you safe.

**Airports**

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. Stay in group for refreshment and inform a member in the group if you are going to the bathroom.

**While on trip**

Stay in the allocated group at all times and listen to team leader's instructions at all times.

Students are advised to return to place of accommodation by latest 10.00pm. and stay away from any street arguments.

Carry hotel business card at all times from city to city.

Check group updates in group email from city to city.

Any unavoidable incidence/accident where you are involved, report to team leader/instructor and have a team member as witness.

**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. Carry your eye glass prescriptions or a back up, 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 while on trip. It is suggested that you have an annual check-up with your family doctor before you fly.

Carry with you medicines which 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 applicable).

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 oC. Apply insect repellent in the evening since areas near water or game reserves may have mosquitoes and other insects.

**Country specific advice/tips for local travel:****1. 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 against normal flora of the atmosphere. Wash your Hands as often as you can Walking in crowded places 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>

**2. 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 Hand before food intake

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

### **3. 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 indicates 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 pre trip orientation.

### **PRECAUTIONS IN RURAL INDIA:**

Participants must carry and apply mosquito repellent to sites such as schools and farms in rural areas in Bangalore.

Carry WATER BOTTLES at all times.

NO STREET FOOD.

Continue to take malaria pills as prescribed.

### **Emergency Information:**

#### **Medical facilities & Police Stations**

##### **PARIS**

##### **Campanille Hotel , Porte de Bagnolet**

28 Avenue du Général de Gaulle BP 311, Bagnolet, 93170, FR ; Tel. **888-347-2319**

*Hospital Emergency 24 hrs* – Hopital Tenon- <http://tenon.aphp.fr/urgences/>

4 rue de la Chine, 75020 Paris, Port de Bagnolet, Ph: + 01 56 01 64 05

*Police Station-* Commissariat de Police, 4 Rue Malmaison, 93170 Bagnolet, Ph: +3314163 26 40

##### **DELHI**

##### **HOTEL ROYAL PLAZA**

Delhi- IIT Health Clinic on Campus -10 miles from HOTEL ROYAL PLAZA

*Hospital Emergency 24 Hours-* Ph: +91-11-2659 1500; Ambulance: Tel: +91-11-2659 6666

*Police station-* Connaught Place, Ph: (011) 23747100, (011) 23364139

##### **AGRA**

**Hotel Clarks Shiraz Agra**

54, Taj Road, Cantonment, Agra, India 282001

*Hospital Emergency 24 hrs-* Shree Krishna Hospital AGRA, D-14 trans Yamuna, NH2 Ph: +91 562 405 7760

*Police Station-* New Agra Police Station Janpad, Dayal Bagh Rd, Ph: +91 94544 02753.

**JAIPUR**

**RAMADA Hotel, JAIPUR**

*Hospital Emergency 24 hrs-* Lal Kothi, Tonk Road, Ashok Nagar, Near SMS Stadium, Ph: +91 141 274 2557

*Police station-* Shanti Path, Jawahar N, Ph: +(91)-141-2624553, 2623060.

**BANGALORE**

**Monarch Hotel :**

No 54, Brigade Road, Bengaluru, Karnataka 560001, India

*Hospital Emergency 24 hrs:* Fortis La Femme Hospital, No. 62, Richmond Road, Behind Sacred Heart Church, Entry from Mother Teresa Road, Richmond Town, Bangalore 560 025; Ph: 080 6745 4444, 8884481414; Ambulance Service :108

*Police Station:* Ashok Nagar Commissariat Road, Near Raheja Point, Bangalore, Karnataka 56002'; Ph: 08022942580; *Police Emergency Service 100*

**Mumbai**

**Sun-n-Sand Mumbai**

39, Juhu Beach, Mumbai - 400 049, India, Ph: +(91)-22-26201811/6693 8888

*Hospital Emergency 24 hrs :* Bhartiya arogya Nidhi hospital ( 5 min. Walking) from hotel. Phone: 022 2620 6493

*Police Station:* The nearest Police station is Juhu (5 min. walking) Ph: 022 2618 3856

*Police Emergency Service 100*