



Health & Safety Handout for Education Abroad Programs

Program Name:

Discover the Heart of Europe

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

Trier, Germany; Strasbourg, France; Luxembourg City, Luxembourg; Otzenhausen, Germany (overnight); Brussels, Belgium (overnight)

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):

Germany: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/germany>
France: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/france>
Belgium: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/belgium>
Luxembourg: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/luxembourg>

State Department Website (International Travel Information):

Germany: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Germany.html>
Belgium: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Belgium.html>
France: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/France.html>
Luxembourg: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Luxembourg.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.



Division of Global Affairs

Education Abroad

Country Specific Vaccinations/Medications:

Germany/Belgium/France/Luxembourg: No vaccinations are required to enter these countries.

- *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:

FRANCE: The majority of crimes directed against foreign visitors, including U.S. citizens, involve pick-pocketing, residential break-ins, bicycle theft, and other forms of theft with minimal violence. Nevertheless, robberies involving physical assault do occur in Paris and other major urban areas. Visitors to congested and popular tourist areas (e.g., museums, monuments, train stations, airports, and subways) should be particularly attentive to their surroundings. Crimes against visitors are generally crimes of opportunity, though these crimes are more likely to involve violence on the street late at night or when the victim resists. As in any major city, women should exercise extra caution when out alone at night and/or consider traveling out at night with trusted companions. In general, licensed Paris taxis are safe and professionally operated.

BELGIUM: Although Belgium remains relatively free of violent crime, low-level street crime such as robberies, purse snatchings, and pickpocketing, is common particularly in major cities. Thieves loiter in transportation hubs like the metro (subway) and train stations, notably the Gare du Midi, the primary international train hub in Brussels. They may take advantage of disoriented or distracted travelers and watch for people who are inattentive for even a moment. Be particularly vigilant in these areas. Keep your eyes on your belongings. On trains, don't place valuables on overhead racks. Thieves often operate in teams. Once they identify a target, they cause a distraction. One way to do this is to create a random commotion such as by dropping money, cell phones, or other objects on the ground. Another way is by bumping into or shoving the target, especially in crowds. Still another common method is for an accomplice to get the target's attention by speaking to that person or asking to sign a petition while the partner carries out the theft. Be alert to distractions.

GERMANY: Violent crime is rare in Germany, but can occur, especially in larger cities or high-risk areas such as on large metropolitan subway systems and in train stations, primarily during late night or early morning hours. There have been several reports of aggravated assault against U.S. citizens in higher-risk



Division of Global Affairs

Education Abroad

urban areas. However, most incidents of street crime involve the theft of unattended items and pick pocketing. Take the same precautions that you would in any large city.

LUXEMBOURG: Luxembourg is a safe, modernized country with infrastructure, services, and amenities similar to those found in the U.S. The general crime rate is well below the U.S. national average. Most crimes against U.S. citizens are considered petty street crimes and crimes of opportunity. Pickpocketing occurs with some regularity, often at popular tourist sites, where victims are likely to be carrying cash for shopping and are usually distracted.

For more information, see “Crime & Safety Reports” by U.S. Department of State Overseas Advisory Council (OSAC):

Germany: <https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=21640>

France: <https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=23574>

Belgium: <https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=23456>

Luxembourg: <https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=23500>

Country specific advice/tips for local travel:

Students, travelers in general, have to be equipped with an ID (passport or driver’s license, etc.) while travelling in Europe.

Emergency Information:

GERMANY (OTZENHAUSEN):

HOSPITAL: St. Josefs-Krankenhaus, Hermeskeil, Koblenzer Straße 23, 54411 Hermeskeil, +49 6503 810.

POLICE: Station Türkismühle, Trierer Straße 43, 66625 Nohfelden, +49 6852 9090

BELGIUM (BRUSSELS):

US EMBASSY : Bourlevard du Regent 27, 1000 Bruxelles. +32 2 811 40 00

HOSPITAL : Cliniques universitaires Saint-Luc, Avenue Hippocrate, 10, 1200 Bruxelles. +32 2 764 11 11

POLICE : Zone de police Montgomery 5343. Chaussée Saint-Pierre 122, 1040 Bruxelles, +32 2 788 91 00

FRANCE (STRASBOURG):

US CONSULATE: 15, Avenue d'Alsace 67082 Strasbourg Cedex, + 33 1 43 124 880

HOSPITAL : Les Hôpitaux Universitaires de Strasbourg, 1 place de l'hôpital, BP 426, 67091 Strasbourg cedex, +33 3 88 11 67 68.

POLICE : Hôtel de police de Strasbourg. 34, route de l'Hôpital, +33 3 90 23 17 17

LUXEMBOURG (LUXEMBOURG CITY) :

US EMBASSY : 22 Boulevard Emmanuel Servais, Tel : +352 46 01 23 00

HOSPITAL: Hospital Center De Luxembourg, 4 Rue Nicolas Ernest Barblé, +352 44 111

POLICE: Police Luxembourg Station, 15 Place de la Gare, +352 24 44 42 00

