Health & Safety Handout for Education Abroad Programs

Program Name:
Psychology in Peru 2019

Countries/Cities to be visited during program (overnight stays):
Lima, Peru; Cusco, Peru

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):

State Department Website (International Travel Information):
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. Routine

Country Specific Vaccinations/Medications:
Routine vaccinations are recommended. Malaria and Yellow Fever are NOT recommended for the areas we will travel and tour

- 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:**

There are NO State Department warning or alerts for Peru. The U.S. Embassy posted a travel advisory for Cusco due to an bus driver labor strike in February 2018. Strike likely to lead to delays on roads. Labor dispute should be resolved prior to us arriving in Cusco region.

**Country specific advice/tips for local travel:**

The Cusco region (Cusco/Sacred Valley/Machu Picchu) are in the Andes. High altitude sickness is a real concern. Participants are encouraged to consult their family physician about medication for limit high altitude sickness. Participants with asthma are encouraged to bring inhalers due to lower oxygen levels and physical exertion while traversing hilly areas.

**Emergency Information:**

Medical
Lima: Clínica El Golf, Aurelio Miro Quesada 1030, San Isidro 15076, Peru
Phone: +51 1 6355000
Cusco: CIMA Medical Clinic, Av. Pardo #978 Cusco - Cusco
Teléfonos: +51 84 255550 / 241636

Police
Lima/Miraflores: Calle General Vidal 230, Teléfono/Phone: (+511) 445-7943
Cusco: Av El Sol win, Templo Koricancha, +(51 84) 22-1961

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