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

**Program Name:**

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| The Netherlands & Germany: Human Rights, International Crime, and Justice |

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

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| The Netherlands: Amsterdam and Den HaagGermany: Hamburg |

***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):**

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| Germany: <http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/germany>The Netherlands: <http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/netherlands> |

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

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| Germany: <http://travel.state.gov/content/passports/english/country/germany.html>The Netherlands: <http://www.state.gov/r/pa/ei/bgn/3204.htm>**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:**

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| The Netherlands (http://wwwnc.cdc.gov/travel/destinations/traveler/extended\_student/netherlands)Germany (http://wwwnc.cdc.gov/travel/destinations/traveler/extended\_student/germany)For all travelers: regular recommended routine vaccinationsFor some travelers: Hepatitis A, Hepatitis B, Rabies |

* ***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:**

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| Netherlands: please review safety information provided on this website:<http://travel.state.gov/content/passports/english/country/netherlands.html>CRIME: While the rate of violent crime in the Netherlands is low, tourists are often targeted by thieves.  Visitors frequently fall prey to pickpockets, bag snatchers, and other petty thieves who target automobiles and hotel rooms.  You should use your room or hotel safe, and keep your baggage locked or secured when you’re away.While thieves may operate anywhere, the U.S. Consulate General in Amsterdam receives frequent reports of thefts from specific areas.  Within Amsterdam, thieves and pickpockets are very active in and around train and tram stations, in the city center, and aboard public transportation.  In September 2013, media reported that 44 percent of all pick pocketing on Amsterdam’s tram system occurs on line 5, which travels from Central Station through some of Amsterdam’s most popular tourist sites.  Theft is also especially common on trains to and from Amsterdam’s Schiphol Airport and international destinations, where hand luggage and laptop computers are often targeted.  Thieves often work in pairs; one distracts you, often by asking for directions, while the accomplice moves in on your momentarily unguarded property.  The timing of these thefts usually coincides with train stops, enabling the thieves to escape.  In addition, many U.S. citizens have reported the theft of purses and briefcases while eating in downtown restaurants, including hotel breakfast rooms.  Never leave your personal items or baggage unattended when going to the restroom, buffet table, etc. LGBT RIGHTS: Lesbian, gay, bisexual, and transgender (LGBT) individuals enjoy full rights in the Netherlands.  The LGBT community is protected by anti-discrimination laws, and there are no legal or governmental impediments to the organization of LGBT events.  The Dutch Justice Ministry has reported a rise in reporting of harassment, mostly verbal abuse, of LGBT individuals as a result of government campaigns urging victims to report incidents.Germany: please review safety information provided on this website: <http://travel.state.gov/content/passports/english/country/germany.html>Germany: U.S. citizens should exercise caution when congregating in areas known as expatriate hangouts such as restaurants, bars, and discos frequented by high numbers of resident U.S. citizens and/or U.S. citizen tourists. In addition, hooligans, most often drunken “skinheads,” have been known to harass or even attack people whom they believe to be foreigners or members of rival groups. On occasion, German police reported assaults which appeared to have been motivated by racial reasons, and U.S. citizens have reported that they were assaulted for racial reasons or because they appeared “foreign.”CRIME: 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 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.Don’t buy counterfeit and pirated goods, even if they are widely available. Not only are the bootlegs illegal to bring back into the United States, but by purchasing them you could also be breaking local law.LGBT Rights: Germany welcomes multitudes of gay and lesbian visitors each year, especially to Berlin, an internationally famous rainbow destination.  Civil unions are legal for same-sex couples; same-sex marriage is not available in Germany.  The Lesbian, Gay, Bisexual and Transgender (LGBT) community is protected by federal anti-discrimination laws and LGBT Pride events are officially encouraged by most large city governments, including those in Berlin, Cologne, Hamburg, Frankfurt and Munich. For further information on LGBT travel, please read our Information for LGBT Travelers page. |

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

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| Please use this opportunity to provide students with additional information and/or advice regarding health and safety at the sites you will be visiting. Some examples include: natural disaster precautions and plans (earthquakes, volcanic eruptions, floods, etc.), weather considerations (extreme heat/humidity, high levels of air pollution, etc.), high instances of theft or assault in certain areas, and political climate considerations.  |

**Emergency Information:**

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| **Amsterdam**1) HospitalAmsterdam University Medical Center: De Boelelaan 1117, 1081 HZ Amsterdam, Niederlande+31 20 444 44442) Police stationKoninginneweg 29Amsterdam, Netherlands+31 900 88443) Consulate General **Museumplein 19,** **1071 DJ  AMSTERDAM**.**Den Haag**1) Hospital MCH Westeinde Lijnbaan 32 2512 VA Den Haag Postbus 432 2501 CK Den Haag T (070) 330 20 002) Police StationHoefkade 350Den Haag, Netherlands+31 900 88443) American EmbassyLange Voorhout 102 2514 EJ Den Haag, Netherlands+31 70 310 2209**Hamburg**1) HospitalHamburg: Asklepios Klinik St. Georg Lohmühlenstraße 5 20099 Hamburg +49 40 1818850 2) Police Station*Steindamm 8220099 HamburgGermany* Phone number +49 40 4286511103) Consulate GeneralAlsterufer 27, 20354 Hamburg, Germany+49 40 41171415 |