

# HEALTH, SAFETY, AND EMERGENCY INFORMATION

The Office of Study Abroad and International Programs is committed to the health and safety of all program participants. Through our years of experience, we have found that preparation, prevention, and communication are key to keeping students healthy and safe.

## PROGRAM RULES, GUIDELINES AND RESTRICTIONS: THREE BASIC PRINCIPLES

During your program specific orientation, you will be given a comprehensive list of program guidelines, rules, and recommendations. We will not go over these in detail here, but we would like to discuss the three principles on which all of these are based. You should agree with all three of these principles if you choose to participate in this program.

### 1. HEALTH AND SAFETY

Your health and safety are our top priority. Certain program rules and guidelines are given to you to keep you healthy and safe. Please take these seriously, even if they appear silly or an overreaction. They are the result of decades of experience and our work with thousands of students. Failure to follow certain safety and health guidelines could result in your dismissal from the program.

### 2. EDUCATIONAL GOALS AND PHILOSOPHY

Please refer to the tab on **Cultural Immersion** and learn how the important roles of cultural immersion and cultural appropriateness play in our educational model. Certain program rules and restrictions will be based on this.

### 3. OUR RELATIONSHIP OF TRUST WITH THE HOST COMMUNITY UNIVERSITY AND GOVERNMENT

Pitzer College does not have any inherent right to operate in the countries where we are based. We are allowed to do so by the host communities, the university, and the government. In return, our hosts simply ask that we respect their culture and their laws. We have pledged to do so, and we invite you to join us in this relationship of trust. Please join us in our efforts to learn about and respect all local and national laws, as well as the values and cultural norms of the communities where we live and study. This is a fundamental prerequisite for participation on the program.

## PRECAUTIONARY MEASURES FOR STAYING HEALTHY

The important thing is to be in control of your own health. Here are the key points to remember for staying healthy:

1. Have a complete physical examination before you go. Be aware of and prevent possible problems. **Let the Office of Study Abroad and International Programs and your program sponsor know if you are on any medications, have any allergies, or any other medical or mental health conditions that could possibly require accommodation while you are abroad.** Plan to take adequate supplies of medications and copies of medical prescriptions with you. See the section *Traveling with Medication*.
2. Make sure that your childhood immunizations are complete and up to date. Booster shots for tetanus are required every ten years; it may be time for another.
3. Visit your dentist and have a check-up to ensure that your teeth are in good shape before you leave.

4. Eat well over the break, exercise and get plenty of sleep so that you are rested and fit as you depart and your body can better fight off disease. Do not exhaust yourself with packing and preparations at the last minute. Plan ahead so that you can make your departure as stress free as possible.
5. On the long flight, bring along a bottle of water and drink plenty of fluids as you travel. Avoid alcoholic beverages. They lead to dehydration. Do isometric exercises in your seat and get up to walk up and down the aisle periodically to stretch your muscles. Wear a mask on the plane.
6. Follow all guidelines provided by your program about food and drink and personal hygiene. They are making these recommendations for a good reason.
7. Remember that AIDS/HIV infection rates in other regions of the world can be significantly higher than in the US. Practice safe sex, or better yet, abstinence.
8. Beware that use of recreational drugs is illegal in most places and not permitted under Pitzer College policies. Additionally, the strength and content of drugs overseas are different from what you may find in the US and may be deadly.
9. **Follow and adhere to all COVID-19 protocols set by your host institution and host country.**

## IMMUNIZATIONS

The immunizations required for entry into each country will vary (as well as other countries along your route) so you should consult with the study abroad office, health center, or the consulate for each country that you will visit for specific details. The more developed countries may not have many risk factors for various diseases and thus will have little or no requirements. Developing countries may require or highly recommend certain immunizations. **Contact your doctor or county health clinic for information on immunizations that are recommended, even though they may not be required for entry into the country, and to set up a schedule for your shots.** You should have all immunizations recorded in an official record of vaccinations from your doctor or health clinic. Some immunizations come in a series that may take weeks to complete so check the requirements early.

**A note on COVID-19 Vaccinations:** Consistent with Pitzer College policy for enrolled students, COVID vaccinations are required prior to study abroad participation. Students may also be subject to COVID-19 testing, according to their host country's entry requirements.

The **Center for Disease Control and Prevention (CDC)** and the **World Health Organization (WHO)** provide up-to-date health information on their websites at <http://wwwnc.cdc.gov/travel/destinations/list.htm> and <http://www.who.int/ith>.

## TRAVELING WITH MEDICATION

If you have a health condition that requires medication you will need to plan for traveling. Usually, it is necessary to take adequate supplies of medications and copies of prescriptions with you. Shipping may be unreliable, and some medications may not be available even with a local physician's prescription. **Although many over-the-counter medicines may be carried internationally, some cannot. Medications prescribed in the US may be unlicensed or controlled substances not only in your destination country but in countries along your route.** Some medications have restrictions on the amount that can be carried through customs. For details of US regulations, consult the following web site: <https://www.cbp.gov/travel/us-citizens/know-before-you-go/prohibited-and-restricted-items>. You should also check with the consulate of your host country about any restrictions or special procedures required for transporting prescriptions into the country. Be sure to find out before you go. The following websites provide information to assist you in your research.

US Department of State - Your Health Abroad

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html>

<https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=17386>

US Centers for Disease Control and Prevention (CDC)

<http://wwwnc.cdc.gov/travel/yellowbook/2014/chapter-2-the-pre-travel-consultation/travel-health-kits>

Transportation Security Administration - TSA Cares Help Line

<http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>

Travelers may call TSA Cares toll free 866.289.9673 Monday through Friday 8 a.m. to 11 p.m. and Weekends and Holidays 9 a.m. to 8 p.m. Eastern Time.

### **Additional Medication Tips:**

- **Storage:** Take medications with you in your carry-on luggage, not in checked luggage. That way, if your luggage is lost or your plane is delayed, you will still have access to your medications. Try to keep your medications in a cool, dry place that is safe from others. Also, keep a note in a separate place from your medications, listing the name, dose, and other instructions related to your medications, along with your own physician's and pharmacist's phone numbers.
- **Identification:** Bring a copy of the prescription or some other documentation identifying the medications as legitimately yours. If possible, keep your medication in its original bottle, which has the correct label and instructions.
- **Access:** Bring enough medications to last the trip, or make arrangements in advance for how you will refill the prescription while you are abroad. For example, you may need to find out:
  - Are there pharmacy services where you will be?
  - Is your medication available there?
  - Will you be able to use your US insurance? Your US prescription?
  - Is it legal to have medications mailed to you there?
  - How reliable is the governmental mail service and are other carriers available (e.g., FedEx)?
- **Effectiveness:** Remember the effect and effectiveness of your medications can change with changes in stress, diet, and climate. Even if you have been stable and doing well on your medications, plan in advance what you will do if your medications become problematic and you need psychiatric services while you are abroad.
- **Schedule** – even if it is inconvenient while you are on the road. Remember the schedule of medication may also change as time zones change – ask your treatment provider to advise you on how to adjust your medication schedule to a new time zone.
- **Check** whether the local tap water is safe before using it to take medications. If the local water is not safe to drink, use bottled water or bottled soda (unless otherwise indicated by your prescription).

## MENTAL HEALTH

It is important for students who are managing mental health issues to recognize that studying abroad may generate new pressures, anxieties, and insecurities – all of which can be destabilizing. It is also essential that students complete the Request for Accommodation and Study Abroad Student Health Form and make aware any ongoing psychological and/or academic support they receive. Please refer to the [Academic and Mental Health and Wellness Support Services](#) by the Office of Student Affairs for guidance that all students should consider.

### **Things to consider before your trip:**

- For mental health screenings contact Monsour Counseling or visit their website for a free screening:  
<https://screening.mentalhealthscreening.org/claremont>
- Identify individuals in your home and host countries/cities who can provide support and/or resources; such as family, friends, host family, study abroad, student affairs, mental health providers, translators/guides, US Embassy, local hospital/urgent care.

- Be aware of the attitudes towards varying health and wellness issues in the culture you are visiting. Whether you decide to be very private or very open about your own health and wellness issues, you can use this opportunity to learn about how different cultures think about mental well-being and overall wellness.
- Develop realistic and consistent self-care routine and stress management skills with your health care provider or Pitzer's case manager before you leave.
- If you are going to be abroad a significant amount of time and are not able to speak with your treatment provider over the phone, skype, FaceTime, etc. try to locate a provider abroad – a US-trained provider is preferable, for the continuity of your care and to minimize language problems. Your treatment provider, insurance company, program abroad, or the US embassy in that location, are good places to ask for the names and contact information of local providers. <https://www.goodtherapy.org/therapists/countries>
- Develop an emergency or contingency plan with your family and/or provider in case you need extra support while travelling abroad. Investigate mental health services in your destination country or city and consider purchasing insurance that will cover these costs. You can try and pre-identify a therapist that speaks your language through <https://www.goodtherapy.org/therapists/countries>
- Identify a “travel buddy” traveling with you who can be a support person while traveling abroad and remind you of your self-care plan.
- Meditation, yoga, coloring in adult coloring books or mandalas are ways in which some students are able to reduce their stress load. Think about packing coloring books, mandalas, markers, or colored pencils in your carry on. There are free mindfulness apps that you can download before you leave at <http://www.freemindfulness.org/download>
- Try to maintain a reasonable schedule and diet. Changes in sleep and diet can have a significant effect on your emotional well-being and traveling to a different culture often entails such changes.
- Once back home and on campus, set up appointments with academic support team (writing center, academic coach, accommodations) and your care providers

## HEALTH INSURANCE

**Each student is responsible for obtaining a policy that will provide comprehensive health coverage and emergency medical and accident coverage both in the US and abroad for the duration of their program.** Students may need to return to the US unexpectedly.

Regardless of what type of insurance you have, you will usually have to pay cash upfront at clinics and hospitals abroad. Collect the receipts for all expenses and submit them to your insurance company for reimbursement. Whether the Student Health Insurance Program (SHIP) or another medical insurance policy covers you, you will want to make sure you have the answers to the following questions:

- Will the plan cover hospitalization for accidents and illnesses while I am abroad for a period of three to six months or more?
- Will the plan cover physician visits and medication prescribed abroad?
- Is there a deductible? If yes, how much?
- What is the dollar limit to the amount of coverage provided?
- Does in the insurance company require prior approval for any care?
- What are the procedures for filing a claim for medical expenses abroad?

Make sure that you get full information from your policy about how to arrange for routine treatment, medical emergency procedures, and the documentation needed to file a claim. Most overseas health providers will not process US insurance claims and will expect payment at the time of treatment so students should have access to a

minimum of \$400 (either by credit card or ATM card held in reserve for emergencies) in the event that medical treatment is required abroad. Be sure to obtain receipts.

- What if I do not have enough money to pay cash up front?
- When does the plan begin and end?
- What do I use as proof of international medical coverage if I need to use the insurance or if the host government requires documentation?

### **Pitzer Students and Proof of Insurance**

Pitzer College requires that proof of insurance be provided to the College each year that you are an enrolled student. Pitzer students must be enrolled in the Claremont Colleges' student insurance policy, (which provides both domestic and international coverage) OR supply proof of another policy that provides comparable coverage. Proof of insurance through another policy must be submitted to the Student Affairs Office at Pitzer College prior to making your tuition and fee payment. If proof of insurance is not provided to Student Affairs, the student's account may be charged with the current annual Student Health Insurance Premium. Visit the Pitzer College website or contact the Pitzer College Office of Student Affairs for questions about the Pitzer College health insurance. [Student Health Insurance Program](#)

### **Travel Insurance Provided by Pitzer College**

Pitzer students participating in study abroad are covered by supplemental travel insurance available through a plan acquired by the Claremont Colleges with Zurich. This coverage is automatic, so students do not need to enroll themselves. This travel insurance is for accident and emergency care overseas and should not be confused with SHIP (Student Health Insurance Program). While this insurance will cover a variety of medical emergencies abroad, it does not cover routine or ongoing medical care/treatment a student may need during their program. For this reason, we strongly advise students to maintain their comprehensive medical insurance in the event they would need to return to the US (or other home country) or need ongoing care/treatment while abroad.

A copy of the plan brochure, ID document and medical claim reimbursement form will be uploaded to your study abroad application portal. Please familiarize yourself with the benefits outlined in the brochure.

Please note: If you are participating in a program that provides its own insurance to students, you will work with your program's insurance first for seeking care and filing a claim. You will engage with the Claremont Colleges' travel insurance plan should there be an issue with your program's insurance plan/coverage. Please contact our office if you are unsure whether your program provides insurance to you. Please also reach out if you have any questions about the Claremont Colleges' travel insurance. If your study program or host country requires a specific insurance policy for participation, Pitzer College may pay the fee on your behalf. Check before you pay.

## **SAFETY**

Pitzer College brings more than thirty years of experience managing international programs to our effort to insure student safety. Pitzer programs benefit from professional field staff, long-term relationships with the communities that host our programs, and living arrangements with host families that look after our students as if they were their own children.

### **OUR COMMITMENT TO SAFETY**

Pitzer takes the following steps to make sure that participants in our programs are safe:

1. Pitzer regularly monitors US State Department announcements and travel warnings.
2. Pitzer works with staff at its foreign locations to develop site-specific security measures and emergency plans.
3. Pitzer provides information on health and safety for participants prior to the program and a more extensive orientation on site. This includes country-specific information on safety, health, legal, environmental, political, cultural, and religious conditions.
4. Pitzer communicates applicable conditions of participation and codes of conduct to participants and alerts them to the severe consequences of noncompliance.

5. Pitzer provides all students approved to participate in study abroad with supplemental travel insurance, which, in addition to other non-safety related benefits, provides emergency medical evacuation insurance.
6. Pitzer tailors its safety programs to the conditions of countries where the College operates our own programs.
7. Pitzer continuously evaluates the safety of our programs. The College regularly consults with the US Embassy and host country government and community agencies about security concerns. Pitzer will relocate or adjust programs to avoid unsafe locations or conditions.
8. Pitzer maintains communication with parents, study abroad advisers and others who need to be informed in the event of serious health problems, injury or other related health and safety circumstances.
9. Students are instructed to avoid potential targets of anti-American activity such as US and British government offices, Peace Corps offices, US AID and US affiliated organizations as well as private restaurants, hotels, clubs, and internet cafes that are known as American hangouts.
10. Students are asked to register with the US embassy or the embassy of their home country, before departure through the STEP program. Program staff maintains regular contact with the US embassy regarding safety concerns.
11. Students are advised how to proceed if an emergency develops when they are away from the program staff (e.g., with their rural experience families, during their internship, on independent travel, etc.)

## LIMITATIONS

There are aspects of your experience abroad that are beyond our control. Please consider the following:

1. Pitzer cannot eliminate all risk from the external study environment. All foreign travel, including domestic travel within the US, entails risk.
2. Pitzer cannot monitor or control a student's daily personal decisions, choices, and activities.
3. Pitzer cannot prevent students from engaging in illegal, dangerous, or unwise activities.
4. Pitzer cannot assure that US standards of due process apply in overseas legal proceedings or provide for a legal representative.
5. Pitzer cannot assume responsibility for the actions of persons not employed or otherwise engaged by the program.
6. Pitzer cannot assume responsibility for events or activities that are not part of the program.
7. Pitzer cannot assume responsibility for situations that may arise due to the failure of a participant to disclose required or other pertinent information.
8. Pitzer cannot assure that home-country cultural values and norms will apply in the host country.

## WHAT YOU CAN DO TO KEEP SAFE - GENERAL GUIDELINES

While studying abroad, as in other settings, you can have a major impact on your own health and safety through the decisions you make before and during the program and by your day-to-day choices and behaviors. On any study abroad program, you will need to work together with program staff to ensure your safety. You should:

1. Become knowledgeable about your destination. Read and carefully consider all materials issued by your program sponsor/host university that relate to safety, health, legal, environmental, political, cultural and religious conditions in your host country. In addition, please review the US State Department's Consular Information Sheet for your particular destination and any other countries you plan to visit during your stay at <http://travel.state.gov/content/passports/english/country.html>.
2. Consider your health and other personal experiences when accepting a place in the program. If you are presently on a medication, this is not the time to make changes in your regimen. Consult your physician before making any such changes.

3. Make available to the Office of Study Abroad and International Programs accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.
4. Assume responsibility for all the elements necessary for your personal preparation for the program and participate fully in all orientation sessions.
5. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
6. Inform parents/guardians, and any others who may need to know, about your participation in the program, providing them with emergency contact information, and keeping them informed on an ongoing basis.
7. Understand and comply with the Conditions of Participation, codes of conduct, and emergency procedures of the program, and obey host-country laws. Pitzer students are still subject to the Student Code of Conduct whether they be in Claremont or abroad.
8. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. We expect you to express promptly any health or safety concerns to the program staff or other appropriate individuals.
9. Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.
10. Accept responsibility for your own decisions and actions.
11. Become familiar with the procedures for obtaining emergency health and law enforcement services in the host country. Carry a card in your wallet with phone numbers of the local police, and other emergency services. Also, include the emergency contact information for the international office at the host institution.
12. Follow the program policies for keeping the university informed of your whereabouts and well-being.
13. Read the information in "US Students Abroad", a US State Department publication, provided at <http://travel.state.gov/content/studentsabroad/en.html>
14. Register with the US Embassy in your particular country of study, and keep embassy's number and contact details on your person at all times. Visit <https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/list-of-posts.html> for a list of US embassies abroad.

You should always keep in mind that no matter how immersed you are in a local community, you are still a non-local and thus your chances of being a victim of criminal activity may be greater than for the average local person. Remember not to carry around lots of cash, your passport (unless it is necessary to carry the original, a photocopy is better), or anything else that you really cannot afford to lose. Be careful when using your smart phone in buses, trains, etc. As a general safety precaution, you should refrain from visiting establishments where Americans are widely known to hang out, abstain from participating in any protest groups or political demonstrations, and avoid drawing unnecessary attention to yourself by dressing outrageously or conspicuously.

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#### SAFETY GUIDELINES

- Reduce risk of robbery or assault by integrating into the local culture as much as possible: spend significant time with your host family (if you have one); dress, behave and interact in ways that respect local cultural values and do not call attention to being American or a tourist.
- Do not carry valuables (passport, credit cards, laptops, large sums of money, etc.) with you when you walk around town. If you must carry valuables around with you for certain purposes, be discrete, travel with a group of friends, wear a money belt, take a taxi, etc.
- When you exchange at an ATM, use discretion. Do not, for instance, exchange money and walk away into a mall or street. That will make you a likely target. Try to go with friends and leave in a taxi (if applicable)
- Do not travel alone, especially after dark, in isolated areas, or when leaving clubs or bars.
- Do not hitch hike.

- If it is getting late at night, and the streets are empty, take a taxi home whenever possible, even if you are with friends.
- If you are involved in a robbery, do not risk injury by trying to resist or fight off the perpetrator.
- Carry a list of emergency phone numbers with you at all times so that you can contact program staff at the office or at home in case of an emergency.
- Avoid areas of the country or your host community not considered safe. Your program sponsor and your host family (If you have one) will provide valuable advice in this regard.
- Avoid large crowds, demonstrations or political rallies. These gatherings can easily turn violent.
- If you do go to a club or bar, do so with a group of fellow students or friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.
- When ordering drinks, ask for the bottle to be brought to your table. Do not leave drinks unattended. These simple steps will minimize the chance that your drink can be tampered with date-rape drugs
- Refrain from impairing your judgment, and risking assault, robbery or arrest, with the use of alcohol or illegal drugs.
- Stay in regular contact with program staff or your host family (if applicable) when you travel. Let your host families know of any plans for overnight travel and make a courtesy phone call to your host family once you safely arrive at your destination.
- If you go to the beach, be aware of dangerous currents and riptides. Follow water safety guidelines – refrain from going into heavy surf unless you are an extremely experienced ocean swimmer or surfer. Always enter the water with a friend if you can and only swim or surf on beaches that have a lifeguard on duty.

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#### EXTREME SPORTS AND OTHER PROHIBITED ACTIVITIES

During the program (which includes all days between the program arrival date and the departure date, including weekends and breaks), students are NOT allowed to drive automobiles, ride motorcycles, fly aircraft or participate in extreme sports. Extreme sports include, but are not limited to, white water rafting, jet skiing, scuba diving, parachuting, hang gliding, parasailing, bungee jumping, rock climbing, and technical mountaineering. No hitch hiking or night buses.

Students who choose to participate in such activities during the program are subject to dismissal (see conditions of participation). Students who choose to participate in such activities before or after the program should be aware that most insurers do not cover injuries sustained in a number of the activities listed above.

#### SEXUAL VIOLENCE ABROAD

The risk of sexual violence<sup>1</sup> is present both on and off-campus, and anyone can be a victim/survivor of sexual violence regardless of gender identity. Students studying abroad should maintain vigilance in their awareness and safety, as well as be aware of their role as an active bystander and ability to help look out for one another.

The following guidelines have been adapted from the Claremont Colleges 7C Violence Prevention and Advocacy Sexual Misconduct Harm Reduction Strategies (<https://www.7csupportandprevention.com/harm-reduction-strategies>).

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<sup>1</sup> The Centers for Disease Control and Prevention defines **sexual violence** as a sexual act committed or attempted by another person without freely given consent of the victim or against someone who is unable to consent or refuse. Not all types of sexual violence include physical contact. Threats, sexual harassment, intimidation, and spying and peeping may be considered sexually violent.



**Please Note: These guidelines are provided with no intention to victim-blame. Only those who commit sexual violence are responsible for such conduct. It is never the fault of the victim/survivor.**

1. While we emphasize cultural respect and sensitivity on all Pitzer study abroad programs, this should never require that you submit to behaviors that invade your personal boundaries and that make you feel unsafe or uncomfortable. **Trust your instincts.** If you feel uncomfortable or unsafe about a person or situation, remove yourself from the situation as soon as possible. Never let anyone try to make you feel guilty for leaving a situation you feel uncomfortable in.
2. Be aware of your alcohol intake and/or other drug use. Be aware that alcohol and/or drug use can make you vulnerable to someone who views a drunk or high person as a sexual opportunity or target.
3. Do not leave your drink unattended and do not accept drinks from someone you do not know or trust. If you have left your drink alone, just get a new one.
4. If you do not want to engage in a particular activity, you can tell the other person “NO” clearly and firmly. You do not have to explain or justify your decision(s) about your personal boundaries.
5. Watch out for your friends and ask that they do so for you. A real friend will step in and challenge you if they see you are in a potentially dangerous situation. Respect them when they do. If a friend seems out of it, is too intoxicated, or is acting out of character, get your friend to a safe place immediately.
6. Do not go somewhere with someone you do not know well. If you do go to a club, bar or party, do so with a group of fellow students, your host brother or sister, or close friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.

In addition to the above, work with your study abroad program staff to develop country specific strategies to minimize the risk of sexual harassment or assault. You should be aware of your increased vulnerability as a foreigner in an unfamiliar location and culture. During orientation try to learn more about:

- host culture norms that may pose challenges when it comes to sexual harassment (e.g., machismo and piropos)
- gender dynamics in various settings
- the social norms and implicit meanings associated with personal space, touching, smiling, dress, etc.
- dangerous locations in your host community (e.g., certain bars, clubs, neighborhoods, parks, etc.)
- linguistic and culturally appropriate ways to say “no,” or extract yourself from a potentially dangerous or uncomfortable situation
- strategies (and language skills) for getting help when you feel threatened or unsafe

Gender relations and expectations will be covered in your on-site orientation. You may also want to discuss this with your roommate, host mom, siblings, language teacher, other students, or your professors etc. Some key questions you should answer within your first few days are:

- What are gender relations like? How are women and men expected to interact in the family? As friends? When they go out together at night (if culturally appropriate)? In a bar? On public transportation? In the classroom? In the workplace?
- What can students do to prevent the risk of sexual harassment or assault?  
This would include knowing about dangerous locations, traveling in groups after dark if advisable, and culturally appropriate ways of dressing and behaving that may minimize risk.
- If I am feeling unsafe, what should I do? Who can I ask for help?  
If a female student feels threatened and there are other, host culture women present, she should seek their assistance.

- If I am sexually harassed, assaulted, or raped, what are my resources? What is the name and address of an OB-GYN? What are community organizations in this city that address issues of sexual violence? How can they help me?
- What are the laws surrounding these issues?
- How and to whom would I report such events?

We urge you to confide in the program director and avail yourself of the support and resources he or she can provide, including medical, legal, or counseling services you may need. If you are uncomfortable reporting such an event to the program director, you should be aware of other resources that you can turn to, such as, fellow students, local sexual assault hotlines, counseling centers, physicians, etc.

If a sexual assault occurs, Pitzer would like to be able to support you and may have important resources to offer. Please consider contacting us. See next section reporting options.

## REPORTING AND SUPPORT OPTIONS

If you experience sexual violence while abroad, get yourself to a safe place and consider talking to someone you trust: a friend, host parent, on-site staff or faculty. Please know that Pitzer respects when and if you wish to share what happened. It is your story and your timeline. However, we do encourage you to contact your in-country program director if you feel comfortable doing so. While they are mandated reporters (see below) they are the best first resource to give you support and advise you about next steps including seeking medical care, professional counseling, and legal recourse. There are also other options if you prefer to speak with someone else.

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## PRIVATE AND CONFIDENTIAL RESOURCES

If you want to talk to someone about what happened or seek help, there are two main types of resources: **Private** and **Confidential**. A private resource includes Pitzer study abroad program staff, and those listed below. If you tell Pitzer program staff or faculty about an instance of sexual violence, they are required by law to tell Pitzer's Title IX<sup>2</sup> Coordinator what you have disclosed. Pitzer's Title IX Coordinator would then reach out to you to ensure you have information about your rights and options, including counseling, academic support, and other measures for your safety and wellbeing. Please note that the highest possible level of privacy and sensitivity to your needs and preferences will be maintained, and whether to speak with the Title IX Coordinator is up to you. You are also free to contact Pitzer's Title IX Coordinator directly to make a report, or to find out more about your options and resources. Reporting to the Title IX Coordinator does not automatically trigger a formal complaint and investigation. The Title IX Coordinator can provide information and support, regardless of whether you wish to make a formal complaint.

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## PRIVATE RESOURCES AT PITZER

### **Alyssa-Rae McGinn (she/her/hers)**

Interim Title IX Coordinator, Pitzer College

Open Office Hours: Tuesdays 1-2 p.m.

[alyssarae@danschorrllc.com](mailto:alyssarae@danschorrllc.com)

516.382.3043

**Study Abroad staff at Pitzer** can also help you navigate in-country reporting options and support resources if you do not want to contact your in-country program director. They will also consult with the Title IX Coordinator to ensure you have information about all your options and resources. During the day, they may be reached at our **office number 909.621.8104**.

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<sup>2</sup> Title IX of the Education Amendments of 1972 (Title IX) prohibits sex (gender-based) discrimination and harassment in educational programs and activities at institutions that receive federal financial funding.

## CONFIDENTIAL RESOURCES

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You can access help 24 hours a day, 7 days a week without providing your name or any identifying information through these national organizations.

### **RAINN National Sexual Assault Crisis Hotline**

Phone: 800.656.HOPE (800.656.4673)

Online resources and chat support: [www.rainn.org](http://www.rainn.org)

### **Love is Respect (Relationship Abuse)**

Phone: 866.331.9474

Online resources and chat support: [www.loveisrespect.org](http://www.loveisrespect.org)

## 7C CONFIDENTIAL RESOURCES

These resources, available to Pitzer College students or other students enrolled at The Claremont Colleges, will keep your information confidential and will not discuss what you tell them with anyone else.

### **The EmPOWER Center**

The EmPOWER Center Director, Rima Shah, can provide helpful support and information by phone or email if you are outside the United States. If you disclose a sexual assault or certain other crimes that occurred on your study abroad program property or involved study abroad staff or faculty, Rima is required by federal law to provide crime data (without your name or identifying information) in order to comply with the Clery Act. You may choose to speak with her without disclosing any specific information if this is a concern, or you can ask her more about what information has to be disclosed and to whom.

Rima Shah

EmPOWER Center Director

Phone: 909.607.2689

Email: [RShah@scrippscollege.edu](mailto:RShah@scrippscollege.edu)

### **Monsour Counseling**

Phone: 909.621.8202

### **TCCS Chaplains**

Phone: 909.621.8685

## IN CASE OF EMERGENCY

True emergencies are quite rare. While losing luggage, tickets or even a passport is inconvenient and upsetting, it is not an emergency. Emergencies are situations in which there is an immediate threat to a student's health or safety.

In all cases of emergency, your first course of action should **always be to contact the program staff or the local authorities first**. You should be given a complete list of emergency contact numbers during your orientation in the host country. If you do not receive this information, ask for it. While you are certainly free to contact your parents and families in any emergency, and indeed you should, **please inform the program staff first** since they can address your concerns immediately in country. Calling home only delays the process for intervention and often puts undue stress on families who feel as though they are helpless in helping their loved ones abroad.

Pitzer provides the travel insurance, which includes insurance to cover emergency evacuations. In the event of a political crisis or a natural disaster that would necessitate evacuation, the program staff will work closely with the US Embassy and other embassies (if you are not a US citizen) to facilitate your return home.

## IN CASE OF PROBLEMS IN YOUR HOST FAMILY OR ROOMMATE

Although extremely rare, problems of sexual harassment or abuse, racist comments or behavior, homophobia, theft and related issues in the host family or dormitory community are possible. We have developed the following guidelines to help minimize the chances of this type of situation occurring and to help us best support you when concerns or questions regarding your host family or roommate arise.

1. Students should express any concerns or preferences they may have to the study abroad office and program provider before departure for their program so that the in-country director or host family coordinator can select options with individual student needs and concerns in mind. Examples of things you might want to share: allergies, desire for a LGBTQ friendly family, health concerns with smoking or certain foods, desire for a family that values diversity and receiving students of color, etc.
2. Pitzer Study Abroad expects a strong commitment to cultural immersion and cultural appropriateness but this does not require you to endure behavior or comments that make you feel unsafe or that you believe puts your safety, health, or emotional wellbeing in jeopardy.
3. Romantic or sexual behavior between a student and a host family member or roommate is never appropriate; you have the right to politely ask a host family or roommate to stop any physical contact or behavior that is questionable or makes you feel uncomfortable. Similarly, racist, or homophobic actions or comments that make you feel uncomfortable or unsafe are never appropriate. You have the right to inform those around you that this type of behavior or language is painful or uncomfortable to you, and that you would like them to stop. In these types of situations, we strongly encourage you to immediately seek, support, clarification and guidance from your program director or coordinator. In some cases, there may be a cultural or linguistic misunderstanding that can be easily worked out, or adjusted to, but in other cases, the behavior may in fact be clearly inappropriate and something your program director or host family coordinator needs to address immediately. Early on in your program, you will not necessarily know the difference, thus the importance of communicating immediately with your program director or coordinator when anything of this nature comes up, especially when you are confused or unsure about something.
4. Coming forward with questions or concerns about your host family or roommate behavior will never affect your grades.
5. While students tend to want to call parents in such situation, your program director or coordinator will be receptive to any concerns you have and is the best person to consult if you have any problems or concerns of this nature. Please know that you are welcome to call Pitzer staff in Claremont (mobile and work numbers are provided in the handbook) where you might feel uncomfortable contacting the program director or host family coordinator directly.

We encourage students to approach issues and concerns of this type with an open mind. While we want you to come forward immediately if you have a concern or question, we also ask you to reserve judgment until you have a chance to carefully consider, with the help of your program director or coordinator, the many cross-cultural or language misunderstandings that might be at play. While a student's concern may be due to a cross-cultural or linguistic misunderstanding that can easily be explained and cleared up; it may just as easily represent a serious situation that requires immediate intervention.

## ADDITIONAL SAFETY RESOURCES

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### US DEPARTMENT OF STATE TRAVEL SAFETY INFORMATION

<http://travel.state.gov/content/studentsabroad/en.html> contains information on travel documents, health, emergencies, embassies, voting, and security conditions all in one place. Students and parents may find this website very useful when preparing for a study abroad program.

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## SMART TRAVELER ENROLLMENT PROGRAM (STEP)

<https://step.state.gov/step/> STEP is a free service provided by the US Government to US citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate. The physical address to use to register with STEP will be given to you at your program specific orientation.

Students who are US citizens are required to register with the US State Department before leaving the US. Students who are citizens of other countries should check with their consulates for recommendations.

**We recommend two additional resources provided by:**



[Is Study Abroad Safe?](#)

[Staying Safe While Studying Abroad](#)