

A Resource for Safe UA International Travel

September 2018



GLOBAL
Global Resiliency

Participation in the UA Global Safe Travel Workshops is an opportunity to:

- Share experiences and best practices with each other;
- Learn UA planning, prevention, and response expectations; and
- Enhance awareness of UA requirements, resources, and support.

This handbook is a support document to supplement workshops and is not a comprehensive reference. It is highly recommended, and in some cases may be mandatory that you attend these workshops in addition to reviewing and completing or using these materials.

While the guidance is applicable to all travel, the support contacts and information provided in this handbook are specific to official UA travel.

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TRAVEL PLANNING

Situational Awareness: Be Prepared

Travel planning should always begin with an **overview of the travelers, destinations, and activities** in order to consider the risks for each so that you may best prepare yourself and possibly others for arising complications, even an unlikely emergency. While it can be helpful to begin with consideration of the most likely problems, keep in mind that the least expected or probable event is often the most difficult to address because little-to-no consideration was made for that risk.

Think creatively to what could go wrong, including anything that could require you to deviate from the trip and pay extra attention to the news in your destination(s). **When planning to conduct research** abroad, consider having a **back-up location** in place in case travel to that destination is not possible at the time travel is anticipated.

Recommended sources:

- In-country news
- Google Alerts
- Social media
- Internet/Travel Guides
- U.S. Department of State <https://travel.state.gov>
- British Foreign Office www.gov.uk/foreign-travel-advice
- Australian Smartraveller <http://smartraveller.gov.au>
- Canadian Travel Advice <https://travel.gc.ca/travelling/advisories>
- Centers for Disease Control <http://www.cdc.gov/>
- Chubb Travel APP <https://www.Chubbtravelapp.com>
(Register with your UA email address and policy # PHFD3855170A)

Travel Risk Assessment

Travel risk is determined through the identification of potential vulnerabilities of the travelers and trip activities or objectives and potential threats to the involved people and activities. Identification is an important step to remaining proactive and mitigating risks.

The Risk Assessment Worksheet is provided in the appendix to assist with assessment of your travel.

What is a Threat?

A threat is anything that could cause the following: injury or illness; loss or damage to or of property; delays, suspension, or cancellation of the trip; and/or harm to the department or institutional reputation. Threats are a source of harm, danger, or hazard and cannot be controlled. Potential threats may include:

- Loss of Property
- Illness/Injury
- Natural Disaster
- Civil/Political Unrest
- Traffic accident
- Crime
- Terrorist Attack
- Detention/Arrest
- Extortion
- Kidnapping
- Death

What is a Vulnerability?

Vulnerabilities are the weaknesses which contribute to the likelihood of a threat causing damage. These often *can* be mitigated to reduce the likelihood of potential threats. Consideration of potential vulnerabilities is important to taking successfully proactive measures. Some potential vulnerabilities to consider for travel preparation include:

- Limited familiarity** with destination(s) or involved activity(ies)
- Limited language fluency** and **cultural/communication** knowledge/understanding/skills
- Health conditions or limitations**
- Increased **exposure** to risk with extended travel
- Access to classified or otherwise valuable information and/or people** who may be considered “high-value targets”
- Perceived or actual **identify or affiliations** including (and not limited to):
 - Gender
 - Citizenship
 - Sexual orientation
 - Religion
 - Government organizations

Potential in-country vulnerabilities are not limited to and may include:

- Disregard for safety measures
- Generally **limited awareness** to events around you
- Overconfidence** (*A tendency of those with extensive experience to be complacent and let down their guard down.*)
- Displays of wealth** or the perception of ownership of valued property
- Easily **accessible/unsecure personal information**
- Overly trusting** demeanor

How are Risks Reduced or Mitigated?

After identification of the potential vulnerabilities, consider the likelihood of potential threats and determine manners that the likelihood and/or impact of the threat may be prevented or reduced. Many risks are mitigated simply with increased awareness to the threats and vulnerabilities.

Situational awareness is your biggest ally in any destination. When you are in tune with what is occurring around you, the more quickly you will pick up on cues and sense if “something” is not right. This might be important, even critical to your safety, or assist in recognizing cultural/behavioral cues that will assist you in preventing or recovering from simple missteps.

This resource will provide a variety of topics to consider in determining your travel risk and some best practices for mitigating some risks.

Risk: Travelers

Identify your potential personal vulnerabilities and determine proactive steps to minimize your exposure to risks. It may help to involve others who know you well in this process.

Traveling with a group offers extra support and often mitigates some risks of traveling independently. That said, it is important to know those with whom you are traveling. If you are traveling with others, get to know them before making travel plans! Travelers are recommended to recognize and share expectations and any potential limitations (including health concerns) and plan accordingly. Traveling with companions who are not the right fit could have significant impacts to your safety or ability to achieve your travel objectives.

If you are traveling with **non-UA companions** it is important to advise non-UA employees that they need to be aware of their international insurance coverage and identify potential complications of coverage under different policies.

Associate and Volunteer DCCs traveling for **official UA purposes** are covered under the State of Arizona policy. **Affiliate DCCs** must verify insurance coverage through their employer.

Risk Tolerance

Recognize the levels of risk you feel comfortable taking generally and while traveling. Identify potential conflicts to your risk tolerance and plan accordingly.

No UA employee or student can be mandated to participate in travel with an elevated travel risk or is beyond your risk tolerance. If you have concerns for your safety, have pressure to travel to a location you do not feel is safe, and are concerned that canceling travel plans may have negative consequences, contact [Global Resiliency](#) for guidance.

Identity & Affiliations

Gender identity and sexual orientation can significantly impact traveler safety in many countries. It is important to know if your sexual orientation may be considered socially unacceptable and even illegal. Some resources to consult:

[Diversityabroad.com](#)

[U.S. Department of State, LGBTI Travel Information](#)

In some countries women face many obstacles concerning safety. The U.S. Department of State offers information for [women to consider](#).

Traveling in connection with a U.S. academic institution could be considered a vulnerability in some locations. If so, take steps to minimize this connection by not widely advertising through clothing, luggage tags, or other indicators.

Keep in mind that the **perceived identity or affiliation** is just as critical to consider as those that exist. Consider if these perceptions may prompt complications with security.

Background

If your destination or activities are elevated risk, closely consider what steps you will need to take to be prepared to travel with sufficient knowledge of the location, language, cultural context, or safety training. Contact [Global Resiliency](#) for assistance.

Medical and Mental Health & Disability Considerations

Are there any potential complications to your travel plans due to limited medical or mental health services, health conditions, or accessibility?

- Schedule an appointment with your health care provider(s) and/or a travel health clinic for guidance and to ensure that you do not overlook immunizations, medications, health threats, or other complications. Be sure to share current diagnosis or conditions as well as your health history. The significant change in conditions may lead to reoccurrences of conditions you do not expect. [UA Travel Clinic](#) is available to all UA Travelers.

- If you will be **traveling with medications**:
 - Verify that **medications and their components** are legal and potentially available in the destination (this includes contraception)
 - Memorize medications and dosages
 - Travel with a written prescription for the generic name
 - Have medications translated into the appropriate language(s)
 - Travel with medications in original prescription bottles, with labels
 - Bring extra medication to allow for delays of up to a week

While planning, consider and plan for any complications that could arise during travel. It is important to be prepared for the least expected event. Do not overlook potential difficulties and complications associated with mental health. Consider disclosing medical/mental health conditions, diagnoses, and/or concerns if you are traveling with a group.

- Prior to departure, locate and identify nearest and reputable:
 - Hospitals
 - Clinics
 - Mental Health Professionals (consider language needs and preferences)
 - Medical specialists (consider language needs and preferences)

If you have suffered from mental health complications, consider both successful coping behaviors and prior history that could potentially trigger a reaction.

- Determine support systems both in-country and at home that could assist you through difficult times. You might also prepare/rehearse relaxation, mindfulness, or other previously successful coping strategies.

Risk: Locations

To determine risks associated with the destination(s), closely review all possible resources for your destination(s) in addition to your personal experiences and contacts. Some resources to consult include the U.S. Department of State country-specific OSAC Crime and Safety Reports, those provided in the “Situational Awareness: Be Prepared” section, and from Global Resiliency.

Learn visa requirements and FOLLOW them. Make sure you have the **appropriate permits**.

Remember that travel to elevated locations may require review by the International Travel Safety Oversight Committee (ITSOC) and Provost approval. If so a risk assessment will be conducted specific to your trip, with recommendations to mitigate risks. Travel to certain countries requires coordination with the [UA Export Control Program Office](#) for federal approval, licensing, or exceptions.

Elevated risk travel could have UA requirements due to safety concerns, including political, weather, or crime patterns. Travel restrictions may be necessary for certain neighborhoods, cities or towns, states, or regions. You are expected to **follow UA guidance and any potential travel restrictions**. Some other potential tips:

- Minimize your time in high-risk locations
- Become familiar with the destination
- Locate pre-travel and in-country support and resources
- Avoid arrivals or travel after dark
- Arrange for back up transportation for airport arrival. (*What will you do if your ride doesn't show up? Or is significantly delayed?*)
- Consider your anticipated location(s) relative to past/current demonstrations/protests. Identify points of reference (rather than just street names which may be difficult to find).
- Don't just rely on contacts for information and assessment of situations! Know your contacts' risk tolerance when considering their interpretation of an evolving situation.

Travel to **remote locations** increases the levels of risk due to the limited available support, including availability of medical facilities. It is critical that any existing potential allergies and other medical conditions (including mental health) are considered as well as the potential for unknown conditions that could emerge.

Determine if the timing of your travel plans coincides with dates of **significant events and/or increased risks for natural disasters** (flooding, hurricanes/typhoons, wildfires, etc.) and if the location has other potential threats, such as extreme elevation.

Transportation & Road Safety

Road accidents are the greatest and most likely threat to travelers, so safety should always be considered first in determining routes of travel. **Fly whenever possible**. When it is not possible, always use and verify the availability of reliable transportation providers and seat belts. **Travel during the day**. Due to road conditions and safety precautions travel may need to be confined to daylight hours in some locations. Review routes of travel to identify any roads that may have frequent accidents and hazards. There are resources available to assist with determining road conditions.

In many locations it is advisable to avoid public transportation or hailing taxis from the street. Uber is considered a safe option in some locations, but dangerous in others. Consult with local contacts before selecting your transportation.

Lodging

It is important to consider risks of natural disasters, fires, and potential crime in determining safety considerations with lodging.

Many countries do not mandate fire alarms or fire suppression systems. Verify their availability and plan accordingly. Are fire escapes available and accessible? In many cases arranging for ground floor lodging with several exits is a good safety precaution. While planning for accommodations, identify any possible deviations from U.S. safety standards, including (but not limited to) smoke detectors and fire exits.

Once at the lodging, identify exit points and verify they are accessible and not blocked. Practice exiting the building and if in a group, meeting a designated rendezvous point.

Know the surrounding area. Is your lodging located in an area where demonstrations or protests are likely? Is it near a potential terrorist or crime target, such as a government building or bank? Are other groups likely to use the hotel that could be targeted?

While funds for lodging may be limited, it is important to not stay in an unsafe location to save money. It is also a good practice to have **extra funds available or know of other potential accommodations** should it be determined that the identified and reserved locations is not a good choice upon arrival.

Some tips for lodging:

- Stay in locations that are modest but secure, clean, and comfortable
- Avoid rooms on the street, particularly over the entrance or loading docks

- Depending on location, consider lodging with extra security, including guards, metal detectors, and cameras
- If possible, select a room on the second or third floor

Risk: Activities

Assess and consider all of the anticipated activities to determine: potential risks; that they align with the travel objective; and that they are covered by insurance.

If your research involves human subjects, you will need to coordinate with the IRB, [Human Subjects Protection Program](#). If your travel involves the transportation of certain equipment, data, or materials you will need to coordinate with [UA Export Control Program Office](#).

Back Up Plans

If this travel is essential to your research or work, be sure to create a Plan B should the travel plans become impossible.

UA Pre-Travel Requirements

All official UA travel must have complete registrations prior to departure. Enter travel itinerary and information in the International Travel Registry- travel.arizona.edu. Allow at least 30 days to process elevated risk travel. Travel that is considered elevated risk due to any of the following: destination(s); traveler type (travel of or with students); or activities will require risk assessment, review, and additional approvals either by the department head/director/dean and depending on risk levels, Provost.

Travel to locations requiring federal coordination or designated as extreme risk may take several months or longer.

As a best practice, register travel as soon as possible. Date information can be updated and changed by emailing UAGlobalResiliency@email.arizona.edu.

Submit a [Travel Authorization](#).

Official UA travel that is authorized through the UA International Travel Registry is eligible for insurance coverage and International Emergency Support.

Emergency Planning

With an understanding of each risk factors, consider the “what ifs”. It is recommended that you involve multiple people in considering potential scenarios. The Global Resiliency offers an Emergency Planning workshop to assist in the development of these plans. Consult [Global Resiliency](#) for dates and times.

The [FEMA Readiness & Emergency Preparedness Guide](#) offers tips for preparation and response to a variety of emergency scenarios.

Consider including funding for potential emergencies in travel grants.

Do not expect immediate, if any assistance from a diplomatic mission (embassy/consulate general). A Consulate General/Embassy generally cannot provide citizens legal support

Review [High-Risk Area Travelers](#) & [What the Department of State Can and Can't Do in a Crisis](#)

Communication & Procedures

Determine how you would communicate with Emergency Contact(s), the group, and UA International Emergency Support during an emergency. Don't assume you will have access to cell service. During large-scale emergencies cell service may become overwhelmed and inaccessible. Always have a back-up plan. Having an extra basic cell phone on-hand for long-term or high risk travel is a good idea.

Emergency Contacts (EC)

Your designated Emergency Contact should be able to make decisions on your behalf. If you will travel with your EC, please provide an alternate Emergency Contact. Provide your EC with any documentation that might be helpful in making decisions on your behalf. This could include a power of attorney and a living will. You may indicate in your registration if there is any additional information that would be helpful to supporting contact(s) in an emergency.

Pre-Departure & In-Country Briefings

Emergency expectations and plans are useless if they are not reviewed and understood. If you are traveling with a group hold at least one pre-departure briefing for everyone involved in the travel and upon arrival. For longer or higher risk programs or trips it is recommended to add additional opportunities to review emergency preparedness information. Repetition and REHEARSING of this information is critical to information retention.

Specific expectations and policies should be presented both prior to departure and upon arrival. It is recommended that you include the following topics in your sessions:

- Emergency procedures and rendezvous points
- General safety
- General and unique safety concerns (e.g. fire safety, political demonstrations, or climatic conditions)
- Unique cultural aspects
- Importance of awareness
- Social media
- Avoiding and handling sexual harassment (noting clothing, locations, or times of day)

- [STEP](#) or other country registration
- Contact information (enter information into phones and have information available separately from phone or wallet)

In-country briefings do not have to be only upon arrival, but could be included throughout the trip, particularly for longer durations and following incidents. A mid-trip check-in can be helpful as travelers tend to let their guard down once they become comfortable in a new setting.

For assistance with briefings please contact [Global Resiliency](#).

TRAVEL Best Practices

This is not a comprehensive list, but some common tips from frequent travelers:

MONEY

- Travel with extra cash, preferably no less than \$100
- Always notify banks and credit cards of travel to prevent blocks on accounts
- Travel with at least one extra credit card, in case an account becomes blocked
- Keep at least \$100 in fresh bills, in a variety of denominations
- Review travel advice on safety measures when withdrawing funds from ATMs
- Check for your destination, but generally, the best rates for currency exchange will not be at airports, but making withdrawals from ATMS or exchanging at banks
- Create a “throw wallet” with a little cash and an old credit card to give to or throw at potential attackers
- Separate your assets. Consider placing money, credit cards, passports, etc. in different secure locations.

PASSPORT

- Review your passport for expiration date and stamps/visas to other countries. Consider if travel to a previous location stamped in your passport may create difficulties.
- Provide a copy of your passport to the Emergency Contact
- Travel with a color copy of your passport and passport card

TECHNOLOGY

- Sanitize your laptop, cell phone, and portable devices, ensuring passwords are not saved.
- Take steps to protect your data.
- Inform others, but be selective in who you tell, especially on social media. DO NOT POST THAT YOU ARE TRAVELING! Save your trip updates to after you have returned.
- Provide any family member(s)/Emergency Contact(s) the number for UA International Emergency Support- 520.307.9576 (available for support at any time)

HEALTH

- Wash hands regularly and frequently – carry alcohol based hand sanitizer for when soap and water are not available
- Watch alcohol use that is out of the ordinary for you
- Drink purified or bottled water
- Carry a simple first aid kit
- Engage in [mosquito bite prevention](#)
- If you are at high altitudes, know [travel tips](#) and recognize the signs of altitude sickness
- Be aware of circumstances that can impact energy, such as:
 - Jet lag/Sleep changes/ Fatigue
 - Strenuous physical OR mental activity
 - Climate/Elevation
 - Modes of transportation

- Food changes/reactions
- Be aware of things that may impact coping:
 - Change
 - Balance, resilience
 - Culture shock
 - Role of the unexpected
 - Inability to prepare
 - Beliefs/attitudes about Americans
 - Expectations of others
 - Living/working environment
 - Dangerous or traumatic experiences

RELATIONSHIPS AND POINTS OF CONTACT

- Be wary of unusual behaviors, including those which are extremely generous or friendly. When something is too good to be true someone may have ulterior motives. Please report suspicious behaviors to Global Resiliency, an advisor, or other UA contacts.
- Professional referrals should not be considered endorsements of character. While a point of contact (POC) may be recommended, be careful to not overly trust this person and avoid being in potentially isolating or otherwise compromising situations with POCs. If a POC is inappropriate, notify the person who recommended that individual, the department head, or other UA personnel.

OTHER SAFETY

- Consider timing of travel outside of “home base” and always allow sufficient time to arrive during daylight hours (even with buffer).
- Maintain a low profile, dress inconspicuously, vary routes, and times of travel around city as possible
- Travel with emergency numbers (memorized/documented outside of phone) and a paper map
- Recognize that your greatest risks for long-term travel is upon arrival and near departure
- Don’t be naïve and remain vigilant
- Have trusted points of contact, but don’t overly trust your POC
- Be your own advocate, if something doesn’t “feel” right, trust your intuition and respond
- Do not leave valuables in sight, even in a vehicle
- Print directions in the appropriate language to provide a driver
- Have a “grab bag” with:

○ Copies of passport and visas	○ Matches/lighter
○ Charged cell phone and chargers	○ Extra battery/power sources
○ Headlamp	○ Water & snacks
○ Pocket knife (keeping in mind airport security requirements)	○ Extra cash, preferably \$1000 (local and US dollars/Euros)
○ Medical/first aid kit	○ Credit card

ELICITATION

While unlikely, UA travelers may be targeted for elicitation by foreign governments or businesses. Travelers may be targeted for their research or connection to government projects. Targets are not only selected because of their involvement in classified projects or “cutting edge” and innovated research in science, technology, medicine, engineering, or business. Travelers may actually be targeted to obtain information about someone else or insight to security measures (not limited to structural or data security). Keep in mind it is not just direct access to information that may be targeted, but who you know, where you work, where you live, or your potential for future access to information or influence.

Also, keep in mind that the cycle of exploitation often involves the establishment of long-term relationships. During this phase someone may attempt to solicit information which is fairly easy to obtain while learning your potential vulnerabilities. At later stages someone may become entrapped either overtly or through manipulation of vulnerabilities or social expectations.

- Avoid taking any sort of money or payment for services or items in your possession, no matter how innocent the offer may seem
- Do not accept extravagant gifts
- Avoid connecting to local wifi, particularly in certain countries
- Update your anti-software often
- Update passwords
- Disable “remember me” functions on all devices
- Do not click on links in texts or email messages
- Avoid downloading new applications while abroad
- Frequently change passwords, particularly after travel
- Respond by having IT check your device for malware, spyware, etc., particularly if it is operating differently
- Travel with a clean laptop when able. Consult with IT for support to clean or borrow a device

While you should not be paranoid, it is important to be mindful to: the types of questions you are asked; odd coincidences; overly generous offers; or intense interest in your work. Particularly keep this in mind if any of the following may apply to you:

- Work with or access to export-controlled equipment or projects
- Deal with sensitive data or findings
- Work on U.S. (or other) government contracts or sub-contracts
- Leader in a field of research
- Professed political aspirations or influence
- Close personal connections to others meeting the above criteria

The goal is not to be paranoid or avoid all friendly encounters, but to be aware of your potential risk of elicitation. If you have any questions, concerns, or need to report suspicious activity, you may contact Global Resiliency for support.

INCIDENT AND EMERGENCY RESPONSE

Reporting Incidents

An incident is a non-life-threatening occurrence, but may require the involvement of local authorities or medical professionals. You may report to [Global Resiliency](#) any incidents requiring campus coordination and assistance.

Reporting Emergencies

An emergency is a life-threatening or potentially life-threatening event that requires immediate response. Examples of emergencies include:

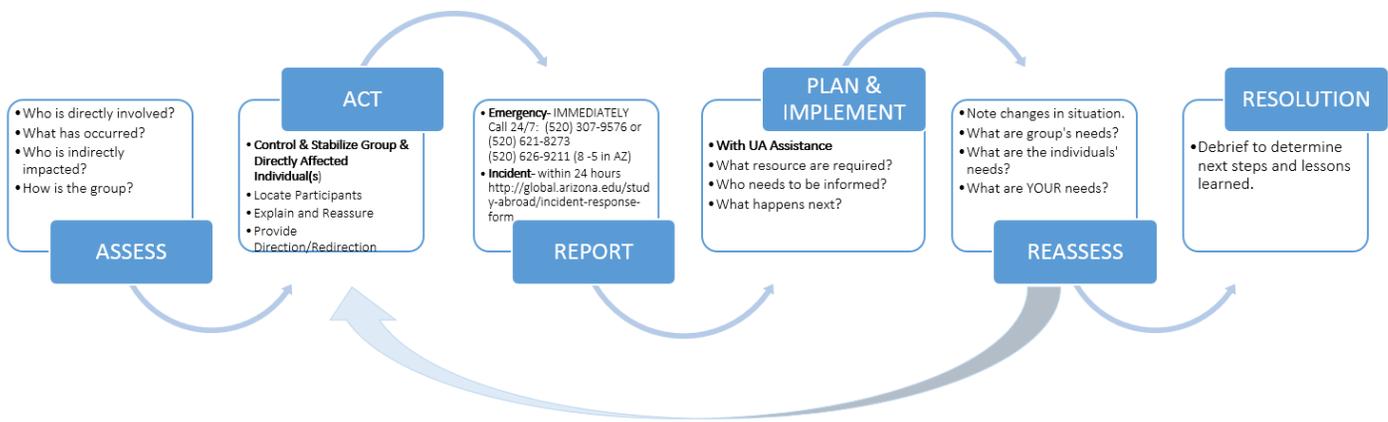
- Death
- Kidnapping
- Civil Unrest
- Disease Outbreak
- Involvement in a violent crime, arrest, or detainment
- Life-threatening injury or illness (generally requiring hospitalization)
- Missing Traveler(s)
- Extortion
- Natural Disaster
- Sexual Assault

Responses to an emergency must occur swiftly. Your first priority is to quickly assess the situation, gathering as much information as possible and to stabilize the situation. If with a group, always remember to address the safety of those directly involved and then the rest of the group. Maintain calm and order by providing the group clear instructions.

As soon as possible contact **UA International Emergency Support (IES) – (520) 307-9576** or UA Police at (520) 621-8273. Be prepared to provide at least two ways to reach you, in case the call is dropped. You may also text IES, but never assume a message is received without a response.

Emergency Response

Each situation will differ and affect the specific steps to an emergency response. The following steps are generally recommended to follow:



Communication

UA International Emergency Support (IES)

This resource supports all official UA Travelers with emergencies while abroad at any time.

Global Resiliency

The Global Resiliency is housed in the UA Global and assists with safety planning, reviews, and incident and emergency response. This team facilitates communication for the travelers and any potentially involved departments, including the Dean of Students, Office of Equity, Office of General Counsel, and Risk Management.

Emergency Contact

An Emergency Contact is the person identified and authorized in the travel registry to **make decisions** in an emergency **on behalf of a traveler**, should the traveler be incapacitated or otherwise inaccessible. If the Emergency Contact is not easily accessible or traveling with you, be sure to identify an alternate contact. Please share any information regarding that person that may be helpful to know in working with him/her during a high-stress emergency situation. This includes language fluency, religious preferences, additional support. Additional information is available under Emergency Planning.

Traveler, Family members/Emergency Contacts, and the Traveler department(s) may contact [Global Resiliency](#) with security related concerns or IES with emergency situations.

Travelers are expected to keep in touch (as possible) with the Emergency Contact and to notify [Global Resiliency](#) (UAGlobalResiliency@email.arizona.edu) of any deviations from itinerary dates or location.

Upon major incidents, as soon as possible, after stabilizing the situation, email lprovenc@email.arizona.edu or text International Emergency Support at 520.307.9576 to report status. When communication is not initiated by the traveler, International Emergency Support will email traveler.

If there is concern for traveler's safety (s)he may be advised by International Emergency Support to "Shelter in Place" or "Prepare for Departure" while the situation is assessed.

If there is no communication within 24 hours and there is reason to believe the traveler may be harmed, the Emergency Contact provided in the registration will be contacted.

If after 24 hours there is no confirmation of traveler safety and well-being, additional steps will be taken to locate the unaccounted traveler.

Potential Evacuation

If there is concern for traveler's safety (s)he may be advised by International Emergency Support (IES) to "Shelter in Place" or "Prepare for Departure" while the situation is assessed. "Preparing for Departure" means to make any arrangements necessary prior to leaving and be prepared to depart immediately.

Generally, evacuations take at least a few hours to coordinate, but travelers may remain "on hold" for days or weeks. Any evacuation should be taken with the understanding that it may not be possible to return to the location in the near future.

While in "Preparing for Departure" status, traveler will be asked to check in via email at regular intervals or be accessible via Skype, What'sApp, or another method determined at that time.

Travelers will be asked to provide on-the-ground assessments and will receive updates.

Decisions to evacuate are not made lightly and travelers are expected to follow UA direction if the decision is to evacuate.

Travelers may also make the determination to depart early due to concerns for personal safety.

Stress and Trauma

During high-stress remind yourself that most of your reactions are normal and that you can figure out how to respond to the unexpected. It may help to remember what worked in stressful situations at other points in your life. Consider:

- Getting enough sleep if at all possible, while avoiding "oversleeping" as a stress reliever.
- Watching use of alcohol
- Talking to someone SOONER, rather than later.

Emergencies are stressful and *everyone* involved in an emergency is likely to experience some level of trauma. Expect each person (including yourself) to respond differently. Trauma may be exhibited physically, emotionally, or without any symptoms at all. It is important that you remain aware of potential effects of trauma and respond accordingly.

The impact of traumatic events involves many variables, including:

- Personal history
- Changes in ability to process things, make decisions, react
- Many of the things that might occur cannot be anticipated or prepared for

Self-Care Tips for Travelers after a Critical Incident is available in the Appendix. You may also reach out to International Emergency Support (IES) for additional resources.

RETURN

Health

Inform health care personnel regarding your recent travel if you become ill within 45 days of return. You may need periodic TB testing depending upon destinations plus frequency of visits and duration in country.

Re-entry Shock & Emotional Wellbeing

In addition to potentially experiencing culture shock when you go abroad, you may also have difficulties transitioning when you return. This can be particularly difficult if you were away for extended periods of time. Contact [CAPS](#) or [Life & Work Connections](#) for support or Global Resiliency for resources.

Additional Campus Resources

Title IX: Nondiscrimination, Sexual Harassment, & Assault

The University of Arizona is committed to maintaining an environment free of discrimination. In support of this commitment, the University prohibits discrimination, including harassment and retaliation, based on a protected classification, including race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information, as set forth in the University's Nondiscrimination and Anti-Harassment Policy at equity.arizona.edu/policies.

If during your travels you experience any sexual harassment or assault by anyone affiliated with the UA, you are encouraged to report to the Office of Institutional Equity.

Other

UA employees are eligible for trauma support through [Life & Work Connections](#)

UA students are eligible for counseling and psychological services through [CAPS](#) upon return.