

International Travel Safety

Safety and Preparedness Suggestions to
Manage Risks

December 11, 2023

Prepare

**Pre-travel preparation and awareness are key
– even for the well-traveled. We can help
you make informed decisions.**

Key areas of focus

- Context of your identity – in-country activities and familiarity with the country and its culture
- Impact of global events
- Anxiety and mental health conditions
- Data security

Prepare

1) MIT Travel Risk Policies

❖ Students

- ❑ Check [High-Risk Travel Destinations](#) list on the Global Support Resources site under Travel & Safety Abroad

❖ Employees: Faculty and Staff

- ❑ No restrictions on locations; however certain war / conflict countries may require additional insurance

2) US State Department

- Check travel risk & country information: travel.state.gov
- Sign up for State Department's STEP: step.state.gov

3) MIT Travel Registry: travel.mit.edu

- Register trip information including location, dates, contact info

Prepare



4) International SOS (ISOS): myportal.internationalsos.com

- ❑ MIT SSO authentication

What is International SOS? MIT's contracted provider for medical/security information & assistance globally 24/7 (outside the USA).

- **Not insurance**
- Save the main number in phone contacts
 - Call direct/collect: **+1-215-942-8478**
 - Speak to ISOS for a pre-trip briefing
 - Can get a (medical) interpreter over phone if needed
- [Download the app](#) to your smart phone
 - Offers Live Chat feature over wireless

Prepare

5) Health Insurance

- **Students:** Institute provides up to \$100K international emergency health insurance coordinated through ISOS. Check insurance.mit.edu for further information
- **Faculty/Staff:** review coverage with your own providers

6) (Tele)Communications

- Don't rely exclusively on wireless networks in case of emergency; know telecomms infrastructure of location.
- Identify local trusted contacts as back ups
- Get a local number/SIM if you don't have international roaming

While You're Abroad

7) Transportation Safety

- Driving in foreign countries (programs prohibit)
- Road safety (e.g., seatbelts, emergency kits, etc.)
- Ride sharing providers
- DOS restrictions (mode, location, time)

8) Accommodation & Location Safety

- Fire exits, fire safety, lighting
- Secure locks
- Access monitoring and building security
- Program or host recommendations
- Potential online fraud
 - ISOS can provide location and accommodation safety advice

While You're Abroad

9) Be a Hard Target

- Be alert/aware of surroundings, particularly in crowds
- Wear closed-toed/lace up shoes (fast get-away)
- Avoid solo travel (buddy system), be more careful at night
- Carry a mugger's wallet
- Use credit card where possible and withdraw money at safe ATM locations
- If confronted, don't be a hero: hand over valuables and avoid eye contact
- Add'l recommendations vary by location, please research

While You're Abroad

10) Emergencies

While abroad, [ISOS](#) is your key point of contact in the event of an emergency. (They will notify MIT)

- In case of medical emergency, seek care at the nearest medical facility. If you do not know where this is, or if follow-up and support services are needed, contact ISOS.
- In a natural disaster (both pre/post event) or a political type event such as civil unrest or a terrorist attack, contact ISOS immediately.
- In a criminal event, such as assault or robbery, contact ISOS. They will assist in providing further direction on contacting local resources.
- ISOS provides trip risk briefs as well (24/7)

Questions?

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