



**READY TU GO!**



## TRIP DETAILS

### THE BASICS

*You may not know all these details yet, so keep checking your email! Your program should provide all this information as you get closer to your start date.*

Program Dates: \_\_\_\_\_

Program Location(s): \_\_\_\_\_

Program Coordinator (name, phone number, address): \_\_\_\_\_

Emergency Contact for Program: \_\_\_\_\_

Nearest Embassy (address, phone number): \_\_\_\_\_

Housing Address: \_\_\_\_\_

Landlord or Host Information: \_\_\_\_\_

Roommate Information: \_\_\_\_\_

Emergency Contact Name + Phone: \_\_\_\_\_

Additional Information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CARING FOR YOURSELF

### LIFE ABROAD CAN BE STRESSFUL, BUT THESE THINGS CAN HELP

Packing List: What items bring you comfort? \_\_\_\_\_

\_\_\_\_\_

Internal Coping Strategies (things I can do by myself to take my mind off whatever is going on): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

External Coping Strategies (people and social setting that provide distraction): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### INSURANCE + HEALTH CARE

Domestic Insurance: \_\_\_\_\_

Policy Details: \_\_\_\_\_

Phone number: \_\_\_\_\_

International Insurance: \_\_\_\_\_

Policy Details: \_\_\_\_\_

Phone number: \_\_\_\_\_

Services available with my insurance: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If I seek care abroad, which insurance will I use?

\_\_\_\_\_

How will I pay for care abroad? \_\_\_\_\_

\_\_\_\_\_

During my program, where is the nearest:

Hospital: \_\_\_\_\_

Address + Phone: \_\_\_\_\_

Clinic: \_\_\_\_\_

Address + Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Address + Phone: \_\_\_\_\_

Dentist: \_\_\_\_\_

Address + Phone: \_\_\_\_\_

How can I connect with mental health services while abroad? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Additional information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# IN THE EVENT OF EMERGENCY

1. Stabilize the immediate emergency/threat (e.g., rescue others from immediate threat; take cover; leave area safely; etc.).
2. Alert first responders in-country of the threat, as appropriate. Not all countries have a central 911 emergency dispatch. However, they may have dedicated country-wide numbers for police, fire, and ambulance.  
911 equivalent(s): \_\_\_\_\_
3. Contact Crisis24, Tulane's International Travel Safety & Emergency Provider. Dedicated hotline: (+1) 312-470-3115 or Toll Free: (+1) 844-896-4183  
Email: [goc@crisis24.com](mailto:goc@crisis24.com)
4. When safe, you or the trip leader should submit an incident report to Tulane documenting critical information.
5. Contact your on-campus school or department.
6. Respond to the crisis by gathering and verifying facts, coordinating support, and initiating appropriate hazard-specific protocols.

**SUBMIT A REPORT  
at [tulane.edu/concerns](https://tulane.edu/concerns)**



## EMERGENCY RESOURCES: CRISIS24

As Tulane deepens its global engagement we are pleased to offer new services for our students, staff, and faculty engaged in Tulane-related international travel. Crisis24 is Tulane's international travel safety & emergency response provider, providing a number of services and benefits:

- Emergency and urgent medical assistance (physical and mental health)
- Replacement assistance for medications or prescriptions
- Inpatient and outpatient case management
- Medical and security evacuation services
- Medical, legal, and dental locator and referral services
- Medical evacuation and repatriation
- Political or military situation evacuation
- Natural disaster evacuation

After booking Tulane-related travel through Concur/World Travel Management Services, faculty, students and staff traveling outside of the United States will automatically be enrolled in Crisis24's international travel safety program and will have access to the following benefits via the web portal and mobile app:

- Emergency Hotline: (+1) 312-470-3115 or Toll Free: (+1) 844-896-4183 / [goc@crisis24.com](mailto:goc@crisis24.com), available 24/7/365. Only use when in need of medical or security assistance while abroad.
- Access to itinerary-specific security information to better understand possible threats and disruptions in your vicinity or for any location worldwide.
- Free two-way messaging capabilities so that Tulane can confirm your safety in the event of a crisis or deliver important notifications.

### Crisis24 Worldcue® Web Portal

Follow these instructions to log in:

- Go to [traveler.worldcue.com](https://traveler.worldcue.com)
- Log in using your Tulane credentials (email/password).
- If needed, update your profile settings, preferences, and emergency contact information.

### Crisis24 Worldcue® Mobile App

Download the Worldcue app and sign in with your Tulane credentials to get set up. Some of the app's features include:

- Emergency Assistance Hotline Button
- Crisis Alarm sends your location information if urgent help is needed and the situation requires you to communicate silently.
- Automated App Notifications of intel alerts relevant to travel itinerary and location if allowed.



## TULANE GLOBAL

As Tulane's Office of International Affairs, Tulane Global provides direction for the University's international endeavors, collaborating across campus with students, faculty, and staff to support ground-breaking research, foster an inclusive international community, and facilitate impactful global learning and engagement. Visit Tulane Global's website for more information regarding Tulane's international travel policy, travel pre-approval process to high-risk destinations, health and safety guidelines and resources for international travel, emergency management and support while abroad, funding opportunities for global research and general guidelines for developing international partnerships and collaborations.

**Connect with Tulane Global:** (504)865-5261, [tulaneglobal@tulane.edu](mailto:tulaneglobal@tulane.edu), 200 Gibson Hall, [global.tulane.edu](http://global.tulane.edu)

**Newcomb-Tulane College**

Center for Global Education

## CENTER FOR GLOBAL EDUCATION

The Center for Global Education (CGE) of Newcomb-Tulane College is the hub for global learning and engagement for all undergraduate students. Consisting of the Office of Study Abroad (OSA), English for Academic and Professional Purposes (EAPP), and International Undergraduate Student Support, CGE advances equitable and robust opportunities for students to enhance their global awareness and intercultural learning. CGE provides support for undergraduate international students and for NTC students who study abroad through programs administered by our office.

**Connect with the Center for Global Education:** (504)865-5339, [osa@tulane.edu](mailto:osa@tulane.edu), 6901 Willow Street, [cge.tulane.edu](http://cge.tulane.edu)



**TULANE UNIVERSITY**  
Office of International  
Students & Scholars

## OFFICE OF INTERNATIONAL STUDENTS & SCHOLARS

The Office of International Students and Scholars (OISS) provides leadership in the internationalization of the University by supporting the Tulane international community and facilitating cross-cultural interaction. By way of support, OISS offers quality programs and services and ensures compliance with federal immigration regulations. In addition, OISS is the designated office on campus to provide immigration advising and support services to Tulane's international community, specifically individuals in F, J, and H status. Our strong belief is that a vibrant international community enriches Tulane University and the New Orleans community and is an essential component to understanding our role within the world community.

**Connect with OISS:** (504)865-5208, [oiss@tulane.edu](mailto:oiss@tulane.edu), 6901 Willow Street



## WAVE OF SUPPORT

Wave of Support is a campus-wide, collaborative program that brings together the resources and services of the many existing student support offices on campus to make them easier to find and access. By enhancing the holistic experience of our students in the realm of wellbeing, we hope to build a healthier campus grounded in empathy. Visit [care.tulane.edu](http://care.tulane.edu) to explore available resources and join us in our work to help each Tulanian care for themselves, each other, and our community.

**Connect with Wave of Support:** (504)314-2285, [waveofsupport@tulane.edu](mailto:waveofsupport@tulane.edu), [care.tulane.edu](http://care.tulane.edu)

**CHECK OUT THE TRAVEL FOLDER INITIATIVE DIGITAL RESOURCES AT [CARE.TULANE.EDU](http://CARE.TULANE.EDU)**

Please contact [waveofsupport@tulane.edu](mailto:waveofsupport@tulane.edu) with any questions, corrections, or comments.

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