

A Guide for Traveling

Whether you are traveling domestically or abroad, preparation often brings a mixture of excitement and nervousness. It can be helpful to plan ahead for situations that could arise. Taking some time before your departure to ask questions and to collect resources can allow you the space and time to think about these things while you are in a familiar and comfortable environment.

Research

What are the cultural and social norms of the place you are visiting? Things from attire and gender roles to sexual expression and personal space may be quite different from your personal experiences. Though it is impossible to plan ahead for every occasion and scenario, you may want to do some research about your destination before you leave:

- ▶ What are gender norms and how are they expressed?
- ▶ How is sexuality expressed?
- ▶ How is sexual assault/harassment/personal violence defined?
- ▶ Are there anti-discrimination laws, and whom do they protect?
- ▶ What are beliefs and attitudes about sexual orientation and gender identity?
- ▶ How is personal space defined?
- ▶ How do authorities or medical providers respond to sexual or gender-based offenses?
- ▶ What is, if any, the local definition and application of consent?

Planning

There are some things you can do to prepare for travel. Take a few minutes to review this checklist.

- ▶ Visit the Yale International Toolkit site world-toolkit.yale.edu/
- ▶ Know the location of your country's Consulate or Embassy.
- ▶ Think about who you will contact if you have a crisis.

Family Member?

Friend?

Partner?

Program/Yale Contact Person?

Is there an onsite staff person?

Who is the faculty advisor?



In the Event of Crisis

Even if cultural norms are very different in the place you are visiting, it is okay to listen to your instincts. If you are uncomfortable with a situation or person, find a way to remove yourself, to change the situation, or to get help.

RESOURCES

United Healthcare Global.....1-410-453-6330
Available 24/7
From outside of the USA001-410-453-6330
Toll Free within the USA.....800-527-0218
http://ogc.yale.edu/UHCGlobal_Program

UnitedHealthcare Global can assist with medical, travel and security problems. If you are calling about an urgent matter of sexual violence, UnitedHealthcare Global will:

- **Assess your need for medical attention or other services (such as counseling)**
- **Research and refer to treatment in your proximity**
- **Assess whether available care and conditions are appropriate, or whether an evacuation is warranted**
- **Ask for your consent to notify Yale Health**

(Please Note: Notification to Yale Health is for the purpose of billing and payment for services. You can decline consent to notify Yale Health. If consent is declined, medical fees must be paid up front; claims can be submitted to insurance at a later time.)

SHARE.....203-432-2000–Available 24/7

The SHARE Center at Yale can offer telephone support while you are away from campus. Some find it helpful to talk about and process their experience when they are back on campus. SHARE can meet with you in person for on-going support and to help connect to additional resources once you return.