

The Center for Global Education

# STUDY ABROAD STUDENT HANDBOOK

How to Get There...and Back

Study Abroad Handbook Checklist

Questions

Resources

Emergency Planning

Communication Sheets

Emergency Card

Personal Emergency Action Plan

Emergency Action Plan Steps

## Emergency Action Plan (EAP) Steps

Australia

Go

Print out the EAP Steps. Attach the appropriate documents and bring necessary items with you. In case of an emergency, follow the EAP Steps.



Documents that should be attached to your EAP:

1. Copy of Passport and Visa (where applicable)
2. Copy of Emergency Assistance Hotline Information
3. Copy of Insurance Card/Information
4. Copy of Area Maps/Safe Routes
5. Copy of Emergency Card
6. Copy of Communication Sheets
7. Copy of Traveler's Check Receipts
8. Information Release and Approval for Medical Emergency Care Form (contacts & care approval)
9. Special Medical Needs Treatment Information
10. Power of Attorney
11. Copy of Home & International Drivers Licenses

Items that you should have with you at all times:

1. **Communication Device(s)**  
Cell phone, PDA, Phone, Calling Card (a program Satellite phone may help in remote locations)
2. **Funds**  
Local \$s, US\$, Travellers Checks, ATM/Credit Card
3. **Sample Emergency/First Aid Kit**  
Flashlight, water (or purification tablets), whistle, pocket knife (not on plane), adhesive bandages, elastic bandage (ace-type), antibiotic ointment, gauze pads, first aid tape, scissors, sun block, lip ointment, burn cream, passport, aspirin/pain reliever, am/fm radio, map, batteries, insect repellent, rain poncho, prescription/medication, thermal blanket, toilet paper, glasses, contacts/saline solution.  
*(varies by location and personal needs)*

Steps to help you stay calm and use your EAP more effectively in an emergency:

**STEP ONE**      **Remain calm.** Take a deep breath. You will need a clear head in order to focus on your next move.

**STEP TWO**      **Assess the situation/Get Advice from Program Staff.** Identify in what kind of emergency situation you find yourself. Contact program staff for advice. An emergency/crisis can be:

1. Personal: Accident/Injury, Death, Illness, Family Problem, Sexual Assault, Kidnapping, Arrest, etc.
2. Regional: Natural/Environmental Disaster, Civil Unrest, Political Uprising, Terrorist Attack, War Outbreak, etc.

**STEP THREE**      **Take Action.** Exercise good judgement. Follow your evacuation plan/written instructions/maps you have developed as part of your EAP to help remove you from the emergency and get you to a safer location where you can get help. Remember the alternate transportation options you have

available.

STEP FOUR

**Get in touch.** Now that you are in a safer and more stable location, update others about your situation. Using a method of communication at your disposal, get in touch with your emergency contacts so they can help you. Have them assist you in finding what you need (medical care, transport, a lawyer, etc.)

1. Take care of yourself. While you are waiting for your contacts to assist you, or in case you cannot reach anyone to assist you, use your emergency kit. Take out the supplies you need to keep yourself healthy (bandages, food, jacket, radio, etc). You may need additional/continuing medical care and/or personal/psychological counseling.
2. Keep Trying. If you cannot get a hold of anyone to help you (because phone lines are down, you are trapped, etc) don't give up. Try alternate methods of communication and transportation until you are able to reach someone. If you need to move to another location, let others know and leave a written description of where you are going.

STEP FIVE

**Move to a more permanent location.** After you have removed yourself from any immediate threat, regrouped at a safer location, and gotten in touch with your emergency contacts, you may need to move to a more permanent location for treatment/assistance. Consider your transportation options and get yourself to the appropriate location (hospital, police station, embassy/consulate, contact's home, counseling center, etc.)

STEP SIX

**Stay in touch.** Maintain contact and update your emergency contacts on your condition. It would be useful to have a "communication tree" whereby your emergency contacts can collaborate to help you through the emergency situation (you may need to have privacy release forms in place for this to happen).

STEP SEVEN

**Evaluate and revise your EAP.** After the emergency is over, and once your condition has stabilized, evaluate your EAP and use what you've learned to revise it in case of future emergencies (Please provide feedback to the LMU Center for Global Education about how other students might learn from your experience).

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