

Graduate School International Health & Safety Orientation

Office of International Health & Safety
International Studies & Programs

oihs.msu.edu



**MSU GRADUATE
SCHOOL**

About: Office of International Health & Safety (OIHS)



OIHS works to support the health, safety, and security of all MSU-affiliated international travelers



Responsible for: pre-departure preparation and orientations; risk assessment; safety and security monitoring; health insurance liaison; 24/7 crisis management; travel registration; proof of insurance letters



Partners with: Risk and Security Assessment Committee (RSAC), Faculty and Staff Travel Review Committee (FASTR), Office of Education Abroad, Travel Office, MSU Police, University Physician, EA Program Directors, Colleges/Departments

International Travel Registration

If you are traveling on MSU funds/grants:

Register your trip(s) in Concur

1. Log into EBS
2. Select “Travel and Expense”
3. Select “Requests”
4. Select “Create New Request”
5. Enter as much detail as possible
6. Registration can be done by you or a delegate

If you are self-funding your travel:

Register your trip(s) in the MSU Global Travel Registry

1. Log into travelregistry.msu.edu using your MSU NetID
2. Click “Create a Trip
3. Enter as much detail as possible (e.g. hotel, exact city, emergency contact info, etc.)

If you are traveling to a **high-risk destination**, additional review required. Register your trip *at least* 4 weeks in advance.

More info: oihs.msu.edu/student-high-risk

Benefits of Travel Registration

- **Activates international health insurance** and International SOS medical and travel security assistance
- **Receive important safety and security alerts** from OIHS
 - Notify registered travelers of emergencies, natural disasters, safety and security incidents, etc.
 - Assist with crisis management & evacuations



International SOS (ISOS)



- **International SOS** = MSU's Medical and Travel Security Assistance Provider
- **Can assist with:**
 - Medical appointments or referrals
 - Pre-departure health, safety, or security questions
 - Mental health and emotional support services
 - Alerts while traveling

MSU membership number: 11BCAS798617

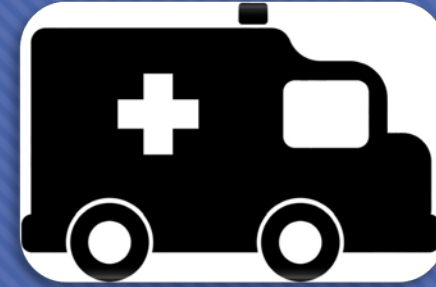
Dedicated 24/7 Scholastic Assistance Line:
+1-215-942-8478

Website: www.internationalsos.com

App: app.internationalsos.com

To access ISOS services, call the 24/7 Assistance line, use the ISOS app, or log into the ISOS website

Medical Care & Emergency Services



Non-Emergency Medical Care

Minor medical issues or injuries, need to see a doctor/clinic, mental health concerns, or questions about medication

Call International SOS:

- +1-215-942-8478
- Your call will be answered by a trained professional
- They will assist in locating doctors or clinics or answering health-related questions

Emergency Medical Care

Risk to life, limb, or eye

Go immediately to the nearest hospital emergency room.

- Call an ambulance if necessary (know the local “911” equivalent in advance)

Contact International SOS: +1-215-942-8478

Contact the MSU 24/7 International Emergency Assistance Line: +1-517-353-3784

Housing Travel Health & Safety: General Tips

Lock your doors and windows when you leave and when you're home

Ensure you are aware of the emergency exit from your unit and your building

Do not post identifying information about your housing location online

If a repair person shows up unexpectedly, you are not obligated to let them in. Instead, call your landlord/host/roommates to confirm their legitimacy

Do not prop open exterior locked doors

If an unfamiliar person is hanging around outside your building or door, call a trusted local contact or the police for guidance

Housing Travel Health & Safety: Rental (AirBnB) Tips

Rent the entire unit - there should be no other occupants than you & your group

Only choose a rental with a history of positive reviews and a high rating

Choose a rental with a business certification whenever possible

Give your trusted contacts the address, host's name, and contact info for where you are staying

Once you arrive, check the entire unit (closets, cabinets, etc) for any cameras, strange wires, or electronics that seem out of place - these could be used for surveillance

If using AirBnB, you should only communicate and pay your host through AirBnB. Do not wire them money or provide your credit card details remotely

Travel Health & Safety: Tips & Resources

Safety & Security Resources

- [OIHS's International Safety & Security](#)
- [U.S. Department of State](#)
- [Center for Disease Control](#)
- [International SOS](#)

Carry minimal amounts of money and leave valuables in a locked safe at your accommodations

Remain aware of surroundings in public and use securely fastened bags to deter pickpockets

Stay on well-lit, heavily traveled streets and avoid shortcuts through alleys

Avoid traveling alone at night, especially on foot

Avoid leaving food or beverages unattended

If you are the victim of theft, do not attempt to apprehend the perpetrator – report it to OIHS/MSU or the local police

Sexual Misconduct Abroad: RVSM (Relationship Violence and Sexual Misconduct)

Sexual misconduct (including harassment, violence, and exploitation) can happen anywhere – including abroad. In the past, MSU travelers have experienced sexual misconduct abroad. Please be aware of the inherent risks of traveling abroad, especially for women travelers.

If you experience RVSM and report it to MSU faculty or staff, they are required to report it to [MSU Police](#) and [Office of Institutional Equity](#) due to MSU's [Mandatory Reporter policy](#).

If you wish to make a confidential report:

MSU Sexual Assault Program: endrape.msu.edu

- Office telephone: 517-355-3551, 24/7 crisis line: 517-372-6666

RAINN (Rape, Abuse, & Incest National Network): www.rainn.org

- 24/7 Live Chat: www.online.rainn.org
- 24/7 National Sexual Assault Hotline: 1-800-656-HOPE (4673)

If you experience sexual misconduct abroad:

Visit a local hospital → To locate, call the ISOS 24/7 assistance line (+1-215-942-8478)

Report to the MSU 24/7 Emergency line: +1-517-353-3784

Report to the local police

If you are unsure about making a report with local police, call the MSU emergency line for advice & to report

Questions?

**Office of International
Health and Safety**

Tel.: 1-517-884-2174

Email: oihs@msu.edu

Web: oihs.msu.edu

**MSU 24/7 International
Assistance Line:
1-517-353-3784**