

SOUTH AFRICA HEALTH AND SAFETY AT A GLANCE

Safety Policies

Global College takes the health and security of students very seriously, and this is a priority in all academic activities. However due to the nature of the program, students must also take this very seriously and make responsible decisions to minimize their risk of facing a health or safety incident. The following policies are in place in order to try to minimize this risk.

Safety on the Street

- Use the same common sense traveling overseas as you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded places, train stations, elevators, tourist sites, market places, festivals and crime-ridden neighborhoods.
- Don't use shortcuts, narrow alleys or poorly lit streets.
- Try not to travel alone at night.
- Avoid public demonstrations and other civil disturbances.
- Keep a low profile and avoid loud conversations or arguments.
- Do not discuss travel plans or other personal matters with strangers.
- Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.
- Beware of pickpockets. They often have an accomplice who will jostle you, ask you for directions or the time, point to something spilled on your clothing, or distract you by creating a disturbance.
- Beware of groups of vagrant children who create a distraction while picking your pocket.
- Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.
- Know how to use a pay telephone and have the proper change or token on hand.
- Make a note of emergency telephone numbers you may need: police, fire, Center personnel numbers and the U.S Consulate.

Emergency Procedures

If a travel warning is issued, students will be evacuated from the country in due course once it is safe to do so. We encourage all students to subscribe to the U.S. Department of State Travel Warnings (DOSTRAVEL) electronic mailing list by sending an email to: listserv@lists.state.gov type in the message body "SUBSCRIBE DOSTRAVEL YOURNAME" (omit the quotation marks and leave subject blank). You can also use the online subscription form at: <https://travelregistration.state.gov/ibrs/ui/> .

Students should fill out their local address in South Africa on page five of the passport in pencil. If you leave the city of Durban you must take the original passport with you. It is good practice to keep a copy of your passport and entry stamp with you when you travel and in a separate bag from your wallet in case your passport is lost in transit.

Recreational Travel

For their own safety, students are not permitted to travel to countries with State Dept. travel advisories or to areas with high health or safety risks even if such travel is for recreational purposes and/or during semester breaks. If a student travels to one of those countries she/he will be automatically out of the program.

WOMEN SAFETY AND SEXUAL VIOLENCE/HARASSMENT

Sexual violence can happen to any woman at any time no matter where that woman is, what she is wearing and who she is with. Sexual violence refers to the violation of a woman's privacy and rights as a human being and comes in the form of harassment, unwelcome physical contact, including rape, and many other subtle cases. While sexual violence against women occurs in every society, it takes on different forms in different cultures. This section is to inform students about the specific situations of sexual violence in and around South Africa.

What we are presenting here is the reality that whether a woman follows all of the recommendations to keep herself safe, knows self defense, has been a victim previously... she still is at risk.

Sexual Harassment

Female students must bear in mind that they are likely to encounter sexual harassment any time and anywhere. Most of this harassment will take the form of vocal comments, sexual glares and obscene gestures. Harassment may also take the form of gropes, pats and other unwanted touches. In some cases, harassment may be more subtle. It might find you by way of invitations, sharing of intimate personal matters and other 'friendly' comments.

Harassment may come from either men you know or men you do not know. In fact, sometimes it may be hard to distinguish between harmless friendship and sexual advances. Follow your gut instinct.

Regarding Dress

Shorts, short skirts, tank tops, tight clothes in general and other "summer clothing" are acceptable in South Africa although as a foreigner, revealing dress will generally draw more than the usual amount of attention. You will not be able to avoid comments, verbal and non-verbal, simply because you are a woman. Your tight or "revealing" clothing will draw more attention. Ignore these comments and go about your business.

Regarding Travel

Students should be aware that it is more dangerous for women to travel alone than it is for men. Women can consider traveling in groups when possible, especially at night. Women should be particularly conscious of traveling alone in general-whether it is walking home at night in Morningside or taking a bus to a beach, there are greater risks for women than men. This situation is the same everywhere in the world, so it should not be thought of as an exclusive South African problem.

Health/Medical Information

South Africa's health system consists of a large public sector and a smaller but fast-growing private sector. Health care varies from the most basic primary health care, offered free by the state, to highly specialized hi-tech health services available in the private sector for those who can afford it.

Mandatory International Health Insurance

All Global College students are automatically charged for health insurance per semester (it is part of tuition and fees). Students will be automatically charged this fee. A Member ID card will be mailed to your home address (while you are studying outside the US). You can also print a paper copy of your ID card from Aetna's website at the following URL: <http://www.aetnastudenthealth.com/schools/LIU>, see the right hand column and click on "Print Your ID Card". Note that you can only print this ID card once you are actually enrolled in the insurance after the beginning of the semester.

Please note when students are abroad that one must pay out of pocket for doctor's visits, hospital stays, prescriptions, etc. (so bring some extra money -- credit cards also work fine -- to cover any medical emergency), and then submit a claim to the insurance company for reimbursement. Save the receipt and submit the receipt with the following information written on the bill, if there's space, or attach a separate piece of paper, if necessary: Your name, LIU ID number (which is also your Aetna Member ID number) and school name must be written on all medical bills.

The insurance includes coverage for the following:

- Physician Office Visits
- Preventative Exam Expense
- Emergency Care
- Inpatient Hospitalization
- Surgical Expenses (Inpatient & Outpatient)
- Laboratory and X-Ray Benefit
- Prescription Drug Benefits

Please note that there is no exclusion for pre-existing conditions and there is no claim form to fill out. AETNA recommends that students who are out of the country coordinate their health care through their Travel Assistance provider, On Call International.

Travel assistance:

If a student is on a field trip and has an emergency, they can contact the 24/7 call center at 1-866-525-1956 (toll free from the U.S.) or 603-328-1956 (call collect from anywhere in the world).

Yearly Coverage Dates: August 15, 2011 through August 14, 2012

All of the above information was taken from the 2011-2012 Aetna Student Health Insurance Plan Highlights for Long Island University. To view the full plan details, you may access it at the Aetna Student Health website.

Immunizations

Information on immunizations and other health-related topics are given here as a guide, not as authoritative medical advice. You should, of course, have a basic checkup and talk to your doctor before you come, and provide Admissions (for new students) or the Registrar (for continuing students) with all appropriate paperwork.

You or your physician should check with the Center for Disease Control for the most current update on the region you are traveling to. Their web page is <http://www.cdc.gov/>. If you want updated information from the U. S. State Department on the country you are traveling to, check <http://travel.state.gov/>.

When you see your doctor, tell him or her that you will be living in South Africa for several months and visiting rural and urban areas of South Africa and other Southern African countries. If you plan to do any traveling after the end of the semester or year, be sure to mention where you will be headed so that you can take care of that as well.

Although yellow fever is not a disease risk in South Africa, the government requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in South Africa, this requirement must be taken into consideration. To get a full list of countries affected by yellow fever, please go to: <http://wwwn.cdc.gov/travel/yellowBookCh4-YellowFever.aspx#667>. It is recommended that you get a Hepatitis A shot (Immune Globulin). This gives your immune system a boost while your body gets used to the different food, water, etc. Hepatitis B and Typhoid shots are also recommended.

Make sure your vaccinations are updated, so you are as well protected as possible. Routine vaccines, as they are often called, include chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) and are given at all stages of life. If you have any health problems, please go to your doctor and get a full treatment before arriving to the South Africa Center. It is also a good idea to get the "flu shot." All inoculations and immunizations should be recorded in the yellow booklet called "International Certificates of Vaccination."

It is recommended that you have a tuberculin skin test while still in the United States. Assuming this test is negative, it should be repeated on your return to the States. If you are a woman and you are on the Pill, you should bring enough to last through the semester or year. Condoms are easily available.

Malaria does exist in South Africa. Malaria risk areas in South Africa include the low-altitude areas of the Mpumalanga Province, Northern Province (Limpopo), and northeastern Kwa-Zulu-Natal as far south as the Tugela River. There is also risk in Kruger National Park. If you should decide that you do want to take anti-malarial drugs, talk to your physician about it. You should purchase your anti-malarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Although it is safe to drink tap water in certain parts of South Africa, use caution by only drinking bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. If you travel to rural areas, you should definitely not drink the water.

AIDS Awareness

AIDS is a major issue in South Africa. There is no such thing as a high-risk group – there is only high risk behavior. The population of South Africa has been slow to adapt their behavior to protect themselves from the ever-increasing risk. Using a condom protects against HIV and other sexually transmitted diseases, but is never a guarantee. Please take the necessary precautions to avoid becoming infected with this or any STD.

Help Available in the United States

The Citizens Emergency Center in the State Department's Bureau of Consular Affairs provides emergency services relating to the welfare of Americans arrested or detained abroad, searches for Americans missing overseas, transmission of emergency messages for Americans to their next of kin and transfer of private funds to US posts abroad for delivery to destitute Americans. Assistance at the Citizens Emergency Center is available Monday through Friday from 8:15 am to 10:00 pm at Call 1-888-407-4747 (from overseas: 202-501-4444).

For Overseas American Citizen Services in the United States call 1-888-407-4747. If calling from overseas dial 202-501-4444.