

Personal Crisis Management Plan

Attach copies of the following:

1. Passport (picture page & visa)
2. Other form of identification (e.g. Driver's License)
3. Insurance Card/Information
4. Travel Itineraries
5. Local area map

KNOW

1. University/Provider Name: _____
 Address: _____

 Contact Name: _____
 Contact Phone #: _____

2. In-Country Residence Address: _____

 Phone #: _____

3. Home Country Consulate/Embassy
 Address: _____

 Phone #: _____

4. Local Help
 911 Equivalent: _____
 Police Phone #: _____
 Hospital Phone #: _____
 Hospital Address: _____

5. Emergency Contacts
 A. Name: _____ Relation: _____ Phone #: _____
 B. Name: _____ Relation: _____ Phone #: _____
 C. Name: _____ Relation: _____ Phone #: _____

To call the U.S. from any mobile phone abroad, dial the U.S. country code, +1, before entering the phone number

SEATTLE UNIVERSITY PUBLIC SAFETY 24/7 Emergency Phone #: +1 (206) 296-5911

CARRY

1. Student Emergency Information Card
2. Insurance Card
3. Fully-charged cell phone with emergency contact info saved
4. Coins to call from a public phone
5. Copy of passport and local student ID
6. First Aid Kit

COMMUNICATE

1. Contact in-country crisis point-person immediately to report any incident and/or status and needs.
2. Summons police. A report is frequently required for insurance claims or legal proceedings
3. As soon as possible, report status to SU EAO and your family.

Keep this plan in a safe place while traveling and leave a copy at home with an emergency contact.

EMERGENCY PLAN

NATURAL DISASTER

Flood, earthquake, hurricane, etc.

AVOID & PREPARE

- Know the common threats specific to your location.
- Plan your reaction and evacuation route from residence and program site.
- Plan a back-up 'safe place' in case your evacuation site is compromised.

REACT

- Move away, stay away. Monitor local media.
- Follow your reaction/evacuation route from residence and program site.
- Stay where you are if instructed to do so or if conditions make it more dangerous to travel.

POLITICAL UNREST

Protests, strikes, communication disruption, government closures, etc.

AVOID & PREPARE

- Stay informed!
- Learn to recognize symbols of local political or activist groups.
- Stay away from areas frequented by American tourists (Hard Rock café, US consulate, corporate headquarters) or targets for local political groups (union or political headquarters)

REACT

- Move away, stay away. Monitor local media.
- Plan your reaction/evacuation route from residence and program site.
- Stay where you are if instructed to do so or if conditions make it more dangerous to travel.

CRIME & ASSAULT

Theft, violent assault, sexual assault/rape, etc.

AVOID & PREPARE

- Pay attention! Observe!
- Adopt gender-specific safety habits.
- Learn where dangerous areas are and stay away.
- Learn how the time of day or certain events (athletic events, festivals?) can change a "safe" place to a dangerous one.

REACT

- Report to/summons police.
- Get medical attention.
- Report to in-country point-person and/or SU EAO.
- In case of serious crimes, contact Embassy and SU

INJURY & ILLNESS

Requiring hospitalization or extended absence from class

AVOID & PREPARE

- Read CDC information for your country
- Get all recommended immunizations before departure. Take all prophylaxis medications.
- Carry address of hospitals and clinics.
- Carry insurance card.
- Know the local names of medicines you are allergic to. Wear allergy alerts at all times.
- Know host country vocabulary for your chronic conditions.

REACT

- Get medical attention.
- Present insurance card.
- Contact in-country point-person, family and EAO for medical oversight and insurance support.

WIDESPREAD DISEASE/HEALTH THREATS

Water or air quality, radiation, disease, etc.

AVOID & PREPARE

- Stay informed by reading the local press and balancing with international media sources.
- Know your program's policies for managing risks and if necessary for withdrawing.

REACT

- Let your US family know the local conditions.
- Adhere to local and international medical recommendations.
- Follow program guidelines.

Student Emergency Information Card

Below is the Student Emergency Information Card. You may print it out yourself and fill it out, or stop by the Education Abroad Office in PAVL 124 to pick up a pre-cut card.

STUDENT EMERGENCY INFORMATION CARD	
Name:	_____
Date of Birth: ____/____/____	Citizenship: _____
In-Country Emergency Contact Phone # :	_____
In-Country Address :	_____ _____
In-Country 9-1-1 Equivalent:	_____
SU Public Safety 24/7 Emergency Phone #: +1 (206) 296-5911	

Home Emergency Contact Phone #:	_____
In-Country Embassy/Consulate Phone #:	_____
In-Country Nearest Hospital Phone # :	_____
Blood Type:	_____
Special Medical Conditions:	_____ _____ _____ _____