

## **Safety Abroad**

### **The John Felice Rome Center**

Photocopies of Important Documents: Before leaving for Rome, make two copies of all your important documents (passport, bank card, credit cards, traveler's checks, and travel itinerary). Keep these in a safe place, leaving one copy at home in the U.S. When you don't need your passport, carry the copy. Get a police report documenting any losses.

Emergency Numbers: Students should carry with them the address and phone number for the Rome Center at all times:

Loyola University Chicago  
Rome Center  
Via Massimi, 114-A  
00136 Rome, Italy

The local phone number for the Rome Center is **355-881**

Be Inconspicuous: It is important for students to try not to speak too loudly or draw unnecessary attention. Students should learn some basic phrases in Italian. To avoid looking like an American tourist, students should try not to wear t-shirts, sweatshirts, or baseball caps with North American logos.

Organize Your Funds: Funds should be organized into separate areas. Always leave some currency and a credit card at the residence hall in a secure place as a back-up. A money belt is helpful to carry money, credit cards, and passport. However, avoid reaching into the money belt in public places.

Guard Personal Belongings: Pickpockets can be extremely adept. Students should not carry a passport or money in a hip pocket, open purse, or outside pocket on your backpack. Pickpockets mingle widely in tourist crowds. A money belt or neck pouch is a good idea. On crowded subways, always carry your daypack in front of you. One should always have a hand or foot in a loop or strap of luggage when you set it down to avoid having it snatched away when not looking.

Credit Cards: Students should make a note of the credit limit on each credit card that you bring. Ask your credit card company how to report a loss of your card from abroad. 800 numbers generally do not work from abroad, but your company should have a number that you can call while you are overseas.

Leave Your Travel Itinerary With Someone: Students should let a Rome Center staff member or a family member at home know that they are traveling.

Traffic and the Road: According to the Association for Safe International Road Travel(ASIRT), "Road travel is the single greatest risk to healthy Americans traveling abroad." Students should try to avoid car or bus travel at night and always use a seatbelt. The traffic flow in Italy is different than in the United States. Students should be very cautious when crossing.

Avoid Demonstrations: It is important to avoid any demonstrations even if they may seem peaceful.

Local Laws and Customs: When one leaves the United States, he or she is subject to the laws of the country where you are. If you are arrested, Rome Center Staff and even the United States Embassy may not be able to assist you. Try to read as much about Italy and Rome as possible before going. Travel guidebooks, such as *Let's Go* may have helpful information about local customs.

Traveling to Other Countries Beyond Italy: It is common for students to travel to other places around Europe and beyond during their semester, year or summer in Rome. It is important for students to check with Rome Center staff before traveling to different places regarding possible travel advisories and to also read about the customs and political situation of the country. The United States Department is an informative website that offers specific information on individual countries, current travel warnings and specific safety information. This can be found at [www.travel.state.gov](http://www.travel.state.gov).

Utilize Rome Center Staff: If something seems unusual or "not right" it is important for students to immediately contact a Rome Center staff or faculty member. Always follow your instincts

## **Health Abroad**

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Health Exams: Students should have a general physical exam if they haven't had one recently. Students should be up to date on all shots and also have a dental checkup.

Medical Identification: If a student is allergic to penicillin or have a condition such as diabetes or another condition that may require emergency medical care, students should carry some sort of identification on them to that effect.

On Campus Physician: The Rome Center offers on-campus consultation with an English-speaking Italian physician during two regularly scheduled hours each week during the fall and spring semester. The physician may examine students, write prescriptions, and/or recommend follow-up attention at private or state facilities in the area.

Prescriptions: If a student takes prescriptions, speak to your doctor about obtaining a supply for when you will be abroad. Prescription medications vary from country to country in name, potency, and purity and may NOT be sent to you through international mail. Also, students should keep the medication in the original container and have a letter from their doctor explaining what the medication is needed for and a generic breakdown of what the medication is.

Insurance: Loyola University Chicago and the Italian government require students to have international medical insurance.

1. *Assitalia* is mandatory Italian State hospitalization insurance. This must be “purchased” in Rome within eight days of arrival. This is part of “fees” on a student’s statement and the Rome Center administration will facilitate the purchase of this insurance upon arrival. This covers only hospitalization charges.
  
2. International Medical Insurance to supplement the *Assitalia*. This can be through the parent’s family-plan insurance, the student’s health insurance covered by his or her home school (Loyola University Chicago Health Care Plan for Students) or a short-term insurance offered by a provider that specializes in coverage for students of US institutions while studying abroad.

Medical Bills: Italian hospitals require a deposit upon admission and full payment of all bills upon the patient’s release. In a public hospital, many costs are covered by the *Assitalia*. Should a student be hospitalized or require out-patient medical care, he or she should be prepared to pay by credit card. Students should then save receipts in order to be reimbursed by U.S. insurance companies.

Wearers of glasses or contacts: Students should bring a typed copy of the eye prescription and a pair of glasses or contacts. Extra contacts should also be carried.

### **Online Resources on Health and Safety**

The Centers for Disease Control: [www.cdc.gov/travel](http://www.cdc.gov/travel) The web page offers reference information, reports on specific disease outbreaks, and offers geographic health recommendations.

The United States Department: [www.travel.state.gov](http://www.travel.state.gov) The web page offers specific information on individual countries, current travel warnings and and specific safety information.

Travel Health Online: [www.tripprep.com](http://www.tripprep.com)

Health resource for travelers: [www.medicinoplanet.com/home/home.phtml](http://www.medicinoplanet.com/home/home.phtml)