

MISTI HEALTH AND SAFETY GUIDELINES FOR STUDENTS Japan Version

Updated: May 2023

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I. INTRODUCTION

MISTI is committed to ensuring a safe and secure experience for all of our students wherever they are in the world. These **Health and Safety Guidelines** were developed in order to increase your awareness of safety issues and prepare you to react effectively in case of an emergency. It is vital that you familiarize yourself with this information now, before an emergency occurs, and that you keep this handbook readily available for reference if an emergency does happen.

MISTI will provide you with a **MISTI Student Information Card** that you need to carry with you at all times with important phone numbers and information for all MISTI students on one side and space on the back for you to fill out specific information for yourself.

MISTI EMERGENCY INFORMATION 	MISTI STUDENT INFORMATION 
<p>Call ISOS collect 24/7 for support with the following:</p> <ul style="list-style-type: none"> • Emergencies • Medical assistance • Mental health • Sexual assault • Travel/security concerns • Using MIT's travel insurance • Violence Prevention & Response <div style="background-color: #0070C0; color: white; padding: 5px; display: flex; justify-content: space-between; align-items: center;"> 24/7 ISOS: +1 215 942 8478  </div> <p>MIT Membership: 11BSGC000066</p>	<p>Personal insurance.....</p> <p>.....</p> <p>Embassy.....</p> <p>Supervisor abroad.....</p> <p>Local emergency #</p> <p>MISTI program manager.....</p>
 Contact MISTI for general questions: 617-258-0385 misti@mit.edu   Carry this card with you at all times while abroad 	

II. INSURANCE

INTERNATIONAL SOS COVERAGE

All MIT students are covered during their MISTI experiences abroad by [ISOS](#), which provides international medical, security, emotional and travel assistance. ISOS is **not** health insurance (see below).

MISTI will provide you with an **ISOS Membership card** with MIT's Membership number **11BSGC000066** and the dedicated telephone number **+1 215 942 8478** that you can call for assistance.

If taking a smart phone in addition to carrying the card, we encourage you to **download the ISOS app**, which allows you to obtain assistance using the LiveChat function over WiFi. To use the LiveChat function **you must download the app, register and create a profile**. We encourage you do so before your trip. See APPENDIX A.

For more information on ISOS please visit MIT's ISOS [website](#).

WHEN DO I USE INTERNATIONAL SOS?



Prepare before you leave home:

- Keep your membership card safe and with you at all times
- Call an Assistance Centre for free pre-travel information (i.e. vaccination, required medication and travel security concerns)
- Download the Assistance App, log in using your membership number to help you make more informed travel decisions based on our online medical and security reports and country travel risk guides
- Sign up for health and security email alerts
- Inform friends and family that you are with International SOS, so they can get in touch with us should they have any concerns for your welfare while you are away.



While abroad, contact us for all medical and travel security enquiries, be they of a routine or emergency nature:

- Free and unlimited health, safety, and security advice
- Find a local nurse, internationally-trained doctor or security specialist near you
- Find medication or medical equipment
- Travel advice on loss of travel documents or legal assistance
- Assistance paying your medical fees.



In an emergency, we provide all necessary emergency services, including:

- Arranging medical transportation and care
- Monitoring your condition and provide advice along the way
- Evacuating you when necessary
- Contacting your family, so they know you are in good hands.

MIT STUDY ABROAD STUDENT HEALTH INSURANCE

MIT provides Cigna travel health insurance for all MIT students participating in MIT programs abroad. Cigna insurance (managed by ISOS) will act as your primary travel health insurance. **Please confirm with your program manager if you are eligible for coverage under Cigna.**

If you have any other health insurance, do not cancel it, as you might be able to use it as a secondary insurance.

If you are graduating and use the MIT Extended Health Insurance, your Cigna coverage expires on August 31 of the current year. Your program manager will help you determine whether you need health insurance in addition to or in lieu of your MIT coverage.

In order to benefit from Cigna, **you or someone on your behalf must call ISOS if you need to use the insurance.** Please familiarize yourself with Cigna’s coverage terms as well as its exclusions and limitations. See APPENDIX B.

Please note there are a few exceptions when MISTI participants won’t have access to Cigna travel health insurance. If you fall into any of these categories, discuss with your program manager travel insurance options:

Student status	Cigna Insurance	ISOS services
Graduating student	<i>Valid up to 90 days after graduation date</i>	Coverage for the duration of the internship and up to a year after graduation
Student with summer graduation date	<i>Valid up to September 30</i>	Coverage for the duration of the internship and up to a year after graduation
Leave of Absence Student	<i>Not covered</i>	Coverage for the duration of the internship and up to a year after graduation

** If your MISTI trip will be longer than 90 days after graduation you should have another insurance for the entire duration of your internship, please talk with your program manager

III. REQUIRED STEPS TO TAKE

BEFORE YOU LEAVE

Before you leave for your MISTI experience there are several things you need to do to make sure you are prepared in case of a health or safety emergency. **Failure to complete these steps will result in the cancellation of your MISTI experience.**

MISTI Health and Safety Training

1. Read these **guidelines**.
2. Download **MISTI's health and safety app**: <https://mistitraining.goodbarber.com> - password: misti
3. **Read the content in the app and complete the MISTI Health and Safety Quiz** in addition to any in-person training or check-out meetings required by your program. Your Program Manager will let you know what is required.

Complete these forms and registrations and review information

1. Register your trip at MIT's **Travel Registry**. Per MIT's policy, you **MUST** register your trip information, flights and emergency contact prior to departure. Your Program Manager will communicate the deadline to do so. This information will be used by MIT in case of an emergency.
2. Read and e-sign the **MIT International Travel Risk Acknowledgment form** when registering your trip at MIT's Travel Registry.
3. Read and e-sign the **Pre-Travel Health Assessment Form**, under the *complete these requirements section* in the MISTI student portal.
4. Complete the **In-Country phone numbers section** under the *complete these requirements section* in the MISTI student portal. If you get a local cell phone and/or have a landline you **MUST** add them when you are in country. This information will be used by MIT to locate you in case of an emergency.
5. Register with the [MIT ISOS](#) webpage and get familiar with its services.
6. **Register** your travel plans with the [STEP](#) program of the U.S. Department of State if you are a U.S. citizen. (If you are not a U.S. citizen, you can also enroll your email to receive messages but be sure to register with your local consulate or embassy upon arrival in country.)

7. If you are an international student, you must check in with the **MIT International Students Office** to discuss the length of your time abroad and any impact on your status, as well as any visa requirements for your return to the US.
8. Review IS&T [Technology Tips for Travelers](#) and [Secure Travel Recommendations](#)

Gather important documents to bring with you and make copies

1. Make sure to have the following with you when you leave:
 - a. Your **MISTI Student Information Card** with the back completed.
 - b. Your **ISOS card**. You can also download the ISOS app to your mobile phone: <https://www.internationalsos.com/assistance-app>.
 - c. A copy of your **passport photo page** and **visa** (if applicable). Carry this with you at all times while in country. **Do not carry your actual passport with you after you arrive unless required by law in certain countries. Confer with your MISTI program manager on country specific advice.**
 - d. Your **health insurance card** (if you have another insurance) and any other information from your insurance provider, such as a claim form.
 - e. Copies of your **credit cards** so that you can cancel the cards if they are lost or stolen.
2. Provide a copy of all of the above items to someone at home (a family member or friend).
3. Remove all non-essential paperwork from your wallet.

Take health precautions and get insurance

1. Make an appointment at the [MIT Travel Clinic](#) or another healthcare provider six to eight weeks before travel, to make sure you are current with all of your routine vaccinations and to get any additional vaccinations or information you may need as well as getting advice on traveling during COVID-19. Advance planning is crucial, as some vaccines may take up to a month to become fully effective and others require a series of injections. Immunizations and any prescriptions you receive will be based on your itinerary, planned activities and any medical conditions you may have.
2. If you are taking any medications and/or undergoing any type of therapy, make an appointment with your **medical and/or mental health provider(s)** prior to your trip. Use this appointment to establish a plan with your medical provider(s) to continue taking any medications and/or continue therapy while abroad. Remember that not all medications are available or legal in all countries. You may inform your program manager if you require any special assistance while abroad.
3. You should be aware that not all countries have an awareness and treatment of **allergies** similar to the US.

If you have allergies, (medical or food) you should:

- Set up an appointment at the MIT Travel Clinic and/or create a wellness plan with your personal doctor(s)
- Discuss with your program manager
- Identify the appropriate healthcare resources in your destination together with your program manager and/or by calling ISOS.
- Carry a doctor's letter describing the condition and any instructions for emergency care

For food allergies you can also:

- Consider packing non-perishable snacks you are used to eating
 - Make a notecard that explains your allergies in the native language of the country
 - When eating out avoid consuming anything that you or the restaurant staff are unsure about including if it seems like they don't have a reliable source of information on the ingredients on the food you plan to order
4. Identify **in-country health care resources** in advance of your trip. Your program manager can assist. You can also call ISOS prior to your trip to find out the nearest recommended hospitals or clinics from where you will be.
 5. Visit the CDC's [Travelers' Health website](#) to educate yourself and others who may be traveling with you about any disease risks and CDC health recommendations for international travel in areas you plan to visit.
 6. Visit the [CDC's Travel During COVID-19](#) website for recommendations while **traveling during COVID-19**.
 7. If needed, **consider making additional preparations to avoid problems with the following common issues:** ability/disability issues, alcohol use, allergies, contraceptives, culture shock, dental care, dietary concerns, exercise, eyeglass prescriptions, gender-sensitive healthcare, hepatitis protection, medications, psychological issues, regional health issues, sexuality, sleep patterns, smoking. You may inform your Program Manager if you need any assistance.
 8. Assemble a **travel health kit** containing basic first aid and medical supplies. Be sure to include a thermometer, bandages, Ibuprofen/Acetaminophen, and an alcohol-based hand gel for hand hygiene. MIT-Japan Program will provide you with an Emergency Preparedness Kit. Please make sure that all items are included
 9. **Review your health insurance coverage** and needs with your Program Manager and make sure you have the appropriate coverage (see previous section).

TRAVELLING DURING COVID-19

- As of June 1st MIT requires travelers to be vaccinated for COVID-19 including the booster. If you have any questions or require a medical or religious exemption please contact MIT Medical
- It is recommended you get tested with a [viral test](#) 1-3 days before you travel. Keep a copy of your test results with you during travel in case you are asked for them. Do NOT travel if you test positive.
- [Wear a mask](#) over your nose and mouth when required. [Masks are required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

How you get to and from the airport, such as with [public transportation and ridesharing](#), can increase your chances of being exposed to the virus. Please verify with your program manager the best way of transportation in your destination to discuss risk informed ways to travel.

TRAVEL POLICY UPDATE:

Anyone entering Japan on or after April 29, 2023 will no longer be required to show a valid vaccination certificate or a test certificate obtained before departure. However, these protocols have been changing frequently so please check the sites below (Japan Travel, Japan's Ministry of Health, Visit Japan, SHERPA and US Embassy in Tokyo's websites) to make sure you have the most up-to-date-info.

Ministry of Health, Labour and Welfare's COVID-19 current Japanese Border measures:

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>

Visit Japan's Website: <https://vjw-lp.digital.go.jp/en/>

SHERPA (American Airline's site):

<https://apply.joinsherpa.com/map?affiliateId=americanairlines&language=en-US>

US Embassy in Tokyo: <https://jp.usembassy.gov/covid-19-information/>

*** You can also read up to date info on **Japan Travel** website: <https://www.japan.travel/en/practical-coronavirus-information/>

N.B. Even though you don't need to provide documentation for COVID-19 and quarantine, you may want to set up an account at "[Visit Japan](#)" and do your Immigration and Customs paperwork online before your departure. Don't worry. If you don't, you'll just need to do these paperwork on the airplane before you land in Japan.

BRINGING MEDICINES TO JAPAN

Please note Japanese laws regarding prescription medication are different than from the United States. It is illegal to bring into Japan some of the over-the-counter medicines commonly used in the United States, including inhalers and some allergy and sinus medications. Specifically, **products that contain stimulants** (medicines that contain Pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers, or Codeine **are prohibited** if it contains more than allowed quantity of stimulant raw materials. **Stimulant drugs including some prescriptions medications such as Adderall, and including some medications available over-the-counter in the U.S. likely are prohibited in Japan.** There are no exceptions in bringing these prohibited medications into Japan, even if the medication is legally obtained outside of Japan. If you fail to comply with Japanese law you may be arrested and detained. Please carefully read the following sections about bringing medication to Japan.

Although Japan Travel is not the official Ministry, this site gives a comprehensive guide on what you can and cannot bring in terms of medication and how to apply for the Yakkan Shomei—Certificate of import should you need to have more than 1 month’s supply of prescription medication or more than 2 month’s supply on non-prescription medicine.

Below are Japan’s Ministry of Health, Labour and Welfare’s websites and information on the US Embassy and Consulate in Japan websites:

[Ministry of Health, Labour and Welfare’s website for information about bringing medicines for personal use into Japan.](#)

[Application Guidance and Information on carrying medicine containing controlled substances for travelers entering or leaving Japan.](#)

[Japan’s Controlled Substance List](#)

[Brining Over-the-Counter Medicine and prescriptions into Japan by the US Embassy & Consulates in Japan](#)

[General Customs information of things that are prohibited or restricted, including information on bringing medications and cosmetics to Japan by Consulate General of Japan in Seattle.](#)

Drugs Prohibited in Japan May Surprise You!

Please click on the image below to view important information on drugs that are prohibited in Japan.

TRAVEL SMART – TRAVEL SAFE

Drugs that are prohibited in Japan may surprise you!








<p>Any form of marijuana, including CBD oil that may contain THC, even for medical use is ILLEGAL</p> 	<p>Any medication that contains amphetamines (like Adderall and Vyvanse) is ILLEGAL</p> 
<p>Many over-the-counter and prescription medications common in the United States, including ones for pain, depression, ADHD, and many kinds of decongestants and allergy medications are ILLEGAL</p> 	<p>YOU RISK ARREST in Japan for bringing in banned substances, even with a valid U.S. prescription!</p> 
<p>CHECK BEFORE YOU GO, IT'S YOUR RESPONSIBILITY! Some medications are legal but only in limited quantities or with advance permission from the Japanese Government. Contact Japan's Ministry of Health, Labour, and Welfare yakkan@mhlw.go.jp or visit https://is.gd/UXdin.</p>	
	

Image taken from : <https://jp.usembassy.gov/services/importing-medication/>

AFTER YOU ARRIVE

1. If you did not register with [STEP](#) before you left, or if you are not a U.S. citizen, **register** with your country's embassy or local consulate in country (if you are not a US citizen you can still register at STEP to receive US embassy safety messaging).
2. You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. **You must follow your destinations protocols and as well as any quarantine requirements.** Follow all local guidelines. If there is no specific protocol in your destination, the recommendation is to [Get tested](#) with a [viral test](#) 3-5 days after travel. ISOS can advise you about COVID-19 testing in your destination and in many cases facilitate an appointment, if asymptomatic testing won't be covered by insurance.
3. **Follow all country and local guidelines.** For Japan, you can check the [US Embassy in Tokyo's COVID-19 Information website](#) or the [Japan National Tourism Organization website on Coronavirus travel](#)

[restrictions for Japan and compiled measures by the Government of Japan](#). Note: Please follow destination protocols for when you return to the US or your next destination after your internship

THIS IS REALLY IMPORTANT THAT YOU DO BEFORE YOU GO TO JAPAN!

You may now apply for quarantine and customs **BEFORE** you arrive in Japan. Go to [VISIT JAPAN WEB](#) and register before you go to Japan.

<https://www.vjw.digital.go.jp>

URL for Visit Japan Web

<https://www.vjw.digital.go.jp> 



4. Complete any new information, such as street address or local mobile phone number, in the **Emergency Information and In-Country Phones Questionnaires** in the MISTI student portal.
5. Connect with MISTI on **Facebook** and **Twitter** as these may be one way to get in touch quickly to confirm your safety following an emergency situation.
6. **Follow guidelines** below to stay safe and in case of any emergency.

IV. STAYING SAFE

MANAGING PERSONAL SECURITY

There are basic principles of safety that, when applied sensibly, may reduce the risk of exposure to violence. These principles are applicable in any environment, but are often most relevant in situations when violent crime, terrorism or conflict prevails.

Preparation

Thorough preparation is the most important habit or behavior that reduces your risk of exposure to crime or violence. You can substantially reduce risks by:

- Being aware of the threats in the countries you are travelling to.

- Staying alert to the prevailing situation.
- Observing simple precautions.

Your security is ultimately your responsibility, regardless of the support you have. Be conscious of your own vulnerabilities and take action to mitigate the risks. Make an effort to understand the environment that you will be operating in. You may contact International SOS at any time while abroad to review risks in your destinations and seek advice to mitigate identified threats.

Awareness

Be alert to the fact that, even when you take precautions, residual risks exist. Make security awareness a habit by incorporating the following steps in your daily routine:

- Be aware of your surroundings.
- Before leaving your housing, decide on the route you will take. In certain locations it may be necessary to review several safe routing options.
- When using public transportation, be aware of your personal belongings.
- Always look out for strangers waiting by your house and office, strangers and / or cars following you as well as other unusual incidents.
- Do not use ATMs at night, even when it seems no one is around.
- Avoid any situations where you may become isolated and at risk. Use local knowledge and guidance for high-risk locations and activities. Use such advice in conjunction with your own independent assessment.

Low Profile

Criminals normally target an individual because that person has come to their attention for some reason. It is fundamental that individuals should attract as little attention to themselves as possible. These are some simple rules:

- Do not walk about distracted by your personal electronic devices.
- Personal equipment such as laptops, cameras and telephones should be carried in bags/backpacks and not exposed to others.
- Avoid accessories that can identify you as student traveler from another country such as branded backpacks. Purchase locally available and commonly used items to better blend in. Don't carry anything you cannot replace or should have fully backed up in order to recover any lost data.
- Avoid overt signs of wealth, such as expensive watches, jewelry, iPhones, tablets, etc.
- Don't carry too much cash.
- Do not discuss details of your work or itinerary with individuals not known to you. Do not discuss them publicly.
- Ensure, as far as possible, that personal information is properly safeguarded.

Communication

In an event of an incident, your safety may depend upon how effectively you are able to maintain communications with your support elements. Make sure you:

- Always test your cell phone; keep it fully charged, and consider carrying an extra charger with you.
- Carry a hard copy of your emergency contact details.

Remember that you can call or Live Chat with ISOS 24/7 for support and assistance and if you need to use MIT's Travel insurance

Layers of Protection

There is no single measure which guarantees security. Apply several layers of protection, these include:

- Adopt appropriate security measures and maintain them.
- Acknowledge the dangers associated with creating a routine within normal life.
- Always remain alert.

SCAMS

You should be aware of potential scams. If as part of your program you are booking housing please refer to the MIT P2P Accommodation Guideline APPENDIX E. Never wire funds to secure housing unless your program manager recommends you to do so. Please see APPENDIX E, page 34

When abroad international travelers might be subject to different types of scams. Please review the [US State Department's travel scams website](#). Remember to always be aware of your surroundings and trust your instincts.

FOOD AND WATER SAFETY

Contaminated food or drinks can cause [travelers' diarrhea](#) and other diseases. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe eating and drinking habits. Please review CDC's [website](#) on food and water safety for recommendations and considerations.

LOST OR STOLEN PASSPORT

If your passport is lost or stolen, go to your local embassy to begin the process of obtaining a new one. Call International SOS for advice on where to go. ISOS cannot set up an appointment but can contact MIT in case you do not have access to emergency cash to get you through the situation safely. MIT will notify the International Student Office if your passport with its US re-entry visa is lost. Bring identification such as a driver's license and a photocopy of your passport and visa (if applicable).

DRIVING

Driving regulations and habits in many countries abroad are different from those in the United States, and driving overseas can be dangerous. Undergraduate students (including those who are receiving a Master's degree simultaneously with their undergraduate degree) are prohibited from operating any type of motor vehicle during their placement. Graduate students and recently graduated seniors are strongly discouraged from operating any type of motor vehicle during their placement. All students are prohibited from being a passenger in a car driven by an undergraduate student from MIT or any other university during their placement.

IN CASE OF A PERSONAL EMERGENCY

If you have experienced an emergency, such as a robbery, attack, or sexual assault, as soon as you are in a safe location, follow these steps:

1. Call **ISOS** (you may call collect) or use the Live Chat function from your cell phone using Wi-Fi
2. **If recommended** by your Program Manager, call the **local police** as soon as possible to report the incident and get help.
3. Contact your **Program Manager** so he or she can provide assistance and support and discuss next steps with you.

PERSONAL MEDICAL EMERGENCIES

Upon arrival in-country, if you haven't already done so you should investigate local hospitals, clinics, and dental care providers and document their contact information in **Emergency Contact** section at the back of this document. ISOS country information lists recommended hospitals, some of which they have established a system to cover your emergency expenses on your behalf. Verify if any of those are accessible from your placement [here](#) search for a country, and then click under medical – clinics and hospitals. You can also call ISOS prior to your trip to find out the nearest recommended hospitals or clinics from where you will be.

ISOS also has a [list](#) of their worldwide Assistance Centers.

If you or another student is ill or injured:

1. Immediately seek **medical treatment**. If you need assistance in seeking medical treatment, contact:
 - a. ISOS (you may call collect) or use Live Chat function from your cell phone using Wifi.
 - b. Your health insurance provider (if using MIT's insurance provider, you should call ISOS, they will communicate with insurance directly).
 - c. Your host or local friends.
2. Call **ISOS** for guidance.

Remember that you can call ISOS 24/7 for support and assistance and if you need to use MIT's Travel insurance

3. Be in touch with your local **supervisor**, especially if you might need to miss work.
4. Let your MISTI **Program Manager** know about the situation in case there is any way they can provide guidance or assistance.
5. Always keep all documentation (original receipts, etc.) for insurance purposes. Be sure to keep copies for yourself even after you submit a claim.

If you or another student has COVID-19 symptoms

1. Contact ISOS (you may call collect) or use Live Chat function from your cell phone using Wifi.
2. Follow local directives and guidelines
3. Let your MISTI **Program Manager** know about the situation in case there is any way they can provide guidance or assistance.
4. Always keep all documentation (original receipts, etc.) for insurance purposes. Be sure to keep copies for yourself even after you submit a claim.

Please note that if you test positive for COVID-19 you will have to recover and if necessary get treatment locally, ISOS will not be able to evacuate you while being positive. Once ready to travel, ISOS can help you locate a medical professional that can provide documentation you've recovered from COVID-19.

PEER TO PEER ACCOMMODATIONS

If as part of your program you are booking housing please refer to the MIT P2P Accommodation Guidelines
APPENDIX E

HOMESTAYS

As part of your MISTI GTL program, you might be placed with a host family. As stated in the MISTI Participation Agreement you signed when applying to the program, it is your responsibility to be in touch with the family prior to departure and to inform your program manager if you believe it is not a good match.

If at any time during your stay, you feel unsafe in your homestay you should inform your MISTI Program Manager **immediately**, in order for MISTI to assist with making alternate arrangements.

STAYING SAFE IN SOCIAL SITUATIONS

- When you go to a social gathering, go with a group of friends. Arrive together, check in with each other throughout the evening, and leave together. Knowing where you are and who is around you may help you to find a way out of a bad situation.
- Trust your instincts. If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact law enforcement immediately (if recommended by your Program Manager).

- Don't leave your drink unattended while talking, dancing, using the restroom, or making a phone call. If you've left your drink alone, discard it and get a new one.
- Don't accept drinks from people you don't know or trust. If you choose to accept a drink, go with the person to the bar to order it, watch it being poured, and carry it yourself. At parties, don't drink from the punch bowls or other large, common open containers.
- Watch out for your friends, and vice versa. If a friend seems disoriented, is too intoxicated, or is acting out of character, get him or her to a safe place immediately.
- If you suspect you or a friend has been drugged, contact law enforcement immediately (**if recommended** by your Program Manager).

ONLINE DATING

MISTI highly discourages the use of online dating applications. Be cautious when considering online dating applications or other types of anonymous or pseudonymous venues for meeting people. This is particularly important when seeking to meet new people because there are different cultural norms and values that surround social or personal relationships. What might be considered a casual drink or meal with a person of interest can have a much more significant meaning in a different cultural context. Online dating applications can carry different connotations or serve different purposes than they do in the United States. It is important to remember that it is very difficult for you to safely determine who might be genuinely interested in you and who has ulterior motives (such as stealing your passport or money, or seeking a visa to the US if you are a US citizen). Given the significant cultural differences between the US and countries abroad, MIT strongly encourages students to prioritize their academics and be mindful to seek out cultural experiences that are safe, such as through homestays, local staff, and program activities.

IDENTITY ABROAD

MISTI strives to foster a diverse and inclusive community—on campus and abroad.

As you plan your time abroad, consider the various facets of your identity and how it could influence the challenges you may face in a new culture as well as the new opportunities that may surprise you.

Going abroad is an exhilarating and transformative experience. There can be cultural, legal, political, religious, economic, and social contexts that may impact your experience. MISTI program managers can provide you with further country-specific information. Please discuss specific questions or concerns with MISTI staff.

MIT has other offices and resources that can assist. Please visit the MIT ICEO website for a full list of programs, offices, staff, and other diversity resources at MIT.

MISTI is a member of the Diversity Abroad Network. You may want to watch their student-centered [Pre-Departure Video](#) that explores topics of identity as they relate to the education abroad experience.

Which facets of your identity may raise challenges in your host country? To better prepare yourself for your time abroad, consider some of these questions:

- How is my ethnic or racial group perceived in my host country? Is there history of or are there current hostile racial/ethnic tensions?
- Is there a possibility you will experience discrimination, racism or classism? How will you handle it?
- How accessible are the areas in the country you are visiting?
- How do people perceive your religion? Is your religion legal in your host country? Is it safe to worship or wear religious symbols and/or clothing?
- What are the laws and cultural norms regarding sexual orientation and gender identity, including hate crime laws and laws of consent?
- Will you/can you be out and if so, are there safety concerns to consider? If not, how will this affect your day-to-day experience?
- Are there any expenses not covered by MISTI for which I may need to budget (vaccines, visas, weekend travel)?
- As an international non-US citizen will I need a new US visa to reenter the US after my time abroad? Are there political disputes between my home country and country you are visiting?

We encourage you to explore these questions, research your host country, and speak to your MISTI program manager to learn more.

Please also visit [Diversity Abroad Destination Guides](#) and their [Diversity Guide to Study Abroad](#) for more in-depth information.

LGBTQ+ STUDENTS

For LGBTQ+ travelers, researching your host country's acceptance of the LGBTQ community is important to gauge how you will be able to interact safely. In some countries, LGBTQ communities are openly embraced and welcomed. In others, the sentiment may be hostile and the government may have enacted laws criminalizing behavior, relationships, and even expressions of LGBTQ acceptance or existence. MISTI would like to make sure you understand these challenges and risks when going abroad so you can make the best informed decision for your personal well-being. MIT has resources to provide this information via your country program manager, the MIT program manager for International Safety and Security, Todd Holmes (tholmes@mit.edu) and the LGBTQ Center (lbgt@mit.edu). You may also contact Eduardo Rivera, MISTI DEI lead at mistidei@mit.edu. We welcome you to raise any concerns with us.

Some useful sites:

- US Department of State: <https://travel.state.gov/content/passports/en/go/lgbt.html>
- 76 Crimes: <https://76crimes.com/>
- International Lesbian, Gay, Bisexual, Trans, and Intersex Association: www.ilga.org

CULTURAL RESOURCES

[GlobeSmart](#) is an MIT-licensed online resource providing instant access to detailed information on working effectively across cultures - including country and region specific guidance on conducting business in over 95 countries and tools to help enhance your cultural awareness and improve communication.

GlobeSmart is just one of many resources recommended by the MIT ICC, you can browse these [here](#).

DEALING WITH SEXUAL ASSAULT OR SEXUAL HARASSMENT

Sexual assault and sexual harassment can happen to anyone by anyone. The victim as well as the harasser may be a woman or a man; the victim does not have to be of the opposite sex. Sexual assault and sexual harassment can come from someone you live with, work with or interact with on a frequent basis. Those committing assaults and harassment are usually not strangers. Victims are not only the person who has been harassed, but could also be anyone affected by the offensive conduct.

While you can never completely protect yourself from sexual assault or sexual harassment, there are some things you can do to help reduce your risk of being assaulted. **It is important to remember that while we can take steps to minimize risk, the only person to blame when sexual violence occurs is the perpetrator.**

- Be aware of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
- Try to avoid isolated areas. It is more difficult to get help if no one is around.
- Walk with purpose. Even if you don't know where you are going, act like you do.
- Trust your instincts. If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
- Try not to load yourself down with packages or bags as this can make you appear more vulnerable.
- Make sure your cell phone is with you and charged and that you have cab money.
- Don't allow yourself to be isolated with someone you don't trust or someone you don't know.
- Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.
- Trust your gut instinct. If a situation doesn't feel right, don't worry about offending someone, just leave.

- Notice when someone doesn't respect your boundaries. Don't be afraid to assert your right to have your boundaries respected.
- Most perpetrators of sexual violence will look for vulnerable targets: appear to not be aware of their surroundings, under the influence of alcohol or drugs, isolated from their friends, etc.
- Control access to your home, dorm room or car by locking your doors and closing windows if they provide easy access.
- Travel in groups when possible.
- Don't be afraid to ask for help in situations where you feel unsafe: ask for an escort to your car, tell your friends you want to leave the party, ask a friend to stay with you, etc.

Bystander Intervention If you hear from a fellow student that he/she has been harassed or sexually assaulted you can help them by listening and providing them with resources such as ISOS and VPR's numbers and reminding them that they can call their Program Manager. It is very important not to ignore it if they tell you they feel uncomfortable or have experienced something they feel was harassment or an assault.

If you have been the victim of a sexual assault:

If you are in immediate danger or in need of immediate medical care:

1. Call **ISOS** (you may call collect)
2. **If recommended** by your Program Manager, call the **local police** as soon as possible to report the incident and get help.

**Remember that
you can call ISOS
24/7 for support
and assistance.**

MIT's Violence Prevention and Response office is a resource for anyone who has been a victim of sexual assault. You can also call in behalf of someone if they agree. VPR's staff can help you think about your options and decide what to do next and is **confidential**. You can reach VPR by calling collect 24/7 at +1-617-253-2300.

If you are comfortable doing so, contact your **Program Manager** so he or she can provide assistance and support and discuss next steps with you. Program Managers are considered "responsible employees" under Title IX and would need to inform the [Title IX](#) coordinator so they help with resources.

ISOS EMOTIONAL SUPPORT SERVICES

Exposure to new environments, security incidents, medical or mental health conditions and even just being too far from home could have an impact. ISOS is also available for emotional support by calling ISOS and asking to speak with the emotional support staff. This service provides short-term counseling with mental health professionals in over 60 languages. If required counseling method would be tailored to your needs: phone, video-call or face-to-face. The Emotional Support service is confidential, however, if needed International SOS will inform MIT Medical if follow up care is recommended.

NATIONAL AND LOCAL EMERGENCIES

Given the present political, social, economic, natural, and environmental conditions in MISTI countries, the evacuation of MISTI students is unlikely. It is conceivable however, that students would have to be removed temporarily or permanently from a given part of the country. This section includes important information on communicating in and dealing with a national or local emergency situation.

Communicating in an Emergency

In case of a national or local emergency, **it is your responsibility** to stay in touch with your MISTI Program Manager to let him or her know that you are OK and to receive important instructions in case of an evacuation or other change in plans.

- As long as internet access and telephone lines are operable, it is your responsibility to contact your Program Manager immediately (if feasible).
- Carry your **MISTI Student Information Card** with you at all times. It contains all the important phone numbers you need for staying in touch with your Program Manager, local embassy and/or ISOS.
- Your MISTI Program Manager will also attempt to contact each student, by e-mail and/or phone. Make sure your emergency contact information in the **Emergency Information Questionnaire** of the MISTI student portal is up-to-date.
- Make sure to check your email and phone for updates.
- If phone lines are not working, MISTI may work with the U.S. Embassy or embassy of your home country and the local police (if recommended) in order to communicate messages via radio, television, and any other available method.
- If you cannot get in touch with your Program Manager, work with other MISTI students in your area and continue trying to make communication while following announcements on the radio and television. Follow your host institution and community's lead and stay with people who can help you communicate.
- Keep on top of international and local news through radio, newspapers, and the internet.
- Keep in touch with your family in the U.S or home country, so they are aware of the situation and your safety. It is important that they hear from you personally.

NATURAL DISASTERS

EARTHQUAKES

Japan is located along one of the most active fault lines in the world, thus is seismically active. Tremors occur on a regular basis in varying intensities. Stay in doorways and under tables. Look away from glass and protect your head, neck, and eyes. Do not use elevators. If you are outside find an open area away from buildings and use something to cover your head and neck. If you are on public transportation follow instructions of the staff. Remember that there may be aftershocks after a strong earthquake.

It's best to be prepared by reading the [Earthquake section of the Embassy of the United States in Tokyo's website for further advice](#). However, here is a useful section from their "**Emergency Preparedness for Americans in Japan**" site:

Essential Planning Before a Disaster

- Draw a floor plan of your home showing the location of exit windows and doors, utility cut off points, emergency supplies, food, tools, etc. Share it with baby-sitters and guests.
- Establish family meeting points with alternate sites inside and outside of your home for all members to gather in the event of an evacuation.
- Establish reunion sites with alternate sites for when the family is not at home, e.g., local shelter, neighbor's house, park, school.
- Designate a person outside of your immediate area for separated family members to call to report their location and condition if separated.
- Learn or establish disaster policy/planning at your children's school.
- Know your neighbors and make them aware of the number of people living in your home.
- Learn where the nearest designated shelter for your neighborhood is.
- Photocopy passports and other important documents. Store copies away from home (for example, at work).
- Learn how to contact the police, fire and rescue services in Japanese. Be able to provide your address in Japanese.

Essential Steps Immediately After a Disaster

- Stay calm.
- Stay in doorways and under tables.
- Look away from glass and protect your head, neck, and eyes.
- Do not use elevators.
- Check your immediate surroundings for fire, gas leaks, broken glass and other hazards.
- Open doors and/or windows to avoid being locked in if there are after-shocks.

- Contact one friend or relative in the U.S., and ask them to inform other parties of your situation.
- **Monitor local TV and radio** for evacuation information (If available in your area, for **English info**, listen to American Forces Network: AFN Tokyo-**AM 810kHz**, AFN Iwakuni-**AM 1575kHz**, AFN Sasebo-**AM 1575kHz**, AFN Okinawa-**FM 89.1MHz**).
- If you are outside find an open area away from buildings and use something to cover your head and neck, and make sure you stay away from vending machines and other large objects that are not secure and may fall.
- If you are on public transportation, follow instructions of the staff. Remember that there may be aftershocks after a strong earthquake.

Keeping in Touch: NTT's 171 Disaster Line

The 171 Emergency Line is a voice message board service provided by NTT that is available when a disaster such as an earthquake or volcanic eruption occurs. If regular phone service is interrupted in the disaster-stricken area, this service can help keep in touch with family members and friends.

To utilize the service, U.S. citizens can simply dial 171 and then follow the instructions to record or listen to messages. To record a voice message, users dial 171, then 1 followed by their phone number. Concerned family and friends in Japan can hear the message by dialing 171, followed by 2 and the phone number. For detailed information on using the voice system, please see this link. Unfortunately, while detailed instructions in English exist on the website, the actual voice prompts are in Japanese only. Please note that the site lists days during which the public can practice using the service.

The voice-based messaging service is currently limited to domestic contacts. However, U.S. citizens can leave messages for family members overseas using NTT's Web 171 service. To post an Internet message, users need to go to the Web 171 site and enter their message and phone number. Messages can be viewed by typing in the phone number on the site. The site is currently closed, but will be opened in the event of an emergency. Web 171 also is in Japanese only. NTT has stated that it has no plans to offer this service in English. U.S. citizens interested in using either service, particularly those individuals with a limited knowledge of Japanese language, are thus strongly encouraged to familiarize themselves with the detailed English instructions on NTT's website. Printing these and keeping them close to the family's emergency kit may also be a good idea.

The following is from [Japan Daily, "What to do in an Earthquake in Japan"](#)

Where to get information:

- *Yurekuru Call (iOS, Android)*. This is an indispensable app connected to the Japan Early Warning System, which is capable of sending immediate warnings to your phone, should an earthquake occur. This will give you at least a few seconds preparation before the earthquake actually hits
- *Disaster Emergency Message Dial (171)*. This service allows people to record their voice to send messages to family and/or loved ones from – or to affected areas. Here's how to use this service. [Click Me](#)
- *Japan Meteorological Agency (JMA)*. A great source of current information on natural disasters, severe weather, and other such phenomena in Japan.

- *Google Person Finder. [Click Me](#). If you've lost touch with someone in the affected area, try searching through this, and/or register your whereabouts.*
- *Free Wifi Spots. [Click Me](#). Japan's three major Telecommunications companies are providing free wifi services in the affected areas for people to update their friends, family, or loved ones on the situation. The WiFi access point is named "00000JAPAN" and is available free of charge regardless of a person's existing phone carrier.*

Please be sure to read the entire section ["Emergency Preparedness for Americans in Japan."](#)

TSUNAMIS

Tsunamis can occur in coastal areas after a large earthquake. Get to high ground as soon as possible. If you do not have time to get away, go to the highest level of a building.

The following is from the [Embassy of the United States of America in Tokyo's website on Tsunami](#):

Plan for a Tsunami

Tsunami-specific planning should include the following:

- *Learn about tsunami risk in your community. Contact your local city office. Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas. Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters.*
- *Plan an evacuation route from your home, school, workplace, or any other place you'll be where tsunamis present a risk. If possible, pick an area 100 feet above sea level or go up to two miles inland, away from the coastline. If you can't get this high or far, go as high as you can. Every foot inland or upwards may make a difference. You should be able to reach your safe location on foot within 15 minutes. After a disaster, roads may become impassable or blocked. Be prepared to evacuate by foot if necessary. Footpaths normally lead uphill and inland, while many roads parallel coastlines. Follow posted tsunami evacuation routes; these will lead to safety.*
- *Practice your evacuation route. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan makes the appropriate response more of a reaction, requiring less thinking during an actual emergency situation.*

What to Do if You Feel a Strong Coastal Earthquake

If you feel a strong earthquake when you are on the coast:

- *Drop, cover, and hold on. You should first protect yourself from the earthquake.*
- *When the shaking stops, gather your family members and evacuate quickly.*
- *Leave everything else behind. A tsunami may be coming within minutes. Move quickly to higher ground away from the coast.*
- *Be careful to avoid downed power lines and stay away from buildings and bridges from which heavy objects might fall during an aftershock.*
- *Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.*
- *Monitor warnings and advisories issued by [the Japan Meteorological Agency's website](#).*

TYPHOONS

Typhoon are severe storms with very strong winds (up to 180 mph/290 kph). Typhoon season in Japan is typically from May through October and most activity occurs from July to September. Monitor news updates when a typhoon is predicted and stay at home if it is safe. Make sure you have enough food and water with you if you are at home. The [Embassy of United States in Tokyo provides practical tips for Typhoon](#).

In general, you should follow your work or home community's lead in making decisions during a natural disaster, but keep in touch with MISTI staff.

End of sections from Embassy of United States of America in Tokyo's "Emergency Preparedness for Americans in Japan"

Medical Epidemic

If there is a medical epidemic or COVID-19 surge in your area you should follow local guidelines and avoid non-essential travel beyond your home and workplace and you should limit activities that could expose you to others who may be ill. Your MISTI Program Manager will be in contact to alert you of any changes in plans.

Demonstrations, Protests, Strikes and Work Stoppages

Avoid participation or appearance of participation in demonstrations, protests, strikes or work stoppages.

Refrain from making public political statements or participating in any demonstrations of political or social nature.

Report to work during any strikes or work stoppages unless doing so would put you at risk of physical harm.

Civil Disorder

In case of general civil disorder affecting all or a large part of the country, participants will receive instructions as soon as possible from MISTI staff.

Military and Terrorist Threats

There is a potential for attacks throughout the world by terrorists and those who harbor grievances against the U.S or other groups. Always be aware of your surroundings: Monitor the local news, and maintain contact with MISTI should a threat arise. Periodically, extra cautions may be announced and all MISTI participants are expected to comply.

EVACUATION PROCEDURES

The decision to activate national and local emergency evacuation procedures will be made by the MISTI Program Manager in consultation with MIT, International SOS, and possibly the U.S. Embassy. If you must leave your location because you are in danger, if possible go to another MISTI participant and notify your Program Manager. The Manager will keep you informed of the situation and instruct you on where to go for evacuation. If the threat is local, rather than national, you will most likely be relocated rather than evacuated.

Should evacuation be required this effort would be coordinated with ISOS, which provides emergency alerts and evacuation support for any MIT international travelers.

SIDE TRIPS AND CONNECTING FLIGHTS

A side trip is a trip that you take to another destination (country or another city/region within your MISTI host country) either before, during or after your MISTI experience.

Side trips to locations that are CDC or State Department advisory levels 3 and 4 are NOT allowed. Please check with your Program Manager if you have any questions or concerns.

You may not book any connecting flights or have layovers through any country that has either a **CDC or State Department advisory level 3 and 4**

If feasible and recommended by your program manager, you should book **direct flights** to your final destination or with as few connections as possible. Each country has different entry requirements and protocols. This can help minimize disruptions if flights are cancelled or delayed in another country. You should always follow all local protocols.

If you have any questions or concerns, please contact your Program Manager.

TRAVELING BACK AFTER YOUR INTERNSHIP

If you are returning back to MIT review [MIT's guide to returning to campus.](#)

Before returning to the US or to your destination check if there are any entry and/or testing requirements in the country upon return. Check with your Program Manager if you have any questions.

[US State Department information for US Citizens returning to the US](#)

[Testing requirements in the US](#)

V. EMERGENCY CONTACT INFORMATION

Name	Telephone	E-mail/website
Your MISTI Program Manager (Chris)	+1-857-262-3333	mit-japan@mit.edu
MISTI office	+1-617-258-0385	misti@mit.edu
International SOS	Japan: +81-3-3560-7183 Philadelphia: 00-215-942-8226 London: 44-208-762-8008 Singapore: 65-6338-7800 MIT #11BSGC000066	www.internationalsos.com
International SOS's Japan line (calling from Japan)	03-3560-7183 MIT #11BSGC000066	www.internationalsos.com
MIT International Safety and Security Program Manager Todd Holmes	+1-617-999-7714 <i>*Call ISOS first to activate assistance as ISOS will call Mr. Holmes any hour of the day if it is a life-threatening emergency.</i>	tholmes@mit.edu
MIT Insurance Office	6+1-17-324-7117	http://insurance.mit.edu/insurance@mit.edu
Title IX Office		http://titleix.mit.edu/titleix@mit.edu
LGBTQ Center	+1-617-253-5440	http://lbgt.mit.edu/lbgt@mit.edu
MIT Police (only in case of an emergency in case you can't reach ISOS)	+1-617-253-1212	
MIT's Violence Prevention and Response	+1-617-253-2300	http://studentlife.mit.edu/vprvpradvocate@mit.edu
U.S. Embassy in Tokyo	03-3224-5000	http://japan.usembassy.gov
Fire, Ambulance and Emergency in Japan	119	
Japan's police department (crime & accidents)	110	
Your health insurance provider		
Local clinic/hospital		
Local dentist		
Other		

APPENDIX A: ISOS LIVECHAT

INTERNATIONAL SOS

INTRODUCING LIVECHAT

WHAT IS LIVECHAT

LiveChat is the digital channel for you to contact International SOS

Available on:
iPhone OS 8+
Android OS 5+
Blackberry with Android OS

ACCESS LIVECHAT

Download the International SOS Assistance App v5.1

Register online

Create a profile

Choose a secure PIN

Start Chatting!

BENEFITS OF LIVECHAT

Connect to Assistance Centre over WIFI

Maintain your privacy in public using LiveChat

Source answers to quick questions in seconds

Send photos and images via LiveChat

WORLDWIDE REACH. HUMAN TOUCH.

www.internationalsos.com/assistance-app

APPENDIX B: ISOS COVERAGE TERMS & CONDITIONS



**Massachusetts
Institute of
Technology**



Disclaimer:

The information contained within is a summary of features and benefits of coverage provided under the MIT Study Abroad Insurance Program issued by Federal Insurance Company. This summary is presented as a brief overview for educational purposes. Coverage is governed by the terms and conditions of the insurance policy issued to Massachusetts Institute of Technology.

Any questions pertaining to this coverage should be directed to
The Office of Insurance at insurance@mit.edu

Coverage Terms and Conditions

Who is Covered:

All Registered Students of MIT while studying abroad. "Studying abroad is defined as 'participating in an educational or research activity or participating in a class trip which takes place outside the U.S., is supervised, sponsored, or approved by MIT and is for a period less than 365 days.

Support services (such as evacuation and medical referral assistance) will continue to be provided to family members, alumni, visiting students, cross registered students, volunteers and affiliates of MIT when participating in an approved MIT organized, led or financed program, project or trip.

Who is NOT Covered:

Medical coverage is **NOT** extended to non-MIT students participating in an MIT program nor to an MIT student's family members.

When Does Coverage Begin & End?

BEGINS:

The date the MIT Registered Student departs for the educational, research activity or class trip/program on behalf of MIT.

ENDS:

The date that the above trip ends and the student returns from such educational or research activity or class trip/program.

Coverage is also included for a period of 15 days for personal deviation travel (either before/after) the "Study Abroad" trip. Under **NO** circumstances will benefits for expenses be payable once a student returns to the US, or after the coverage period ends.

Coverage Limits*

Medical Expenses:	\$100,000
Deductible: AD&D:	\$ 0
Mental or Nervous condition	\$ 25,000
Physical Therapy:	\$ 5,000
	\$ 5,000

*Limits apply per Insured Person

All other standard ISOS services, including, Security, Medical and Natural Disaster evacuation are included.

Coverage is provided for the reasonable and customary charges for Medical Services provided in the care & treatment of sickness or accidental bodily injury incurred due to accident/injury while studying abroad. Pre-existing conditions are not excluded, however, please refer to the next page for Medical Services NOT included.

NEW in 2021:

- Benefit-Lodging: \$285 per day, max 14 days if required by government and positive test
- Covid testing: covered if symptoms or exposure and must be ordered by a doctor

TO OPEN A CLAIM (when traveling abroad)
 Call ISOS: 011-215-942-8478 (collect calls accepted)
ISOS MUST be involved in the management of claim for coverage to apply

Limits and Exclusions



**Coverage is provided for
Medical Services
that are deemed necessary
including, but not limited to:**

- Medical care and treatment by a Physician;
- Hospital room, board and care, both inpatient and outpatient;
- Drugs and medicines required and prescribed by a Physician;
- Diagnostic tests and x-rays prescribed by a Physician;
- Transportation of an Insured Person in an emergency transportation vehicle from the location where such person becomes injured to the nearest hospital where appropriate medical treatment can be obtained;
- Dental care and treatment due to an Accidental Bodily Injury;
- Physical Therapy, including diathermy, ultrasonic, whirlpool or heat treatment adjustment, manipulation, massage and the office visit associated with such therapy;
- Treatment performed by a licensed medical professional when prescribed by a Physician, if hospitalization would have been otherwise required;
- Rental of durable medical equipment;
- Artificial limbs & other prosthetic devices;
- Orthopedic appliances or braces.

Medical Services do NOT include:

- Preventative medicines, immunizations, routine physical examinations;
- Plastic or cosmetic surgery, unless medically necessary due to Accidental Bodily Injury (w/in 30 days of Accident);
- For pregnancy if Insured person was pregnant prior to leaving for trip;
- Elective termination of pregnancy;
- Prescription drugs;
- Eyeglasses, contact lenses, hearing aids or prescriptions, examinations thereof, radial keratotomy or laser eye surgery to correct vision impairment;
- Congenital conditions;
- For injury occurring while fighting, except in self defense;
- For treatment that is educational, experimental or investigational in nature or that does not constitute accepted medical practice;
- If Insured Person is travelling against the advice of Physician;
- Treatment by a chiropractor.

Coverage provided by the MIT Study Abroad Insurance program is Primary coverage. (Other health care coverage would apply excess & should be maintained due to coverage limitations and exclusions included under the MIT Study Abroad Insurance Program.)

Exclusions

- *Extreme Sports* – scuba diving > 100 ft; skydiving, hang-gliding or para-gliding, parascending (other than over water), bungee jumping, mountaineering or rock climbing normally requiring the use of guides or ropes or caving
- *Illegal Acts* – commission or attempted commission of a felony or being engaged in an illegal occupation
- *Incarceration* – while the person is incarcerated after conviction
- *Intoxication* – as defined by the laws of the jurisdiction where the Accident occurs
- *Narcotic* – being under the influence of any narcotic or other controlled substance at the time of a loss. (Exclusion does not apply if any narcotic or other controlled substance is taken and used as prescribed by a Physician)
- *Operation of a Motor Vehicle without a Required License* - without the proper license to operate such vehicle in the jurisdiction where the Accident/Injury occurs
- *Participation in Organized Sports* – in a professional, intercollegiate or interscholastic sports
- *Participation in a Race or Speed Contest* - engaged in or participating in a motorized vehicular race or speed contest
- *Other Exclusions:* Aircraft pilot or crew, Owned/leased/operated aircraft, rocket propelled or rocket launched conveyance, service in the armed forces, specialized aviation, war

International SOS (ISOS) – International Emergency & Support Services

- **Download ISOS App to your mobile device**
app.internationalsos.com
- **Once downloaded, launch and login using**
MIT's Membership# 11BSGC000066
- **Obtain ISOS Card from the Office of Insurance**



Any questions regarding the Material contained herein should be directed to the MIT Office of Insurance: insurance@mit.edu

APPENDIX C: OTHER HEALTH INSURANCE INFO

Other Health Insurance Information

International Travel Insurance for MIT students

MIT will provide MIT Study Abroad Student Health Insurance for MIT students, which will act as your primary insurance. Please confirm with your program manager if you are eligible to get the MIT travel health insurance. If you have any other **health insurance** do not cancel it as you might be able to use it as a secondary insurance. Your program manager will help you determine whether you need health insurance in addition to or in lieu of your MIT coverage.

You or someone on your behalf must call ISOS if you need to use the insurance.

You must refer to the MIT insurance flyer for detailed information, your program manager will provide you with it.

MIT Student Extended Health Plan – Blue Cross Blue Shield

If you are registered with MIT Student Health Extended Plan for the spring term prior to your summer internship, your coverage will extend until August 31 of that year even if you graduate, do not cancel this insurance while you go abroad as it might act as a secondary insurance if needed.

1. Verify your international benefits with your Blue Plan before leaving the United States; benefits may be different outside the country.
2. Always carry your **Blue Plan identification card**.
3. In an emergency, go directly to the nearest doctor or hospital, then call the BlueCard Worldwide Service Center (details below) if hospitalized.
4. For non-emergency inpatient medical care, you must first call the BlueCard Worldwide Service Center to arrange access to a BlueCard Worldwide hospital. The Service Center can also provide information on local doctors.
5. Call your Blue Plan for precertification/preauthorization, if required. Refer to the phone number on the back of your ID card.

BlueCard Worldwide Service Center:

Toll-free: 1-800-810-2583 (BLUE) | Collect: 1-804-673-1177

Website: www.bcbs.com/bluecardworldwide

Filing a Claim

1. If the BlueCard Worldwide Service Center arranged your hospitalization, the hospital will file the claim for you; you will need to pay the hospital for the out-of-pocket expenses you normally pay.
2. For outpatient and doctor care, or inpatient care not arranged through the BlueCard Worldwide Service Center, you will need to pay the healthcare provider and submit an international claim form with original bills to the Service Center.
3. International claim forms are available from the Service Center or online.

IMGLOBAL

if you are not eligible to have the MIT Study Abroad Student Health Insurance, some programs will provide participants with additional coverage through IMGlobal. This plan has no deductible and will provide reimbursements for services rendered after submission of a claim form. Their contact information and general guidelines for use and coverage are below.

For Healthcare

1. Always carry your IMGlobal identification card. You receive this as a PDF attachment in an e-mail before you leave.
2. In an emergency, go directly to the nearest doctor or hospital, and then call IMGlobal if hospitalized.
3. For non-emergency medical care go to the nearest healthcare provider. You will need to pay for services up front. Save all documentation and receipts for submission with your claim form.

Phone: +317.655.4500

Website: www.imglobal.com

APPENDIX D: INTERNET HEALTH & SAFETY RESOURCES

Internet Health & Safety Resources

Title	Description	Focus
Being LGBT (Gay) in Japan	Japanese vlog viewers opinions of what it's like to be LGBT in Japan	LGBTQ
Queers Abroad	UCSC Study Abroad student experiences	LGBTQ
Tolerance of LGBTQ: Horrible Concept Varun Khanna at the Netherlands Embassy in Tokyo	Video from LGBTQ networking event in Japan	LGBTQ
Japan Moves to Curb LGBT Bullying	Human Rights Watch dispatch	LGBTQ
Advice for Studying Abroad as a Transgender Student in Japan	Advice from transgender student who studied in Japan	LGBTQ
Stonewall Global Workplace Briefings 2018: JAPAN	Outlines the legal, socio-cultural and workplace situation for LGBT people in Japan	LGBTQ
Japans Problem With Race	News Weekly op-ed	Race& Ethnicity
Being 'Hafu' in Japan: Mixed-Race People Face Ridicule, Rejection	Al Jazeera International article	Race& Ethnicity
Being Black in Japan	Experience of American teacher in Japan	Race& Ethnicity
Black in Japan	A video interview of eight people on what it's like being black in Japan	Race& Ethnicity
An Asian Foreigner's Perspective Living in Japan	Gaijin Pot blog post	Race& Ethnicity
Being Asian Male Foreigners in Japan (Interview	Interview with different Asian male foreigners in Japan	Race& Ethnicity
Being Asian Female Foreigners in Japan (Interview)	Interview with different Asian female foreigners in Japan	Race& Ethnicity
Why Has Japan's Massacre of Disabled People Gone Unnoticed?	Independent article	Disability
Accessible Japan	Website dedicated to collecting info about accessibility in Japan	Disability
Travelling With a Physical Disability in Japan	Vlog from Life Where I'm From (LWIFX)	Disability
Anxiety Abroad #4: Disability in Japan	Vlog from Australian student studying in Japan	Disability
'Standing Out' As a Disabled Foreigner in Japan	Interview 3 expats with cerebral palsy who have moved from US, Canada and the UK	Disability
Japanese Women on Gender Gap in Japan	Interview with Japanese women on their thoughts on the gender gap	Gender
Is Japan Safe? // Sexual Harassment Experiences	Vlog from a woman who lived abroad in Japan for 10 years	Gender
The Gender Gap in Japan	The Economist video	Gender
LOOKING AT YOU Sexual harassment in Japan	PSA	Gender
What Is The Ancient Japanese Religion Shinto?	Seeker Culture video	Religion
Religion in Japan	Japan-guide.com overview	Religion

APPENDIX E: MIT GUIDELINE FOR P2P ACCOMMODATIONS

MIT Guidelines for Peer to Peer (P2P) Accommodations

When using P2P accommodations (i.e. AirBnB/AirBnb for Work, VRBO, HomeAway etc.), travelers are responsible for the arrangement (including financial arrangements) between the traveler and host. MIT does not vet residential properties for short-term stay or temporary living arrangements. MIT is not responsible for resolving disputes related to P2P accommodations. Travelers are encouraged to review the following guidelines prior to booking travel with P2P service providers:

Before the trip:

- Travelers are encouraged to use “business ready” properties that have additional vetting performed by AirBnB.
- Safety first. If using a new service or reserving property in an unfamiliar location, be sure there are multiple reputable reviews and recommendations.
- Spend time researching the destination and immediate neighborhood (including transportation options to and from activity site), getting recommendations from trusted local contacts, if possible. Always review the MIT travel warning website to identify cities where travel is not recommended.
- Travelers are encouraged to secure private accommodations over shared living arrangements with unrelated parties. For example, do not rent a room in a home without separate lockable space and bathroom; students/employees should not share bedrooms/bathrooms with a supervisor.

Students who intend to share accommodation with locals are encouraged to check with respective Program Managers for recommendations on neighborhoods, and other destination specific guidelines, prior to making reservations.

- Have a backup plan. If anything goes wrong, there should always be a backup plan, whether it’s the host canceling at the last minute, or unsafe or undesirable accommodations. Travelers should be aware of MIT and third-party emergency resources, and always have a reputable hotel in mind, just in case.
- Ensure that the entire transaction is handled through the service provider’s portal. Travelers are discouraged from communicating or reserving accommodations outside of the service provider’s portal. MIT Travel card (for employees) is the preferred form of payment.

During the stay:

- Physical safety considerations
- Location of room/apartment/living quarters within the home or building and potential risks for security, safety, safe egress during fire or other emergencies.
- Check if the living space and windows are lockable by traveler from the inside? Is the space clean and well-maintained?
- If traveler will be sharing space with anyone else, will there be any way to secure valuables (e.g., computer, other electronic devices, passport, money), such as an assigned locker or personal safe?

- Accessibility
- Will traveler be able to use the internet and cell phone within this living space?
- Consider the security of your personal or other confidential information before using shared wireless services offered at the accommodation.

If travelers at any time feel unsafe due to the accommodation, they are advised to contact ISOS in international locations or Program Manager in domestic locations, for alternate arrangements.

Justifiable reasons for canceling upon arrival might be:

- Inability to access accommodation – proper keys or security code not provided
- Health & safety concerns – accommodation is not properly cleaned or contains safety or health hazards
- Inaccurate listing details – listing did not accurately describe or depict accommodation with regard to size, type of accommodation or other key amenities.

After the trip:

- Provide feedback to the Program Manager on especially positive or negative experiences that may be shared with rest of the MIT community.

