

John Marshall Law School Micronesia Externship Program

Health/Emergency Information

Every John Marshall Law School Micronesia Externship Program participant must read, sign and return this form indicating they understand the health issues that may relate to their participation in the Micronesia Externship Program.

I. Medical Conditions

John Marshall Law School recommends that all students get a thorough physical examination before participating in study abroad. Discuss with your physician your intent to study abroad and get advice for managing your physical and emotional health while in another country. Describe your health condition (allergies, disabilities, psychological treatment, dietary requirements, and medical needs) with your physician, and seriously consider the appropriateness of your participation in the Micronesia Externship Program in your chosen host jurisdiction.

Actions:

1. If you have any medical or psychological condition that may require attention while you are abroad, discuss this with your physician before going abroad.
2. Ask your physician if your medication will be readily accessible in your host jurisdiction.
3. Take necessary medications, both prescription and over-the-counter, (in original, labeled containers) and written prescriptions with you.
4. It is advisable that you carry a letter from your doctor explaining the use of your medication so it is not suspected as contraband.
5. Get necessary immunizations well in advance of your departure.

II. Medical Facilities/Services

Medical facilities and services will not be the same in every jurisdiction. It is important to understand as much as possible about the facilities and services in your host jurisdiction before you should need them.

Actions:

1. Be sure you get information from your externship placement site about medical facilities and services in your host jurisdiction.
2. You will need to understand where to go for common health needs (i.e., cold, stomachache, flu, etc.) and where to go for emergencies.
3. You will need to know how medical services are paid for (i.e., out-of-pocket by the student, host country or institution, insurance, etc.).
4. Understand your insurance coverage before going abroad (does your insurance cover you in another country, what is covered, what is not, how to make claims, etc.).
5. You will need to know who to contact in case of a medical emergency.

III. Mental Health

Not all jurisdictions have mental health support services similar to what we are accustomed to in the Continental U.S. Thus, students may not have access to mental health services in some jurisdictions. Whether students have utilized mental health services in the past or not, it is important for students to know if needed, what and where those services are available in their host jurisdiction.

Actions:

1. All students should be prepared for cultural adjustment before studying abroad.
2. Students who are currently, or have utilized mental health services in the past, should contact their medical professional before going abroad.
3. Students who are currently involved with mental health services should seriously discuss the advisability of participating in the Micronesian Externship Program and issues related to cultural adjustment with their mental health practitioner.

IV. Emergency Protocol

The majority of students participating in the Micronesian Externship Program will never experience an emergency while abroad. However, any emergency is less traumatic when you are prepared to deal with it effectively and efficiently. It will make you feel more comfortable if you take the time to prepare an emergency protocol when you arrive at your host location.

Actions:

1. Carry some form of identification with you at all times (your name, your host country address, host country phone number, copy of passport and visa).
2. Carry emergency numbers and contact with you:
 - local police
 - parent/guardian/emergency contact at home
 - Embassy in host country
 - insurance contact information
 - physician and mental health practitioner at home
3. Know where the local hospitals are located and how to get there.
4. By preparing yourself to respond to different types of emergencies, you will feel more confident that you know what to do in the rare event that an emergency should occur:
 - natural disaster
 - medical/mental health injury or trauma
 - civil unrest/terrorism
 - criminal violence or trauma

I have read and understand the information provided in this Health Information document and know what actions to take for support and assistance in preparing for my study abroad experience.

Student Signature

Date

Print Name