

MIT GLOBAL SUPPORT RESOURCES (GSR)

Sponsored by the Office of the Vice Provost for International Activities

INFORMATION SESSION

December 11, 2023

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International Travel Safety

Safety and Preparedness Suggestions to
Manage Risks

December 11, 2023

Prepare

**Pre-travel preparation and awareness are key
– even for the well-traveled. We can help
you make informed decisions.**

Key areas of focus

- Context of your identity – in-country activities and familiarity with the country and its culture
- Impact of global events
- Anxiety and mental health conditions
- Data security

Prepare

1) MIT Travel Risk Policies

❖ Students

- ❑ Check [High-Risk Travel Destinations](#) list on the Global Support Resources site under Travel & Safety Abroad

❖ Employees: Faculty and Staff

- ❑ No restrictions on locations; however certain war / conflict countries may require additional insurance

2) US State Department

- Check travel risk & country information: travel.state.gov
- Sign up for State Department's STEP: step.state.gov

3) MIT Travel Registry: travel.mit.edu

- Register trip information including location, dates, contact info

Prepare



4) International SOS (ISOS): myportal.internationalsos.com

- ❑ MIT SSO authentication

What is International SOS? MIT's contracted provider for medical/security information & assistance globally 24/7 (outside the USA).

- **Not insurance**
- Save the main number in phone contacts
 - Call direct/collect: **+1-215-942-8478**
 - Speak to ISOS for a pre-trip briefing
 - Can get a (medical) interpreter over phone if needed
- [Download the app](#) to your smart phone
 - Offers Live Chat feature over wireless

Prepare

5) Health Insurance

- **Students:** Institute provides up to \$100K international emergency health insurance coordinated through ISOS. Check insurance.mit.edu for further information
- **Faculty/Staff:** review coverage with your own providers

6) (Tele)Communications

- Don't rely exclusively on wireless networks in case of emergency; know telecomms infrastructure of location.
- Identify local trusted contacts as back ups
- Get a local number/SIM if you don't have international roaming

While You're Abroad

7) Transportation Safety

- Driving in foreign countries (programs prohibit)
- Road safety (e.g., seatbelts, emergency kits, etc.)
- Ride sharing providers
- DOS restrictions (mode, location, time)

8) Accommodation & Location Safety

- Fire exits, fire safety, lighting
- Secure locks
- Access monitoring and building security
- Program or host recommendations
- Potential online fraud
 - ISOS can provide location and accommodation safety advice

While You're Abroad

9) Be a Hard Target

- Be alert/aware of surroundings, particularly in crowds
- Wear closed-toed/lace up shoes (fast get-away)
- Avoid solo travel (buddy system), be more careful at night
- Carry a mugger's wallet
- Use credit card where possible and withdraw money at safe ATM locations
- If confronted, don't be a hero: hand over valuables and avoid eye contact
- Add'l recommendations vary by location, please research

While You're Abroad

10) Emergencies

While abroad, [ISOS](#) is your key point of contact in the event of an emergency. (They will notify MIT)

- In case of medical emergency, seek care at the nearest medical facility. If you do not know where this is, or if follow-up and support services are needed, contact ISOS.
- In a natural disaster (both pre/post event) or a political type event such as civil unrest or a terrorist attack, contact ISOS immediately.
- In a criminal event, such as assault or robbery, contact ISOS. They will assist in providing further direction on contacting local resources.
- ISOS provides trip risk briefs as well (24/7)

Questions?

Please contact Todd Holmes: tholmes@mit.edu

MIT HEALTH

Safe Travel Tips



BE PREPARED!

Contact MIT Travel Clinic

- <https://medical.mit.edu/services/travel-health-clinic>
- <https://checkin.medical.mit.edu/previsit/app/#/schedule/travel>
- Gather Information
 - Itinerary
 - Immunization Records
 - CDC Traveler's Health: www.cdc.gov/travel



TRAVEL CONSULTATION

- Update Immunizations



Yellow Fever

Typhoid, Hepatitis A

Review:

- Food and Water Safety
- Motor Vehicle Safety
- Mosquito Precautions
 - malaria, dengue, zika
- Plan for chronic medical and mental health conditions



Death on the roads

Based on the WHO Global Status Report on Road Safety 2018



DEATHS



LAWS

Drink-driving

Speed

Helmets

Seat-belts

Child seats

STANDARDS

Vehicles



WHO regions

Countries/areas

All road users

Car users


Motorcyclists

Cyclists

Pedestrians

Deaths per 100k people (all)

Hover or click to highlight on the map

- 0-4
- 4-8
- 8-12
- 12-16
- 16-20
- 20-24
- 24-28
- 28+ 
- Data not available
- Non applicable

3000 km

Thailand

 68.86m  37.34m

Deaths per 100k people (all)



Click again to see all information about Thailand

Together, we can protect & save lives

Who We Are

At International SOS we work with you to protect your global workforce from health and security threats.



What to know about sending students abroad

Alicia Goldstein Raun
Associate Director, MISTI
Managing Director, MIT-Spain and MIT-Portugal



What to know about sending students abroad

Alicia Goldstein Raun
Associate Director, MISTI
Managing Director, MIT-Spain and MIT-Portugal

and cultural resources!



Decide who is in charge

- Determine who will be in charge of the group (both before, during and after) and what their responsibilities will be
- Make sure students know who is in charge and how to contact them in case of a problem
- In some cases, MISTI staff with expertise in the host country can serve as a trip coordinator/point person (contact misti@mit.edu)



Health and safety is priority #1

- Ensure that trip location complies with MIT's policy
- Ask students to attend a MISTI health and safety info session
- All students can be added to the MISTI Health and Safety Canvas course - 1 hour course



Details, details...

- Passport, visa, immigration status (international students visit ISO)
- Housing
- Finances, banking, ATMs
- Cell phone plans that work abroad
- Register travel and complete forms



Think about identity

- Be aware that going abroad presents different challenges for different students
 - Underrepresented minority students
 - LGBTQ+ students
 - Students with disabilities
 - Women
 - First-generation students
- Visit MISTI IdentityX at mistiblogs.com



Know your host



SAFETY ABROAD

International travel risk policy

Country warning levels

International SOS

Register your travel

What to do in an emergency

Identity abroad

LOGISTICS

Visas

Travel arrangements

Securing computers & mobile devices

Expenses

[Home](#) / [Travel & safety abroad](#) /

Cultural resources

Here are a range of cultural awareness tools and resources to help the MIT community communicate and collaborate more effectively.

LEARN

→ [GlobeSmart: Guides to foreign cultures](#)

→ [Multicultural communication skills](#)





Brazil

GLOBESMART CULTURE GUIDE



Compare Profile to Brazil

Search topics in the

🕒 23:50 5 Dec
Global Meeting Time

☁️ 70° F 21°C
In Brasilia More

🏠 Currency Converter

Foreign Ministry >



Google

Need support?

misti@mit.edu





Environment, Health, and Safety

**Ask Lots of Questions while
Preparing for a Field Visit**



What is the key to a safe productive field visit?

Proper Preparation

- Assessing for Potential Hazards
- Developing a Strategy to Deal with these Hazards
- Allowing for Adequate Time to Implement your Strategy
 - Why? Because, It is always less stressful when you give yourself time
- Have a Backup Plan for Critical Issues
- Preparing (as best you can) for Emergency Situations



How do you do this? – You Ask Questions

Questions to Consider



Who is going into the field?

- How many people are going with you and how experienced are they?
- Have you all received appropriate trainings?
- Are you all up to date on vaccinations for the travel location?

What is going to be done in the field?

- Will you be using hazardous materials or collecting samples?
- Are there hazards related to equipment use?
- Will you be working on or near water? Along the side of a road?



Questions to Consider



Where is the fieldwork being done?

- Rural or Urban Areas? – Culture, Laws, Crime
- Remote areas? – Medical facilities, communication, lodging, etc.
- Local animals, insects, poisonous plants, food and waterborne illness

When will the fieldwork occur?

- Working at Night? – Hi-Vis PPE and light sources
- Will it be Hunting Season? – Wear blaze orange
- Consider seasonal weather patterns – excessive heat, cold, rain



How Can EHS Help? – Trip Planning Guidance Documents



EHS Field Research Safety Website – [link](#)

How Can EHS Help? – Trip Planning Guidance Documents

Planning a Field Research Safety Trip

Form A: Field Research Safety Plan

Where and when will your research take place?

What are the activities being done to collect your research?

What are the destination(s) communication barriers?

Does anything need shipping before arrival or departure?

What are the traveling prerequisites?

How far away is the closest medical facility?

Environmental, animal, weather, and activity concerns

What are the modes of transportation?

What safety equipment is needed? (PPE, etc.)

Form A – Field Research Safety Plan

Consider sharing this form with EHS Field Safety for review. They may pose questions for your consideration and provide additional advice.

This form should be completed well in advance of your field research trip. It will help you plan for the safest possible outcome, while considering unusual and infrequent events.

This form only needs to be filled out once per research destination even if numerous field excursions will take place over consecutive semesters or years. You need only review and add amendments if modest changes are anticipated.

How Can EHS Help? – Trip Planning Guidance Documents

Planning a Field Research Safety Trip

Form A: Field Research Safety Plan

Where and when will your research take place?

What are the activities being done to collect your research?

What are the destination(s) communication barriers?

Does anything need shipping before arrival or departure?

What are the traveling prerequisites?

How far away is the closest medical facility?

Environmental, animal, weather, and activity concerns

What are the modes of transportation?

What safety equipment is needed? (PPE, etc.)

Form B: Coordination Plan

Who is the emergency On-campus contact(s)?

If destination language is not English, who is your staff language interpreter?

Staff and Student Identification Checklist

Have staff and students completed medical travel prerequisite tests and vaccinations?

Are the staff and students trained for activities and emergent situations?

Form B – Field Research Coordination Plan

This form will be shared with your on-campus partners to ensure that communication is maintained in the event of an emergency.

This form should be completed for each field research trip as it provides information about the trip participants, their level of training, language fluency, etc.

EHS does not need to review this form.

How Can EHS Help? – Trip Planning Guidance Documents

Planning a Field Research Safety Trip

Form A: Field Research Safety Plan

- Where and when will your research take place?
- What are the activities being done to collect your research?
- What are the destination(s) communication barriers?
- Does anything need shipping before arrival or departure?
- What are the traveling prerequisites?
- How far away is the closest medical facility?
- Environmental, animal, weather, and activity concerns
- What are the modes of transportation?
- What safety equipment is needed? (PPE, etc.)

Form B: Coordination Plan

- Who is the emergency On-campus contact(s)?
- If destination language is not English, who is your staff language interpreter?
- Staff and Student Identification Checklist
- Have staff and students completed medical travel prerequisite tests and vaccinations?
- Are the staff and students trained for activities and emergent situations?

Form C: Travel Resources Logistics, Agenda, and Emergency Contacts

- Travel Itinerary
- Where will you be lodging?
- Daily Agenda
- Emergency Travel Contact Resources

Form C – Travel Resources & Logistics

This form can be printed out and provided to all trip participants prior to each field research trip.

It will have important information that will need to be accessed even in remote locations or areas with limited online capabilities, such as, travel and accommodation plans, and providing emergency contacts.

EHS does not need to review this form.

How Can EHS Help? – Fact Sheets and More Resources



- [Altitude Sickness](#)
- [Animals - General](#)
- [Animals - Large Predator](#)
- [Animals - Snakes](#)
- [ATV/ Snow Mobile/ Utility Vehicle](#)
- [Avalanche](#)
- [Camping](#)
- [Caves](#)
- [Dehydration](#)
- [Drowning](#)
- [Earthquakes](#)
- [Extreme Heat](#)
- [Floods](#)
- [Food/Water Illness](#)
- [Frostbite](#)
- [Glaciers](#)
- [Heat Stroke](#)
- [High Altitude](#)
- [Hiking](#)
- [Hurricanes](#)

- [Hypothermia](#)
- [Insects/ Ticks/ Spiders](#)
- [Landslides and Mudslides](#)
- [Lyme Disease](#)
- [Mechanical Equipment](#)
- [Personal Safety](#)
- [Personal Survival Kit](#)
- [Plants](#)
- [Rabies](#)
- [Snow Blindness](#)
- [Storm and Lightning](#)
- [Strenuous Activity](#)
- [Sunburn](#)
- [Tornadoes](#)
- [Tsunamis](#)
- [Vehicle Use](#)
- [Volcanoes](#)
- [Wildfires](#)
- [Winter Weather](#)
- [Working Near Water](#)



This Photo by Unknown Author is licensed under CC BY-SA

EHS Field Research Safety Website – [link](#)

In Conclusion

“By failing to prepare, you are preparing to fail” — Benjamin Franklin

- EHS wants you to have **SAFE** and **SUCCESSFUL** field visits
- Asking the right questions can help you prepare for this
- Remember, we are always available to assist at Fieldsafety@MIT.EDU

Global Engineering and Research (GEAR) Lab researchers (from left to right) Georgia Van de Zande, Carolyn Sheline, and Fiona Grant pilot a low-cost precision irrigation controller that optimizes system energy and water use at a full-scale test farm in the Jordan Valley. Photo: John Freidah

[Featured on MIT News - Oct. 25, 2023](#)



Research Security and Export Control

Janet C. Johnston

Senior Export Control Officer

Research Compliance Office

Office of the VP for Research

Background - Export Control Restrictions

- Due to foreign policy and national security concerns, U.S. government has export control regulations in place. Controls vary by country, institutions, etc. and can restrict what is exported (no export, export w/license, export w/o license). Restrictions can be non-obvious.
- Engagements with colleagues outside the U.S. are subject to export control laws. Everything that crosses the U.S. border is considered an export: Products, equipment, materials, software, technology, information, and “services.”*
- “Deemed” export (technology and software): disclosing controlled information to a non-US entity or individual (anywhere in the U.S. or beyond, even on campus).
- However, publicly available information and **results** of fundamental research are generally not covered by export control regulations.

* Services are broadly defined. Examples include instruction, advice, giving a keynote speech, accepting an award, etc.

Background - Other Important Restrictions

Interactions with certain international entities and persons are restricted

- **Sanctions by Statute or Executive Order** Sanctions on a country are intended to punish, coerce, or sometimes target a specific technology area.
 - Comprehensively sanctioned countries: Iran, N. Korea, Syria, Russia-controlled Crimea, Cuba
 - Other countries of concern: Russia, Belarus, Russia-occupied Ukraine areas, and Venezuela (government-connected entities)
- **Denied/restricted party restrictions** prohibitions are specific to persons or institutions—Entity and Unverified Lists, SDNs (Specially Designated Nationals), etc.
- **Entity/Unverified Lists** restricts listed entities and persons by imposing individual export licensing requirements that are not otherwise in place. Practical impact is that an entity or unverified list entity cannot receive items that others in the same country can without a license being obtained.

We Can Help – Please Contact Us

Why:

- Some institutions (and individuals) are restricted for export control or other risks associated with them. These are not always obvious, but MIT's export control office can help.

When:

- Traveling to a high-risk country (Check [U.S. State Department Travel Advisories](#) and/or the export control office)
- Considering an informal collaboration* with person or entity in high-risk country
- Taking technology (physical item or prototype) with you anywhere out of the country
- Anytime you have concerns or questions

How:

- Contact the [export control office](#)
 - Janet C. Johnston (978 590 0974); Kate Donovan (617 715 2886)
 - <https://research.mit.edu/integrity-and-compliance/export-control>
- Use the Informal International Collaborations tool <https://iic.mit.edu/iic/#/home>

*Please note: for formal collaborations where MIT is a signatory to an agreement, assessment of these collaborations is addressed through normal MIT processes

General Travel Advice

Laptops/Mobile Phones

- Don't take anything controlled with you
- Take a “clean” loaner laptop, tablet, phone
- In presenting, stick to previously published material
- Be aware of what kind of data you receive through your mobile phone
- Retain “effective control” over these items (on your person, in hotel safe, etc. Checked baggage is **NOT** deemed to constitute effective control.)

Other Equipment

- It is strongly advised to ship material --through third-party carriers to ensure proper compliance with EHS regulations, export control clearances, liability if items are damaged, and other procedures.
- Shipping with intermediate stops can be an export to those countries!

Field Work

- University research activity done outside the U.S. may not qualify for the Fundamental Research Exclusion. Any physical items or prototype deployed in a foreign country is an export – please contact export control for assistance.

For more details:

<https://research.mit.edu/integrity-and-compliance/export-control/scholarly-activities/international-travel>

Interactions at Airports and International Borders

Matthew Fucci

Counsel

Office of the General Counsel

Researchers Are Getting Stopped at Airports and Borders

We observe that the majority of prolonged border stoppages for researchers and students are a result of U.S. Customs and Border Protection (CBP) agents questioning either:

- (1) **Data** or other information related to the traveler's area of research contained on electronic devices or
- (2) **Research materials or specialized equipment** being carried by the traveler

How to Reduce Your Risk at the Border

Carry only what you need

- (1) Contact your local IT support provider or [IS&T](#) to ask for a **loaner laptop and/or mobile device** that can be configured with minimum software and data needed
- (2) Instead of hand-carrying research materials or specialized equipment, you should **ship research materials and equipment separately to your destination**

Additional Documentation

- You may also choose to secure and carry with you **a letter from your supervisor or department head** noting the data you may be traveling with and the purpose of taking it abroad
- This letter helps answer questions a CBP agent or other border agent may ask and gives them **a contact person at MIT to verify the information**
- A sample letter is available on the OGC website: <https://ogc.mit.edu/template-travel-authorization-letter>

If You Get Stopped and Questioned in the U.S.

(Laws Elsewhere Vary)

- CBP agents do not need a special reason to search or question you at the border
- Not a criminal detention, so **you do not have the right to contact an attorney** (unless you are being placed under arrest)
- **You do not have to assist in a search** by giving device passwords (although CBP may seize your devices); You have right to remain silent
- **Ask for a receipt** if CBP seizes a device (which they may retain for weeks or months)
- Failure to cooperate may affect immigration or visa process for non-U.S. persons

More Details Available on OGC Website

<https://ogc.mit.edu/latest/international-travel-preparation>

- PDF “pocket reference cards” available with key points that can be carried when traveling

<https://ogc.mit.edu/template-travel-authorization-letter>

Top 5 things to know about technology when traveling abroad

Jessica Murray

Information Security Officer

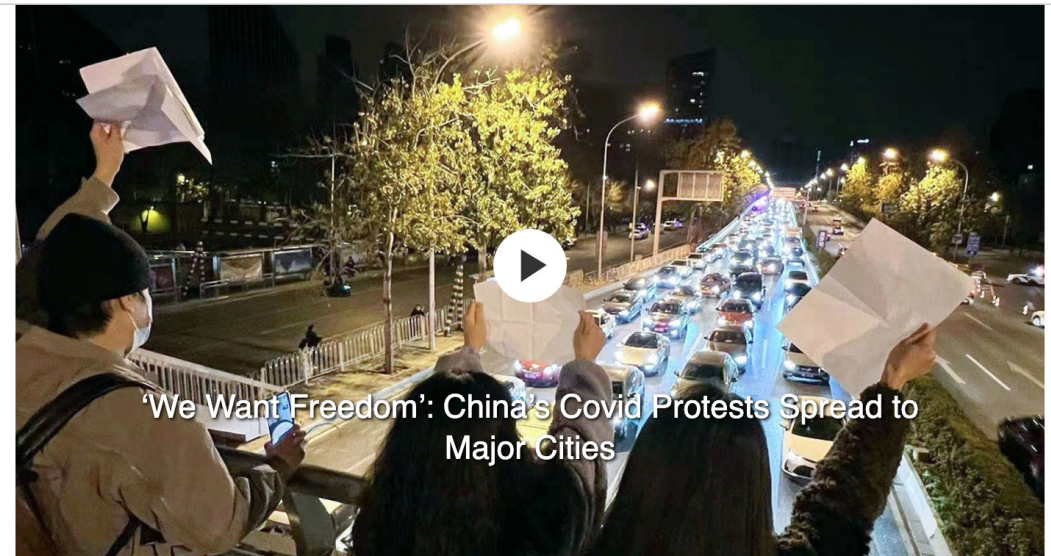
IS&T

December 11, 2023

1. Travel resources from IS&T

- Loaner Device Request
<https://ist.mit.edu/secure-devices-travel>
- IS&T Knowledge Base kb.mit.edu
 - Travel and Technology Landing Page
<https://kb.mit.edu/confluence/display/istcontrib/Travel+and+Technology+Landing+Page>
 - Secure Travel (High Risk)
<https://kb.mit.edu/confluence/display/istcontrib/Secure+Travel+Recommendations>

THE WALL STREET JOURNAL.

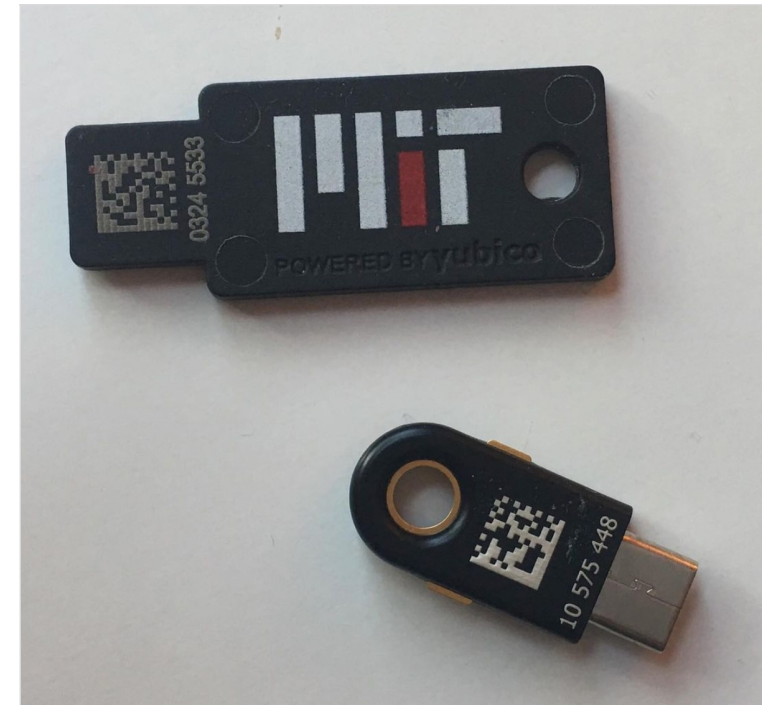


'We Want Freedom': China's Covid Protests Spread to Major Cities
In a rare show of defiance, crowds in China gathered for the third night as protests against Covid restrictions spread to Beijing, Shanghai and other cities. People held blank sheets of paper, symbolizing censorship, and demanded the Chinese president step down. Photo: Kyodo News/Zuma Press

In Shanghai, police were checking the phones of people who showed up at People's Square Station, a transportation hub, in search of foreign apps including Instagram, Twitter and Telegram, according to messages posted in a chat room used by protesters and viewed by The Wall Street Journal.

2. What will you bring?

- A loaner device is recommended
 - especially for High Risk Travel
 - laptops, tablets, and phones available
- Will your cell phone work internationally?
- Do you have all your power cords?
- Consider a Yubikey for Duo authentication
- Test new devices or apps before you go



3. Protect your devices and data

- <https://infoprotect.mit.edu>
- Backup your devices before you go
- Bring only the data you need
 - If a loaner device is not available, after you back up the device you can wipe and reinstall a clean copy of the OS etc.
- Update your operating system and applications
- Encrypt your devices (laptop, phone, external drives)
- Install security applications (Crowdstrike, Sophos, VPN client)

4. While you are there

- Don't leave your devices unattended
- Be mindful of your surroundings when entering passwords or accessing information
 - “Shoulder surfing,” reflective surfaces, or security cameras
- Utilize the MIT VPN (if not prohibited)
- Don't use unknown USB drives
- If using a loaner or a wiped device, use outlook.com or owa.mit.edu for email, [Dropbox](https://dropbox.com) on the web, etc. instead of installing clients that sync data

5. When you return

- If you traveled with a loaner or wiped your devices before traveling
 - Copy any data you've modified onto an external drive
 - Scan the data for viruses (Sophos)
- Wipe and reinstall, restore data from backup
- Reset out of office messages
- Reset passwords



TRAVEL AND EXPENSE REPORTING



1. PLANNING

CONFIRM SPONSOR TERMS

- Check KUALI COEUS or the sponsor agreement for Travel restrictions.

INTERNATIONAL PER DIEM

- The specified Per Diem rate can be claimed for each ground day at a location.
- For travel days you are allowed 75% of the Meals and Incidental Expense (MI&E) rate of the destination location.

2. CARD PAYMENT

MIT TRAVEL CARD

- Using an MIT Travel Card? Make sure it is activated and you know your PIN.
- Notify Bank of America or the Travel Office of your Travel Plans.
- Cards not an option? Contact the Travel Office at least two weeks prior to your departure date so individual payment arrangements can be made.

TRAVEL CARD HELP

- Bring your Travel Card Help Number.

If you run into issues using your MIT Travel Card while abroad call BOA directly at 509-353-6656. Have the following information:

- a) Account Billing Address: 77 Massachusetts Avenue, Cambridge, MA 02139***
- b) Activation ID: Your MIT ID number***
- c) Account Phone number: 617-253-8366***
- d) Account name: Kathleen McGrath or Kim Harmon***

3. DOCUMENTATION

ITEMIZED RECEIPTS

- Expenses in excess of \$75
- Any expense that includes alcohol
- Business Meeting Meals (non MIT attendees)
- Airfare, rail, & hotel expenses
- Comparison economy flight or flight that includes only dates of business travel

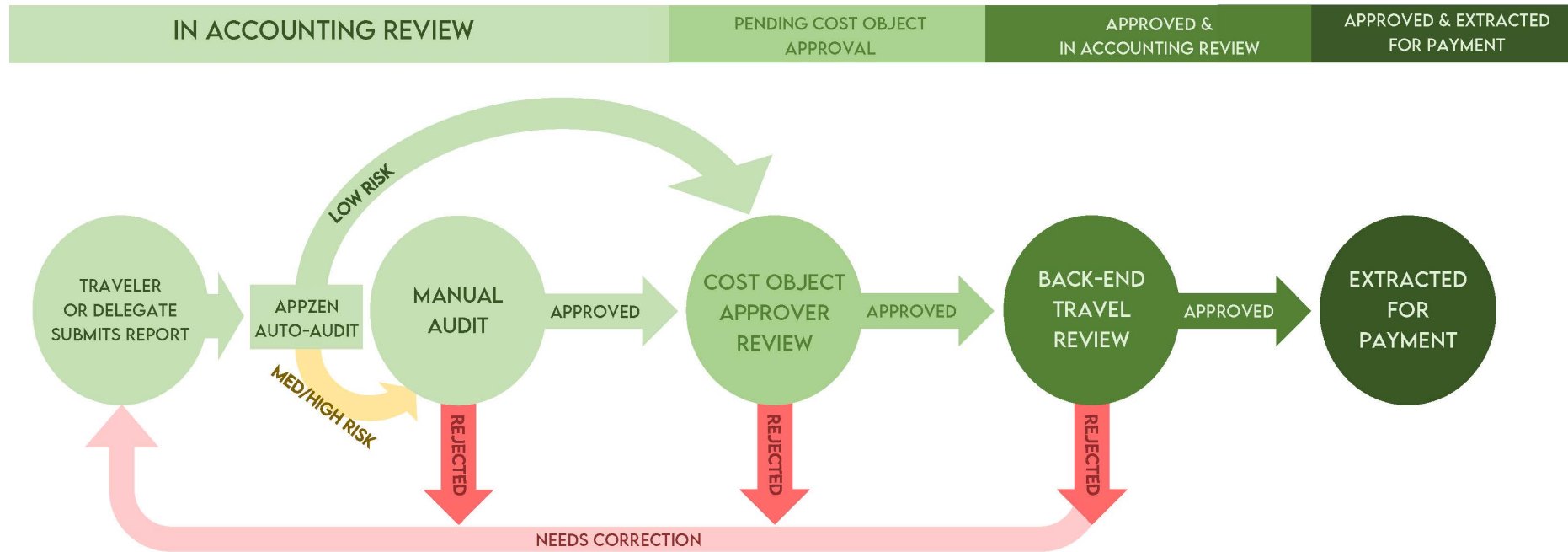
INTERNATIONAL FLIGHTS

- Business Class or Personal Travel
- Comparison economy flight or flight that includes only dates of business travel

4. PROTECTIONS

International Car rentals

5. REPORTING



Travel Reporting

APPLY

Application Process

BOOK

Booking Options

TRAVEL

Required Documentation

REPORT

How-To

PAYMENT

Payment Options

Travel Resources

Email

travelsupport@mit.edu

VPF Travel and Card Services

<http://vpf.mit.edu/travel>

The Travel team is available for small group or individual training.

Safe Travels!



Travel Training

[Travel Policies for the Traveler](#) (Online)

[Travel Policies for the Approver](#) (Online)

[ProCard: Cardholder Training](#) (Online)

In Development

Concur Overview and Demo (Online)

Thank You!

For more information:

GSR.mit.edu

internationalhelp@mit.edu