

## Health Guidelines

## **HEALTH GUIDELINES**

The Experiment in International Living partners with International SOS, a global leader in medical and travel risk management. International SOS provides up-to-date information for every country where The Experiment operates, including relevant "Before You Go" advice and vaccination recommendations in line with those provided by the U.S. Centers for Disease Control and Prevention (CDC).

To access International SOS through our partnership, follow these steps:

STEP #1: Go to: <a href="https://www.internationalsos.com/">https://www.internationalsos.com/</a>; at the top of the page you will see the Member Log In above the main banner:



STEP #2: Click on the Member Log In link to access a field where you can enter our member number: 11BYCA639556



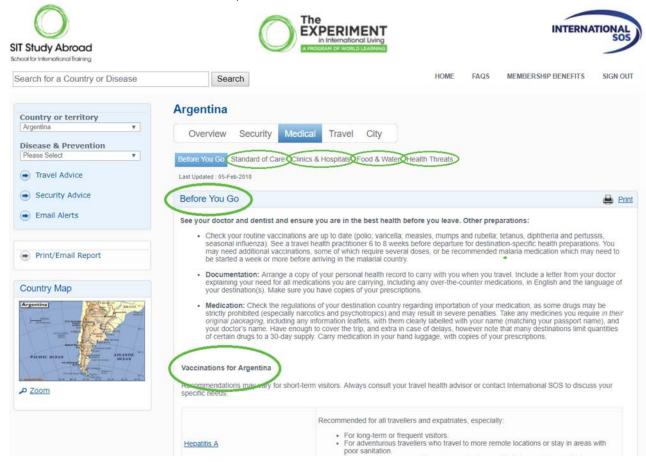
STEP #3: Logging in will take you to our membership homepage; from here you can select your program country or countries from the dropdown menu:



## STEP #4: On your country's page, select the Medical tab from the centrally-located options bar to access specific information:



## STEP #5: Once on a country's Medical page, you can explore tips for *Before You Go*, see Vaccination Recommendations, and much more:



If you wish to speak to an International SOS advisor directly, you can call their Philadelphia Assistance Center at:

- 215-942-8478
- Explain that your teenager will be traveling with The Experiment in International Living, and give the operator our membership number: **11BYCA639556**
- Give a brief explanation of the questions that you are calling with, the country that your teenager will be traveling to, and
- The Assistance Center will direct your call to an appropriate advisor.

International SOS medical information covers concerns that may be present in your program country and other program destinations and is actively updated with information from International SOS's global network of advisors. Although no repository of information can address every conceivable contingency, the International SOS resources provide you with standards to follow which should optimize good health during your time abroad.

You may find that local customs and practice, as well as varying U.S. providers' approaches, at times conflict with International SOS recommendations. It is essential that you review this information with your healthcare provider to discuss individual issues such as pre-existing medical concerns, mental health status, and / or allergies to particular medications or vaccination components. Any specific medical questions or concerns related to this information should be directed to the U.S. CDC (www.cdc.gov/travel) or to your own provider. For additional questions, please contact:

The Experiment 1-800-345-2929 inside the U.S. 1-802-258-3481 outside the U.S. experiment@worldlearning.org.