



# Personal Emergency Action Plan (PEAP)

Creating a PEAP is an excellent first step in maintaining your safety while overseas. Complete the requested information on both sides and store this form in an accessible location.

Take a photo with your phone AND keep a physical copy!

## Know your Emergency Contact Information

Record the numbers for the following individuals and agencies nearest your study abroad and/or travel locations.

UofL Office of Study Abroad and International Travel: Virginia Hosono, vlhoso01@louisville.edu, 001-502-852-0298

CISI Policy Number: GLM N14285465 UofL Police: 001-502-852-6111

24-Hour Insurance Hotline: CISI, medassist-usa@axa-assistance.us, 001-312-935-1703 (call collect worldwide)

Country's 911 Equivalent: Police: Fire:

Local Hospital: Consulate/Embassy:

On-Site Coordinator Name: Phone Number:

## Know your Emergency Transportation Options

Be aware of all your options and record names, numbers (addresses if applicable) for the following.

Taxi: Bus Station:

Metro/Train Station: Airport:

## Who would you call first, second, third in an emergency? Name & Contact Number

First: Second: Third:

Do your emergency contacts have each others' phone numbers/contact info so they can communicate and relay information about you to each other?

## Alternative Methods of Communication

|                 |                 |        |
|-----------------|-----------------|--------|
| Landline Phone  | Satellite Phone | E-Mail |
| Internet (Apps) | Social Networks | Fax    |

**Did you know?** CISI will send you an email in case of emergency asking you to check-in and verify you are safe!

Enroll in the U.S. Department of State's Smart Traveler Enrollment Program [STEP] for free.



# Thinking Through an Emergency

## What is an emergency?

An emergency is any circumstance that poses a genuine risk to, or that has already disturbed the safety and well-being of program participants. Emergencies will include, though not be confined to, the following types of events and incidents:

1. Disappearance or kidnapping of a participant;
2. Criminal assaults against program participants;
3. Sexual assault or rape;
4. Serious illness, physical or emotional, injury or death;
5. Hospitalization for any reason;
6. Arrest, incarceration, or deportation;
7. Terrorist threat or attack;
8. Local political crisis;
9. Natural disasters.

A "perceived emergency" results from events that are not immediately threatening to the student's health or safety, but which may be viewed as such by family and friends at home, or by the media. In many instances, a perceived emergency must be treated as a real emergency.

## In the event of an emergency, how do you assess the situation?

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## Back-Up Plan & Special Conditions

If the situation does not permit you to follow the original emergency plan, what is your Plan B?

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Are there any special conditions unique to your situation to consider? [Ex: weather conditions, regional hazards, environmental or medication allergies, etc.]

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## Who can help?

Who would you like assisting you in case of emergency?

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Do your emergency contacts know what your wishes are in case of illness or death?

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How and when do you make the decision to come home? Who do you consult with?

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## List 3 facts from the U.S. Department of State's Safety & Security Memo of my country.

1. 

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2. 

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3. 

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