Below are links to select resources and documents developed by the Health, Safety, and Student Affairs team at Arcadia Abroad related to student wellbeing that may also be helpful to study abroad advisors. These resources are thoughtfully designed to provide key pieces of information to students. Each of these resources is shared with all students during their pre-departure orientation, tailored advising, and/or via email outreach. Students continue to have access to this information throughout their time abroad.

**Health & Safety Pre–Departure Advising**

**Wellness Advisor Contact Information** | Every student participating in an Arcadia Abroad program is assigned a Wellness Advisor based on their host country. Their Wellness Advisor will review the student’s Personal Health & Self Care form and will provide tailored guidance and support based on the student’s disclosures. If a student has already selected their program and has questions about managing their health and wellbeing abroad, they can direct those questions to their Wellness Advisor. If a student has not yet selected a program and has questions about which program might be best for them based on their needs, they can email Alisha Divis, Assistant Director of Student Life, at divisa@arcadia for assistance.

**Personal Health & Self Care Form FAQ** | Each student is required to submit a Personal Health & Self Care form. This is the student’s space to disclose any current or recent medical or mental health conditions, share prescription medications, disclose current academic accommodations, and more. This information does not impact admission to any program and is treated with respect by members of the Health, Safety, and Student Affairs team. If a student has needs, early disclosure maximizes the support that the student’s Wellness Advisor can provide to students pre–departure and the feasibility of making on–site arrangements.

**Immunization Form and FAQ** | *HAMILTON AND BRANDEIS FIRST YEAR PROGRAMS ONLY* | Students on first year programs (excluding FYSAE) must submit proof of immunization via the Immunization Form.

**Program Accessibility & Choice**

**Academic Accommodations Index** | Students who receive academic accommodations at their home institution can reference this guide to understand what steps they need to take to apply for those accommodations at their host institution. Please note that the host institution makes the final decision regarding accommodations as defined by their local laws, regulations, and institutional policies.

**Program Accessibility Guide** | Students who have specific considerations related to a disability, housing needs, or an identity can reference the Program Accessibility Guide to learn about what can be accommodated at a host institution or what they can reasonably expect in a country given local laws and regulations. This resource can be used to help students select a program that meets their needs.

**ADHD Medication Guide** | Students who are prescribed medications that are commonly used to treat ADHD should be mindful of local laws related to the importation and availability of medications in their desired host country. If their continuation of using their medication is important, they should review the specific guidance for their desired host country and ask their Wellness Advisor for additional information. Please note that several locations where Arcadia Abroad operates programs, including Australia and New Zealand, have very strict import laws that restrict the quantity of medication that can be imported and the availability of controlled substances.
Access to Healthcare and Insurance

**Summary of Insurance Benefits** | Arcadia Abroad provides comprehensive insurance to all program participants. Students are automatically enrolled in the group policy and the coverage cannot be waived under any circumstances. The policy provides comprehensive health benefits, qualifying trip interruptions, and evacuation policy. The insurance benefits include policies by both Cigna Global and Lloyds.

**Calling ISOS** | International SOS provides medical and security support to all Arcadia Abroad students. Depending on student needs, the student’s Wellness Advisor may request that the student engage with ISOS pre-departure. In the event that the home institution also has an ISOS membership, we strongly advise Arcadia Abroad students to use our membership to ensure that rendered services are supported by our insurance benefits and will maximize our ability to advise students requiring support.

**Insurance Claim Guide** | If a student pays for services covered by the Arcadia Abroad Cigna Global policy while they are abroad, they can file a claim for reimbursement. The Health, Safety, and Student Affairs team is available to guide students through this process.

Family Resources

**Family Pre-Departure Orientation** | A student’s support network is critical to their ability to successfully navigate their study abroad experience. Upon confirming participation in their study abroad program, the student’s emergency contact received an email with a link to a Family Pre-Departure Orientation. The objective of this course is to share information that will help the family support their student throughout their time abroad.

Arcadia Abroad Health, Safety, and Student Affairs Emergency Contact

**Emergency Contact Information** | Arcadia Abroad staff are available 24/7 to respond to student emergencies. Folks based in the US should call 215-572-2123 for assistance in an emergency. Non-urgent issues can be emailed to studentwellnessabroad@arcadia.edu or directed to us via phone at 215-572-2901.
Arcadia Abroad Health, Safety, and Student Affairs Team Information

**Hannah Leidich** | Director of Health, Safety & Student Affairs | As Director, Hannah provides oversight of the HSSA team, serves as the primary liaison between Arcadia Abroad and insurance companies, manages high level incidents abroad, including incidents related to sexual misconduct or assault, and serves as a resource for home school advisors on general inquiries related to Arcadia Abroad’s approach to Health, Safety, and Student Affairs. Hannah can be reached by email at leidichh@arcadia.edu.

**Alisha Divis** | Assistant Director of Student Life | As the Assistant Director, Alisha provides support for students looking to identify a program that meets their needs related to identity and accessibility in all locations, liaises on topics related to housing, and oversees the student conduct process. In the interim, Alisha is serving as a Wellness Advisor to students on all programs outside of England and Wales. Alisha can be reached at divisa@arcadia.edu.

**Ikysha Dearry** | Care & Wellness Advisor | As Care & Wellness Advisor, Ikysha provides pre-departure support related to health and safety for students studying on programs based in England and Wales. Ikysha also serves in the 24/7 emergency phone rotation and serves as a resource to local staff supporting student health and safety needs once they arrive on their program. Ikysha can be reached at dearryi@arcadia.edu.

**Vacant** | Care & Wellness Advisor | As Care & Wellness Advisor, this role provides pre-departure support related to health and safety for students studying on programs based outside of England and Wales. This role also serves in the 24/7 emergency phone rotation and serves as a resource to local staff supporting student health and safety needs once they arrive on their program. Alisha Divis is providing support to students on these programs until this role is filled. Alisha can be reached at divisa@arcadia.edu.