

Carleton College

One North College Street
Northfield, Minnesota 55057

Office of Off-Campus Studies

Phone: (507) 222-4332

To: Students traveling on Carleton Off-Campus Studies programs

Re: Summary of International SOS Assistance, www.internationalsos.com

Carleton College considers your health and safety to be a top priority while traveling on College business, including off-campus studies and research. Carleton has contracted with International SOS for travel assistance and evacuation services.

Prior to departure from the U.S., you must log on to the SOS site to create your personal online account, using your membership number as your member login:

http://www.internationalsos.com/members_home/login/login.cfm

Emergency contact information is especially important.

International SOS services, available at any time anywhere in the world, range from telephone advice and referrals to full-scale evacuation by air ambulance. The SOS Alarm Centers offer a worldwide network of multilingual critical care and aero-medical specialists. SOS services are designed to help you with medical, personal, travel, security information, and legal referral when away from home. They are designed to supplement Carleton's ACE insurance and your own health insurance, which must be valid in international settings. Some SOS services have additional charges, which if used, will be billed to you upon completion of your travel. SOS Country and Security Guides, also on their website, offer medical, security, and general travel advice, including standard of health care in specific locations, medical care payment procedures, availability of medications, safety of blood supply, dialing code information, cultural etiquette, financial information, and voltage/plug information.

Carry your SOS card with you at all times.

Call one of the three SOS Alarm Centers listed on your card (direct, collect, or toll-free) at any time to speak with a physician or security specialist about simple or critical matters. To ensure a prompt response, be prepared to provide the following information:

- Your name, location, age, sex, and nationality
- The division with which you are associated (OCS, Dean of the College or departmental research, etc.)
- Your SOS membership number
- The telephone number from which you are calling (in case you are disconnected)
- Your relationship to the SOS member (if the person calling is not yourself)
- Name, location, and telephone number of the hospital or clinic (if applicable)
- Name, location, and telephone number for the treating doctor, and where the doctor can be reached (when applicable).