

SECTION 6: TRAVEL

6.1 Travel Safety and Health:

Traveling internationally has many possible dangers to EWB volunteers. We at EWB want to make sure that everyone comes back safe and healthy.

6.1.1) EWB Procedures:

1. Prior to finalizing your group's travel plans, each member of the group should do the following:
 - a. Each person should review the *Travel Tips Presentation (#602)*, and fill out *The personal Health Checklist (#603)*, the *Volunteer Waiver Agreement (#605)*. Each volunteer, (and their parents if the volunteer is under 21) needs to provide a waiver releasing EWB-USA from liability and proof of trip insurance (covering medical and evacuation needs) to the Project Lead.
 - b. Vaccinations:
 - i. All EWB volunteers traveling to a foreign country are expected to get the recommended vaccinations for their travel destination.
 - ii. Information on these vaccinations can be found at your doctor's office, travel clinics or through the World Health Organization (WHO) or Centers for Disease Control (CDC).
 - c. Each member of the group should review the *Recommended Medical Kits Contents (#604)*, and Fill out the *Travel Readiness Checklist (#601)*

6.1.2) Before Traveling the project group should do the following:

1. It is suggested that the Project Lead review the State Department web sites for the specific countries that will be visited as a part of the Field Implementation Trip. Other agencies that will provide valuable information on travel safety include: Peace Corps offices, U.S. Embassy offices, travel agencies, airlines, etc.
2. Most importantly, each volunteer and their family need to make an informed decision as to their safety while out of the country.
3. Checklist of most important items:
 - a. Valid passports, visas, trip insurance, vaccinations, health insurance, medical evacuation insurance, foreign exchange, project components packed and ready, and EWB liability waivers in place. The Health Point person should have a completed Personal Health Checklist for each person on the project team, a first aid kit and a list of key contact phone numbers & US Embassy Contact number in ghost country.
4. Some useful items to carry on a field trip:
 - a. GPS units, satellite phones, first aid & medical supply kit, list of key contact phone numbers & US Embassy Contact number in ghost country.
5. Distribute information on location of nearest medical facilities in the field, etc., verify and distribute emergency contacts and village contacts to all project participants.
6. Develop an emergency plan and an exit strategy.
7. Schedule a Travel Readiness Review 2 - 4 weeks before the project trip. Verify all team travel logistics, budgets, and funds.
8. Provide host country cultural information to trip participants.
9. Prepare students for cultural differences - higher population density, fewer comforts of sanitation, temperature control, etc., and the possibility of seeing people, particularly children and animals, in dire conditions.
10. Discussions:

- a. Discuss and resist the polarizing vision of "helper" versus "helpee", since this does not promote the spirit of partnership and exchange.
 - b. Discuss reading materials that promote a deeper understanding of poverty and development, recognizing two types of poverty:
 - i. The cultural misperception of subsistence living as poverty (i.e., more things does not necessarily mean better developed), and,
 - ii. The misery of deprivation and dispossession often caused by rapid industrialization, western-style urbanization, exploitation by multinational corporations, and a resulting displacement from natural resources and traditional surroundings. Two suggested selections are:
 - *Staying Alive; Women, Ecology and Development*, Vandan Shiva, Zed Books, London, 1989
 - *Poverty: The Wealth of the People*, R. Bahro in *From Red to Green*, London: Verso, 1984
 - c. What brings self-esteem and self-reliance to individuals and to communities?
 - d. Also pose the questions: "Should developing countries develop using the model of "first-world" countries, which is inherently unsustainable? Are there models for sustainable development that can be applied to both "developed" and "developing" countries, and can EWB-USA projects lead to discovering them?"
11. Plan for Project coordination on site:
- a. Translators - This is very crucial to the success of a project. Ensure adequate numbers of translators for duration of mission and team numbers.
 - b. Local transportation.
 - c. Local suppliers of materials or technologies to purchase and/or partner with on a project and to help start 'micro-enterprises.'
 - d. In country shipping address or staging area.
 - e. Project Trip / Implementation Plan consultants, fees, professional contacts, etc.
 - f. Creating trusted relationships with in-country community contacts that are credible with and respected by the local population.
 - g. Do the local contacts/organizations we partner with have the respect of the local population?
 - h. Are your agreements clear: written or verbal?

6.2 Documents:

- a) *Travel Readiness Checklist (#601)*: This checklist is to help the groups organize everything necessary for the trip.
- b) *Travel Tips Presentation (#602)*: This presentation must be viewed by each member traveling so that they are aware of practical guidelines of traveling internationally.
- c) *The Personal Health Checklist (#603)*: This form must be filled out by each person traveling and then submitted to the Health Point Person traveling with the project team.
- d) *Recommended Medical Kits Contents (#604)*: This checklist was created so that group members know all of the medical items that should accompany the group on the trip.
- e) *Volunteer Waiver Agreement (#605)*: This form must be filled out by each person traveling and then submitted to the TAC. The health forms and this form should be submitted at the same time.