



INTERNATIONAL FIELDWORK

PRE-DEPARTURE BRIEFING

While You Are Away



WORK
INTEGRATED
LEARNING

Overview of content

Three slide decks available:

1. Preparing to go
2. Cross cultural awareness
3. While you are away – *this deck*

- Arrival at the host site
- In-country health management
- In-country safety management
- Tips when out & about
- Situational awareness
- LGBTQIA+ travellers
- Gendered risk
- PSEAH
- Protests & riots
- Grab bag
- Hygiene
- In-country tips
- Be an ambassador
- Keep in touch
- Resources



Upon arrival at the destination airport

- Check into your [International SOS](#) app
- Keep your mobile phone charged and on you with emergency numbers programmed including Curtin contacts

At Airport

- If you are new to the destination, make sure somebody is going to meet you at airport and you will be able to recognise the person.
- Ensure you have the contact number for your host.
- This is when you want to start using your local sim card.
- If taking a taxi, use the official booth or queue. NEVER take a taxi from unknown individuals inside airports.
- Keep your baggage close to you, supervise the loading of it on to buses/taxis.
- Sit in the rear of the taxi. Don't share personal details. If you feel uneasy, instruct driver to stop at the first secure or busy place you see.
- No brainer: don't carry large sums of cash. Don't flash jeweller or laptop or cameras!



International fieldwork processes on arrival at the host site

To Do

1. Set up Phone and Internet Access
2. Email or call Fieldwork Coordinator/Supervisor, Next of Kin and Host Site Supervisor to let them know you have arrived safely
3. Touch base with other students

Complete

1. International Accommodation and Safety Checklist
2. Host Site Induction Checklist



In-country safety management

1. Pack your own bags & never carry anything for someone else
2. Do not take unnecessary valuables with you
3. Take care of money, passport and cards. Consider a bum bag or a neck wallet pouch. Use safes in hotel rooms and receptions
4. Don't leave your bags unattended or in the care of a stranger
5. Do not joke about terrorism and security threats or call attention to yourself - security in airports do not find this funny and you could be detained
6. Be cautious of pick-pocketing, especially in high tourist places
7. Do not travel after dark unnecessarily
8. Negotiate before you get in with songthaews/cyclos/tuk tuks/taxis – ask for meter where possible
9. Ensure you have notified a supervisor or someone at your host site where you are going, who you are going with, your mode of transport and what time you expect to return
10. Beware of travel scams and booking trips on-line - if it seems too good to be true, it probably is!



At Destination – out and about

- Get familiar with this awesome place – familiarise yourself with the layout of the city, start to learn the routes to your destination and to your placement.
- Start noting places like hospitals, Government & corporate office buildings, shopping malls along your route - these are your escape routes and safe havens.

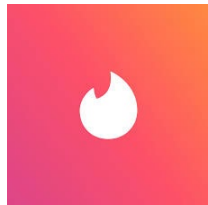
Local dress and customs

- **Dress modestly** to avoid drawing attention
- Tell your supervisor, or your buddies, the accommodation manager, about where you are going and when you plan to return - better still, everyone go out together, more fun, and safe!
- If you must go out alone, **make sure your buddy system will raise the alarm** if they don't hear from you.
- Memorise **useful local phrases** – this will save your life and bring a smile to a local 😊



Situational awareness – being socially safe

- Do **not drink to excess or take illegal drugs**. This will make you more vulnerable or impair your decision making. You do not want to wake up elsewhere tomorrow.
- Do **not leave your drink unattended, uncovered, or in the care of a stranger or new friend**. Drink spiking is common in many parts of the world.
- Be careful of what you are **posting on social media** or through smartphone dating apps – avoid posting location, accommodation and social information. Be discreet. You also don't know the local laws – so you won't know what may cause offence.
- Increase your privacy settings – lower your social media profile – tick off who can see your posts.



LGBTQIA+ Travellers

- Research the local laws, culture and norms before you travel
- Do obey the laws of the land
- Where the law does not recognise gender diversity, maintain a low profile
- Some airport officials may deny entry if they deem that the gender on the passport is not the same appearance as the traveller.
- If you are a victim of assault **RING International SOS FIRST** for on-the ground or legal advice in order to avoid potential detainment by officials or extortion by criminals
- Consider lowering your social media profile and maximising your privacy settings.
- Be wary of newfound “friends”, particularly found locally via online dating forums or smartphone apps, as criminals may choose to exploit you because of sexual orientation.



Same-sex relationships are considered illegal in some countries – however this is not openly known, opaque and may appear puzzling because the urban areas appear gender-diverse.

Social attitudes in some countries can result in harassment of the LGBTQIA+ community. Penalties may appear harsh by Australian standards and may result in fines, detainment or imprisonment.

Gendered Risk

- Casual sexual assault may occur in a crowded street. If you feel people are crowding you – *hold your bag to your chest, and stick your elbows out* – this creates a space and makes it harder for a perpetrator to get to you
- You all will be stared at – lone women in remote places will be a source of curiosity. Keep it so. *Avoid eye contact with strangers especially on the street and on public transport.* Stay confident and purposeful in your demeanour and posture; This implies you are well connected and know where you are going.
- Decline firmly but politely any invitations that make you uncomfortable, even if faced by amicable pressure to accept. Ignore suggestive comments, don't buy into it.
- If you suspect you are being followed, enter a busy public place and call out for help/ring your local contact or ring International SOS.
- If you are a victim of verbal abuse or receive unusual attention, leave immediately, return to accommodation or placement.
- If you are *assaulted, sexually or otherwise* **BEFORE REPORTING TO AUTHORITIES** ring [International SOS](#) to ensure your wellbeing and health is first taken care of. This also avoids potential detainment or charges according to the local laws or potential extortion by individuals.
- Be aware that if there is evidence of *alcohol consumption*, even if you are the victim, you may be arrested (*in some countries*) without recourse to legal or other assistance.
- Members of the LGBTIQ+ community are at higher risk of sexual harassment or assault. Make sure you have a buddy system in place.
- We remind all students who may be victims of sexual assault or sexual harassment to ring International SOS in order that the University is notified immediately in order for us to put urgent safety measures in place. We may choose to evacuate you home.
- Curtin *does not require students to report to a police station* in order to make an insurance claim for stolen property. A statement by the landlord or your supervisor is sufficient evidence to make a claim.



Stay safe during a protest or riot

- If caught in a crowd start to move towards the edge.
- Break away and find a nearby building as refuge; even a locked doorway.
- If you are caught in the crowd, stick your elbows out, grasp your wrists in order to give yourself some space and also to prevent people getting too close.
- Stay on your feet. Try to get to a wall to prop yourself
- Keep calm. This is not your fight.
- When you reach the fringe or you cannot shelter in place, walk away calmly, don't run.
- REMEMBER – Police don't want you – they want to prevent a riot or target key perpetrators. Accordingly they usually have a formation with open sides so that people can disperse.
- Avoid commenting negatively about the political leaders or the situation. It may be viewed as proselytising.



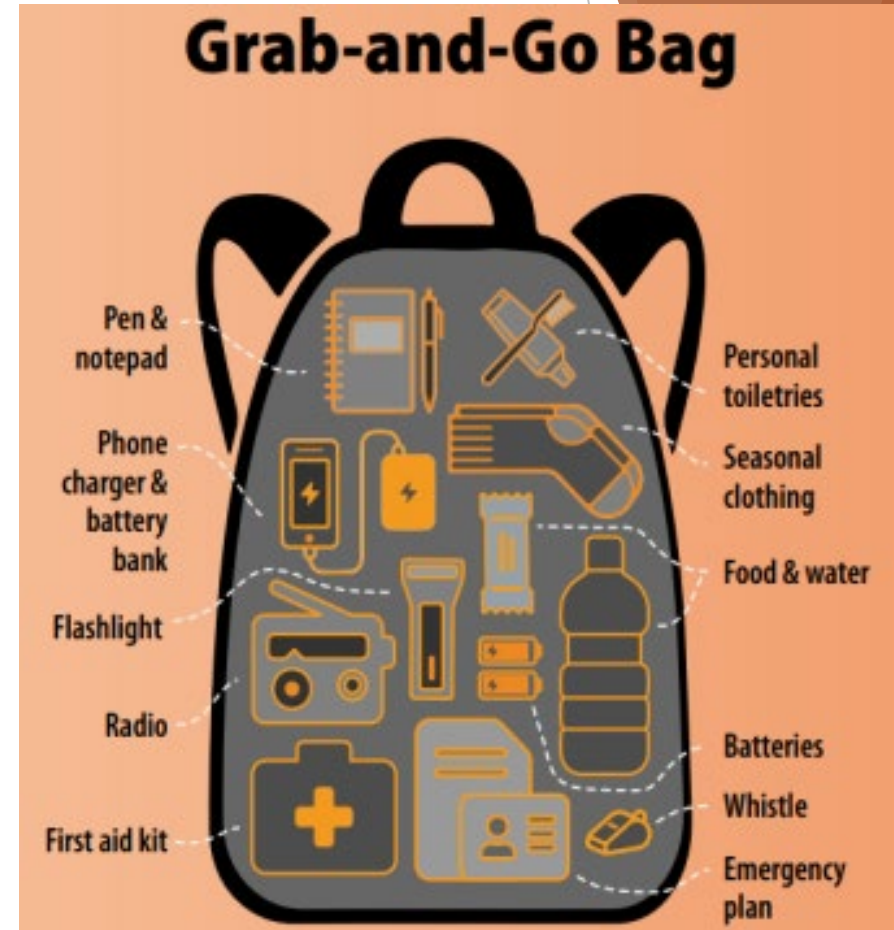
Grab bag

There may be times when you may need to evacuate if there is a typhoon, flooding or other natural disaster pending

Preparation is key to your health and wellbeing

Contents to include in a water-proof bag:

- 2 bottles of water
- Clean clothes/shoes
- Jumper – doubles up as a blanket
- Medical kit or your medications
- Cash & cards
- Passports
- Hygiene products – important to also have Kleenex wipes for the toilet. Buy a few packs.
- Face masks
- Your phone contact list
- Non-perishable food – nut bars etc
- Chocolates – also popular to hand out as thank yous
- Phone
- Laptop, chargers, batteries.



Practising careful hygiene

- Wash hands with soap thoroughly and/ or use sanitiser, *particularly before eating or drinking – you may not always get cutlery to eat with*
- Wash hands properly with soap after toilet use
- Keep a distance from anyone who is unwell – at least 1 metre
- Ensure safe food preparation, wash hands before, during and after preparing food
- Wash your hands after touching shared objects
- Wash hands before inserting or removing contact lenses
- Wash hands after participating in clean-up activities, or items that could be contaminated *eg clothes, shoes or cleaning cloths*
- Wash hands after touching animals, toys or waste
- Move away from people when you cough or sneeze
- Do not use your hands when you cough or sneeze, use a tissue or you upper sleeve – dispose of tissue immediate and wash hands
- Do not touch mouth, nose or eyes with hands, until you wash hands



Handwashing in Asia

- Wet your hands with clean, running water. Turn off the tap and apply soap.
- Lather your hands by rubbing them together with the soap
- Scrub your hands for at least 20 seconds
- Rinse your hands well under clean, running water
- Use a disposable towel or your elbow to turn off the tap
- Dry your hands using a clean towel **or air dry them**
- **AVOID USING bath room hand dryers** – many potential pathogens and spores can be deposited on hands exposed to bathroom hand dryers.

Handwashing may be the one thing that may keep you well.
70 per cent of cases of student travellers are gastroenteritis, cold, flu, conjunctivitis, food poisoning and risk of contracting typhoid, cholera or other water-borne diseases.



IN COUNTRY TIPS



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Things to do in China

Beijing

- The Great Wall of China at Badaling or Mutianyu
- The Forbidden City
- Tiananmen Square
- Silk Market
- Ming Tombs
- Beijing Zoo – to see Giant Panda's

Xi'an

- The Terracotta Army/Warriors



Chengdu:

Giant Panda Breeding Centre

Hangzhou:

West Lake

Lingyin temple and 6 Harmonies Pagoda



Things to do in and around Shanghai

- Ask the locals what they recommend
- Check out The Bund for shopping and modern architecture
- Go to the People's Square park and watch Tai Chi
- Visit Yu Yuan garden for a Chinese garden experience
- Visit Tianzifang Street for an arts and crafts, design studios and galleries
- See the Shanghai Acrobatics show
- Do a food tour
- Visit Zhujiajiao Ancient Water town
- Evening cruise on the Huangpu River



Memorable experiences

- Thinking outside the box
- Meeting new people - a chance to communicate with students in same situation
- Speaking another language
- Working with local staff and students
- Insight into the international student culture
- Interesting food options
- Tourist opportunities
- Turning your study abroad into qualifications that matter



Be an ambassador!

- Take an Australian flag
- Take vegemite and other typical Australian food for new friends to try
- Promote Curtin and Perth/Western Australia
- Be respectful of your host country's customs or beliefs
- Immerse yourself in the culture of your host country



Keep in touch & share your experience

- Don't forget to contact family/friends to let them know you've arrived safely!
- Keep in contact with them while you are overseas
- If you are planning side trips or holidays, let someone know

Share your experiences using

- #CurtinGoGlobal
- TAG US whilst abroad - You could be featured!
- Send us your photos and videos - We would love to hear from you

On return

- Come and see us for mentoring & help in transforming your experience into meaningful credentials (language & examples)
- Write us a testimonial!



Resources

Curtin University

- [Travel Operations Portal](#)
- [Travel Approval](#)
- [Travel Facilitators](#)
- [Fieldwork Education Policy](#)
- [Fieldwork](#)
- [Fieldwork Preparation Online](#)
- [Fieldwork Forms](#)
- [Scholarship website](#)
- [Travel Insurance Brochure](#)
- [Travel Insurance Forms](#)
- [International SOS](#)
- [Curtin University Health Services](#)

The Global Society

- [The Global Society](#)
- [Top Packing Tips](#)
- [Staying Healthy on a Short-Study Program](#)

Australian Government

- [Smartraveller Visa Guide](#)
- [National Police Check](#)
- [Smartraveller](#)
- [Working With Children Check](#)

Other

- [University of Sydney's National Centre for Cultural Competence](#)

STAY SAFE & HAVE A GREAT TIME!

