



## Health & Safety Handout for Education Abroad Programs

### Program Name:

There and Back Again: Experiencing the Cultural and Political Environment of Middle Earth

### Countries/Cities to be visited during program (overnight stays):

Middle Earth Westlands (overnight stays in **bold**):

- Gondor (including **Minas Tirith** and Osgiliath);
- Rohan (including Helms Deep and **Edoras**)
- Eriador (including **The Shire, Bree, Rivendell, Moria**)

*The EAO encourages students to take responsibility for their own safety and security by carefully reading the information, advice, and resources provided, including the following websites:*

### CDC Website (Health Information for Travelers):

**Gondor:** <http://wwwnc.cdc.gov/travel/destinations/traveler/none/gondor>  
**Eriador:** <http://wwwnc.cdc.gov/travel/destinations/traveler/none/eriador>  
**Rohan:** <http://wwwnc.cdc.gov/travel/destinations/traveler/none/rohan>

### State Department Website (International Travel Information):

**Gondor:** <http://travel.state.gov/content/passports/english/country/gondor.html>  
**Eriador:** <http://travel.state.gov/content/passports/english/country/eriador.html>  
**Rohan:** <http://travel.state.gov/content/passports/english/country/rohan.html>  
**Students Abroad:** <http://studentsabroad.state.gov/smarttravel.php>  
**Traveling with Disabilities:** <http://travel.state.gov/content/passports/english/go/disabilities.html>  
**LGBT Travel Information:** <http://travel.state.gov/content/passports/english/go/lgbt.html>

*You should be up to date on routine vaccinations while traveling to any destination. Some additional vaccines may also be required for travel. Routine vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. The CDC may also recommend additional vaccines or medications depending on where and when you are traveling. Please consult with your doctor/medical professional if you have questions or concerns regarding which vaccines/medicines are right for you.*



## Division of Global Affairs

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#### Country Specific Vaccinations/Medications:

All travelers should first consult with their physician or primary care provider. Regular vaccinations (measles-mumps-rubella, chickenpox, polio, diphtheria-tetanus-pertussis vaccine as well as yearly flu shot) and medications are recommended, and some participants may also wish to pursue Hepatitis A and B vaccinations for their peace of mind. These are, however, not required for participation and travel to Middle Earth.

Residence in a dormitory requires vigilance against easily transmitted diseases such as mono, the flu and meningitis. As there will be instances of homestay, it is also advisable that students understand the risks of living in close quarters with new individuals who were not exposed to the same childhood diseases as they might have been. Advise students to stop by the KSU Health Clinic (or healthcare provider of choice) for more information relevant to their individual concerns.

*Note: No vaccines or medications are **required** for travel to these locations.*

- ***Familiarize yourself with attitudes, local laws, and customs of the countries to which you are traveling.***
- ***Remember that no matter how safe you feel there is crime everywhere. Pick-pocketing and theft of a purse or bag is most common. Use common sense; stay aware of your surroundings.***
- ***To avoid being a target of crime, do not wear conspicuous clothing or expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.***
- ***Avoid traveling alone or at night. Always tell someone your travels plans including your destination, hotel, dates of travel, and method of travel.***
- ***Avoid protest groups or other potentially volatile situations.***

#### City/region specific safety information:

There is some racial tension between the various peoples of Middle Earth. Dwarves and Elves in particular have a rocky relation, though elves may also be distrustful of men as well. Please exercise caution in how you behave and present yourself to strangers. Racial and height discrimination is most prevalent, albeit rarely violent excepting concerning Orcs, although you may encounter some individual biases related to gender, sexual orientation or political and/or species affiliation. These attitudes are not universal, regional nor culture-specific, however. Please approach new situations with the same caution you would back home.

Do not wander too far from the group while traveling, but be especially mindful of your surroundings in and around Helms Deep and Edoras. Though the war is over and the area is considered safe by the US Department of State following the overthrow of Sauron and his forces, the region is close enough to the Mordor border that a stray warg or orc may be in the vicinity by chance. Advise students to research for more information relevant to their individual concerns.

**Country specific advice/tips for local travel:**

Do not wander off alone. Be sure to tell someone where you are going and when you will return. Do not follow strangers. Be discerning about what you choose to eat or drink – if an item appears to have been sitting out at the open-market for several hours, do not ingest. While water is potable in larger cities, it is advisable that students only drink sealed bottled water.

Bring a first aid kit along with over-the-counter antacids, pain and fever relief medications, and band-aids. Carry your emergency contact information with you at all times. Inform host families of any allergies, specifically food-related. Use common sense while drinking in the taverns – know and respect your limits. If you get separated from the group, stay where you are and call, or take an Eagle back to your temporary residence.

Have copies of your passport and important documents, but do not carry all of them in one place. The places we are staying are considered safe and it will be fine for you to leave your passport with your belongings in your room to avoid losing these items. Be mindful of how much money or jewelry you keep on your person at all times, especially in the wake of a Gollum sighting. Advise students to research for more information relevant to their individual concerns.

Note: Storms and other weather-related incidents are relatively infrequent in Middle Earth excepting in the company of giants, however check the local forecast daily and familiarize yourself with proper procedures in the event of a weather-related disaster. In the unlikely event of a dragon attack, please stay calm and take shelter under something sturdy. Air quality may also be poor near the Mordor border, reducing visibility. If asthmatic, bring an inhaler; if a photographer, bring a haze filter.

For more information, please access:

<http://static02.mediaite.com/themarysue/uploads//2013/11/hrshobbit-v2-01-11.jpg>

**Emergency Information:**

**Minas Tirith**

- Police: City Guard, 8 Cliff Street, Minas Tirith, Gondor; 111-1111
- Medical: House of Healing, 1 Cliff Street, Minas Tirith, Gondor; 222-2222
- Emergency Contact: Faramir of Hurin, Captain of the Rangers of Ithilien, Minas Ithil, Gondor, 111-1111 ext. 1000

**Helms Deep**

- Police: Watchtower, Outer Courtyard, The Hornburg, Helms Deep, Rohan; 333-3333 ext. 1234
- Medical: The Clinic, The Keep, The Hornsburg, Helms Deep, Rohan; 333-3333 ext 5678
- Emergency Contact: Eomer Eadig, Third Marshal of the Riddermark, Meduseld, Edoras, Rohan, 333-3333 ext. 3333

**Edoras**

- Police: The King's Guards, Meduseld, Edoras, Rohan



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- Medical: Healer, Edoras Settlement, Rohan
- Emergency Contact: Eomer Eadig, Third Marshal of the Riddermark, Meduseld, Edoras, Rohan, 333-3333 ext. 3333

#### **Moria**

- Police: Police Outpost, Durin's Bridge, Durin's Way, Moria; 444-4444
- Medical: Central Hospital, 1000 Silvertine Lode, The Great Delving, Moria; 666-6666
- Emergency Contact: Gimli Lockbearer, Lord of the Glittering Caves and Dwarrowdelf, Moria

#### **Rivendell**

- Police: Glorfindel of Gondolin, Elf-lord and Chief Lieutenant, Hall of Fire, Rivendell; 123-456-7890, x5678
- Medical: Elrond Peredhil, Elf-lord and Healer, The House of Elrond, Rivendell; 123-456-7890, x1234
- Emergency Contact: Elrond Peredhil, Lord of Rivendell, Last Homely House East of the Sea, Imladris, Eriador; [eperedhil@discoverrivendell.org](mailto:eperedhil@discoverrivendell.org); 123-456-7890, x1234

#### **The Shire**

- Police: Robin Smallburrow, Sherriff of Bywater, Westfarthing, The Shire
- Medical: Pearl Took, Great Smials, Tuckborough, Westfarthing, The Shire
- Emergency Contact: Bilbo Baggins, Bag End, Bagshot, Hobbiton, The Shire; [bbaggins@fellowshipoftherealm.org](mailto:bbaggins@fellowshipoftherealm.org); 987-654-3210

#### **Bree**

- Police: Daisy Appledore, Bree-town Jail, Bree, Bree-land
- Medical: Polly Leaf-cutter, Healer, 12 Prancing Pony Lane, Bree, Bree-land
- Emergency Contact: Bilbo Baggins, Bag End, Bagshot, Hobbiton, The Shire; [bbaggins@fellowshipoftherealm.org](mailto:bbaggins@fellowshipoftherealm.org); 987-654-3210

#### **U.S. Embassy Information:**

United States Embassy in Gondor  
1 Embassy Lane, Minas Tirith, Gondor  
000-0000 ext. 1000

United States Embassy in Rohan  
1 State Way, Edoras, Rohan  
000-0000 ext. 2000

United States Consulate in Bree-land,  
1 Consulate Row, Bree, Eriador  
000-0000 ext. 3000