



PERU

HEALTH & SAFETY GUIDE





Welcome to The School for Field Studies (SFS) Peru program! Here is your comprehensive guide for health and safety with SFS. This guide provides instructions for completing the SFS Medical Review Process, as well as important information for your upcoming program, including details about travel medicine, mental health, insurance, and other essential aspects of the experience.

Your successful and informed participation in the program is our top priority! If you have any questions about the medical review process or general health and safety, please contact the SFS Student Life Department!





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**PRE-DEPARTURE
MEDICAL REVIEW**

WHAT IS MEDICAL REVIEW?

Once enrolled, all participants are required to complete the SFS Medical Review Process. This process helps our staff understand your medical and mental health needs, as well as any accommodations that may be needed. The review is not about exclusion; rather, it helps us provide the appropriate support and create a safe and supportive experience for all participants.

Our approach to your physical and mental well-being is one of open communication and collaboration. In turn, SFS may reach out to both you and your physicians and/or mental health providers as needed. **SFS reserves the right to decide if a participant cannot go on an SFS program from a health and safety standpoint.**

DEADLINE FOR MEDICAL PAPERWORK



FALL
JUNE 1



SPRING
NOVEMBER 1



SUMMER 1
APRIL 1



SUMMER 2
MAY 1

REQUIRED DOCUMENTS FOR ALL PARTICIPANTS

HEALTH HISTORY FORM

Self Disclosure form completed by participant

- Current & Past Diagnoses
- Current Medications
- Previous Hospitalizations/Surgeries
- Allergies & Asthma
- Mental Health History
- Physical and/or Academic Accommodations

PHYSICAL EXAMINATION

SFS Medical Forms must have doctor's signature.

Must be completed **within 6 months of program start date.**

SUPPLEMENTAL PAPERWORK

Based on participant medical history

- Life Saving Medication Form
- Medical Specialist Form
- Mental Health Provider Evaluation
- Psychotropic Medication Form
 - More information on pg. 5

INTERNATIONAL HEALTH INSURANCE

Include comprehensive coverage for basic medical care, including

- non-urgent illness or injury (i.e., gastrointestinal distress, ankle sprains, etc.),
- laboratory tests
- prescription medication

Valid in Peru for the full duration of the program.

SUPPLEMENTAL MEDICAL PAPERWORK



Life Saving Medication

Required if you are prescribed any lifesaving medication (Epi-Pen, rescue inhaler, insulin, seizure medication, etc.). This form must be completed by the medical professional who manages this condition, such as an allergist or neurologist.



Psychotropic Medication

Required if you're prescribed psychotropic medication. If you're not sure if your medication is considered psychotropic, please consult with your prescribing physician.



Mental Health Provider Evaluation

Required if you have seen a mental health provider (i.e., counselor, therapist, psychologist, psychiatrist, etc.) within the past two years.



Medical Specialist Form

Required if you have been treated by a medical specialist for any reason within the past two years. For example, if you're under the care of a neurologist or cardiologist; have epilepsy (or experience seizures), Crohn's disease, diabetes, etc.; have had orthopedic surgery within the past two years; or are under the care of a nutritionist or mental health provider for disordered eating.

You are not required to complete this form if under the care of a dermatologist, optometrist, or gynecologists.



MEDICAL REVIEW SUBMISSION GUIDELINES

To ensure a smooth and successful enrollment process, please carefully follow the instructions below when submitting your medical documents:

Complete All Forms Accurately & Fully

- Inaccurate or incomplete forms may result in restrictions on activities, dismissal from the program, or rescinded acceptance.

Submit Only SFS Medical Paperwork

- Do not submit any additional documents from doctors.
- All required SFS medical paperwork can be found in your SFS Student Portal.

Report Any Health Changes

- If your health status changes after submitting your medical forms, you must notify SFS immediately.

Medical Forms for Consecutive Programs

- If you are participating in two consecutive sessions in different locations (e.g., Summer 1 & Summer 2, or Summer 1 & Fall), you must submit separate medical documents for each location.
- However, the Health History Form only needs to be submitted once.

Medical Review Process

- A member of the SFS Student Life Team may contact you to discuss any information in your medical forms as part of the review process.

How to Submit:

1. **Complete all medical forms as instructed.**
2. **Double-check for missing information or errors.**
3. **Upload your completed forms to your SFS Portal.**





HEALTH INSURANCE



SFS does not enroll participants in international health insurance. Therefore, all participants are required to obtain a health insurance plan for their time abroad. This plan must:

1. Include comprehensive coverage for basic medical care, including non-urgent illness or injury (i.e., gastrointestinal distress, ankle sprains, etc.), laboratory tests, and prescription medication
2. Be valid in the country (or countries) where your SFS program is based
3. Be valid for the full duration of the program

It is the participants' responsibility to ensure the international health insurance plan meets these requirements. SFS does not review individual insurance policies and does not provide recommendations for specific insurance providers.

Tips on Finding International Health Insurance

- Check with your study abroad office about automatic enrollment in an international health insurance policy.
- Check with your domestic insurance provider to see if your policy meets the requirements above for international coverage.
- Search for study abroad student insurance or ask study abroad office for guidance, as you may find policies that are priced and designed for participants.

Evacuation & Repatriation Insurance

All SFS participants are automatically enrolled in the *SFS Emergency Evacuation and Repatriation Insurance* plan through American International Group, Inc. (AIG). This insurance is valid for the duration of the program, but does not cover personal travel pre or post program. The plan covers relevant costs related to transportation, accommodation, and medical care associated with a medical or security evacuation (i.e. lifesaving support during transport in an air evacuation) when deemed necessary. Benefits include:

- \$350,000 for emergency medical evacuation;
- \$100,000 for emergency security evacuation;
- \$20,000 for repatriation of remains.

This plan does NOT provide health, medical, or dental insurance. You are required to have your own health insurance that is valid in the country (or countries) where your program is based.

Keep in mind that most insurance plans work on a reimbursement basis, as many public or private medical care facilities abroad do not accept insurance as payment. Therefore, participants should bring sufficient funds (i.e. a credit card with at least a \$3,000 limit) to pay for medical expenses upfront, and then request reimbursement when you return home.

The AIG policy cannot insure individuals weighing over 350lbs due to restrictions on the type of air transportation used. In turn, participants who do not meet this requirement set forth by the AIG policy will not be able to participate in an SFS program due to a lack of necessary evacuation coverage.



GENERAL HEALTH



TRAVEL MEDICINE

REQUIRED

- **Yellow Fever Vaccination, Pre-Exposure Rabies Vaccination Series, & Malaria Prophylaxis (semester only)**

RECOMMENDED TRAVELERS' HEALTH GUIDANCE

International public health organizations, including the Centers for Disease Control and Prevention (CDC) and National Travel Health Network and Center (NaTHNaC), strongly recommend that all travelers be up-to-date with routine vaccinations (i.e. MMR, Hepatitis A and B, Polio, Chickenpox, Diphtheria-Tetanus-Pertussis, Flu, etc.) and the COVID-19 vaccination in order to protect themselves and vulnerable populations in countries that may not have access to preventative vaccinations.

For more information, visit:

- [CDC's Travelers' Health Website: Peru](#)
- [NaTHNaC](#)
- [Canada Travel Health for Peru](#)

YELLOW FEVER VACCINE

- Participants must have received the Yellow Fever vaccine at minimum of 10 days before travel to a region where yellow fever is present or required to achieve full immunity against the virus.
- If you have a medical condition or take a prescription medication that prevents you from receiving the vaccine, you may seek a medical exemption for the SFS requirement. Please reach out to The [Student Life Department](#) while applying.

RABIES PRE-EXPOSURE VACCINE

- Participants must receive the Rabies Pre-Exposure vaccination at minimum 7-10 days prior to departure.
- While the pre-exposure vaccine does not eliminate the need for post-exposure treatment, it does reduce the number of post-exposure injections that are required and eliminates the need for rabies immune globulin.
- The pre-exposure vaccine series consists of two or three doses administered over 8 - 28 days. Plan accordingly related to the date on which you will depart for your program.

MALARIA PROPHYLAXIS (SEMESTER ONLY)

- SFS will travel to a malaria transmission zone for approximately 8 days. **Participants are advised to carry 22 days worth of medication to account for pre- and post- exposure treatment.**
- Participants are advised to obtain a prescription for malaria prophylaxis before departure.
- Participants should consider independent travel plans and may need additional medication.
- There are different types of malaria prophylaxis. SFS recommends all participants consult with a medical professional.
- Malaria prophylaxis typically requires a certain number of doses before, during, and after potential exposure.

SFS does not provide guidance on additional vaccinations and medications, and strongly recommends all participants visit a travel medicine professional before traveling abroad. These specialists can provide vaccine and prophylactic medication recommendations based on your personal health history, and program location. They can also offer insights into general health and safety concerns related to international travel.

FIND A TRAVEL CLINIC IN YOUR AREA

- Visit [The International Society of Travel Medicine](#) (scroll down to "Global Travel Clinic Directory").
- Contact the health center on your campus for assistance!

Please note the information provided here is based on departure from the U.S. There may be different recommendations for those whose point of origin is not the U.S. In this case, speak with a travel medicine professional in the country from which you will depart.

TRAVEL MEDICINE: MAP



Itineraries are subject to change. Summer and semester itineraries differ in site visits.



Loreto, Peru



Tarapoto, Peru

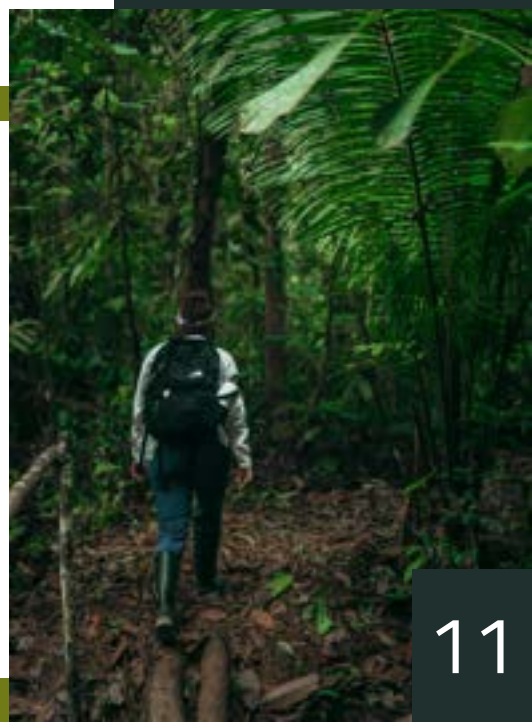


Ollantaytambo

Cuzco, Peru
(Semester Only)



MANAGING CHRONIC HEALTH CONDITIONS WHILE ABROAD



The rigorous nature of SFS programs and the challenges of international travel can trigger or worsen existing medical conditions (i.e., allergies, asthma, heart conditions, diabetes, epilepsy, etc.), even if they are currently well-managed or in remission.

Routine Medical Care & Monitoring

SFS programs take place in remote locations where routine medical care is not available. **Routine doctor's appointments are not feasible while participating in an SFS program.** If you have a condition which has been newly diagnosed, significantly worsened or resurfaced within the past 6 months or your condition requires regular monitoring by a medical professional (daily, weekly, or monthly), SFS programs may not be suitable.

- **Mental Health services may be extremely limited or not be available at all while abroad, see pg. 11.**

Medical Disclosure & Planning

Once accepted, you must disclose all current medical conditions and ongoing care needs in your Health History Form and Student Life Survey.

This allows SFS to determine whether your program location can adequately support your health and safety needs.

If there are any changes to your medical history before departure, it is the participant's responsibility to update SFS.

Environmental Considerations

If you have a medical condition that could be affected by sun exposure, aridity, humidity, cold, or insect bites, consult with your doctor to develop a care plan suited to both your medical history and the program location.

Allergies & Asthma

Although your health may currently be well-maintained, it is possible that you react differently to new environmental allergens abroad.

Allergies: If you have allergies that result in anaphylaxis, bring two or more Epi-Pens with you. Always carry them with you, including during field trips to remote sites.

- Epi-pen prescription can be refilled at the local clinic with a valid prescription.

Asthma: Even if you have not recently needed to use medication, participants should bring your inhaler (and a back-up inhaler, as these can generally not be sourced in-country).

MENTAL WELLBEING

SFS participants live and learn in immersive, often remote environments while exploring complex global environmental issues. Daily life at the Center involves adjusting to new cultures, navigating group dynamics with peers from diverse backgrounds, and being far from familiar support systems—all of which can impact mental wellbeing and sense of belonging.

Supporting your mental wellbeing and resilience is an important part of preparing for the SFS experience and while abroad. Mental wellbeing can be influenced by unfamiliar environments, new routines, and separation from established support systems. These factors may impact how participants feel emotionally, socially, and mentally. SFS encourages all participants to reflect on their current self-care strategies and think about how those may need to shift while abroad. Taking proactive steps—such as building healthy habits, identifying sources of support, and planning for how to manage stress—can help ease the transition and support overall wellbeing in the field.



TELUS HEALTH STUDENT SUPPORT

SFS provides participants with access to TELUS Health Student Support (formerly known as MySSP), an app-based counseling service. It offers free and confidential emotional health and wellbeing support, available 24/7 when connected to Wi-Fi.

Please download the app and save the number prior to departure: My SSP. Keep in mind that internet connectivity is often limited and intermittent at SFS centers; so while this service is available, access to it will not be consistent.

SFS programs do not have onsite counselors, and access to local mental health services may be limited or unavailable. Participants should plan ahead to manage their mental wellbeing and create a realistic support plan prior to departure.

Before Departure

- Meet with your current mental health provider(s) to review your support needs and create a care plan for your time abroad.
- Discuss whether your provider is able to offer continued support remotely (via phone, email, or video chat) while you are away.
- Explore virtual support platforms or apps that offer international access and align with your personal preferences.
- Factor in time zone differences and the likelihood of inconsistent Wi-Fi or cell service when planning to connect with support networks at home.
- Practice using self-care tools and coping strategies now that you can continue while abroad.

While Abroad

- Focus on building resilience by embracing new experiences and challenges with curiosity and flexibility.
- Schedule time for rest and self-care, especially in a group living setting where personal space may be limited.
- Stay connected with trusted people in your life through pre-scheduled check-ins that align with your program's daily routine.
- Use grounding techniques, mindfulness practices, journaling, or other coping strategies to manage feelings of stress or isolation.
- If you need to connect with a mental health provider back home, speak with staff to request private space and access to service.



MEDICATION ACCESSIBILITY ABROAD

Participants are recommended to bring enough over the counter (OTC) and prescription medication (including any prophylactic medication recommended by your doctors) to last the entire duration of the program. This also applies to any personal travel that may be done before or after the program. Filling existing prescriptions or finding replacement medication - including common OTC medication - is often not possible abroad.

Changes in Medications?

- List all medications in your Health History Form and alert SFS to any changes, including dosage, as early as possible.
- Consult with your doctor(s) and/or insurance company to confirm your medications' availability while abroad.
- It is recommended to adjust medications 4-6 weeks before the program start date, should your medication(s) not be available in country.

Before Mailing Medications...

- Conduct thorough research and seek official guidance to ensure compliance with all applicable laws and regulations. (Mobility International USA).
 - Shipping prescription medications internationally is fraught with legal challenges and potential risks.
- If you must, consult with the embassy or consulate of the destination country before attempting to ship prescription medications. They can provide the most accurate and up-to-date information regarding the legality and any restrictions on such shipments.
- **Be wary as it may be delayed, damaged, or lost.**

Vacation Override Letters

- Insurance companies do not typically dispense more than a one-month supply of psychotropic medication or a three-month supply of other medication.
- Work **early** with your prescribing physician and insurance provider to request a "Vacation Override" for prescriptions of more than 100 days.
- Insurance companies may request a letter to verify the program and time abroad. Please contact the Student Life Department for assistance.

Traveling with Medications?

- Medications that need to be refrigerated or larger than 100mL: Review Transportation Security Administration: Traveling with Medications.
- Keep all medications in the original container with prescription information and in carry-on luggage to avoid issues with customs when entering the host country.
 - Additionally, it is advisable to travel with a doctor's letter stating your medications and the duration of your program.

Controlled Substances

- Controlled substances and steroid medication may have additional restrictions in your host country.
 - Recommendation: Speak with the prescribing physicians and insurance provider **early** to check:
 - name and availability abroad
 - prescribed quantities/dosages
 - if it requires tests or prescription from a local specialist.
- SFS prohibits Medical Marijuana and some types of Cannabidiol (CBD) oil due to host-country laws and Federal Aviation Administration (FAA) and Transport Security Administration (TSA) restrictions.
 - If you currently use medical marijuana, discuss alternative options with your physician.

Refrigerated Medications?

- Medications that need refrigeration can be stored at the SFS Center in a communal fridge.
- If you have a medication that needs to be administered by a medical professional, contact SFS to get these appointments scheduled while abroad!



PERU HEALTH & SAFETY

ENVIRONMENTAL AWARENESS

WEATHER

Located in the tropics of the Peruvian Amazon, participants will be exposed to high heat and humidity. Average temperatures range from 60-94°F

- The rainy season occurs between October - May.
- Participants may be exposed to mold in the rainforest due to high humidity.
- The dry season occurs between June - September.
 - Despite being the “dry season”, the rainforest is always rainy and muddy. Be prepared to get wet!

When traveling to Cuzco (semester), participants experience an Andean mountain climate, with temperatures range from 40-70°F, high altitude (13,000 ft.), and less humidity compared to the Amazon.

Tips for adjusting to diverse Peruvian climates:

- Stay hydrated! Check in with staff about sources of potable water.
- Wear proper gear to protect you from long exposed periods of rain and sun.
 - Light, loose-fitting clothes made from breathable fabrics like cotton, hats and sunscreen!
 - Synthetic dry wicking clothes, rubber boots, and a raincoat are mandatory to stay comfortable on rainy days.
 - Mold may develop on clothes/gear if they remain wet for prolonged periods.

BIOLOGICAL RISKS

Regional Illness

- Potential exposure to regional, tropical illnesses (i.e. dengue, malaria, chagas, yellow fever, and zika).
- Bats are commonly found around Peru and may carry rabies.

Wildlife in Tarapoto

- **Participants with any fear of spiders, snakes, or bugs should speak with SFS Student Life.**
- Common tropical biodiversity: Biting and stinging plants, mosquitos, bullet ants, snakes, frogs, bats, spiders, snakes, scorpions, bats, monkeys, stray dogs
 - Environmental exposure to animals and plants (i.e. urtica) can bring unwanted skin or physical reactions (such as burning or stinging sensation).
 - Consider bringing sleeping aids like an eye mask or earplugs to adjust!
 - Immersion into nature can lead to the exposure of high levels of noise from animals and insects, a potential sensory overload from the diverse ecosystem!

GENERAL RECOMMENDATIONS

- Bites from local fauna can be extremely dangerous and life-threatening. Participants are advised to inform a staff member and seek immediate medical attention.
- Always wear long sleeves, pants, and sturdy footwear to minimize skin exposure.
- Avoid brushing up against unfamiliar vegetation and stay on established trails.
- Use insect repellent containing DEET, especially dawn and dusk when Peruvian wildlife is most active.
- Inspect your surroundings before sitting or lying down.
- Avoid walking in tall grass or dense vegetation, and wear protective footwear.
- Never handle wildlife, as toxins released from bristle-like hairs or skin can be harmful.
- Always wash hands thoroughly after exposure!

AIR CONDITIONING (or lack of!)

- **The SFS Center does not have air conditioning.**
- Most spaces, including student rooms, have several fans to keep air circulating.
- Air conditioning is a privilege. It is very costly; the majority of locals do not live with air conditioners.

Life at SFS Peru: What to Expect

While on program, you'll connect with fellow participants, staff, and community members who share your passion for environmental conservation and sustainability. Each cohort contributes valuable research, building upon the work of past participants and adding to the SFS legacy of scientific knowledge and positive impact.

As part of a tight-knit, community-based experience, participants from diverse backgrounds live, work, and study together in a collaborative setting. While this immersive environment is rewarding, it also means limited personal space and structured schedules. Participants must proactively carve out personal time and practice self-care to maintain balance between group activities and individual well-being.

Living & Working in Close Quarters

Living and working in close quarters with fellow participants is a core part of the SFS Peru experience. While this fosters a strong sense of community, it also presents challenges related to personal space, privacy, and group dynamics.

- **Shared Spaces:** You will share bedrooms with up to five other roommates and communal bathrooms.
- **Respecting Boundaries:** Understanding and respecting personal boundaries, as well as managing group dynamics, will be key to creating a positive living environment for everyone.
- **Flexibility & Adaptability:** You may need to adjust to others' living habits, personal preferences, and cultural differences to foster a supportive and inclusive community.
- **Conflict Resolution:** When conflicts arise—whether in group work, shared living spaces, or cultural misunderstandings—approach them with an open mind and a solution-oriented attitude.
- **Communicating with Staff:** The Health and Wellness Managers (HWMs) are available to support you in addressing any issues respectfully and effectively.
- **Mental Health & Stress Management:** Adjusting to a new environment, group living, and field-based learning may bring up feelings of stress, homesickness, or culture shock. Be proactive in using healthy self-care strategies and reaching out for support when needed.

Cultural Awareness & Respect

Peru has a rich cultural heritage influenced by diverse communities and Spanish, Indigenous, African, and Japanese heritage. The local community, Tarapoto, is warm and welcoming, but it's important to be mindful of customs, traditions, and social norms:

- **Respect for Local Traditions:** Approach cultural exchanges with curiosity and respect, especially when interacting with local residents.
- **Adaptability:** Be ready for unfamiliar environments and routines, including changes in diet, accommodations, homesickness, long days, and limited amenities.
- **Dress & Behavior:** While casual attire is common, modesty is expected. Dress appropriately when visiting local communities or religious services.

Independent Time & Self-Care

Field-based programs require extensive time spent with peers, so finding ways to recharge is essential. Consider how you cope with challenges, adapt to new settings, and maintain a positive attitude when faced with discomfort.

ACCESS TO MEDICAL CARE



SFS maintains detailed risk assessment and management plans outlining risks and response protocols, including nearby medical facilities and their treatment capabilities. These plans ensure that staff are always aware of the best route for appropriate medical care. If a visit to a medical care facility is needed, an SFS staff member will accompany the student to the appointment.

Be aware that there may be times when access to medical care is delayed, such as on expedition. Participants are responsible for all medical costs and all incidental expenses including transportation, accommodations, etc., incurred by all parties involved. This may include costs related to COVID-19 quarantining. Some medical emergencies or conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.

DISTANCES & TIMES AWAY

Access to medical care can be delayed up to 24 hours in a remote environment.

Basic & Advanced Medical Care	10 minutes away by car from SFS Center in Tarapoto
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In the event of severe or critical medical emergencies, a student may be flown to Lima, approximately a 2-hour journey from Tarapoto.

At times, participants will be a minimum of 3+ hours away from basic medical care.

Participants must carry all life-saving medications and scheduled medications with them, including field trips.



DIETARY NEEDS & PREFERENCES

At SFS, we do our best to support participants with food allergies and dietary needs, but it may not always be possible depending on the type of allergy, local food availability, and other factors. While we work closely with local vendors and staff to support specific needs, certain ingredients or alternatives may not be easily accessible in every location. Participants should communicate their needs in advance so SFS can help determine if the program location is a good fit.

TYPICAL MEALS IN PERU

- Peruvian cuisine includes lots of starch, such as potatoes, fruits, vegetables, rice, eggs, and meat (chicken and pork) or plant based protein.
 - Snacks may include tea, coffee, granola bars, yogurt, local fruit, and crackers with jam or other spreads
- Meals are served family style and in a communal setting 3 times a day, with the exception of Sundays.

IMPORTANT NOTE FOR MEDICALLY NECESSARY DIETS

- If you have a medically necessary diet or life-threatening food allergies, please contact the [Student Life Department](#) to discuss your needs in advance.
- If you have a food allergy that requires no cross contamination, please describe your needs in as much detail as possible in your Health History Form. This information will help SFS determine if your allergen can be supported safely, and if so, how.

DIETARY CONSIDERATIONS

- Vegetarians can be supported, but those with specialty diets (vegan, gluten-free, pescatarian, etc.) may struggle to find enough variety to meet their nutritional needs.
- SFS cannot guarantee that strict religious dietary practices, such as Halal or Kosher, will be accommodated.
 - Participants have access to a small student kitchen to occasionally make their own meals.
 - Cooking daily meals on your own is not possible due to the program schedule and field trips.
- Bringing non-perishable snacks such as granola bars, protein bars, or trail mix is highly recommended!





PHYSICAL READINESS

FIELDWORK

- Short hikes (1-3 hours) in tropical rainforests and in the Andean Mountains, including cloud forests and dry forests
- Visits to local farms and indigenous communities and joining in local conservation projects
- With many inclines and steps, participants must be able to navigate stairs and steep hills to access the SFS center and hikes during fieldwork.
- Accessibility for those with mobility impairments and special health conditions may be restricted.

MOTION SICKNESS

- Transportation methods include cars, buses, boats, and a quick plane ride to Cuzco!
- Many roads in Peru are bumpy, winding, and very hilly with steep inclines and descents.
- Participants are recommended to bring a personal supply of motion sickness medication.
- Participants that experience severe motion sickness are recommended to speak with a medical professional for support and guidance pre-departure.

A VISIT TO THE ANDES: ALTITUDE CONSIDERATIONS (SEMESTER ONLY)

- SFS travels to Cusco to hike and visit local cultural sites at high altitude of around 13,000 ft.
 - SFS does not make recommendations on use of prophylactic medication for altitude.
 - Discuss preparedness, including said use of prophylactic medication and any implications
 - considering your personal health profile (i.e. asthma, prior altitude-related illness, heart conditions, diabetes, etc.), with a medical professional for support prior to departure.

While on an SFS program, you will join new communities to learn and research the complex global environmental issues facing our planet. In the daily life at a remote field center, you face new cultural stressors, work and live with peers of different backgrounds, and may feel far from your home, all which may challenge mental health and a sense of belonging. Studying abroad is a journey that balances being present in new surroundings, adapting to life in a new culture, reflecting on your passions and identities, and becoming resilient.

Consider some of these following questions as you prepare for your study abroad experience! You could journal, doodle, or take some time to intentionally think about these topics.

REFLECTION

QUESTIONS

- What do you consider important components of your identity? How do you describe yourself? Think about aspects of your life that you consider most important and defining.
- How might aspects of my identity change or evolve while I'm abroad?
- What are my biggest goals while I'm abroad? What do I want to accomplish, both academically and socially?
- What am I most excited about? What am I most nervous about?
- What self care practices can I utilize while abroad? How can I make sure I'm healthy, both mentally and physically?
- How can I influence the environment around me in a positive way?
- What kind of traveler, student, person do I want to be? How can I accomplish and hold these values true?



RESOURCE LIST

THROUGH SFS

- [Billing Information](#)
- [SFS LGBTQ+ Guide](#)
- [SFS Peru Homepage](#)
- Student Resource Folder
- SFS Peru Field Guide
 - Packing List + Financial Planner
- [SFS Academic Handbook \(2024\)](#)
- [SFS Policies & Procedures \(2023\)](#)

EXTERNAL LINKS

- US State Department: [Peru](#)
- [Smart Traveler Enrollment Program \(STEP\)](#)
- [Telus Health Student Support](#)
- US Embassy Website: [Peru](#)
- Center of Disease Control: [Peru](#)



CONTACT SFS

Keep up with SFS Follow us on Instagram [@theSFS/](#)[@SFS_Peru](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about health and safety? StudentLife@fieldstudies.org

General Health & Safety, medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.