

# Personal Emergency Plan (PEP)

Finding answers to the items below will be a good first step in keeping yourself safer in an emergency abroad. **Keep details in your cell - but also keep this hard copy in case you do not have cell coverage.**

## Know your emergency contact names and cell numbers

Resident director/Site contact: \_\_\_\_\_

Host home: \_\_\_\_\_

Host school emergency contact (international office, etc.): \_\_\_\_\_

911 equivalent for location: \_\_\_\_\_ Local Govt./Visa Office: \_\_\_\_\_

Consulate/Embassy: \_\_\_\_\_ Police: \_\_\_\_\_

Fire: \_\_\_\_\_ Hospital: \_\_\_\_\_

Health insurance: \_\_\_\_\_ Insurance ID number: \_\_\_\_\_

Local friend: \_\_\_\_\_ Other: \_\_\_\_\_

CUNE Security (24/7): 402-643-3033 CUNE Global Opportunities: \_\_\_\_\_

## Know who you can call in an emergency

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Make sure your emergency contacts have each other's contacts so they can relay information about you to each other.

\_\_\_\_\_ Determine alternate ways of communicating with your emergency contacts:

Cell Phone      Text Message      Landline phone      Satellite phone      Email      Social networks

\_\_\_\_\_ Give main contact info to site, who to contact in the event of illness, injury, arrest, kidnapping, etc.: \_\_\_\_\_

## Consider special conditions to area & emergency plans

What special conditions are unique to your location/situation? (i.e. weather or natural hazards in region / public safety issues / personal physical or mental health / limited services in area (public transportation, cell, wifi, etc.) : \_\_\_\_\_

\_\_\_\_\_

Consider emergency plans for these special conditions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Know where to go

Where should you go in an emergency and how will you get there? \_\_\_\_\_

Be aware of all your emergency transportation options. Know the locations/directions to the following (if applicable):

Airport: \_\_\_\_\_ Bus Station: \_\_\_\_\_

Train Station: \_\_\_\_\_ Metro Station: \_\_\_\_\_

Taxi: \_\_\_\_\_ Boat/Ferry/Port Authority: \_\_\_\_\_

## Gather emergency supplies

\_\_\_\_\_ Have items available for an emergency kit (food/water/first aid items/medicines/flashlight/\_\_\_\_\_)

\_\_\_\_\_ Have emergency cash reserves and credit card in case you can't count on banks/ATMs, or get to a bank/ATM

\_\_\_\_\_ Keep passport, ID, cell phone, cash and credit cards in a safe and easy to grab spot