

## **CSI Journeys General Resources:**

### **U.S. Department of State Registration**

Travel registration is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. Registration allows you to record information about your upcoming trip abroad that the Department of State can use to assist you in case of an emergency. Millions of Americans travel abroad every year and encounter no difficulties. However, U.S. embassies and consulates assist nearly 200,000 Americans each year who are victims of crime, accident, or illness, or whose family and friends need to contact them in an emergency. When an emergency happens, or if natural disaster, terrorism, or civil unrest strikes during your foreign travel, the nearest U.S. embassy or consulate can be your source of assistance and information. By registering your trip, you help the embassy or consulates locate you when you might need them the most. Registration is voluntary and costs nothing, but it should be a big part of your travel planning and security.

<https://travelregistration.state.gov/ibrs/ui/>

### **Passport Health Travel Health Insurance**

Most medical insurance plans aren't accepted when you travel internationally. Many foreign hospitals require patients to demonstrate ability to pay before treatment is started. Unfortunately this can result in delayed treatment and high medical bills for individuals who thought they were covered. Passport Health has found the best deals on travel insurance. You can even print your insurance ID card immediately! No watching the mail and hoping your card arrives before you depart. From medical coverage and emergency evacuation to trip cancellation and lost baggage we've got you covered. The 24 hour assistance service with a toll free phone number provides immediate assistance if you forget your medication or need care at a local medical facility. The assistance center will make arrangements for your care and for payment of medical expenses. This service is essential while traveling abroad.

<http://www.passporthealthusa.com/health/index.html>

### **Passport Health: The Vaccine People**

As an international traveler you should be educated about the environment in which you will be living for the next few weeks. From the dangers of sunburn at high altitude and parasitic infections; to vaccine preventable diseases and which foods to avoid; our travel medicine specialist will give you all the tools you need to be informed and protected on your international trip.

Our consultations typically last 45 minutes and include a comprehensive itinerary specific discussion of your travels. Our travel medicine specialists will make recommendations based on your activities, time of year, altitude and medical history. Our consultation rooms are comfortable unlike those of hospitals and health departments. You can usually schedule an appointment for the same day or week, but we will accommodate you during after hours and certain weekends if requested.

Passport Health carries all travel vaccines necessary to protect you on your vacation, safari, mission trip, study abroad semester, or business trip. We also carry **all commercially licensed vaccines** in the U.S.

[http://www.passporthealthusa.com/index.cfm?fuseaction=home.travel\\_vaccines](http://www.passporthealthusa.com/index.cfm?fuseaction=home.travel_vaccines)

### **Sacred Sites**

Sacred sites are the most loved and visited places on planet earth. Since prehistoric times they have exerted a mysterious attraction on billions of pilgrims from every region and religion. These holy places have the power to heal the body, enlighten the mind, and awaken the soul. Anthropologist Martin Gray spent 20 years as a wandering pilgrim to study and artistically photograph 1000 sacred sites in 80 countries. This web site features Martin's sacred art photographs and shows the location of sacred places and pilgrimage shrines around the world.

<http://www.sacredsites.com/index.html>