

Making Your Plan

As part of off-campus study, it is important that students be proactive in taking care of their health and safety prior, during, and after their journey. Planning for health and safety is just as important as choosing the program best fit for your needs and interests. Students will receive pre-departure information from their program, and can obtain additional information about their destination from the U.S. Department of State's [Students Abroad](#) website. Please read this information carefully, and take time to learn about political situations, living conditions, medication restrictions and disability accommodations, and any other health and safety issues relevant to your host country.

As you prepare to leave campus, we hope that you will also consider the potential emotional stress of off-campus study. This experience can be a very powerful and positive developmental time that may ultimately lead to increased levels of self-awareness. However, the life changes associated with off-campus study can also be stressful and confusing, and may potentially exacerbate existing physical and emotional conditions. If you have any concerns, it is very important that you meet with the staff at Boettcher Health Center or other health care providers to discuss how off-campus study could affect your situation. Addressing your health issues prior to studying off campus will help you identify those resources that will and will not be available at your program site. If you currently are seeing a counselor through the [CC Counseling Center](#), you will want to work closely with them to make a plan for continued care while you are off-campus. In case of a counseling emergency after business hours, call the Counseling Center at (719) 389-6093 and press two to be immediately connected with a licensed counselor or press zero to be connected to Campus Safety.

As a reminder, if you currently receive accommodations through the [CC Accessibility Resource Center](#), please make sure to meet with that office well in advance of departing the U.S., as well as consulting closely with your study abroad provider to learn more about what medical or accessibility accommodations are available, and to develop a plan.

Access to CC Services

Students who are studying off-campus can still access the Sexual Assault Response Coordinator (SARC), as well as the new after-hours counseling and support line through the CC Counseling Center. Licensed counselors are available to talk with CC students anytime for emergencies, 24-hours a day, seven days a week. Just call the Counseling Center: (719) 389-6093, and press 2 to be put through directly to a counselor.

The SARC can be reached by calling (719) 227-8101, or after hours by calling (719) 602-0960. You may also email sarc@coloradocollege.edu.

Remember that if you need help identifying a care provider in-country (mental health provider, medical specialty), your program / in-country director or faculty member will have suggestions and information. You can also access the CC International SOS advice line for assistance. See the section above on International SOS and member number. If you have trouble navigating this and need assistance, the Office of International Programs can help you identify the right steps to take, to help you stay healthy and safe while off-campus.