

Appendix B: Helpful Web Sites:

Updated information, revised chapters and links to helpful sites will be listed on our web site www.brucesteffes.net. You can download those updated files at no charge. If you find sites that are particularly helpful to you, please e-mail info@brucesteffes.net to let us know.

Sites helpful to the traveler:

Traveler's Security and Safety Issues

For special travel advisories concerning security threats at your destination, call the Department of Transportation's Travel Advisory Line at 1-800-221-0673

Travel warnings: http://travel.state.gov/travel_warnings.html Consular information sheets for every country in the world are available and if the State Department feels that Americans avoid travel to a certain country, a Travel Warning will be used. US Consular Info: (202)-647-5225

The British Foreign Office (travel advisories) www.fco.gov.uk

Country Watch
www.countrywatch.com

OSAC
(202)-663-0869
web site: <http://ds.state.gov/info.html>

Passports, visas, customs, etc.

http://travel.state.gov/passport_services.html Download applications, forms, frequently-asked-questions, and links to other sites, visa and foreign entry requirements.

U.S. Customs Service Tips for International Travelers: www.customs.gov/travel/travel.htm .

Food you can (and cannot) bring back www.aphis.usda.gov

Travel and living Abroad: <http://www.state.gov/travel> Multiple links detailing a broad spectrum of questions, including emergency services for US citizens, passports, visas, information on countries, living abroad, exchange rates, US customs information and air-travel.

Passport and visas
www.travisa.com
www.embassy.org/embassies and then connect to the embassy's web site to get visa information
www.traveldocs.com Visa forms and facilitation (passports too) – this company is one of many that facilitates the traveler in obtaining visas and passports. Their web site has applications you can print for visas to a great number of countries.

Sites concerned with health information for travelers:

Center for Disease Control: www.cdc.gov

Centers for Disease Control International Health Advisories: www.cdc.gov/travel/ the most comprehensive of all travelers' sites (by region)

World Health Organization guide by country of the current health risks:
www.who.int/ith/english/country.htm

Travel Health:

www.fitfortravel.scot.nhs.uk/ - all recommendations (including immunization, security, etc.) are from a UK perspective
<http://healthlink.mcw.edu/travel-medicine> Info on vaccinations, healthy travel and articles about health risks
www.mdtravelhealth.com Complete travel health, updated daily
www.onhealth.com
www.tripprep.com – information for the traveler by country
Travel and Pregnancy:
www.motherisk.org – medication risk during pregnancy
<http://orpheus.ucsd.edu/otis> - medication risk during pregnancy
Guidelines for airline travel for passengers - <http://www.asma.org/publication.html>

International SOS Assistance, travel/medical evacuation
www.internationalSOS.com. 800-767-1403 or 215-244-2227

Medical evacuation and repatriation insurance – Medjet – 800-963-3538

Other medical evacuation and travel insurance sites:

www.bannergroup.com
www.berkely.com
www.compassbenefit.com
www.CMI-Insurance.com
www.isis-travelinsurance.com
www.gatewayplans.com
<http://www.missionaryhealth.net/>
www.medexassist.com
www.statravel.com
www.talent-trust.com
www.travel.state.gov/medical.html
www.wallach.com
www.worldaccess.com
www.worldwideassistance.com

CDC recommendations for HIV prophylaxis for occupational Exposure: www.hivatis.org

Mosquitoes and Repellent:

Excellent article by Mark S. Fradin, MD, "Mosquitoes and Mosquito Repellents: A Clinician's Guide" from Annals of Internal Medicine, 1 June 1998, Volume 128, Issue 11, Pages 931-940
<http://www.annals.org/cgi/content/full/128/11/931?ck=nck>

Travel Clinics:

Country-specific medical information, where to find clinics www.medicineplanet.com
Travel Medicine, Inc. www.travelmed.com – listing of more than 700 travel clinics and identifies specialists in travel medicine
International Society of Travel Medicine (ISTM) www.istm.org Directory of physicians in the US and overseas who provide travel medicine services
American Society of Tropical Medicine and Hygiene (ASTMH)
www.astmh.org/clinics/clinindex.html - Lists physicians who specialize in travel medicine and tropical diseases
International Traveler's Clinic (Medical College of Wisconsin at Milwaukee)
www.intmed.mcw.edu/travel.html

Sites about air travel, airlines (specific and general):

Discount Fares: www.hotwire.com, www.sidestep.com

Lounges in airports www.quickaid.com

FAA Consumer Hotline 1-800-322-7873. This toll-free number is designed to respond to consumers with questions concerning child restraint systems, turbulence issues, carry-on baggage, free advisory circulars, assessment summary statements on foreign civil aviation authorities, as well as current events in the aviation industry. The number is in operation from 8 a.m. to 4 p.m. ET, Monday through Friday, except on Federal holidays. For issues not addressed on web site, e-mail us at Consumer Hotline 9-awa-aoa-consumer@faa.gov. The address is Federal Aviation Administration; Consumer Hotline, AOA-20; 800 Independence Avenue, SW; Washington, DC 20591

Consumers with concerns with airline service issues, such as lost baggage, ticketing, denied boarding, etc... should go to Aviation Consumer Protection Division (www.faa.gov/apa/faaexit/exit1.htm), www.dot.gov/airconsumer or call at 202-366-2220 or e-mail airconsumer@ost.dot.gov.

Airlines: www.faa.gov/airlineinfo.htm

For more Airport Security information: <http://cas.faa.gov/faq.html>

Information on packing hazardous information: <http://cas.faa.gov/cas/these.html>

Information on your carry-on: www.faa.gov/apa/carryon.htm

For individual country assessments: <http://www.faa.gov/apa/iasa.htm>

Aviation Safety Alliance: http://www.aviationsafetyalliance.org/briefing_room/regional.pdf

For specific aviation safety data: http://www.asy.faa.gov/safety_data/

Aviation safety enforcement information: <http://www.faa.gov/apr/pr/safety/index.cfm>

Specific flight information:

www.fly.faa.gov

www.thetrip.com/flightstatus

www.google.com and use "flight tracker" as keyword

Distance between airports (approximate air miles): <http://www.indo.com/distance/>

General information helpful to the traveler

Information about the country, culture, language and customs:

Country information from CIA Factbook: <http://www.cia.gov/cia/publications/factbook/>

Foreign Languages

www.travlang.com

Foreign Language Dictionaries for PDAs <http://www.ectaco.com> -- Talking and regular dictionaries in many languages for most PDA formats. These programs allow the creation of unusual dictionaries (e.g. French to Chinese)

Maps

www.Mapquest.com

www.mapsonus.com

<http://www.lib.utexas.edu/maps/>

Getty Thesaurus of Geographical Names <http://www.getty.edu/research/tools/vocabulary/tgn/>

Money conversion (currency exchange calculators)

www.oanda.com

www.xe.net/ucc

ATM locations

Mastercard: www.mastercard.com/atm/

Visa: www.visa.com/pd/atm/main.html

Subway information worldwide www.subwaynavigator.com

Time (and date) anywhere in the world

www.worldtimeserver.com

www.timeanddate.com

Travel information (general) www.about.com/travel

Travelers' rights (with many links to helpful sites) www.mytravelrights.com

Travel Safety Tips www.travelsafetytips.com

Weather

www.weather.com

www.nws.noaa.gov

www.onlineweather.com

www.intellicast.com

Electrical & telephone adapters needed (country by country) www.magellans.com/worldwide-guide

Overseas phone numbers: www.phonenumbers.net

Survival tips (if you are really carrying it to extremes) www.wilderness-survival.net

Flags – good source for flags appropriate for presentations, etc. E-mail: flag34@home.com

Traveling with children:

<http://www.cdc.gov/travel/vaxundr2.htm> CDC website for vaccinations for children under 2 years of age

<http://www.cdc.gov/travel/foodwatr.htm> CDC website for recommendations on food and water

www.pedsnet.org/travel Website giving advice for travel with children

paula@flyingwithkids.com

www.lonelyplanet.com

<http://family.go.com>

www.travelwithyourkids.com

www.familiesontheroad.com

www.familytravelforum.com

www.cyberschool.k12.or.us

<http://distancelearn.about.com/education/distancelearn/>

www.lalechleague.org – information about breastfeeding and travel

www.flyingwithkids.com

Travel gear, gadgets and clothing:

www.travelcountry.com – for wilderness adventure supplies
www.walkabouttravelgear.com – supplies and tips for the traveler
www.magellens.com – comprehensive supplier as well as tips
www.takeyourpet.com – everything you need to take along your pet
www.christinecolumbus.com – a site catering to female travelers
www.travel-accessories.com – comprehensive supplier as well as tips
www.chinookmed.com – Medical instruments, travel kits, high altitude supplies
www.edsci.com – Scientific supplies, microscopes, batteries, optical/solar equipment, etc.
www.campmor.com – comprehensive supplier of camping and clothing needs
www.sportsmansguide.com
www.llbean.com
www.sierratradingpost.com
www.earlywinters.com
www.rei.com
www.normthompson.com

Home-schooling/distance learning:

<http://www.digitex.net/koinonia/homeschool.htm>
<http://www.home-school.com/>
<http://homeschoolcentral.com>
<http://www.hsrc.com>
<http://www.gocin.com/homeschool/> Christian Home School Forum
<http://www.books4homeschool.com/> Resources judged to be appropriate for Christian home schooling
<http://www.books4homeschool.com/links.htm> -- extensive list of links to organizations and resources
<http://www.abeka.com>

Medical care in Developing Countries:

www.nda.ox.ac.uk/wfsa/ - World anesthesia newsletter. Information for anesthesia in the setting of a developing country
www.olympiaanesthesia.com/consideration -- Supplement for teaching anesthesia techniques in the developing country. Available in English, French and Spanish