



Travel, Safety, and Health Tips

Travel Checklist

1. Consider registering with your embassy in the country you are visiting. United States citizens can register on-line through the Smart Traveler Enrollment Program, or STEP, at step.state.gov/step.
2. Passport (Remember to check your passport expiration date! Most countries require that your passport be valid for 6 months AFTER your scheduled return date!)
3. Driver's License or Other Identification
4. Health Insurance Card or Identification (NOTE: Contact your health insurance provider before traveling to make sure you are covered. Most policies DO NOT provide coverage outside of the country. Travel medical insurance is available for very low cost through numerous sources.)
5. Boarding passes
6. A card listing the location of the nearest embassy to your destinations
7. **NOTE:** You should copy or scan the identification pages of your passport prior to traveling. Keep a copy with you, and give a copy to someone you trust at home. This will speed up the replacement process in case your passport is lost or stolen. Additionally, keep a printed hard-copy of your passport identification page in your luggage when traveling, and in your hotel room safe when you are at the conference.
8. If you are taking prescription narcotics or psychotropic drugs, you should have the following:
 - A letter from your doctor stating what medications you are prescribed.
 - A copy of the original prescription.
 - Enough prescription medication to last the entire trip, plus up to 5 days extra in case of delays or loss.
 - Prescription medications should be in the original packaging, with the label attached.
9. People at home who you would want contacted in the event of an emergency. It is a good idea to keep a copy of this list in your passport in case you are ill, injured or otherwise unable to communicate.
10. Contact information for your hotel or lodging at your destination (it is a good idea to obtain and carry a business card from the hotel or lodging).

Stay Safe

We are excited to have you attending the IMPS 2022 located in Bologna, Italy! We know that you will find this to be an enriching and fulfilling experience. To ensure the safety and security of our attendees and guests, we have composed the following list of safety tips and guidelines for this conference.

1. When inside the conference venue, nametags should be worn and visibly displayed at all times. You will not be allowed to enter meeting rooms or exhibit areas without them. (Access to the conference is strictly for members and registered conference guests.)
2. For security reasons, we recommend that you DO NOT wear your badge outside of the conference venue. If you lose your badge, please notify registration.
3. Never give your hotel room information to someone you don't know. Do not open your hotel room door to anyone you don't know or recognize.
4. Store your electronics, passport, and personal valuable items in your room safe or a hotel lockbox when you are not in your room.
5. If you are exploring, let someone know where you are going, who you will be with, and what time you expect to return. Avoid walking alone to and from the conference venue, especially at night.
6. Please do not leave any bags or articles unsecured in any conference venue, hallways, session rooms, or hotel public areas.
7. Avoid carrying your wallet, passport, or cash in your rear pants pockets. (It is suggested to consider keeping your cash, passport, and wallet separate when outside or exploring.)
8. Avoid counting cash in public, or in publicly displaying where your wallet, cash or passport is stored on your person. (Consider purchasing a RFID shielding cover for your passport.)
9. Leave a copy of your travel itinerary, hotel information, passport, and conference contact information with your emergency contact.
10. Stay vigilant in crowds and while riding public transportation. If you see a disturbance, avoid getting caught in it by retreating, taking a different route, or hailing a taxi/Uber/Lyft. If possible, have a "travel buddy" to help you keep an eye on each others belongings.

Stay Healthy

Nothing is worse than getting sick while traveling! Here are some tips that you can do to reduce your chances of catching anything while at the meeting, and to help prevent the spread of illness.

1. Wash your hands often with soap and water! This is one of the most effective ways to stop the spread of germs. You should vigorously wash with soap and hot water for at least 20 seconds. (Sing “Happy Birthday to You” twice!)
2. If water and soap are not available, use an alcohol-based hand sanitizer of at least 75% alcohol.
3. It is perfectly OK to forgo handshaking and hugs in favor of a wave or even an elbow bump!
4. Avoid touching your eyes, nose and mouth. This is one of the most common ways that germs are spread. This is especially important if you have come into contact with someone who might be ill or is displaying cold or flu symptoms.
5. Do not cough or sneeze into your bare hands. Use a tissue then dispose of it! If you don’t have a tissue, cough or sneeze into your elbow. Always wash or sanitize your hands after coughing, sneezing or blowing your nose!
6. Avoid close contact with people who are sick (have a fever or cough). If you think that you might be sick, limit your contact with others to keep from spreading illness. Please stay in your hotel room. If you have a sustained fever, cough, or shortness of breath, please contact our staff via email (info@psychometricsociety.org) to obtain local medical location information if the hotel is not able to provide this info.
7. It is OK and suggested to use Disinfecting Wipes to clean the surfaces in your hotel room upon arrival. Portable packs are typically available at local pharmacies or plan ahead and bring in your suitcase.
8. If you are traveling from outside of the United States, please consider purchasing a travelers’ medical insurance policy.
9. Please note that our meeting will follow the applicable health and safety guidelines and mandates from the the European Centre for Disease Prevention and Control (ECDPC), the CDC, as well as any applicable regulations of the Italian Ministry of Health, the host university or local government agencies. Visit the IMPS website for more information.

Bologna Airport COVID-19 Test Point (Reservation Required)

bologna-airport.it

Bologna, PCR COVID TEST SITE (No Reservation Required):

Centro Diagnostico Cavour
Srl – Società unipersonale
Via del Lavoro, 40 – Bologna
Tel. 051.4383810

Other Miscellaneous Tips

(Communications, Cash, or Credit Cards)

1. **Contact your cellular provider before leaving and make sure that your cellular phone plan allows international use, as well as the costs.**
2. Verify whether your hotel or the conference venue has public Wifi, and what the cost of Internet access is prior to traveling.
3. Backup your phone data to the Cloud to make sure that you can access contacts and other important data if your phone is lost or stolen.
4. Make sure that your phone and computer are secured with a password or PIN.
5. Install a personal firewall or VPN on your computer or portable electronic device.
6. Avoid using open, unsecured WiFi Hotspots. Connect ONLY to trusted WiFi connections. These should be published or available from the conference staff, your hotel, or the conference venue.
7. Contact the credit card issuer for any credit cards you plan to carry prior to leaving. Let them know where you are going, and the dates you will be gone. This will prevent the possibility that your credit card issuer will decline charges based upon suspicion of fraudulent use.
8. If offered, sign up for text or email alerts for charges. This will help you identify any suspected unauthorized use.
9. Remember that there may be foreign transaction fees for ATM use. Check with you bank to identify fees prior to travelling.
10. Do not take all your credit cards with when exploring, and keep at least one back at the hotel. Also avoid carrying large amounts of cash with you at all times. Carry what you think you need, and secure the rest in your hotel safe or lockbox.
11. If you need to withdraw money from an ATM, tug on the card reader slot to make sure that there is no “skimmer” attached (a device used by thieves to capture your card data). If possible, use ATM’s that are located inside of the conference venue, hotel, or banks.
12. To avoid currency conversion fees when returning from your travels, use excess remaining currency to pay for your room charges or other fees when you check out of the hotel to return home.

Thank you for attending the IMPS Annual Meeting. We hope you enjoy your experience!