

BEFORE YOU GO ABROAD TO CERN

This form is also available on the LNS website at <http://web.mit.edu/lns/services/abroad-info.html> and Physics Department at <http://web.mit.edu/physics/policies/index.html>.

TIPS FOR TRAVELING ON MIT BUSINESS:

- <http://icc.mit.edu/travel-abroad/safety-and-security>

KNOW WHO TO GO TO WHEN YOU NEED ASSISTANCE WHILE AT CERN:

- Students: at CERN: senior group members
at MIT: Physics Academic Administrator Cathy Modica (cmodica@mit.edu) or your group's administrative assistant; MIT sponsoring program (MISTI) if applicable



ISSUES AROUND HOUSING:

Terminating your MIT campus housing:

- If you get a letter from your supervisor stating you are being stationed overseas, you will not be required to pay a termination fee.
http://housing.mit.edu/graduatefamily/moving_out

Finding temporary housing:

- Consult your group's administrative assistant for help with booking temporary housing, and to book CERN hotels at the best rate (<http://gs-dep.web.cern.ch/en/hotels-rates>)
- CERN Hostel: http://gs-dep.web.cern.ch/en/CERN_Housing

Apartment hunting near CERN:

- International University in Geneva accommodation search tips: <http://www.iun.ch/en-en/life-on-campus/housing/accommodation-search-tips>
- http://www.immostreet.ch/en/HomePage?LAN_CODE=ENG&SKIN=is
- <http://www.regierhone.ch>
- Young@CERN:
<https://www.facebook.com/login.php?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2Fyoung.at.cern%2F> - Facebook group with CERN people who speak English looking for roommate.
- Seloger.com: <http://www.seloger.com/> - helpful in comparing apartments by area, price and criteria.

FORMAL REGISTRATION AT CERN:

CERN Users Office:

Responsible for documentation, provides information to newcomers
<http://usersoffice.web.cern.ch>

Information on registration:

<http://usersoffice.web.cern.ch/new-registration>

Home Institution form:

<http://usersoffice.web.cern.ch/sites/usersoffice.web.cern.ch/files/pdf/Formalities/HomeInstitutionDeclarationforUO.pdf>

requires an appropriate MIT signature:

- Students: Physics Academic Administrator Cathy Modica (cmodica@mit.edu)

HEALTH CARE AND HEALTH INSURANCE

- ***MIT Student Medical Plan:*** included with tuition, provides students with access to most services at MIT Medical at no additional charge.
- ***MIT Student Extended Insurance Plan:*** provides further coverage, including prescriptions, off-campus specialty care, and hospitalization. For coverage beyond the MIT Student Medical Plan, nearly 70 percent of MIT students choose the MIT Student Extended Insurance Plan. Students registered for 27 units or more per term are automatically enrolled in, and billed for, the MIT Student Extended Insurance Plan. If you're covered by the MIT Student Extended Insurance Plan, you can use those benefits anywhere in the world.

Medical Emergencies

The MIT Student Extended Insurance Plan covers your care if you have a medical emergency or need urgent medical care anywhere in the world. If you receive emergency or urgent care from a provider or facility that participates with Blue Cross Blue Shield (BCBS), the provider or facility will simply bill Blue Cross for your treatment. However, if you receive care from a non-participating provider, you may have to pay for your care up front and [file a claim](#) for reimbursement.

Mental Health Care

When you see a clinician outside MIT Medical, those services are covered by the supplemental insurance plan—either the MIT Student Extended Insurance Plan or your other comprehensive plan.

- **If you are covered by the MIT Student Extended Plan, and you see a mental health clinician who participates in the Blue Cross Blue Shield (BCBS) PPO,** your first 12 visits in a calendar year are covered in full (100%). After that, you will have a \$25 copay for each visit.
- **If you are covered by the MIT Student Extended Plan, and you see a mental health clinician who does NOT participate in the Blue Cross Blue Shield (BCBS) PPO,** your first 12 visits in a calendar year are covered at 100 percent of the BCBS allowed amount. After that, your insurance will cover 80 percent of the allowed amount, and you will pay the other 20 percent. For all of your visits, your clinician may bill you for the difference between the BCBS allowed amount and his or her charges. This is something you should discuss with your clinician ahead of time.
- **If you are covered by your parents' insurance or another insurance plan,** that plan's rules will apply. Most plans specify the number of visits per year that are fully covered or that require a small copayment. For many plans, coverage may apply only to a limited set of providers.

Counseling: individual and group practices

(all listings are from <http://geneva.angloinfo.com/af/465/geneva-counselling-and-therapists.html>)

Cabinet HD3 – Resources for Mind and Body

<http://www.therapygeneva.ch>

Experienced and multi-cultural group of professional therapists offering a range of services in central Geneva including psychotherapy, rolfing, stress and anger management and life coaching. We work with individuals, couples, children and groups.

Yukako W. Chang, MS – Counselor/Psychotherapist

<http://www.mindfulnesscounseling.ch/>

Mindfulness, body-centered approach. Reduce stress, enhance relationships and well-being. Life transitions, cultural adjustment, women's issues. U.S. trained, MS in Counseling. NBCC Certified. Registered with ASCA for reimbursement. Sliding Scale.

Rachel Chevallier Counselling & Psychotherapy

<http://rachelchevallier.ch/>

For families, couples and individuals wishing to overcome mental and physical distress. By certified FSP psychologist/psychotherapist working with alternative MD. Covered by complementary insurances. At 61 Rue Prévost-Martin, 1205 Geneva.

Bea M. Jaffrey – Psychological Counsellor, PsyD, DPsych candidate

<http://www.live-best-life.com/#>

Personal development for couples and individuals, positive psychology, cognitive therapy, marriage counselling, relationships, IVF support, sex therapy. Psychotherapy in English and Swedish. In Coppet. Free parking. Evenings and weekends available.

David Schiesher, MSW – Experienced Psychotherapist

<http://www.david-schiesher.com/psychotherapy.html>

American born and trained, providing gentle and effective holistic therapy to adolescents, adults and couples using a variety of methods treating a variety of issues. ASCA certified for insurance reimbursement. Central Geneva.

Isabel Thompson

Tel: 079 205 2503

Experienced professional counselor providing individual and couples counseling and coaching services in central Geneva since 2006. Specializes in CBT and short term counseling in English, French, Spanish and Portuguese. Skype/Online consultations.

Wellness Counseling Geneva

<https://wellnesscounselinggeneva.wordpress.com>

Offers counseling to those seeking support during difficult times. Treats individuals and couples facing a variety of issues. ASCA certified for insurance reimbursement. English and French spoken. At 3 Avenue Henri-Dunant, 1205 Geneva.

Young Adult Counseling

<http://www.youngadultcounseling.com/>

Psychological counseling for young adults in the Geneva region. Services are in English. Sliding scale rates are available. At 150 Route de Ferney, 1211 Geneva.

Other Out-of-Area Care

The MIT Student Extended Insurance Plan **does not cover routine care outside of MIT Medical**. “Routine care” would include such things as regular physical or gynecological exams, allergy testing, and most immunizations, including flu shots and travel vaccines.

However, you may receive non-routine, non-urgent care when you are out of the area, including office visits to healthcare providers for illnesses or injuries, maternity care, mental health and substance abuse services, diagnostic tests, and physical therapy. Your out-of-pocket costs will always be lower if you receive these services from a Blue Cross Blue Shield (BCBS)-participating provider.

Finding Blue Cross Blue Shield (BCBS) providers

- To find a BCBS-participating provider outside of the U.S., go to [BlueCard Worldwide](#), and log in by entering the first three letters of the identification code on your insurance card
- Inside the US, find a provider at <http://provider.bcbs.com>

Additional links on insurance coverage and usage:

- Complete information on Student Medical Plan: <https://medical.mit.edu/mit-health-plans/student-health-plans>

- Form to request documentation of your insurance coverage: at <https://medical.mit.edu/health-plans/insurance-coverage-letter-request>
- If you have questions about what your insurance covers, write to mservices@med.mit.edu
- To purchase insurance and file for reimbursement with MIT Benefits if you are permanently stationed outside the US: <http://www.cmsaf.mit.edu/twiki/pub/MITInfo/WebHome/CERNHealth.pdf>