

Instructions: As you prepare for your program-specific orientation meetings, please include a brief discussion about safety for your students. Below is a list of general talking points. If a Safety, Security, and Health Assessment was conducted for your program, you will receive a follow up email with site-specific safety and health information that should be included in your discussion.

General Safety Reminders

- **Educate yourself.** Inform yourself about the places where you will be traveling. Inform yourself of cultural differences.
- **Learn the [emergency phone numbers](#) for the host country.** 9-1-1 is not a universal emergency phone number!
- **Register with the [STEP Program](#).** Embassy registration is extremely helpful during an emergency or if you need to replace your passport.
- **Be street smart.** Make sure you are aware of your surroundings at all times. If you feel threatened, remove yourself from the situation. Choices in dress, living arrangements, entertainment, and companionship may impact on how you are viewed, and thus treated, by the locals.
- **Travel in small groups and never walk alone at night.** Be sure to use the buddy system in the host country. Go out in small groups and never walk alone at night.
- **Don't travel at night.** Instances of crime, injury, and accidents to travelers increase after dark. *Serious incidents have occurred when students disregard this advisory.* Only travel during the day even if that means modifying your plans or spending more money to travel safely.
- **Divide and hide your valuables.** Keeping all of your valuables in one place makes you vulnerable to theft!
- **Know the rules of the road.** Do not hitchhike or drive. These can be VERY dangerous activities! Use caution when crossing the street. Use reliable transportation. Only travel in official, licensed vehicles.
- **Avoid public demonstrations.** Public protests and demonstrations are common abroad, but they can be VERY dangerous. Even a peaceful protest or demonstration can become violent without warning. Students should NEVER participate in a public demonstration or protest. If these events occur during your program, avoid the area.
- **Secure your passport.** Store your passport in a safe place. Make two copies. One copy should go with you to the host country and be kept in a separate place from your passport. The other copy should be left at home with a trusted friend or relative. Don't carry your passport unless it is necessary.
- **Drink responsibly.** Alcohol is one of the leading causes of injury to travelers. If you choose to drink, do so responsibly.
- **Know your insurance information.** Carry your health insurance information and emergency numbers with you.
- **Leave a trail.** Always let someone know where you are.
- **Know what's going on around you!** Be street smart. Make sure you are aware of your surroundings. Students should be vigilant as street crime (theft and pickpocketing) is common. To prevent these events, students should not wear or carry valuables.

- **Find a well-lit way home.** Students should identify 1-2 well-lit routes back to their housing. This is helpful if you are returning after dark.
- **Keep your emergency card handy.** In online orientation, students are provided with an emergency card that includes phone numbers and steps for responding to an emergency. Keep this with you at all times.

In the Event of an Emergency

In the event of an emergency, we suggest you follow some basic steps. The acronym below—**DANGER**—will help you remember these steps. Remember: Use your head! You will need to adjust these steps and your actions based on the situation you are in!

Don't panic

Assess the situation

Notify your program director

Go to a safe place

Educate yourself with news and updates

Reach out to family and friends

General Travel Health Tips

- **Talk to your doctor before departure.** Preventative health care before you go can save you from discomfort while abroad. Ask your doctor to discuss any health practices that might be recommended for your host country. You might also inquire about a prescription for a general travel antibiotic.

- **Get your immunizations (if applicable).** You may need to update your immunizations or obtain special immunizations for travel. The [Center for Disease Control \(CDC\)](#) provides detailed information on health issues and required immunizations for travelers worldwide. Visit the CDC website for information about your specific destination(s). It is your responsibility to determine whether or not you need immunizations for your destination and to obtain travel immunizations before departure. Obtaining immunizations can be a lengthy process. Contact your doctor or a local travel health provider to begin this process immediately!
- **Complete the Health Disclosure Form in the Post-acceptance Steps of the Application.** In the event of an emergency, the University will use this information to help you obtain medical care. Fill this information out complete and truthfully to protect yourself onsite.
- **Mental and Emotional Health.** Maintaining good health includes paying attention to your mental and emotional well-being. Experiencing another culture is exciting, but is also disorienting. This can cause symptoms from mental and emotional health conditions to worsen or initiate a relapse. If you have a history of mental health conditions, it is important to disclose this information in the *Health Disclosure Form*. The information on your *Health Disclosure Form* will be used to assist you in the event of an emergency.
- **Over the Counter and Prescription Medications.** The availability of over the counter and prescription medications varies by destination. The Learning Abroad Office recommends that students take a “homemade first aid kit” to use in the event of an emergency. If you take a prescription medicine regularly, be sure to follow the guidelines below:
 - Pack enough medication to last the entire time you are abroad
 - Keep the medication in the original, labeled containers marked clearly with your name, doctor’s name, and name of the medication.
 - Inquire with your healthcare provider about refilling prescriptions if you should lose or run out of medication.
 - Know the generic names of any prescription medications that you take with you
 - **Pack all prescription medication in your CARRY-ON LUGGAGE.**
 - If you need to take any type of injection, take an adequate supply of well-labeled syringes (Please note that you will need an official letter from your doctor to take needles or syringes on a plane. Contact your airline for details.).
 - If you wear glasses or contact lenses, take an extra pair with you as well as a copy of your prescription.
- **Take care of yourself onsite.** Travel, time changes, new climates, and new foods can weaken your immune system. Get plenty of rest and eat properly. Drink lots of water.
- **Water Quality Abroad.** Food and water quality outside of the United States can vary greatly. Research the water quality of your destination before departure. If the water quality is questionable, drink bottled water and ask for drinks without ice cubes. You might consider using bottled water to brush your teeth as well.
- **Food Preparation.** Make sure that all food is well cooked. Fruits and vegetables should be thoroughly washed and peeled. Be especially careful when eating food prepared by street vendors or food carts. The general rule of thumb from travel experts is: *If you can’t cook it or you can’t peel it, don’t eat it!*