

Student Safety - Tips

Living and studying in another country is an enriching and rewarding experience, especially if you are prepared and take certain precautions.

General Situational Awareness

- **Keep your eyes and ears open. Be aware of your surroundings.** *Know what is going on around you.*
- **Follow local news, and the advice and instructions** of the local UCEAP staff, partners, and of the local authorities.
- **Know emergency exits** wherever you are. Keep a mental note of safe havens, e.g., police stations and hospitals.
- **Know how to report threats** to program staff and local law enforcement or security authorities.
- Monitor your email for travel alerts automatically shared with you through the UC security partner, iJET International.

Communications

- **Stay in touch** with loved ones and local program staff. Let them know about your whereabouts. A charged cell phone with a local plan is critical during an emergency. Also, have alternate ways of sending and receiving messages (e.g., email, cell phone, SMS, FB, etc.) with the local UCEAP support network.
- **Protect your personal information.** Do not reveal personal matters (such as where you live, study, family members, email address, phone numbers, or your travel plans) to anyone you don't know and trust. Be friendly but cautious.
- **Be discreet on social media about yourself and your plans.** These media do not provide "secure" communications.
- **Make sure your local contact information is current in MyEAP.**

Travelling

- **Inform trusted people and the local UCEAP staff of any travel plans, and keep them informed of changes.**
- **If you are planning to travel during a program break, know the risks of your destination and use the "buddy system"—travel in groups.** Know how to get there. Never hitchhike.
- Avoid travel, particularly on your own, to countries with an active US Department of State [Travel Warning](#). If you choose to do so, follow the [UCEAP Student Travel policy](#) and share your itinerary and contact with your family.
- **Maintain a "low profile."** Make an effort to blend with local people through how you dress and your behavior.
- **Carry with you (hard copies) of emergency telephone numbers. Know who to call locally in an emergency.**
- **Be aware of the cultural differences and abide by local customs.** You are a guest in a foreign country and are expected to behave as such. Refrain from discussing politics or criticizing the lifestyles.
- **Learn basic survival phrases in the local language** (e.g., "I need help", "Call the police." and "I need a doctor").
- **Avoid civil disturbances or demonstrations** of any kind as they can turn violent without warning. Understand the risks of attending large public gatherings. Choose public activities carefully.
- If you have not already registered online with the U.S. Department of State, Smart Traveler Enrollment Program (STEP), consider doing so: <https://step.state.gov/step/>. You will need your passport information to register.