Health and Safety

Prior to arrival

1. Register your travel with the State Department. https://travelregistration.state.gov/ibrs/ui/
2. Pack an International First Aid Kit.
3. Students should assume responsibility for all elements necessary for their personal preparation and participate fully in orientations.
4. Read and carefully consider all materials issued by the sponsor that relate to study, health, legal, environmental, political, cultural, and religious conditions in host countries.
5. Conduct research on your country, with particular emphasis on health and safety concerns, as well as social, cultural, and political situations.
6. Familiarize yourself with the Department of State Consular Info Sheet for your country.
7. Consider your physical and mental health, and other personal circumstances when applying for or accepting a place in a program. Make any health information available to your program.
8. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.

In Country

1. Students must understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program.
2. Be aware that your program may impose travel restrictions on you and may require that you provide a written statement regarding any of your travel plans.
3. You must obey host-country laws.
4. Have you signed your passport?
5. Make extra copies of the passport data page.
6. Leave copies of your itinerary, passport data page, and visa with individuals who can be contacted in the event of an emergency.
7. Bring your address of your residence/hostel with you, as well as your passport data page, wherever you go.
8. Don’t carry your credit/debit card unless necessary. Avoid carrying large amounts of cash.

Take Measures to Protect Yourself from Theft

1. Don’t bring more luggage that you can manage.
2. Use money belts/luggage locks
3. Copies of credit card info should be left at home
4. Did you let your bank know you will be travelling abroad?
5. Bring important numbers with you in case you need to cancel a card
6. Does your parents’ home owner’s insurance cover your laptop?
   a. Consider buying a refurbished computer or a net book
Avoid Dangerous Situations

1. Road accidents are the number one cause of injury and death to U.S. citizens abroad.
2. The irresponsible consumption of alcohol is one of the leading factors contributing to incidents abroad.
3. Insurance may work differently abroad. Companies offering excursions (bungee jumping, etc.) will not have liability insurance. Laws abroad do not always protect the victim.
4. Make yourself aware of emergency procedures. (i.e. what is the equivalent of 911?)
5. Students do get drugged abroad. This may be in a drink, a candy, or even a spray
6. Walking alone at night

Women Abroad

1. Take cues from other women in host country.
2. Never let your guard down.
3. American women suffer from the “easy” stereotype
4. What we consider sexual harassment may be a cultural norm. Cat-calls, staring, gesturing are very common in many countries.
   a. If you are being harassed, ignore it and move on. If you feel unsafe, seek help immediately.
   b. Trust your instincts and intuition. If it feels strange, get out of there.
   c. Be firm when you say no.
5. In some cultures:
   a. A woman’s willingness to be alone with a man can signal a willingness to have sex.
   b. “No” does not necessarily slow sexual advances
   c. Learn behaviors associated with prostitution and avoid them
   d. Local females may resent foreign women because they believe their men are chasing after them
6. Bring contraceptives with you. Your regular contraception and feminine hygiene products may not be available in your host country.
7. Unfortunately, women are more likely to be the victims of sexual assault.
   a. It is better to risk offending someone than to wind up in an uncomfortable situation
   b. Sudden intoxication is a sign you may have been drugged
   c. Be aware that your alcohol tolerance may change
   d. Protect yourself! What date rape drugs are common in your host country?
   e. NEVER leave your drink unattended
   f. If you are uncomfortable, get out of the situation
   g. If an incident occurs, please know that you can trust your on site staff
8. Be ready to give up some of the freedoms you have at home.

Sexual Health Abroad

1. What STDs/STIs are common in your host country?
2. Can you access proper protection?

Ultimately, use your common sense!