Student Safety Tips – Be Responsible for your Own Safety

General Situational Awareness

- **Look. Think. Act:** Observe what is happening around you. Assess potential threats and dangerous situations. Be ready to act. Trust your feelings about subtle signs.
- **Do not wear headphones** — They reduce your awareness of your surroundings.
- **Be a buddy. Look out for one another.** Be an active bystander— if you see something, do something if it is safe. Say something to others who can intervene safely.
- **Identify all exits wherever you are** to escape safely when in danger. If you cannot escape, hide.
- **Know the location of safe places and shelters.**
- **Have a plan to respond to an emergency.** Know your destination. Remain informed.
- **Know the risks; recognize threats. Know how you will respond to minimize impact.**
- **Read email alerts** from WorldAware, UC’s security partner.
- **Follow local news and advice** from local UCEAP staff/partners and authorities. Be proactive if there is a local emergency.

Communications

- **Let your family or friends, and UCEAP staff know that you are safe.**
- **Have a cell phone with an international voice and data plan or buy a local SIM card wherever you travel.**
- **Unlock your phone before leaving the U.S. KEEP IT ON AND CHARGED.** Your UCEAP network must be able to reach during an emergency. Have different ways of sending and receiving messages (e.g., email, cell phone, SMS, FB, WhatsApp, Viber, WeChat, Google Project Fi for Fi-ready phones, etc.). *Do not rely on Wi-Fi access only.*
- **Carry paper copies of emergency contact cards. Know how to reach local emergency services.**
- **Protect your personal information. Be discreet on social media about your plans.**
- **Ensure your local contact information is current in MyEAP and with the local partner.**
- **Learn basic survival phrases in the local language** (e.g., “I need help”, “Call the police.” “I need a doctor”).

Traveling

- **Invest in your safety.** Never hitchhike. Do not take cheap transportation, stay in cheap accommodations, or sleep on the streets. Choose safety first. Share your itinerary and contact information with family and friends.
- **Register online** (you will need your passport) with the U.S. Department of State, [https://step.state.gov/step/](https://step.state.gov/step/).
- **Inform yourself about the country you are visiting.** Know how to get there and back.
- **Be aware of cultural differences. Abide by local customs and laws.** You are a guest in a foreign country.
- **Avoid travel to countries on the US Department of State reconsider travel or do not travel advisory list.**
- **Plan your route before you leave.** Avoid road travel at night. Avoid walking alone at night.
- **Use the “buddy system” — travel in groups.** Do not leave your friends behind.
- **Sign out with UCEAP when traveling.** The UCEAP response team can help you if we know where you are.
- **If caught in a dangerous situation, remain clam. Run away if safe to do so.**
- **Avoid demonstrations and large public gatherings;** they can turn violent without warning. If caught in a demonstration, leave immediately.