

## Student Safety Tips

### General Situational Awareness

- **Be prepared. Keep your eyes and ears open. Remain aware of your surroundings.** Be responsible for your own safety. Trust your feelings always. *Choose to pay attention to what is going on around you.*
- **Follow local news, and advice and instructions** of the local UCEAP staff/partners and of local authorities. *Be proactive if there is a local emergency.* Let your family or friends and UCEAP staff know that you are safe.
- **Identify all exits** in case you can safely escape from immediate danger. If you cannot escape, hide.
- **Know the location of safe places and shelters**, e.g., hospitals.
- **Stay calm and plan how to respond to an emergency.** Remain informed and follow personal safety measures.
- **Check your email for travel alerts** from the UC security partner, iJET International.
- **Know the risks; recognize threats and know how you will respond to minimize impact.**

### Communications

- **Have a cell phone with an international voice and data plan or buy a local SIM card wherever you travel.** **Unlock your phone before departure from the U.S. KEEP IT ON AND CHARGED.** Communicating with your UCEAP support network will be crucial so UCEAP can help you. 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 underestimate the ability to call emergency services when necessary. You may not have WiFi access always.*
- **Carry paper copies of emergency and assistance-provider contact cards. Know local emergency numbers.**
- **Protect your personal information. Be discreet on social media about yourself and your plans.** Be cautious.
- **Ensure your local contact information is current in MyEAP and/or with the local partner.**

### Travelling

- **Consider safety when traveling. Avoid stops in high-risk areas or airports. Familiarize yourself with current conditions. Learn basic survival phrases in the local language** (e.g., “I need help”, “Call the police.” “I need a doctor”).
- **Avoid travel to countries with an active US Department of State [Travel Warning](#).** Follow the [UCEAP Student Travel policy](#).
- **Stay in contact with your family and friends to help minimize unnecessary anxiety.** *Share your itinerary and contact with your family.*
- **Sign out through MyEAP.** The UCEAP response team can help you if we know where you are.
- **Pair up: Use the “buddy system”—travel in groups.** Do not leave your friends behind. Know how to get there and back. Never hitchhike.
- **Observe road safety while taking local transportation or as a pedestrian. Choose safe transportation always.** Road crashes are the leading cause of death and injury for travelers. UCEAP strongly discourages owning, renting, or operating any motorized vehicle while abroad.
- **If caught in a dangerous situation, remain clam, stay low, and run away as safely as possible.**
- **Be aware of cultural differences and abide by local customs and laws.** You are a guest in a foreign country.
- **Avoid demonstrations;** they can turn violent without warning. If caught in a demonstration, leave immediately.
- **Avoid large public gatherings.** Choose public activities carefully. Always identify exits.
- **Register online with the U.S. Department of State, <https://step.state.gov/step/>.** *Have your passport to register.*