

Student Safety Tips – Be Responsible for your Own Safety

General Situational Awareness

- **Practice situational awareness. Keep your eyes and ears open. Watch out for potential threats and dangerous situations.** Remain relaxed but ready to act. Trust your instincts about subtle signs.
- **Be a buddy. Look out for one another.** Be an active bystander---if you see something, intervene in any way you can. Be direct. Ask anyone who appears to need help, if they are okay.
- **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 iJET International, 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.** Do not take the cheapest transportation or stay in cheap accommodations. Choose safe transportation always. Road crashes are the leading cause of death and injury for travelers. Do not own, rent, or operate any motorized vehicle abroad. Risks and liability are too high.
- **Familiarize yourself with local conditions.** Know how to get there and back. Never hitchhike.
- **Avoid travel to countries on the [US Department of State reconsider travel or do not travel advisory list](#).**
- **Stay in contact with your family and friends.** Share your itinerary and contact information.
- **Sign out with UCEAP when traveling.** The UCEAP response team can help you if we know where you are.
- **Use the “buddy system”–travel in groups.** Do not leave your friends behind.
- **If caught in a dangerous situation, remain clam. Run away if safe to do so.**
- **Be aware of cultural differences. 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 (you will need your passport) with the U.S. Department of State, <https://step.state.gov/step/>.**