Student Safety - Tips

General Situational Awareness

- 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.
- Recognize threats and where they are coming from.
- Follow local news, and advice and instructions of the local UCEAP staff/partners and of local authorities.
- 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.
- Plan how to respond to an emergency.
- Monitor your email for travel alerts from the UC security partner, iJET International.
- Know the risks and how to report anything suspicious. Remain informed and follow personal safety measures.

Communications

- Have a cell phone with enabled international 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 local UCEAP support network will be crucial during an emergency so UCEAP can help you. If cell phone service is down, have different ways of sending and receiving messages (e.g., email, cell phone, SMS, FB, WhatsApp, Viber, WeChat, etc.)
- Carry hard copies of emergency contact cards. Know local emergency numbers.
- Protect your personal information. Do not reveal personal matters (such as where you live, birthdate, 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 as they do not provide “secure” communications.
- Make sure your local contact information is current in MyEAP and/or with the local partner.

Travelling

- Always share your itinerary with your parents and emergency contacts. Stay in contact with them while traveling to minimize unnecessary anxiety.
- Sign out and notify UCEAP staff and partners of changes. During an emergency, the UCEAP response team can help you if we know where you are.
- When traveling during a program break, identify possible risks. Pair up: Use the “buddy system”–travel in groups. Do not leave your friends behind. Know how to get there and back. Never hitchhike.
- Avoid travel to countries with an active US Department of State Travel Warning. Follow the UCEAP Student Travel policy. Share the itinerary and contact with your family.
- 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.
- Maintain a “low profile.” Blend with local people through dress and behavior. 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.
- Learn basic survival phrases in the local language (e.g., “I need help”, “Call the police.” “I need a doctor”).
- 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.