



Safety: Our Partnership

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Safety: Our Partnership

THINK ABOUT SAFETY: BE PREPARED AND HAVE A PLAN

Prepare for a safe experience abroad

The majority of UCEAP students will have safe experiences. However, even with the best-planned trips, things can go wrong. Responsible participation in UCEAP requires students to assume responsibility for all aspects of their personal preparation for the program, including researching all countries they plan to visit. Good preparation is critical for a rewarding, healthy, safe and positive experience abroad.

UCEAP has a robust support system, experienced and trained staff in California and at most locations abroad, and policies, procedures and plans for managing emergencies. We depend on you to follow those policies, exercise good judgment, make informed decisions and put into practice what you learn.

Anywhere in the world, you will benefit from applying three basic principles:

1. **Prepare.** Learn as much as you can about the program and your host country, particularly its political, cultural or legal differences from the US. Think about weather changes, political and security developments in the country, and stay alert. Discuss basic health and safety issues with your family and your UCEAP campus advisor before departure. Read and apply UCEAP's safety information, pay attention to all security briefings, and envision scenarios and your reactions during an emergency. Talk to the local UCEAP representative.
2. **Prevent.** Be aware of your surroundings, pay attention to what is happening around you, make a mental note of all emergency exits wherever you are, and locations of the nearest security personnel. Do not walk around with earphones, on the phone or texting.
3. **Act.** Trust your instincts when in an uncomfortable situation and take immediate action. If something suspicious is happening, leave, run away, or seek safe shelter and call local law enforcement. Act under the assumption that you are on your own.

Your success depends on you

Although we provide information on potential risks and necessary precautions abroad through this guide, your program guide, and predeparture and on-site orientations, your safety is ultimately up to you. Illness and accidents can happen anywhere and anytime. The most common incidents abroad are preventable and relate to student behavior and choices. (Example: getting mugged after drinking late at night is one avoidable risk.)

As a UCEAP participant, it is your responsibility to:

- Participate in required orientations.
- Carefully read all UCEAP predeparture materials, including this guide, your **Program Guide**, the UCEAP website, risk-assessment documents for selected countries, and US Department of State safe travel resources.
- Know who to call in an emergency and have a personal emergency action plan.
- Understand and comply with the UCEAP Student Agreement (in MyEAP), **policies**, and emergency procedures.
- Acknowledge that your behavior can impact not only your safety but that of others.
- Engage in your own risk planning; follow advice from local staff and do personal research about potential threats while abroad.



- Report concerns or incidents to the UCEAP on-site representative ready to provide assistance.
- Actively minimize risks and prepare for potential hazards.

UCEAP Cannot:

- Guarantee your safety or eliminate all risks from the study abroad environment.
- Monitor or control your daily personal decisions, choices, and activities.
- Prevent you from engaging in illegal, unwise, or dangerous activities.
- Assure that US standards of due process apply in overseas legal proceedings, or provide or pay for legal representation.
- Assume responsibility for actions or events, which are beyond UCEAP's control and its partners, or for situations that may arise due to your failure to disclose pertinent information.
- Assure that home-country cultural values and norms or US safety codes will apply in the host country.

IMPORTANT PREDEPARTURE STEPS

Discuss questions and concerns with UCEAP staff

Experienced staff in California and abroad are available to guide you with information on staying safe during your daily activities and emergencies. For detailed contact information at your Study Center abroad, see your "UCEAP Network" section of the [Program Guide](#).

Communicating with your family after arrival

- **Discuss communication expectations before the start of the program.**

If you make plans to contact your family at a certain time, follow through so they do not worry unnecessarily. This is especially important after your arrival.

Some programs take place in remote locations. It may be difficult to anticipate where you may be at all times. Discuss what types of communication may be feasible, alternate communication plans if there is an unexpected delay, and how often you will communicate. If your availability changes, notify your family. Stay in touch with your family to reassure them of your safety and whereabouts when you travel during the program break or when there is a newsworthy event locally.

Plan to have a cell phone with a local plan, including SMS

Being able to communicate while abroad is often overlooked. Do not wait until there is an emergency to figure out how you will call local emergency services (e.g., ambulance) and UCEAP representatives for help.

To ensure communication with UCEAP staff and its partners in a crisis situation, you must have a working cell phone with a local plan while abroad. Keep the cell phone with you, charged and turned on at all times. Respond promptly to calls, emails and text messages from UCEAP representatives, especially during an emergency.

It is your responsibility to get a cell phone either before departure or within the first week after arrival in your host country. Most major US phone companies offer plans that allow calls, texts and data access while traveling abroad. You will need a data plan. Using WiFi exclusively limits your ability to call for help when needed.



Messaging services such as Skype, Gchat, Wechat, Viber, WhatsApp, applications that you can download to send text, photos, and video messages to international numbers, can be free to communicate with your family in the US but you may not be able to communicate with the local UCEAP staff or partners if you do not have a local plan or a local disposable phone, particularly during an emergency.

BEFORE DEPARTURE

- Buy the simplest phone possible with the most basic calling and text messaging plan and make sure you can use it abroad.
- Talk to your telephone carrier and ask to unlock the phone. Make sure that your phone will support technologies used while you are abroad. Ask them how to use a SIM card; some local SIM cards will not work with your phone.

WHEN YOU ARRIVE

- Purchase a local SIM card. Ensure that your phone works.
- Enter your local contact information, including phone number, in MyEAP.
- Keep your phone turned on. If your cell phone is off, local emergency services will be unable to contact or locate you.

Stay Informed: US Department of State Resources

REGISTER YOUR TRIP BEFORE DEPARTURE

UCEAP strongly encourages you to register online with STEP (**Smart Traveler Enrollment Program**) if you are a US citizen to receive the latest travel updates, emergency messages, and information on any destination. Registration is free, easy, and voluntary.

The US Department of State offers a free Smart Traveler App. Find official [downloads here](#).

Regularly monitor the US Department of State's [Consular Affairs' website](#) for current Travel Warnings, Travel Alerts, and Country Specific Information.

Review the US Department of State, "[Traveler's Checklist](#)."

For the latest security information, regularly monitor the US Department of State's [Your Destination](#) page and official local news sources.

Sign your passport and fill in the emergency information

Have a signed, valid passport and fill in the emergency contact information page of your passport. Always keep it in a safe place. Ask the local UCEAP staff and/or partners whether you can carry a copy of your passport and leave your original in a safe place.

Make two copies of your passport. Leave one copy of your travel itinerary, passport data page, and visas with family or friends so you can be contacted in case of an emergency. Take the other copy and extra photos with you.

If your passport is lost or stolen, report it immediately to the nearest [US embassy or consulate](#) to help protect yourself against identity theft and to prevent someone else from using the passport.

Know how and when to contact the US embassy during your travels

Refer to www.usembassy.gov or use your mobile phone to contact the nearest US embassy anywhere in the world. Consular duty officials are available for emergency assistance 24/7, at US embassies, consulates, and consular agencies overseas and in Washington, D.C. (1+202-501-4444).



UCEAP 24/7 Emergency Assistance Resources

During your program you have access to knowledgeable and experienced local faculty and staff and the support network of the UCEAP Systemwide Office. In addition, you have 24-hour access to emergency assistance services through the UCEAP student travel insurance policy. The benefits include political/security extraction, including a crisis hotline, medical evacuation and emergency assistance, in addition to other services.

UCEAP 24/7 Security Services Provider

You will be automatically registered with iJET International, the University of California security providers. You will receive real-time, 24/7 alerts through their online Worldcue Service about emerging situations or changing travel conditions. They will inform you what to expect and how to manage the situation. Alerts are classified by importance: Critical, Warning, or Informational. Be informed: Read all alerts.

When UCEAP registers you with iJET, you will get a welcome email from iJET with insurance information and instructions to create an account with Worldcue. Once your profile is complete, Worldcue will send personalized travel reports, real-time intelligence, automated and customized travel information, and travel alerts designed to keep you informed throughout your stay and travels abroad. You will receive direct email notices from iJET Worldcue regarding political unrest, natural disasters, war activities, health warnings, etc. Your Worldcue TRAVELER reports are updated constantly and are based on your itinerary and available for printing. You can also add your parents email address so they receive the same information.

Be Prepared: Develop a personal emergency plan

To reduce risks to your health and safety, develop a personal Emergency Plan (EP) with your family to be ready for any emergency.

Some examples for your personal EP can include:

1. Where to go first in an emergency and who to call.
2. Identify all emergency exits wherever you are.
3. Have emergency cash.
4. How to get safely to your destination.
5. A list of risks that are present at your destination and how you will manage them.
6. How to ask for help in the local language.

The more prepared you are, the better you can respond effectively to an emergency or crisis. Leave a copy of your plan and emergency phone numbers with your family.

Keep local emergency numbers

Know how to contact local emergency services (e.g., the police, an ambulance). Store the numbers in your cell phone and write them down on an emergency contact card in case your phone is misplaced.

Carry a copy of your **UCEAP insurance card** with you at all times.

Learn the laws of your UCEAP host country

You are subject to the local laws. It is your responsibility to inform yourself about the legal system in your UCEAP host country and in any country you plan to visit. Local laws, regulations, and legal and administrative processes may differ significantly from those in the US and may not afford the same protections.



The US government and University of California cannot intercede on your behalf, grant special privileges or rights, or issue loans for legal aid. Both the US government and the University are limited by local law and international practices. However, the US diplomatic staff can provide lists of local attorneys, even though they cannot serve as attorneys or give legal advice.

IF YOU ARE ARRESTED

If you are arrested, your first statement to authorities should be a polite and calm.

Ask to speak to a consular officer at the US Mission if you are a US citizen. It is your right under international agreements to receive assistance from your government. Be polite and calm, but insist on having the help of a US Consular Officer. Do not be surprised if your requests for consular access are ignored.

Consular officers will do whatever they can to protect your legitimate interests and ensure that you are not discriminated against under local law. But, they cannot get you out of jail.

If you are arrested, even for a minor offense, you may be held in detention without bail for several weeks during the investigation and legal proceedings. A prison may not have beds or toilets. Inmates may be fed the minimum survival fare, if anything, and may be subject to treatment considered inhumane by Western standards.

If you are mistreated while detained, file a complaint. First, talk to the US Embassy American Citizens Services to find out how you can report your complaint to local authorities.

After discussions, the US American Citizens Services will insist that you be treated humanely and may be able to hold the country detaining you responsible if human rights are being violated.

Inform yourself about road safety

According to the US Secretary of State, more American citizens die from traffic accidents abroad than from crime, terrorism, and aviation accidents combined. Do not operate vehicles abroad. In some countries, bad roads and careless drivers are considered top dangers. For information about road and traffic realities abroad, visit the [Association for Safe International Road Travel](#) website.

Travel standards are different around the world, especially in developing countries where road conditions, car care and driving culture may vary. In some regions there may not be reliable public transportation, for this reason we strongly recommend to have a budget for licensed taxis. Always use a licensed taxi; never agree to travel in an unlicensed taxi with an unlicensed driver.

Being constantly alert to your surroundings and actively engaging in safe practices will reduce the risk of an accident.

ROAD RISKS TO TRAVELERS IN DEVELOPING COUNTRIES

- Poorly trained/unlicensed/non-compliant drivers
- Dangerous roads and pedestrian environments/hazardous road mixes (vehicles, people with carts, animals, etc.)
- Poor transportation options
- Inadequate emergency medical care, lack of ambulances
- Poorly maintained vehicles
- Not observing rules of the road
- No seat belts



ROAD RISKS TO TRAVELERS IN DEVELOPED COUNTRIES

- Unfamiliar with roads and driving regulations
- Different road culture
- Signage
- Climate/geographical differences
- Pedestrian conventions
- Language
- Different traffic flow

Pedestrian Safety

Many victims in road accidents are bystanders or pedestrians. Danger for pedestrians is more acute in developing nations.

Avoid using a mobile device as a pedestrian. It is a dangerous distraction that can lead to personal injury, or worse.

Cell-phone related injuries while walking are most common among youths. Activities such as emailing, talking on the phone, texting, or listening to music have contributed to some people falling off walkways or bridges and walking in front of moving traffic. If a text message, call, or email cannot wait, step aside, let others go by, and respond before proceeding.

- Be predictable; follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available.
- If there is no sidewalk, walk facing traffic and as far from traffic as possible. Be visible: walk where you can be seen.
- Avoid alcohol and drugs; they impair your abilities and judgment.
- Learn pedestrian rules and conventions.
- Wear bright clothing by day, reflective clothing by night.

For more information, refer to your UCEAP Program Guide and/or visit the US Department of State, [Road Safety Overseas](#).

ROAD SAFETY TIPS WHEN TRAVELING ABROAD

1. Avoid night travel, particularly in countries with poor safety records, inadequate signage and lighting or mountainous terrains.
2. If a driver is not driving responsibly, express your concern. If the behavior does not improve, disembark at first safe opportunity.
3. Avoid overcrowded, overweight, top-heavy buses, minivans and taxis in poor condition.
4. Ride in the back seat of taxis and minivans with functional seat belts.
5. Board and disembark with care.
6. Choose the safest transportation option. Local, less expensive, forms of transportation often have poor safety records.
7. Carry a working, charged, mobile phone that you can use to make a local call in case of an emergency.
8. Do not hitchhike.



Water and swimming safety

Carefully consider the safety of any beach before entering the water. Follow these basic tips for keeping safe:

- Rip currents and undertows can kill. Rip currents are the leading surf hazard for all beachgoers. They are particularly dangerous for weak or non-swimmers. See the [United States Lifesaving Association \(USLA\)](#) website for survival tips on rip currents.
- Do not swim in unfamiliar bodies of water or at isolated beaches.
- Never swim alone.
- Never swim while under the influence of alcohol or drugs.
- Never dive head-first.
- Check local information for details of tides, rip currents, and pollution. Tide changes can produce powerful currents.
- Many beaches do not have lifeguards or warning signs. Do not swim without lifeguards present.
- Check for possible hazards from jellyfish, sea urchins, coral, sea snakes, sharks, and venomous fish. Saltwater crocodiles live in coastal estuaries in many countries.
- Human sewage and animal feces make some beaches no-go areas for swimming or even wading.
- Be cautious around natural bodies of water including ocean shorelines, rivers and lakes, even if you do not plan on swimming.

Learn how to ask for help in the local language

Get emergency vocabulary before you travel and memorize words for both medical and non-medical emergencies.

If you have a disability, learn specific vocabulary relating to your disability to communicate important needs during an emergency.

Terrorism Preparedness

Terrorists typically attack public places with large crowds because they want to cause the most damage and get the most attention for their cause.

Terrorism thrives on fear. By planning how to respond to a terrorist attack, you can improve your chances of survival. Knowing how you will respond to an attack will help you remain calm, think clearly and react well.

Terrorists often use threats to:

- Create fear among the public.
- Try to convince individuals that their government is powerless to prevent terrorism.
- Get immediate publicity for their cause.

Preparing for a terrorist attack:

- Be observant of your surroundings. Situational awareness will help you identify potential threats or dangerous situations so you can understand the circumstances and your options.
- Move or leave if you feel uncomfortable or if something doesn't feel right.
- Be observant and report suspicious activity or unusual behavior to authorities like local emergency services, police or security personnel. Examples: someone recording or monitoring activities or buildings, people at events wearing too much clothing, suspicious people who seem out of place, or unattended bags, packages or strange devices.
- When in transit, do not leave your luggage unattended or accept packages from strangers.



- Wherever you are, identify all emergency exits, and how to quickly get out of a building, transportation corridor, or congested public area. Be familiar with secondary exiting systems, as primary exits may become clogged or blocked.
- Be prepared to shelter-in-place in a safe location.

Refer to the [American Red Cross](#) for more information.

WHILE ON UCEAP

Required On-site Orientation

When you arrive at your host country, the required orientation will include a review of local safety and security guidelines, culturally appropriate behaviors and information on how to remain safe.

Check your Email Regularly

Email is UCEAP's primary means of communicating with you. Update your local contact information through MyEAP.

Update your spam filters to ensure that you receive all UCEAP communications.

Respond to Welfare Check-ins

These drills are scheduled throughout the term to test UCEAP capabilities and the readiness in responding to any type of crisis while abroad. Your prompt answer will be required. Our goal is to assess how swiftly we can reach you in an emergency and to verify the accuracy of our contact information.

Update your local contact information through MyEAP

You are responsible for providing UCEAP with updated contact (telephone, address, and email) information in MyEAP and to be responsive to UCEAP officials and its partners from the time of application through the end of the program. Failure to respond to official communications may lead to dismissal.

- You must update your local contact information within two weeks of arriving.
- Log on to your MyEAP account.
- Select Contact info from the left-hand side menu bar under Student Information. Add and/or update "Address Abroad While Participating in UCEAP." Include an accurate address, phone number and email address so we can contact you directly in case of an emergency.
- It is essential that you keep your local personal contact information updated. If it is necessary for UCEAP to contact you, we will use the email address and local telephone numbers you have provided through MyEAP.

Provide your family with accurate and updated local contact information, including country and city codes.

MyEAP Travel Signout

If you will be away from your host city for more than 24 hours during the program, traveling independently, you must sign out and include your specific travel plans so we can contact you in an emergency. Information about your travel is confidential and will be used by UCEAP officials on a need-to-know basis. An emergency may arise abroad or at home that may require reaching you promptly. You are required to carry emergency phone numbers and a copy of your [UCEAP insurance card](#) with you at all times.



Know How to Use the Local Phone System

Know how to use the phone system in the country in which you are traveling. Do not wait for an emergency to figure it out or rely completely on your cell phone. Refer to **Plan to have a cell phone with a local plan, including SMS** in this guide.

Carry local contact information with you at all times

Have the UCEAP Study Center and/or host institution contact information.

UCEAP and emergency contact information is published in your UCEAP Program Guide.

What to do and who to contact during a personal emergency

Carry local emergency numbers (police, ambulance, etc.) and program emergency contact information with you at all times. Depending on the seriousness of the situation, contact local emergency services first and then contact your UCEAP representative.

Let the UC Study Center/Representative know of any emergency immediately as local staff can help you.

Keep separate emergency funds in case you are stranded or need to leave the country quickly.

Independent personal travel

- ▶ **Do not hitchhike. Hitchhiking introduces risks for both men and women, and it is not a safe way to travel in most parts of the world.**

Provide a detailed itinerary to the UCEAP Study Center and your family whenever you leave the UCEAP site for more than 24 hours. The itinerary should include your contact information, travel dates, and destinations.

How?

- Log on to your MyEAP account
- Choose Travel Signout under Participation

If you do not have easy access to MyEAP, provide information above in writing to the Study Center staff/faculty. If your family does not hear from you for a while, they might worry needlessly. If you have not signed out, UCEAP cannot reassure them.

Safety while Traveling

Safety is your primary concern and responsibility; regardless of where you stay, make sure someone knows where you are at all times.

Always keep emergency phone numbers at hand and note where police stations are located in every city you visit.

- Refer to local street maps to plan your route before setting out. Know where you are, where you are headed, and how you are getting to your destination. Travel in groups; never alone.
- Avoid dangerous areas and waiting alone, especially after dark. If unavoidable, use well lit, busy streets.
- Avoid disputes or large gatherings and groups of people loitering in the street.
- Be alert to strangers.
- Be alert to what is happening around you. If suspicious, window-shop, cross the road, retrace your steps or enter a shop.
- Be aware of any common scams that happen in the cities you are visiting and plan how to react if approached.



- Does anyone know where you are and what time you are due back?
- If you are returning home after dark, have you considered possible risks (e.g. where you parked the car, the availability of public transport, etc.)?
- Do you carry a personal alarm?
- Carry small change available for fares.

Web-Based Travel Services

University of California travelers are interested in two web-based services: home sharing and ride sharing. Although these services may offer substantial savings, they carry some additional risk. UCEAP strongly recommends against using these services.

TAKE PRECAUTIONS ABROAD TO REDUCE RISKS

Crime is a problem worldwide, including the US. In any of the countries to which you travel, you can become a victim of crimes such as muggings, robberies, petty thefts, sexual assaults, and beatings. There is no way to protect yourself totally from crime. Be aware of your surroundings, think about possible situations that can occur in your host country and plan accordingly, stay alert, and avoid being a target of crime.

Risks upon Arrival:

Newly arrived travelers are often targets of crime because they:

- Are unfamiliar with their surroundings
- Might not speak the local language well
- Are recognizable as foreigners
- Attract attention by appearing to be affluent
- Have not yet learned the social norms or unwritten rules of conduct
- Are eager to get to know new people and the local culture
- Are naive to the intentions of people around them
- Are carrying all their valuables with them
- Wear headphones or talk on cell phones when in public

Actions to Avoid:

Some factors that you can control, which may place you under greater risk, include:

- Being out after midnight or even local curfew
- Being alone at night in an isolated area (travel with someone whenever possible)
- Being in an area known for crime or violence
- Sleeping in an unlocked place
- Being under the influence of alcohol or drugs
- Carrying excessive amounts of cash and/or valuable property

Pay attention to your actions and appearance and try to adapt

- ▶ **Always be aware of your surroundings and practice risk avoidance techniques. Understanding local culture will help you stay safe.**



To succeed abroad, you will need to be resourceful, willing to learn from your mistakes, determined to stay, and flexible to change. Learn the norms of your host country and understand how your own culture relates to the local culture. Adapt your behavior to the customs and expectations of your host country. Be aware of local dress codes and customs and try to adapt accordingly. Be culturally sensitive without compromising your safety.

In your new surroundings, others may misinterpret or be offended by what you may consider normal dress and interaction. Social gestures that may seem innocuous in your culture may be interpreted in radically different ways in other societies. Make sure your appearance is respectful of local customs; do not risk drawing negative attention to yourself by wearing inappropriate clothing.

Prepare to live in an urban environment

Many UC Study Centers are in major international cities. You may experience conditions generally associated with dense urban living: increased crime, pollution, sexual harassment, and standards of living that are not comparable to life at UC. Practice the same safety tips you would in any place you are not familiar with. The more you learn now about these realities, the better prepared you will be to handle the challenges and rewards of studying abroad.

Safeguard your belongings from damage or theft

As on your UC campus, you are responsible for your personal property. You can safeguard your belongings from damage or theft by making sure that your room and windows are locked, and by securing money, travelers checks, and other valuables.

Review the limited personal property insurance benefits in the [UCEAP Insurance Plan](#) and determine whether they are adequate.

Fire safety

PLAN AHEAD AND STAY CALM

The importance of fire protection is often overlooked. According to the US Fire Administration, almost 70 percent of all residential fire victims in the United States die of smoke inhalation, poisonous gases, or lack of oxygen—not severe burns.

Fire can pose a significant risk, especially in countries where there is no fire brigade, where buildings are not constructed to minimize fire hazards, and few people know about fire safety.

Fire safety standards differ drastically around the world. Many overseas locations do not meet US standards in terms of fire protection and regulations (e.g., fire sprinklers, smoke alarms, fire extinguishers, etc.), means of escape, and fire-fighting capability. Some older buildings are constructed to minimal standards.

Although many fire departments around the world have equipment that can reach above a second floor, most do not have equipment to reach beyond a seventh floor. If you live in a multi-story building, request a room no higher than the seventh floor.

Fire safety can save your life. It is a shared responsibility between UCEAP (orientation and training of students), the community (well-trained and prepared emergency responders), and the individual student. You are ultimately responsible for your own safety during a fire. Know how to react should a fire occur.

Practice a fire escape plan and fire-safe behavior regularly. During a fire, you may have less than one minute to get safely out of a building. Knowing what to do can mean the difference between life and death.



Always consider fire precautions in any building you visit, particularly how to escape. **Take the time to inspect your lodging for possible safety hazards**, including lack of smoke detectors, exposed wires, and improperly operating heating and cooking equipment.

IDENTIFY FIRE HAZARDS

- Identify potential fire hazards (see below for partial list) and take steps to minimize or eliminate hazards. Eliminating fire hazards associated with electricity, natural gas, and flammable liquids will go a long way toward reducing your fire risk.
- Smoking in bed or careless smoking. Careless smoking is known to be one of the primary causes of home fires. If you don't discard a cigarette properly, loose embers that are hot can ignite when they come in contact with a flammable surface.

OTHER SIGNIFICANT HAZARDS INCLUDE:

- Smoke alarms that do not work.
- Expired or inoperable fire extinguisher.
- No escape plan.
- Overloaded extension cord. Overloaded electrical outlets.
- Using a space heater that is not laboratory tested and approved.
- Frayed cord plugged into wall socket.
- Electrical cords under carpets or across high-traffic areas.
- Electrical appliances left on (hair iron, etc.)
- "Daisy-chained" power strips (one plugged into another).
- Power strip without circuit breaker.
- Flammables close to a source of ignition.
- Unattended candle, fireplace, or space heater.

For more information on fire safety around the world, visit the [Fire Safety Foundation](#).

PREVENTION

Taking a few sensible precautions, you can help protect yourself, and others, from injury—or worse:

- Ensure you have a working smoke alarm and test it weekly. Smoke alarms with a vibrating pad or flashing light are available for people who are deaf or hard of hearing.
- If you smoke, never smoke in bed; when you finish a cigarette, put it out completely and make sure all cigarette ends are cold before emptying ashtrays into bins.
- Be aware of where fire alarms are located and fire equipment is kept.
- Draw an escape route. Plan and practice it with your housemates. If you use a walker or wheelchair, check all exits to be sure you can get through the doorways easily.
- If you have a mobility disability have their bedroom on the ground floor and as close as possible to an exit.
- Keep a flashlight on hand to help guide you through smoke.

LIVING IN HALLS OF RESIDENCE

If you have any concerns or questions about fire safety in residence halls (e.g., you've spotted a fire risk), speak to officials at your host institution and/or bring it to the attention of the UCEAP representative abroad.

If you have a disability and would need assistance during a fire, let the university or college health and safety officer know when you arrive.



You should also:

- check what the fire safety rules are, such as any ban on candles in rooms
- pay attention to fire drills, if practiced, and never ignore alarms

LIVING IN PRIVATELY RENTED ACCOMMODATION

If you live in a private house or apartment, make sure it's fitted with smoke alarms on each level of the property and that they are tested regularly. If there are no smoke alarms, purchase one, and install it. If you cannot mount the alarm on a wall, place it on a high surface, with the top of the alarm not closer than 4 inches or more than 12 inches from the ceiling.

Check that your escape is clear. For example, make sure there are no boxes blocking your exit in the hallway, and be aware of any windows that are barred.

If you are studying in England, you can request a home fire safety visit from your local Fire and Rescue Service. They may provide and fit a smoke alarm for free.

FIRE SAFETY IN PLACES OF ASSEMBLY

Some of the deadliest fires in the United States and abroad have involved places of assembly: nightclubs, theaters, concert halls and auditoriums. The ability to exit quickly and safely is critical. Stay sober. In a packed arena or a club that is pushing the capacity limit, common sense and a calm demeanor can mean the difference between life and death.

Be observant: Know where the exits are. Walk around the club and check out exits firsthand and see what kind of doors they have. If it appears the show involves indoor fireworks, consider leaving. If a fire alarm goes off, stop what you are doing and get out.

Leave Immediately: Do not delay if you are concerned about safety. Every second counts.

Is it too crowded? If it feels too crowded, then it is, and you should avoid it.

HAVE A PLAN

Preparing and practicing a plan will help you, and others, act quickly if there's a fire—it can save your life.

Locate Your Exits: Count the doors between your room and the nearest exit; this could be a lifesaver if you have to crawl low under smoke through a smoke-filled room or corridor.

Have a Fire Escape Plan: A fire burning residential fire can double in size every 30 seconds. An escape plan will help you get out quickly. The residence will quickly fill with blinding, choking, thick black smoke, so practice evacuating the building blindfolded. Begin planning your escape from a fire when you move into your residence. Should a fire occur, you will be able to act efficiently and without panic.

Portable Fire Extinguisher: Fire extinguishers are valuable safety tools when you know how to use them. If you cannot extinguish the fire with one extinguisher, get out of the building immediately.

Fire Escape Ladder: A portable ladder may be helpful if your room is on a higher floor of a building. If you do not have a portable ladder, don't jump. It would be safest to drop from a window.

Whistles: Have a key-ring loud safety whistle for any kind of rescue to attract attention.

Cell Phones: Have a reliable and charged cell phone. Enter the local emergency numbers (keep a hard copy of all numbers in your wallet).



Smoke Alarms: A properly installed and maintained smoke alarm is the only thing that can alert you to a fire. Since smoke and many deadly gases rise, installing your smoke alarms at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions. If you cannot mount the smoke alarm on the wall, place it on a high surface since smoke and many deadly gases rise.

- ▶ **Pack a portable, battery-operated smoke detector for use in private lodgings and/or hotel rooms while traveling during breaks. A smoke detector should be temporarily located as close to the ceiling as possible in a hotel room.**

ACT

If a fire breaks out:

- Do not investigate the fire.
- Immediately leave the building if you hear a fire alarm; do not second-guess the alarm.
- Crawl on the floor if there's smoke (smoke is toxic and can kill you); the air is cleaner near the floor.
- Do not use elevators.
- Stay calm so you can take steps to protect yourself.
- Close all doors between you and the fire and stuff wet clothing, towels, etc., in cracks around the doors to keep out smoke. Wait at a safe window and signal/call for help.
- Never open doors that are hot to the touch. When you come to a closed door, use the more heat sensitive back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame to make sure that fire is not on the other side. If it feels hot, do not open the door; use a secondary escape route if there is one available. Even if the door feels cool, open it carefully. Brace your shoulder against the door and open it slowly. If heat and smoke come in, close the door immediately, and make sure it is securely closed, and then use your pre-planned alternate escape route.

SURVIVE

- If your exit path is clear, crawl into the hallway. Stay close to the wall to avoid running into others or into rescuers. If there is smoke in the hall but no fire, crawl to the exit to avoid smoke and odorless carbon monoxide. Cover your mouth and nose with a wet washcloth in case the smoke becomes too thick for you to breathe.
- When going down the stairs, hold the handrail for guidance. This will also help protect you from being knocked down by other people trying to escape. If you encounter heavy smoke in the stairwell, do not try to run through it. You may not make it. Turn around and walk up to the roof exit.
- If you cannot leave the room, retreat to a place with an outside window remote from the fire, smoke, or emergency situation and scream for help if possible. Place an article of clothing (shirt, coat, etc.) outside the window as a marker for rescue crews. Do not leave the window open. Leaving it open can draw in fresh air and feed the fire. Sometimes opening a window will change the air pressure in the room and smoke may enter the room from the inside or the outside of the building. If smoke starts to enter the room through the open window, from around the closed door, or through vents, immediately close the window.
- If you really must get out of the window, look for a ledge; if there is a ledge, you can get yourself out onto the ledge facing the building. Always face the building structure when exiting a window on an upper floor.
- Protect yourself from smoke inhalation when inside. Take a shirt or a rag and get it wet. Place it over your nose and mouth. This will only buy you a minute or so, which is not a lot of time, but it does help to filter those products of combustion which lead to smoke inhalation. Smoke inhalation causes people to become disoriented and can even render a person unconscious.
- If your clothing catches on fire: **stop, drop and roll.**



- Practice staying low to the ground when escaping. Smoke rises, so stay close to the floor where the air will be less toxic. The “safety zone” of breathable air is about 12 to 24 inches above the floor.

Active Shooter

Active shooter situations can be encountered anywhere in the world, including the US. There is no set profile for an active shooter. It is an individual actively engaged in killing or attempting to kill people in a confined and/or populated area. Generally, active shooters use firearms and select victims at random.

Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. Active shooters usually will continue to move throughout a building or area until stopped by law enforcement, suicide, or other intervention.

If you suspect a potential active shooter situation, you must quickly determine the most reasonable way to protect your own life and that of others. If there is an accessible escape path, attempt to evacuate the premises.

How to Respond

1. Run – If it is safe to do so and if there is an accessible escape path. Leave all belongings behind.
2. Hide – If safe evacuation is not possible, hide in an area out of the shooter’s view. Block entry to the hiding place and lock doors. Silence any cell phones or mobile devices.
3. Fight – As a last resort, and only when your life is in imminent danger, attempt to incapacitate the shooter. Whether you are alone or working with a group, act with physical aggression, yell, and throw items at the active shooter.

Encountering Racism While Traveling

You may encounter racism while traveling. Depending upon the location, there may be common misconceptions, benign curiosity, and even specific stereotypes of people of a certain race. You will always have a choice about how to deal with these situations. Among other things, you can report racism to a relevant authority, educate people on your own, or try to ignore it and enjoy your travels. Whatever you do, make sure that you do not compromise your own health and safety to tackle racism while traveling. For more information refer to the [Student Life chapter](#) in this guide.

Avoid demonstrations

Abide by the regulations of the host institution and laws of the country. Although strikes and demonstrations may occur in your host country, you may be arrested and/or deported if you participate in local political activities, including peaceful demonstrations. The local constitutions of many countries around the world prohibit political activities by foreigners.

- ▶ **If you are actively involved with a protest, demonstrations, riots or incursions, the UCEAP insurance policy will not provide coverage.**

Avoid demonstration areas and be cautious within the vicinity of any demonstrations. Seek shelter immediately. Anti-American sentiments may be expressed at some political events. Demonstrations that are intended to be peaceful can sometimes turn violent.

Participating in an illegal demonstration may also damage UC’s relationship with the host institution or country.



UCEAP Emergency suspension and contingency plans

Planning in the event of an emergency is crucial while you are abroad. Safe evacuations and/or relocations are not easy and can be a deeply unsettling and chaotic experience to many students.

The UCEAP emergency management plan is a dynamic process that begins well before any critical event and extends beyond its conclusion. It follows a multi-level response. An evacuation plan is one way to protect UCEAP students, faculty, and staff and reduce their exposure to a risky situation. The goal of the evacuation plan is to provide a reasonably less dangerous environment for all students.

Any evacuation is unpredictable and can occur at any time. Every stage before, during, and after an emergency situation and/or evacuation will present different challenges and will require UCEAP to implement different strategies for effective management.

As a crisis develops, the on-site faculty/staff, host institution, and staff in California will constantly assess the nature and extent of the emergency. Evacuations are a team effort. University of California first responders will strive to minimize UCEAP students risk exposure first. This responsibility may, at times, appear in conflict with a student's personal preference; there is no autonomy or independence when it comes to following UCEAP instructions during an emergency. In matters relating to personal safety, the authority of the University of California or a local government will supersede any individual wishes.

While everyone responds to and deals with emergencies in a different way, and you may disagree with UCEAP decisions, the University does not negotiate the handling of an emergency or crisis. You must quickly follow all UCEAP instructions and respond in a mature, respectful, and responsible fashion. UCEAP decisions made during a crisis will vary depending on the nature of the event.

SECURITY EVACUATION

A UCEAP-required security evacuation will override any host institution or local US Embassy voluntary departure of US citizens on US government-arranged flights that require US citizens to sign a promissory note with the government.

The security evacuation of UCEAP students, managed by UCEAP, is covered by UCEAP insurance (there is no cost to the student). UC students are required to follow UC safety directives in the event of an evacuation.

If a local situation requires increased caution, shelter in place, or a program suspension and evacuation of participants, UCEAP will activate its contingency plans for any unfolding situation. For security reasons, contingency plans are not public and cannot be shared with anyone except UCEAP faculty and staff.

UCEAP PROGRAM SUSPENSION POLICY

If the US Department of State or the US Centers for Disease Control and Prevention issues a Travel Warning after the start date of the program term, UCEAP may suspend the program.

If time and local security conditions permit, UCEAP will consult with the UC Study Center Director, US Department of State regional and security analysts, University of California Office of Risk Services, University of California security provider and insurance carrier, other organizations that offer programs in the same country, and area experts to determine the appropriate time frame for suspending the program and/or the departure of the students from the host country.

When possible, UCEAP will assist students in completing their academic program while minimizing adverse financial consequences.

IN THE EVENT OF A LOCAL EMERGENCY

There are many types of disasters and emergencies: floods, fires, earthquakes, hurricanes, tornadoes, civil unrest, etc. No region or country is immune. Being prepared can reduce fear, anxiety, and losses.



Communication lines usually break down during a major local emergency. Discuss all the ways you and your parents can connect—via cell phone, text (which sometimes works even when cell networks are jammed or down), email, online social networks, land lines, and through UCEAP. It is critical to provide your local contact information to your parents, UC campus officials, and the Study Center Director or host institution. The Systemwide Director will contact you and the other UCEAP participants immediately to ascertain everyone's welfare and to provide information, instructions, and advice. You are advised to contact your parents/guardians or other emergency contacts. Depending on the emergency, the UCEAP Systemwide Office will post a message on the UCEAP website, www.eap.ucop.edu/911, and provide email updates to your emergency contacts and parents. Make sure you enter your parents' email address in MyEAP correctly.

Regardless of the nature and extent of a crisis, it usually has an impact on everyone in the UCEAP community. Local staff, host universities, parents, families, friends, and UCEAP staff in California may be profoundly affected by every tragedy, emergency and unforeseen crisis that could occur during your UCEAP experience. The host country nationals and local students in your classes, faculty, and staff are just as deeply touched and impacted by the local events and will require emotional support and stress relief.

Avoid illegal drugs and excessive or irresponsible consumption of alcohol

Never feel pressured into drinking alcohol or using illegal substances. Read the [UCEAP Substance Abuse Policy](#).

Obey local laws and regulations, especially those pertaining to drug and alcohol use. Excessive alcohol consumption and unruly behavior can lead to serious problems with local authorities. Disturbing the peace, lewd or indecent behavior, littering, drinking on the street or on public transportation, etc., may be considered criminal activities by local authorities. Every year, many American students are arrested abroad on drug charges or because of their behavior under the influence. Ignorance of the law is no excuse, so be informed.

Local laws can impose harsh penalties for violations that would be considered minor in the United States. Having US citizenship will not exempt you from prosecution under the local criminal justice system.

AVOIDING SCAMS AND OTHER CRIMES

Prevent being a victim by being alert and knowing how to identify scams

Many students have been victims of scams, but you can minimize your risk.

CREDIT CARD SKIMMING

Skimming is one of the most widespread methods of card fraud. It involves illegally copying a bank card for theft. Fraudsters can obtain your PIN-code using a fake PIN pad or hidden video camera. Hidden video cameras could be disguised as marketing materials or as an element of an ATM.

RECOMMENDATIONS TO PROTECT YOURSELF:

- Only use your credit/debit card for purchases at reputable establishments, including Internet-based retailers; minimize use of bank cards in suspicious or unreliable areas.
- Do not share your number and/or PIN with anyone.
- Be vigilant and careful when using an ATM. Examine the slot for the card reader. If you notice some strange elements or the frame of the slot coming out, do not use it.
- Pay attention to the established micro video cameras at the ATM that can be mounted in the visor of an ATM or disguised as accessory items, such as information materials.
- Withdraw money from one and the same ATM and possibly memorize its outlook.



- Dial your PIN code quickly and preferably using several fingers; it will help disguise the buttons you press. Cover the keypad when entering your PIN code with your free hand.
- Activate the SMS- and email alert service from your bank for quick reporting of any illegal withdrawals from your account.
- Inform your bank about changes of contact information.
- Monitor your bank accounts online regularly to ensure proper billing.
- Always verify that charges are correct before signing for any purchases.
- Keep all receipts.
- Report credit/debit card fraud immediately to your financial institution.
- If someone makes you suspicious at a cash machine, do not challenge the person but keep track of the details and report the matter to the police as soon as possible.

BEWARE OF OFFERS FOR “FREE” DRINKS

Unfortunately, some UCEAP students have been victims of spiked drinks. Designer drugs are being used in many parts of the world to take advantage of unsuspecting victims. Drinks of any type can be spiked, including water, coffee, sodas, and alcoholic beverages. You may not be able to see, smell, or taste if your drink has been spiked—the drug may be colorless, odorless, and may not affect the taste of your drink, or it may taste salty. Most victims don’t remember being drugged or assaulted.

To minimize your risk:

- Watch your drink and watch out for each other’s drinks.
- When in bars or clubs, always get your drink directly from the bartender and do not take your eyes off the bartender or your order.
- Do not accept open drinks. Open your own bottle or container.
- Never leave your drink unattended.
- Do not share drinks.
- Do not drink from punch bowls or other common, open containers. They may already have drugs in them.
- Keep your eyes and ears open; if there is talk of date rape drugs or if friends seem “too drunk” for what they have ingested, leave the party or club immediately.
- If you think your drink tastes funny, discard it. If you leave it lying around, someone else may drink it. Do not listen to anyone if they challenge your better judgment, for instance by telling you things like, “That salty taste is normal.” GHB can give your drink a salty taste.

RENTAL SCAMS

Past UCEAP students have been scammed.

The number of fake rental scams on Craigslist and other online classifieds continues to grow, with new aliases appearing daily. Scammers will quote extremely low prices to attract your attention. If you show interest, you will receive a lengthy email detailing why you cannot inspect the property in person, typically because the owner is out of the country.

To minimize your risk:

- Seek advice from someone trustworthy.
- Use common sense and trust your instincts. If someone offers a well located apartment/room/ studio at an extremely low price, then be aware.



- Never, under any circumstances, wire money at the request of any prospective “landlord” via Western Union, Moneygram, or any other wire service—even if they tell you to wire the funds to a friend or relative’s name “to be safe.” It is unlikely you will recover money sent by wire transfer by the time the fraud is discovered. It’s never a good idea to send money to someone you’ve never met in person for an apartment you haven’t seen. Wiring money is the same as sending cash — once you send it, you have no way to get it back. Ask the landlord if he/she accepts other ways of payment.
- Never send a scan of your passport or other ID. Do not provide your date of birth, details about your trip, or U.S. address to someone you do not know. These thieves will use your identity to scam others.
- Independently verify the company or agency is legitimate. Do not just go by the website or phone number. Find some other way of verifying they exist.
- Ask for a copy of the utility bills and ask if you could visit the accommodation. Do not trust the housing opportunity if the landlord refuses this or makes excuses (he/she is on vacation, on a business trip or his/her relative is sick).

Phone extortion and express or virtual kidnapping

“Express kidnappings” have become increasingly popular among criminals in many locations. Abductors often force victims to make purchases or to withdraw as much money as possible from ATMs, often at gunpoint.

Phone extortion is an attempt to extort money from vulnerable targets (parents, family members, friends, associates, etc.). It often begins with a call (or email message). Criminals usually get an adequate amount of public information about the victim through Internet searches.

COMMON ELEMENTS

Phone extortion takes various forms. The caller may call you, and/or your relatives in the U.S. to say that you were kidnapped or arrested and in need of a lawyer, etc. The caller may demand quick payment of a ransom. Sometimes cries can be heard in the background, supposedly from you, the kidnapped person.

To minimize risk:

- Share your travel plans and contact information only with a small circle of trusted individuals (e.g., close family, your university officials).
- Limit your use of online social networks to announce your plans.
- Do not share personal information online; it is neither safe nor secure.
- Watch your email activity. Unexpected emails asking you to verify your account could be phishing for your personal or financial information. Don’t take the bait. Make it a policy never to respond to emails or pop-ups that ask for your personal or financial information, click on links in the message, or call phone numbers given in the message. Do not cut and paste a link from the message into your Web browser, either; phishers can make links look like they go one place, but then actually take you to a look-alike site.
- Leave a detailed itinerary and contact information with a trusted person.
- Do not share personal information with unknown callers.



If You Receive This Type of Call

If you or someone in your family receives this type of call:

1. Remain calm and do not provoke the caller. In the majority of cases, it is a scam in order to create fear. Criminals are aggressive and demand immediate action.
2. Do not share any personal and/or financial information if you get a call. Get as much information as possible.
3. Do not transfer funds to any given account.
4. Ask to talk about the alleged victim or have the caller answer a proof of life question from the victim (first grade school teacher, favorite color, first pet, etc.).
5. Hang up as soon as possible. After the call, immediately try to find the alleged victim.
6. If he or she does not answer and you cannot communicate with the person, call the emergency phone numbers for the UCEAP representative abroad and/or the UCEAP Systemwide Office in California so they can help locate the alleged victim.

SEXUAL HARASSMENT & SEXUAL VIOLENCE

Preventing and responding to sexual violence, sexual assault, sexual harassment, dating/domestic violence and stalking are top priorities for UC.

All UCEAP students participating in a University of California academic program must be aware that the University prohibits sexual violence and sexual harassment, retaliation, and other prohibited behavior that violate law and/or University policy. The University will respond promptly and effectively to reports of Prohibited Conduct and will take appropriate action to prevent, to correct, and when necessary, to discipline behavior that violates this policy on Sexual Violence and Sexual Harassment.

Safety tips cannot guarantee safety—sexual violence can happen to anyone. If you are sexually assaulted it is not your fault—help and support are available.

- Know how to reach local resources.
- Stay alert.
- Practice personal safety precautions.
- Have a plan if you are going to a party, go with people you trust, agree to watch for one another; plan to leave together.

Don't leave your drink unattended; watch out for your friend's drink. Drink from unopened containers or drinks you watched being made and poured. It's not always possible to know if something has been added to someone's drink. In drug-facilitated sexual assault, a perpetrator could use a substance that has no color, taste or odor.

Know your limits and keep track of your drinking. Be aware of your friend's behavior. If one of you feels more drunk than you should, you may have been drugged. Leave immediately.

Trust your instincts.



Identify sexual harassment and report issues to UCEAP

UCEAP is concerned about students facing sexual harassment abroad. Knowing how to identify harassment—whether it is between you and another student, professor, teaching assistant, homestay family member, or dorm authority, etc.—and where to report an incident can help to maintain a safe, harassment-free environment. Sexual Harassment is defined as unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature. Sexual harassment is conduct that explicitly or implicitly affects a person's employment or education or interferes with a person's work or educational performance or creates an environment such that a reasonable person would find the conduct intimidating, hostile, or offensive. Sexual harassment may include incidents between any members of the University community. The University will respond to reports of any such conduct in accordance with the Policy. Read the UCEAP [Sexual Harassment and Sexual Violence Policy](#).

Harassment issues may be particularly difficult to identify abroad, where cultural norms are often very different from those in the US. A fair rule of thumb is to assume that sexual harassment consists of any unwanted sexual advances and behavior of a verbal, visual, written, or physical nature in living arrangements or in educational or work environments.

Note that the US description of sexual harassment may differ from the host country description. In such a case, you are encouraged to discuss these issues, if you feel comfortable, with the Study Center or Liaison Office administrator to determine an appropriate course of action.

Trust your judgment and intuition. If a situation makes you uncomfortable, it needs to be addressed. Never ignore sexual harassment. Ignoring it will not make it go away; most likely it will just make it worse. Both males and females can be sexually harassed, and the perpetrator can be male or female and of the same or opposite gender. Seek help from UCEAP and on-site personnel, who can provide counseling and advice and act on your behalf to remedy a problem.

IF YOU EXPERIENCE SEXUAL HARASSMENT

- Trust your feelings.
- Many people feel ashamed or humiliated because of the harassment. It is not your fault and you do not have to endure it.
- Take one step at a time—it is easy to feel overwhelmed. If possible, talk to the harasser.
- Clearly and firmly tell the harasser that you want the behavior to stop. If you can, tell the harasser how the behavior makes you feel.
- Let the harasser know that you will take further action if the harassment does not stop.
- Keep records. Write down dates, times, places and witnesses to what happened.
- If you receive any notes, emails, or written letters from the harasser, keep them. You can use documented information to support a complaint.
- Report the incident to the UCEAP Study Center or Liaison Office. They can help you resolve the issue and provide counseling and guidance. If you need further assistance, or if you do not feel comfortable with the Study Center or Liaison Office, contact the UCEAP Regional Director for your program. Refer to the following [contact information](#) or contact your UCEAP Title IX Liaison Officer, [Inés DeRomaña](#), at (805) 893-7936 or by email to leave a confidential message. When you establish contact, indicate that you are being sexually harassed and leave a phone number and a good time to return your call. All messages are confidential.

WHAT TO DO IF YOU ARE ACCUSED OF SEXUAL HARASSMENT

If you are told that your behavior is inappropriate or offensive, immediately stop the behavior. People perceive certain behaviors, jokes, and gestures differently. What may be acceptable to you may be extremely offensive to someone else. Sometimes due to the difference in culture you may not think your comment(s) or behavior is offensive. Nevertheless, you should try to understand the other person's feelings and concerns and respect his or her request to stop the sexual harassment.

**FOR MORE INFORMATION**

UCEAP [Sexual Harassment Policy](#).

Contact information for UCEAP's Title IX Sexual Harassment Officer, Inés DeRomaña:

Office phone: (805) 893-7936

Mobile phone: (805) 451-1704

Email: ideromana@eap.ucop.edu

[UCEAP Sexual Violence Resources Abroad and in California](#).

Protecting Yourself from Sexual Assault on a Plane

Disruptive passengers committing an offense on board an aircraft include any person who fails to respect the rules of conduct on an aircraft (intimidation, assault, excessive drinking, sexual assault or harassment, child molestation, etc).

- Don't assume it cannot happen to you.
- Book an aisle seat.
- Stay alert. Sexual offenders will inebriate their victims to make them vulnerable.
- Be assertive.
- Speak up. If you are uncomfortable or see anyone being victimized, talk to a flight attendant immediately.

If it happens:

- Get up immediately and report it to the attendant. Ask them to notify the pilot to request that a police officer is waiting for the plane upon landing.
- Refuse to sit next to that person again.
- Ask the flight attendant to record the name of the alleged offender. People don't always sit in their assigned seats.

Facts about rape and sexual assault

College and university campuses around the world face problems with violence, rape, and sexual assault.

Sexual assault is defined as any unwanted sexual contact. If someone cannot hear, respect, or understand someone trying to say "No," or if a person is incapable of giving consent, the sexual activity constitutes rape.

Sexual assault can occur with someone you know, and it can occur even when some sexual activity is consensual. Despite common feelings of guilt or shame on the part of survivors, assault is never warranted.

WHAT IS CONSENT?

Consent is affirmative, conscious, voluntary, and revocable. It is the responsibility of each person to ensure they have the affirmative consent of the other to engage in sexual activity. Lack of protest, lack of resistance, or silence does not alone constitute consent. Affirmative consent must be ongoing and can be revoked at any time during sexual activity. Once consent is withdrawn, the sexual activity must stop immediately.

If consent is not clear, informed, willing and active, you must assume that consent has not been given. If consent is not clearly given, or is given and then subsequently retracted, this decision must always be respected. There should be no ambiguity or confusion about whether consent is given: 'not saying no' is not giving consent.



If you are sexually assaulted

If you are sexually assaulted, go to a safe place and consider talking to a trusted friend and/or to the relevant UCEAP staff/faculty representative abroad as soon as possible.

If you find yourself in a situation where you cannot make it home for the night, be sure you are in a safe and secure environment. Call the UCEAP local representative for help immediately.

Consider getting medical attention. Your medical care is covered by UCEAP travel insurance.

Reporting the incident to law or university officials is completely up to you. Understanding that reporting is an intensely personal process, and is considered empowering and therapeutic for some yet emotionally draining and unsatisfactory for others, the University respects your right to decide whether or not to report.

The UCEAP insurance policy provides an Emergency Reunion Benefit to pay for the travel expenses of one family member to join you while abroad. Covered expenses include a round-trip economy airline ticket and food and lodging expenses not to exceed \$500 a day for up to 10 days. Benefits will not be paid unless the insurance carrier authorizes all expenses in advance and services are rendered by Europ Assistance, the UCEAP travel assistance provider.

Reporting Sexual Assault, Rape, Sexual Harassment to UCEAP

Rape and sexual assault can happen to women and men of all ages and backgrounds. While most UCEAP students abroad do not experience sexual assault, UCEAP officials are becoming more aware of students being sexually assaulted while abroad because students are choosing to report.

Sexual assault is a traumatic experience—whenever and wherever it happens—but it may be more difficult to deal with when it happens in an unfamiliar setting. UCEAP officials in California and abroad and UC host institution officials will be as helpful and responsive as possible with you if you choose to report rape or sexual assault, or attempted rape or sexual assault.

DECIDING WHETHER TO FILE A FORMAL REPORT

Keep in mind that UCEAP employees are required to report to the Title IX Officer (sexual harassment officer) on the campus. The decision to file a formal report or complaint about sexual violence and sexual assault is a personal choice. We can help you understand your options and the resources available, whether you decide to file a formal complaint or not.

Your confidential [UC campus CARE advocate](#) can explain your options in detail and answer questions, so you can make the decision that's right for you. Talking to the advocate doesn't constitute filing an official report about sexual violence. The details of your experience won't be shared with anyone without your permission.

If you choose not to report

If you decide not to file a formal report, UCEAP resources are still available to you.

The UC Study Center Representative

Cultural and social attitudes toward rape and sexual assault victims may vary greatly in different countries. The support you receive from law officials and others, in addition to the resources available to you, will vary from country to country. In the United States, for example, if you tell a medical professional that you have been raped, he or she is legally required to report your name and situation to the police. However, you have the legal right to refuse speaking with the police. Laws in other countries may provide you with more or less decision making power. Therefore, it is important to consult with UCEAP staff/faculty abroad.



UCEAP Title IX Liaison

If you have been the target of a sexual assault, including rape, contact the local UCEAP Representative and the UCEAP Systemwide Title IX Liaison, Inés DeRomaña at ideromana@eap.ucop.edu

Reporting to the police

If you decide against reporting the incident to the police, it is still a good idea to have a medical exam to see if you were injured and to check for sexually transmitted diseases and pregnancy. Be aware, though, that some countries will require the attending physician to alert the police. You may receive an exam and avoid legal involvement by not disclosing the sexual assault to the medical professionals if you do not want to report the assault to the police.

Care after sexual assault

Different people react to the trauma of sexual assault in different ways. As a survivor, you might feel angry, ashamed, frightened, or guilty. You may have different feelings at different times. You may have some of these feelings soon after the attack and some may develop later on, even years later. This is normal after such trauma and you should consider getting help and advice from a counselor or support group whenever you feel you need to. UCEAP can provide you with information on what professional and legal help is available to you—both locally and in California.

Myths/Truths

Myth: Rape is uncommon.

Reality: According to United States Department of Justice document, Criminal Victimization in the United States, there were overall 191,670 victims of rape or sexual assault reported in 2005. Only 16 percent of rapes and sexual assaults are reported to the police (Rape in America: A Report to the Nation, 1992).

Worldwide, a United Nations statistical report compiled from government sources showed that more than 250,000 cases of male-female rape or attempted rape were recorded by police annually. The reported data covered 65 countries. For additional worldwide statistics, visit Nationmaster.com

Myth: There are many false rape reports. Many women make false rape accusations because they changed their mind after having sex, or in order to get revenge on someone.

Reality: False rape reports are very rare and are not more common than for any other felony crime. In reality, sexual assault is the most underreported violent crime in the US; 84 percent of rapes are never reported to the police.

Myth: Sexual assault is an impulsive crime of passion and lust.

Reality: Rape is not sex. Sexual assault uses sex as a weapon to dominate, humiliate, and punish victims. Perpetrators plan most sexual assaults in advance. Sexual violence is not just an individual or relationship problem, but stems from institutional sexism, racism, heterosexism, and other forms of oppression.

Myth: Only young, attractive women are sexually assaulted.

Reality: Sexual assault is a crime of power and control, not sexual attraction, and perpetrators often choose victims whom they perceive as vulnerable. Sexual assault survivors include people of all ages, gender identities, sexual orientations, races, classes, etc.

Myth: Men cannot be raped.

Reality: Men represent 13 percent of sexual assault survivors.* Typically, the perpetrator is a heterosexual male. Being sexually assaulted cannot “make someone gay.”



*Department of Justice, Criminal victimization 2002, Washington, DC: US Government Printing Office; 2003.

Street Harassment

Never endure behaviors that feel unsafe or uncomfortable to you. If it feels inappropriate or makes you uneasy, get yourself out of the situation. Never sacrifice yourself or your sense of safety for the sake of cultural sensitivity.

Street harassment happens everywhere in the world, including the US. Certain countries like Morocco, India and much of Latin America are known for more solicitous attitudes towards women walking alone. Many times the best strategy for minimizing harassment is to simply ignore it. If someone wants your attention, your phone number or anything else, it is acceptable to end it with a simple no and walk away if they will not take no for an answer. Do not continue a conversation with anyone who makes you uncomfortable. It's not rude—it's perfectly appropriate. If you ever feel unsafe, remove yourself from the situation immediately. You can ask local women to help you, walk inside a store or hotel.

Do not feel discouraged. Street harassment is an issue everywhere; the majority is offensive and annoying. Recognize that you may not be able to change an entire culture's system of gender relations.

Know what is culturally acceptable within the local culture. If the way you dress may be considered scandalous with the local culture, then, you will attract unwanted attention. If you choose to push cultural boundaries, you may risk harassment.

Travel with a buddy to minimize being a target of potential harassers, particularly if your buddy is a male. This is particularly true in conservative societies.

If you are harassed in a public place, ask for help from other women, particularly older women.

Avoid male-female eye contact in cultures where this means flirtation.

Do not lose your temper as this could make harassers angry or violent.

Immediately talk to the local UCEAP staff/partner, particularly if you feel threatened or anxious.