Safety Precautions Abroad

While studying abroad, you can have a major impact on your own safety by the decisions that you make. Here are a few suggestions of safety precautions addressed specifically to American students:

- Keep a low profile, don’t make yourself conspicuous by dress, speech, or behavior.
- Avoid crowds, protest groups, or other potentially volatile situations, as well as restaurants and entertainment places where Americans/Foreigners are known to congregate.
- Be wary of receiving unexpected packages; stay clear of unattended luggage or parcels in airports, train stations, or other areas of uncontrolled public access.
- Report to the responsible authority any suspicious person loitering around residence or instructional facilities, or following you keep your residence area locked; use common sense in divulging information to strangers about your study program and your fellow students.
- Make arrangements through your overseas program director or host university officials to register upon arrival at the US consulate or embassy having jurisdiction over the location of your foreign study. Make sure the resident director, host family, or foreign university official who is assigned the responsibility for your welfare always knows where and how to contact you in an emergency and your schedule and itinerary if you are traveling, even if only overnight.
- Develop a plan with your family for regular telephone contact so that in an emergency they can communicate with you directly about your safety and well-being.
- Keep all documents up-to-date and have emergency cash on hand.
- Stay informed!

As a regular part of the safety preparedness, carry on your person at all times the phone numbers and e-mail addresses for the following contacts:

- The program resident director, as applicable
- The International Programs Office of the host institution
- Emergency phone numbers for the host institution
- The US Embassy and/or local Consulate in any country the student visits
- Family at home and work