

Health and Safety While Abroad

- Check out the Students Abroad page on the US State Department's website to see what advice they have for you <http://studentsabroad.state.gov/>
- Consult the State Department website for any alerts regarding the location(s) where you will be traveling before and during your journey http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html
- Sign up for the Smart Traveler Enrollment Program (free of charge) so the State Department can better assist you in an emergency <https://travelregistration.state.gov/ibrs/ui/>
- Research local laws and customs for areas where you will be traveling in order to behave legally and respectfully
- Have a plan for emergency situations and keep contact information for local emergency services with you
- Keep family, friends, and program contacts informed of your whereabouts, activities, and well-being (make sure you have a plan for contact in the event that you should have difficulty finding a phone or accessing the internet)
- Maintain copies of documentation such as your passport, visa(s) and travel itinerary
- Keep yourself healthy by maintaining good hygiene and addressing signs of illness early
- Remember basic safety precautions such as
 - avoid walking alone at night
 - do not accept rides from people you do not know
 - be aware of surroundings
 - keep track of belongings including food and beverages
 - avoid wearing conspicuous clothing or jewelry and carrying large amounts of cash
 - follow intuition if something seems uncomfortable or unsafe

Sources:

NAFSA

<http://www.nafsa.org/search/search.aspx?folderId=89&searchText=safety>

US State Department

http://travel.state.gov/travel/tips/tips_1232.html