



## Student Safety & Security Tips

*Studying abroad is an extremely rewarding and life affirming experience, particularly if you are prepared and think ahead about your personal safety and security.*

### Keep Aware

- **Be aware of your surroundings.** Know what is going on around you. Keep your eyes and ears open.
- **Follow local news** and the advice and instructions of the ACCENT staff and authorities.
- **Be aware of local resources,** note the location of the nearest safe haven such as police stations or hospitals.
- **Monitor your email** for travel alerts and other communications from ACCENT or your US sponsoring institution.
- **Use common sense,** if something doesn't feel right, leave the area.

### Communicate

- **Be in touch with your friends and family** on a regular basis. Always let them know if, when and where you will be traveling.
- **Complete the ACCENT Travel Form** anytime you will be traveling outside of your host city, it is a requirement. You will receive detailed information of how to do this at your on-site ACCENT orientation.
- **Have a charged cell phone with a local plan** in order to receive communications during in an emergency, this is vital. Make sure your cell phone number is up to date with the ACCENT Study Center and that you can receive calls and text messages to your phone.
- **Keep personal information personal,** don't give your phone number or address, or any other personal details (such as travel plans, where you live and study) to anyone you don't know.
- **Be cautious with social media** is a great way to communicate but always think about what your posts reveal.
- **Contact information change?** Make sure all of your contact information is up to date with ACCENT, including your cell phone number and email address.

### Travel Safe

- **Always tell ACCENT,** trusted friends and family where you are going and for how long. Fill out the mandatory ACCENT Travel Form. Make sure you keep everyone updated on any changes.
- **Travel with a buddy or two** if possible, research your destination so you know where to go and what to do when you arrive, especially when it comes to transportation. Don't hitchhike!
- **Be aware** of what countries have an active US Department of State Travel Warning and avoid traveling there.
- **Blend in** as much as possible, notice local customs and dress and adjust your behavior to avoid unnecessary attention.
- **Respect those around you,** avoid discussing controversial topics and vocalizing criticisms of the local lifestyle or culture.
- **Be prepared** to communicate in the local language in case of a need for help, learn phrases such as, "I need help" or "I need a doctor."
- **Stay away** from demonstrations and other types of civil disobedience. No matter how peaceful these are meant to be, they can turn unsafe quickly. Understand your risks and use caution when attending any large public gathering or event.