# SAFETY ABROAD CHECKLIST

## What you need to KNOW:

- Many risks are associated with traveling; some are more likely and, therefore, in your control while others are out of your control (terrorism, natural disasters, or violent crime).
- **Drowning while swimming** and **motor vehicle accidents** are the most likely causes of death for students abroad.
- Focus more on issues of alcohol use/abuse, general health, transportation safety, lost/stolen passports, petty crime, harassment, water safety, and civil unrest.

## What you need to DO:

- Enroll in the Smart Traveller Enrollment Program (STEP): [https://step.state.gov/step](https://step.state.gov/step). Register your travel to receive timely advice, as well as alert the government to your presence during an emergency.
- Get informed! Visit [http://travel.state.gov](http://travel.state.gov) for country-specific information sheets for the latest travel information about your host country. The Safety & Security section outlines the latest tourist scams and pickpocket hotspots.
- Create an Emergency Action Plan (EAP) to prepare for likely risks and how to respond. Where will you go and who will you contact if you have an illness or emergency?
- Before you go abroad, **clean our wallet, backpack, and/or handbag**. Take just a few ways to access money or credit.
- Make photocopies of credit/debit/ATM cards, as well as your passport/visa. Leave one copy at home, and another in an envelope in a secure place (e.g. in your luggage) while abroad.
- Know all relevant contact information: emergency contacts (local and at NU), on-site program staff, and other students on your program.
- Agree on communication protocols with your family, such as who and how you will get in touch (e.g., phone, text, email, social media, etc.).
- Be aware of your transportation options. Avoid night-time road travel in high-risk locations.
- Be mindful of your belongings. Do not leave your items unattended!
- If you choose to stay out late at night, don’t walk home alone.
- If you’re a victim of a crime: seek safety and report to authorities. If you’re a victim of theft, cancel and replace debit/credit cards, replace your passport, and contact the nearest embassy or consulate.

## RESOURCES:

- Department of State: [http://travel.state.gov](http://travel.state.gov). Review latest travel alerts and warnings and access Country Information Sheets describing the most relevant laws pertaining to travellers.

## CONTACT:

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