

TOP TEN HEALTH AND SAFETY ISSUES FOR STUDENTS

10. **Be Informed About the Country, City and Safety Issues Abroad:** Orientation materials and country guides can help you better understand the countries and cities where you will be studying and traveling. Check out the US State Department and CDC information. Know where you're going and what to do and not do once you get there.
9. **Avoid High-Risk Activities:** Certain activities like: bungee jumping, whitewater rafting, mountain climbing, shark diving adventures, etc. can put you into danger. If you choose to do so, make sure that you have adequate support and lots of insurance.
8. **Be Prepared to Respond to Emergencies:** The more prepared you are for emergencies the better able you will be to respond. Where will you go to leave the country? What will you do if you are a victim of a crime or are injured? What if someone else needs help?
7. **Avoid Crime and Violence, Including Sexual Harassment and Assault:** Be aware of the safe and unsafe areas where you are living and traveling. Use the safety skills from the US while abroad: don't travel or go out alone (buddy system), don't go into bad neighborhoods, be more careful at night, etc. Be aware of stereotypes of US men and women; understand local verbal and non-verbal communication.
6. **Make Sure Your Mode of Transportation is Safe:** Whether you are arranging your own transportation or you are being led by your program provider, look closely at what the safest type of transportation is for where you're going, what routes you're taking, and at what time you're traveling.
5. **The Effects of Alcohol and Drugs Can Hurt You:** Although alcohol may be legal at a younger age abroad, its use and abuse is many times tied to being a victim of crime, violence, accident and injury. Drug use abroad can result in severe consequences and plan on being treated as guilty (in jail) until proven innocent outside the US.
4. **Be Able to Communicate at All Times:** Methods of communication for you and those that are trying to find you are: cellular phone, regular phone, e-mail, faxes, and for those of you in remote locations, see if there's a satellite phone available.
3. **Take Care of Your Physical, Dental and Mental Health:** Prior to going abroad, get a physical, complete foreseeable dental work, and consider your psychological stability. Be prepared for the physical and mental challenges abroad. When you get abroad, find suitable care/support facilities.
2. **Have Adequate Insurance and 24 Hour Emergency Assistance:** Types of insurance to consider purchasing include major medical (in the US and abroad), emergency assistance, repatriation of remains, travel insurance, kidnapping and ransom.
1. **Choose a Quality Program Provider**

There are no minimum standards in the study abroad field. You need to carefully pick a quality study abroad provider in terms of both academics and student services. Along with costs and courses, find out about the safety problems faced by students in the past.