HEALTH AND SAFETY TIPS FOR STUDYING ABROAD

General

- Always attend your required on-site orientation and follow health and safety guidelines provided by EAP staff. General guidelines can be found at: [http://eap.ucop.edu/Documents/guidebooks/1314/ugsa_safety.pdf](http://eap.ucop.edu/Documents/guidebooks/1314/ugsa_safety.pdf). Current EAP alerts are available at: [http://eap.ucop.edu/911](http://eap.ucop.edu/911).
- Always keep your local contact information up to date on MyEAP and carry it with you at all times.
- Carry emergency contact information with you always.
- Research the laws and customs of your host country before departure.

Health and UCEAP insurance

- Exercise regularly, get adequate sleep, and eat balanced meals; it's a great way to meet new people and discover new foods.
- At the onset of any illness or physical ailment, consult a qualified physician. Your UCEAP insurance covers illnesses or injuries without a copay or deductible. Local EAP staff will direct you. In some countries, medications for minor illnesses are available upon consultation with a pharmacist.
- If facing depression or an emotional issue, seek help immediately. Your UCEAP insurance covers mental health conditions without a copay or deductible. EAP staff are there to help.
- Make sure medications and prescriptions are available in your host country. Take an adequate supply as allowed by your insurance company and your prescribing physician. Carry a list of medications and the name of your medical condition with you.
- To find out whether your U.S. prescription medication is legal in other countries contact the UCEAP assistance provider, Europ Assistance at 1+866-451-7606 or email, ops@europassistance-usa.com. Your policy number is ADDN 04834823.

Safety

- Be aware of your surroundings.
- In the event of a natural disaster or other emergency, seek a safe place. Communicate with EAP staff and family as soon as it is safe to do so.
- Avoid demonstrations and other situations that might turn violent.
- When out and about, go with a buddy. This includes nightspots and out-of-town travel.
- When traveling independently for more than 24 hours, always complete a MyEAP travel sign out.
- If you decide to drink while abroad, drink in moderation and use good judgment. Public drunkenness is frowned upon in many countries. Stupidity can get you in prison.
- Evidence shows that people who have been drinking are more at risk of being the victim (or perpetrator) of attacks, robberies, muggings and sexual assault.
- Don’t accept drinks from strangers or leave drinks unattended; drinks can be spiked.
- For women: dress appropriately, in accordance with the custom of your peers in the host country. Let others know if you are harassed, threatened, or made uncomfortable by someone's behavior toward you.
- Don’t use drugs. It’s against UCEAP policy and will get you in awful trouble with host country authorities.
- Avoid leaving valuables (including laptops, iPads, etc.) unattended. Keep them in a secure place.
- In public areas, buses, trains, etc., keep passport, money, credit cards, mobile phones, and other valuables in a secure place on your person. Consider a hidden security belt or pouch. Don’t wear flashy jewelry or expensive watches. Look out for pickpockets!