

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 . Current EAP alerts are available at:
<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.
- Current U.S. Department of State travel advisories are available at:
http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html .

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 your passport. 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!