



## Participant Recommendations and Safety Tips: While You are Abroad

Participating in an international program can be an exciting life changing experience. It is also important to remember that you are a guest in the country of your program. You will need to consider what it takes to keep yourself safe while there.

### **Overall Tip: Be Aware of Your Surroundings**

- Take note of out-of-the-ordinary people or events happening around you as you walk or ride to your various daily activities and other destinations.
- Make changes to your route to avoid a dangerous circumstance.

### **Blend In**

- Do locals generally wear bright or muted clothing? Do they wear shirts tucked in or hanging out? Is there an accessory that is worn or not worn (i.e., scarves and hats)?
- Don't speak loudly or obnoxiously.
- Speak the native language as much as possible.
- Limit visits to establishments often viewed as American, like McDonald's, Hard Rock Café, KFC, Starbucks, etc.
- Be aware of differences in table manners and actions that would make you stand out in a crowd.

### **Travel in Groups**

- There is safety in numbers. Whenever possible, travel with a group.
- Tell someone where you are going, especially if traveling alone (but really try to stay with a group).

### **Don't Flash Money**

- It's also not a good idea to wear a wallet exposed (think neck pouches).
- Secure your backpack with a lock.
- Do not flaunt large quantities of cash.

### **Check Maps Before You Go Out**

- Looking lost or confused can make you vulnerable.
- Plan where you are going before you leave.

## **Be Extra Cautious of Your Surroundings At Night**

- At night, stick to well-lit streets and avoid bus and train stations, subways and empty parks.

## **Avoid Scam Artists**

- Beware of strangers approaching you who are overly friendly, offer you bargains, or offer to be your guide.
- If in a confined area and you are being jostled by several people, elbow your way out and protect your valuables.
- Be aware that pickpockets tend to work in groups to try and distract you.
- Stay alert to your surroundings.

## **Stay Aware of Current Events, At Home and Abroad**

- Be aware of current events, political hostility, and international affairs in your host country, as well as the United States.
- Avoid public demonstrations and other civil disturbances.

## **Special Advice for Women**

- Don't Wear Provocative Clothing or Flashy Jewelry
- Find out what is considered risqué clothing and avoid wearing it.
- Experiment wearing clothes like the locals and find what fits your style.
- Look Confident and Walk with Assertiveness
- Ask your onsite director and local guides which neighborhoods are unsafe.
- If you must ask for help, ask an authority figure, a couple or another woman for help.

## **Research the Attitudes and Perceptions of Women in Your Country**

- Many countries have hundreds of years of culture that may affect how men and other women treat you.
- If you find yourself in a dangerous situation, leave immediately.

## **Travelers Code of Ethics:**

1. Travel in a spirit of humility and with a genuine desire to meet and talk with the local people.
2. Be aware of the feelings of other people, thus preventing what might be offensive behavior. Remember this especially with photography.
3. Cultivate the habit of listening and observing rather than merely hearing and seeing.
4. Realize that people in the country you visit often have time concepts and thought patterns different from your own. Not inferior, just different.
5. Discover the enlightenment that comes from seeing another way of life.

6. Acquaint yourself with local customs. Respect local customs; people will gladly help you.
7. Cultivate the habit of asking questions instead of knowing all the answers. Remember that you are one of thousands of visiting tourists.
8. Do not expect special privileges. If you really want a home away from home, why travel?
9. Spend wisely. Remember when shopping, that the bargain you obtain is only possible because of the low wages paid to the maker.
10. Make no promises to local people unless you are certain you can fulfill them.
11. Reflect daily on your experiences and seek to deepen your understanding