

TOP
10
TIPS

Health and Safety for Gilman Scholars Abroad



1. KNOW BEFORE YOU GO.

Research your host country, city, and neighborhood before departing to make sure you are aware of any potential safety or security concerns.



2. TRAVEL IN PAIRS OR IN A GROUP.

Avoid walking or taking public transportation alone in unfamiliar areas. Don't call attention to yourself; stay away from flashy jewelry or clothing that identifies you as a foreigner. Avoid boisterous or disruptive actions in public.



3. CARRY EMERGENCY CONTACT INFORMATION WITH YOU.

What is the equivalent of "911" in your host country? Store emergency contact information in both your phone and wallet/purse, so you still have access to it in case you lose one of those.



4. STORE CASH AND IMPORTANT DOCUMENTS SAFELY.

Do not carry large amounts of cash with you and make copies of all travel documents. Store copies separately from the originals.

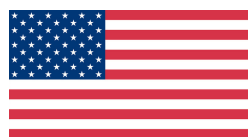


5. LOOK INTO POSSIBLE TRAVELER SCAMS IN YOUR AREA.

Scams are common in some popular tourist destinations around the world. Ask your program staff or someone who has already traveled in your host country about anything specific you should know before heading out to explore.

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The Gilman International Scholarship Program is a program of the U.S. Department of State with funding provided by the U.S. Government and supported in its implementation by the Institute of International Education (IIE).



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6. PAY ATTENTION TO FOOD AND WATER SAFETY.

If you can't drink the tap water in your host country, buy bottled water when you first arrive. Follow crowds when it comes to trying restaurants; if a restaurant in a busy neighborhood is never crowded, that could mean that there are concerns about food hygiene.



7. BE AWARE OF ANY SAFETY CONCERNS RELATED TO IDENTITY.

For example, what are attitudes in your host country towards women, members of the LGBTQIA community, or racial or ethnic minorities?



8. FAMILIARIZE YOURSELF WITH YOUR INSURANCE.

Find out what plans your program has in place for emergency situations. Understand what your international insurance covers, how to file a claim, and how to get answers to any questions you might have about your coverage.



9. AVOID SITUATIONS WHERE YOU LOSE CONTROL.

Be mindful of your alcohol consumption. You're more likely to get lost, go into a dangerous neighborhood, or be a target if you are obviously intoxicated. Do not take illegal drugs and don't assume that laws governing alcohol and drugs will be the same as they are at home.



10. ONLY USE LICENSED TAXIS OR CAR SERVICES.

Ask your program staff how to call a taxi in your host country, and double check that the meter is running when you get in the car. Do not take illegal or unofficial taxis and keep in mind that apps like Uber and Lyft are not legal in all countries or cities.

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