



U.S. Department of State



# STUDY ABROAD

## Tips for a safe and rewarding experience

### GET INFORMED

- Learn about your destination and its unique travel requirements at [travel.state.gov/destination](https://travel.state.gov/destination).

### GET REQUIRED DOCUMENTS

- Make sure your passport is valid for at least six months after your trip.
- Apply for a visa if necessary.

### STAY CONNECTED

- Enroll in STEP to receive safety and security information, and to help us find you in an emergency. Visit [step.state.gov](https://step.state.gov).
- Leave emergency contact information, your school's information, and a copy of your passport with family or trusted friends.
- Inform your bank or credit card company that you will be traveling overseas.

### GET INSURED!

- Check whether your school or program provides medical insurance abroad.
- Consider purchasing additional health insurance, including medical evacuation, for any independent travel that is not covered by your school policy.
- Consult with your doctor to find out if any health checks or vaccinations are needed.
- Find out about the resources available in your country to treat any pre-existing conditions.
- Check the local laws to ensure that your medications are not considered illegal substances.

### WHILE ABROAD

- Follow local laws and customs wherever you go. If you are arrested or detained, ask authorities to contact the nearest U.S. embassy or consulate.
- Don't violate the terms of your visa.
- Be cautious about political activities abroad. Different countries have different laws, including what types of activities (if any) are tolerated and any punishments or penalties.
- Guard your passport! Some countries require you to carry it with you at all times; others may allow you to carry a color photocopy. Secure it in a safe place when not in use.
- Be aware of your surroundings. Leave a situation if you don't feel safe.
- Watch out for scams. See [travel.state.gov/scams](https://travel.state.gov/scams).
- Be safe! Road accidents and drownings are two leading causes of death among U.S. citizens overseas.

### IN AN EMERGENCY

- If your passport is lost or stolen, contact the U.S. embassy or consulate for a replacement (for a fee) and see local authorities for a new visa.
- If there's a crisis where you are, check in with family and friends and update your status on social media to let everyone know you're okay.
- Follow @TravelGov on Twitter and Facebook, plus the social media accounts of the U.S. embassy in your country.