STAYING HEALTHY ABROAD

For the latest student travel safety information, go to www.studentsabroad.state.gov

Contact Overseas Citizens Services:
1-888-407-4747 (toll free in the United States and Canada)
1-202-501-4444 (outside the United States and Canada)

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Let’s be serious about this. When traveling overseas, it’s important to obey the laws and regulations of the country you’re visiting, especially those pertaining to drug and alcohol use. Every year, many American students are arrested abroad on drug charges or because of their behavior under the influence. Ignorance of the law is no excuse, so be informed.

Avoid Underage and Excessive Alcohol Consumption
Many arrests, accidents, and violent crimes have occurred as a result of alcohol abuse. While abroad, driving under the influence and drinking on the street or on public transportation may be considered criminal activities by local authorities, as they would be in many places in the United States.

Make Sure Your Prescription Medication is Not Considered an Illegal Narcotic
If you are going abroad with a preexisting medical condition, you should carry a letter from your doctor describing your condition and medications, including the generic names of prescribed drugs. Any medications carried overseas should be in their original containers and clearly labeled. Check with the foreign country’s embassy here in the U.S. to make sure your medications are not considered illegal narcotics. Go to www.studentsabroad.state.gov for a listing of foreign consulates and embassies in the United States.

Don’t Accept Packages From Anyone
Some Americans think it’s a good idea to take advantage of an offer for an all-expense paid vacation abroad in exchange for carrying a small package in their luggage. If you are caught, ignorance is no excuse. If the package contains illegal drugs or substances, the fact that you didn’t know will not reduce the charges. You could miss your flight, your exams, or several years of your life during a stay behind bars.

Don’t Import, Purchase, Use, or Have Drugs in Your Possession
Drug charges can carry severe consequences, including imprisonment without bail for up to a year before a case is tried, physical abuse, and sentences ranging from fines and jail time, to years of hard labor. Some crimes even carry the death penalty. Contraband or paraphrenalia associated with illegal drug use can also get you in trouble.

Ignorance of the law is no excuse, so be informed!