



# STUDENT TRAVEL SAFETY



Preparing an emergency travel plan prior to departure can allow you to travel confidently knowing that even in the event of a crisis you know where to go and how to access assistance. There are multiple components to putting together a thorough plan, including security, safety and health information on your destination, response procedures for specific emergency scenarios, and emergency contact information. Follow these recommendations to ensure you travel safely during your upcoming trip!



## RESEARCH YOUR DESTINATION

Gathering information on your destination is one of the most useful things you can do prior to departure. When researching your destination, it is important to look at local issues including health risks, weather/natural disaster issues and security concerns (crime, terrorism, kidnapping, common scams, frequency of civil unrest, transportation issues, etc.). Researching your destination helps you understand the types of crisis or emergency situations you are most likely to encounter.



## FAMILIARIZE YOURSELF WITH LOCAL LAWS

Familiarizing yourself with the local cultures, laws and customs can ensure that your travel does not lead to any unintentional confrontations or unpleasant encounters with local residents or security forces. The practice of researching, being open to and respecting the host country's laws, cultures, and customs may allow you to access and experience parts of the country that residents may otherwise be hesitant to share and can keep you from inadvertently violating a law or offending the local population.

Practice a few key phrases in the language of your destination such as, “I need help” and “It’s an emergency.”



## OBTAI~~N~~ TRAVEL HEALTH INFORMATION

Understanding health concerns in your destination will help you prepare for any medical issues that may arise. Taking measures like talking to your doctor prior to departure and ensuring you have the necessary quantity of both prescription and over-the-counter medications can help minimize your risk of encountering a health-related emergency. Use of a medical alert bracelet, necklace or smartphone with drug allergies, blood type, medical conditions and even emergency contact information is a good idea.

You should also always travel with a thorough understanding of your travel insurance coverage, and keep at least one spare copy of important travel documents including passports and visas. Spare copies can and should be saved to the cloud for remote access just in case! However, be careful when accessing personal information when traveling to avoid identity theft and other scams.



## CREATE AN EMERGENCY TRAVEL PLAN

After identifying the risks commonly associated with your destination, compile the information and supplies you might need to prepare for potential emergency scenarios. Create a response for the most common security, safety and health emergencies that occur in your destination. As part of your plan, establish an emergency contact. Your emergency contact is someone who is not traveling with you but has copies of your passport and insurance information and is familiar with your itinerary. Ideally, you will keep in regular contact with this person while traveling so they can take action should you miss a check-in. Keep the information on your accommodations, travel insurance company, local hospitals and the nearest branch of your home country's diplomatic mission in the event of a crisis situation. Once you've compiled a plan, review it multiple times, as this will familiarize you with the processes and information you've included. Doing so will establish confidence in your plan and your ability to follow it, allowing you to relax and enjoy your trip knowing you're prepared to navigate even the worst case scenario.

## WHAT TO FIND OUT MORE OR HAVE QUESTIONS?

Contact UNT Emergency Management & Safety Services at [Emergency.Management@unt.edu](mailto:Emergency.Management@unt.edu) or 940-369-6154 with any travel questions.