Safety While Abroad

Awareness

- Stay alert of your immediate surroundings at all times.
- Keep an eye out for any suspicious objects/situation.
- Read up on local news to keep up to date on what’s happening in your area.
- Note emergency exits where you normally visit (e.g. your residence, lecture hall, library).
- Familiarise yourself with your neighbourhood (e.g. police station, Chinese Embassy and hospital).
- Learn what activities are culturally and legally inappropriate.
- Avoid demonstrations/rallies and stay far from the centre of activity. Refrain from documenting the event with your electronic devices.

Communication

- Stay in touch with your family, the host institution and the Office of Academic Links (OAL), and provide up to date contact information.
- Join a local mobile plan with data so you can stay connected through various methods at all times, especially during an emergency.
- Note and store emergency numbers (e.g. police and emergency hotline of host institution) in your mobile phone. Keep your mobile phone charged and with you.
- Check email regularly for important messages.
- Be discreet with personal data (e.g. date of birth, student number, passport number).
- Report all incidents (such as theft, illness, hospitalisation and attacks) to family, host institution and OAL in a timely manner.
- Carry with you a copy of your passport and emergency numbers.

Travelling

- Check for travel alerts and warnings in the city/country you want to go before making travel plans.
- Avoid travelling to cities/countries with travel alert or warning.
- Notify family and host institution about your travel plans so they can locate you in case of emergencies.
- Plan your travel well and try to go with friends.
- Obtain appropriate or required immunisation before travels.
- Ensure your insurance covers your travel destinations. Take out additional insurance if necessary.
- Find out about local laws and abide by them.
- Expect changes in the weather. Familiarise yourself with the cities/countries you are travelling to.
- Wear proper gear for outdoor activities.
- Consider your safety before taking selfies.
- Do not leave personal belongings unattended.
Emergency Situation

- Remain calm and consider calling the local emergency officials (e.g. police) for assistance during an emergency. Then notify family, host institution and OAL.
- Check for injuries and follow instructions of emergency services.
- Try to stay away from tall buildings, glass fronted buildings and parked vehicles.
- Move to a safe/protected area by using the emergency exits as quickly as possible. Do not use the lift.
- Refer to the CUHK Group Travel Insurance Policy which covers CUHK students on exchange for coverage details. Keep a copy of the policy and note the policy number. If necessary, call the worldwide 24-hour SOS hotline on (852) 3187-6888 for assistance.

Useful Websites

- For CUHK Students, Term Time Exchange (Before Your Exchange) (http://www.oal.cuhk.edu.hk/cubeforeyourexchange/); Office of Academic Links, CUHK
- Travel Alerts and Warnings (http://www.sb.gov.hk/eng/ota/; Security Bureau, HKSAR Government)
- Stay Safe Film (https://www.gov.uk/government/publications/stay-safe-film; UK Government)
Health While Abroad

Pre-departure
○ Obtain appropriate or required immunisation before departure.
○ See your medical practitioner and other professionals to assess your condition(s) for the exchange programme, if needed.
○ If you are on regular medication, please prepare sufficient amount for your duration of stay. Remember to check if the medication is permitted in your host country and bring along a doctor’s note explaining the dosage and amount of your medication.
○ Obtain information on medical and counselling support service provided by the host institution/country.
○ Take out additional insurance if necessary.

During Your Exchange
○ Maintain good personal hygiene.
○ Pay attention to food safety; consume fully cooked meals and boiled water, if necessary.
○ Find out about local weather and current infectious diseases in the region.
○ Touch base with your family, friends, medical practitioner and other professionals on a regular basis.
○ Register with a local doctor (if applicable) and/or counselling service.
○ Familiarise yourself with medical support available in your neighbourhood.
○ Seek immediate medical assistance if you become ill or experience emotional distress.

Useful Websites
○ For CUHK Students, Term Time Exchange (Before Your Exchange) (http://www.oal.cuhk.edu.hk/cubeforeyourexchange/); Office of Academic Links, CUHK
○ Travel Health Advice (http://www.travelhealth.gov.hk/english/travel_health_advice/travel_health_advice.html; Department of Health, HKSAR Government)
○ Travel and Health (http://www.who.int/topics/travel/en/; World Health Organization)
○ Your Health Abroad (https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html; US Department of State – Bureau of Consular Affairs)