

SECURITY AND HEALTH  
DO'S AND DON'T WHEN STUDYING IN (COUNTRY)  
Don'ts

1. Do not wear any clothing with the “Fighting Irish” logo or “Fighting Irish” in print.
2. Do not become the “ugly American stereotype” – loud and or boorish  
Here are some positive and negative stereotypes associated with Americans:
  - Outgoing and friendly
  - Informal
  - Loud, rude, boorish
  - Immature
  - Hard working
  - Extravagant
  - Sure they have all the answers
  - Disrespectful of authority
  - Wealthy
  - Generous
3. Pick out those characteristics that you would like to be remembered by, and avoid the others.
4. Avoid attracting attention to you – that is, avoid traveling alone or in a large group of a dozen or more.
5. Do not expect eye contact on the streets of (Country) - indeed, in some locations this may result in “unexpected or unwanted” invitations.
6. Do not stand and/or plan to gather on the steps of your residence.
7. Never, ever leave your residence unlocked.
8. Do not draw attention to yourself when you are returning to your residence late at night.
9. Do not pack your essential documents or medicines in checked baggage – luggage gets lost.
10. Never carry large amounts of cash.
11. Do not bring expensive jewelry with you.
12. Remember NO non-Notre Dame people are allowed into the residence without prior approval of the rectors and there are NO over night guests ever allowed.
13. Most places are safe in (Country), BUT don't wander down dark alleys or into areas that are known to be high risk such as (example).
14. Avoid restaurants and entertainment places where Americans are known to congregate.
15. Also avoid baggage tags that would clearly identify you as an American.
16. Do not impair your judgment with excessive consumption of alcohol.
17. Women are sometimes targets of harassment – don't become a target:
  - a. Travel with some men
  - b. Dress conservatively
  - c. Do not agree to meet strangers in non-public places
18. Don't let your “natural friendliness” be mistaken for flirtations.
19. Do not lose your passport, it will not be the end of the world, but it may seem like it is.
20. Do not joke about bombs or about smuggled items – airport authorities will not find that funny nor will you.