

## Don't Blame Yourself

Being a victim of crime in your own backyard can be distressing, but, when you are thousands of miles away from family and friends, it can be overwhelming. Additionally, the emotional impact of the crime may be intensified because you are unfamiliar with your surroundings. After an incident, physical symptoms of stress and anxiety can occur, including headaches, nausea, and sleeping problems. These are normal reactions to an abnormal event. Don't be afraid to reach out to your personal support system, or even a certified professional, to help you get through a difficult time.

Consular personnel can also provide assistance to crime victims. Consuls, Consular agents, and local employees at overseas posts are familiar with local government agencies and resources in the countries where they work. They can help American crime victims locate resources for a variety of issues and can answer questions about the local criminal justice process.

We are here to help you get connected to the support you need.

For the latest student travel safety information, go to  
[www.studentsabroad.state.gov](http://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)



U.S. Department of State Publication 11493  
Bureau of Consular Affairs  
Printed December 2007

If You are a

# VICTIM

of a **Crime Abroad**

*go from here.*



# STUDENTS ABROAD

**You could become victim of a crime while traveling overseas. Plan ahead so that you will be prepared—not panicked—if it happens to you.**

## **Be Safe, Not Sorry**

### **Before you leave:**

1. Register your trip with the U.S. embassy or consulate in the country you are visiting. That way, they will know where you are. Registering will save time if you need to report a crime or get help contacting your family back in the U.S. Register online at [www.studentsabroad.state.gov](http://www.studentsabroad.state.gov).
2. Leave copies of important documents (passports, credit cards, visas, etc.) with your family back home in case the originals are lost or stolen.

### **While overseas:**

1. Stay with a group when exploring the local scene.
2. Don't flash your cash! Be subtle with your money.
3. Keep credit cards, valuables, and jewelry to a minimum.
4. In short, don't draw attention to yourself as a potential target for crime.

### **Changing your itinerary?**

*Go online to update U.S. embassies or consulates about your change of plans.*

## **Crime Happens**

Even if you are cautious, you may, through no fault of your own, become a victim of a crime in another country. Use the following resources if you are in trouble.

1. Contact the nearest U.S. embassy, consulate or consular agency for assistance. Officials at these offices can help you with a number of crises, including replacing a stolen passport, contacting family and friends, obtaining appropriate medical care, and addressing emergency needs that arise as a result of the crime. Emergency assistance is available 24 hours a day, 7 days a week, at embassies, consulates, consular agencies overseas, and in Washington, D.C. To contact Overseas Citizens Services, call **1-888-407-4747**.
  2. **Contact local police** to report the incident and obtain immediate help. Don't forget to request a copy of the police report.
  3. **Depending on the type of crime**, there are various hotlines available to offer help for Americans:
    - The **toll-free 24 hours a day / 7 days a week** hotline for sexual assault crisis counseling and referrals in the United States is 1-800-656-HOPE. It is operated by a non-profit organization, RAINN (Rape, Abuse and Incest National Network). Also on the Internet at [www.rainn.org](http://www.rainn.org).
    - Information for non-emergency victim assistance services in communities throughout the U.S. is available at the website of the U.S. Department of Justice Office for Victims of Crime, <http://ovc.ncjrs.org/findvictimservices/>.
- A list of more resources is available at:  
[www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)

*go from here.*