**SPRING BREAK TRAVEL TIPS**

Be an informed traveler: before you go away, talk to someone who’s lived in or been to your destination, or do some online research to learn about the culture, laws, food and more.

**Eating:**
- If there are certain foods you just can’t live without, consider packing a supply.
- To help prevent traveler’s diarrhea, *boil it, peel it, cook it, or forget it.*

**Communication:**
- Consider learning a few key phrases in the language of your destination.
- Non-verbal behavior may be misconstrued.
- There are differences in cultural norms around same-sex interactions, displays of affection, etc.

**Sex:**
- STIs and HIV are found worldwide.
- Cost and quality of — and access to — safer sex supplies vary.
- Grab some free supplies at the Student Health Center, the LGBTQ Student Center, or the Student Resource Center.
- The disinhibition you may feel while away can lead to riskier choices than you would make at home. Have fun meeting new people, but try to maintain your safer sex practices.

*Sponsored by The Office of Residential Life and Housing Services and Student Health*
Contraception:
- Bring a supply of what you need.
- Your menstrual/ovulation cycle may be thrown off by travel and time change.
- Access to emergency contraception may vary from place to place. Consider taking some with you.

Sexual Assault:
- Resources and laws outside of NYC and the US vary, but you can always access support through NYU’s Wellness Exchange.
- Crisis Response Counselors are available 24/7/365 to advise and support you, no matter where you are.

Alcohol and Other Drug issues:
- The legal drinking age varies and there may be different types/strengths of alcohol and other drugs than at home.
- Never leave your drink unattended.
- Laws and law enforcement differ and may be more strict where you travel. Don’t underestimate the consequences of your actions anywhere.
- Know your limit — check your BAC card or an online calculator.

Zika virus:
- If you are traveling to Latin America or the Caribbean, protect yourself from mosquito bites (cdc.gov/zika/prevention). Check the CDC’s website for up-to-date information about this emerging health concern: cdc.gov/zika

Even on vacation, NYU students always have access to the Wellness Exchange — your key to accessing the University’s extensive health and mental health resources. Visit www.nyu.edu/999 and scroll to the bottom of the page for numbers around the globe. In the US, call 212-443-9999.