



Handy Safety Tips for Students

All emergency services are toll-free, cooperate with each other and re-direct your report to relevant authority:

- **112** general emergency contact within the EU
- **997 Police** (assault, violence, theft, burglary, traffic accidents, public disorder)
- **998 Fire Brigade** (fire, natural disaster, rescue services)
- **999 Ambulance** (life or health-threat)
- **986 City Guards** (public disorder, illegal parking, intoxicated/homeless individuals, property damage, abandoned/dangerous animal)

7 tips to stay safe:

- **Stay safe when out:** let someone know where you're going and when you'll be back, don't go out alone, avoid isolated, poorly-lit places, plan ahead your night out, make sure your cell-phone is fully-charged, use only authorized taxicabs, stay away from hostile situations (civil disorders, arguments and fights etc.).
- **Drink wisely:** know your limits, never accept a drink from a stranger or leave it unattended - a drug can be slipped into it causing you amnesia or unconsciousness, never ride/drive if you've been drinking.
- **Get to know & obey local laws:** in Poland, drinking alcohol and smoking in public areas other than designated places is prohibited – non-compliance is punished with a fine; drug possession – including „soft drugs” and New Psychoactive Substances – is a criminal offence penalized with up to 3 years' imprisonment.
- **Get to know the local colour:** learn customs and culture of a host country and behave respectfully, meet local dress and communication standards.
- **Keep valuables out of sight:** do not carry large amounts of cash, stay alert to street crime and petty thefts such as pickpocketing. Warsaw 24/7 live video surveillance system (CCTV) covers public areas in all 17 city districts, including cameras installed on trams and buses.
- **Prepare for emergencies:** make (digital) copies of important documents (passport, visa, airplane ticket, credit cards etc.), keep them separated from the originals; know by heart emergency phone numbers.
- **Protect your well-being:** make sure your insurance plan fully covers all potential risks when abroad and is not limited to only health issues. Students may face physical and mental issues during exchange, so be in constant touch with your program administrators, family and friends.

Psychological assistance and **medical point** are available on SGH campus free of charge.

