

**Australia: Townsville**

*Sexual Assault Support Service (Family Planning Qld. Townsville)*

http://www.fpq.com.au/locations/tvillelocations.php

Suite 2, 5 Castlemaine St., Kirwan QLD 4817 | Phone: (07) 4723 8184

**Australia: Wollongong**

*Urunga House, Wollongong Hospital*

4 Urunga Parade, Wollongong 2500

Helpline: (02) 4222 5000 | Phone: (02) 4222 5408 | Fax: (02) 4228 8461

**China: Beijing (Tianjin)**

*Beijing Maple Women’s Psychological Counseling Center* | www.maple.org.cn

maplewomencenter@vip.sina.com | Hotline: 010 68 333 388 | 010 64 073

3800

*Women’s Hotline in Beijing* | Phone: 86-10-64048187 |

No. 93, Dong Si Shi Si Tiao, Beijing maple@public.fhnet.cn.net

**Hong Kong**

*Hong Kong Federation of Women’s Centers*

http://womencentre.org.hk/en/services/70-counselling-and-legal-support/ |

Helpline: 2386 6255

**India: Jaipur**

*VIVIDHA* | vividha2001@yahoo.com

24/121, Swarn Path, Mansarovar | Phone: 91 141 392148

**India: Vrindavan**

*National Commission for Women* | Phone: 2323 7166 | 2323 6988

membersecretary@nationalcomissionforwomen.org | Deen Dayal Upadhayaya

Marg, New Delhi

**Japan: Hiroshima**

*Emergency Medical Service Net Hiroshima*

http:// www.qq.pref.hiroshima.jp/qq/qq34egmntl.asp | Helpline: 0120 169912

**Japan: Nagoya**

*Nagoya International Centre*

http://www.nic-nagoya.or.jp/en/ | iscnic@arion.ocn.ne.jp |

Helpline: 052 581 0100 | 052 654 3511

Kokusai Centre Station (directly above exit 2), Koei 2-2-29, Minato-ku

**Japan: Tokyo**

*Tokyo Rape Crisis Center*

http://www.tokyo-rcc.org/center-hp-english.htm | wsw@tokyo-rcc.org

81 3 3207 3692 | 03 3207 3692\

**Malaysia: Penang**

*Pusat Kesedaran Wanita (Women’s Centre for Change WCC)*

http://www.wccpenang.org | wcc@wccpenang.org | 604-228-0342 | 24-D Jalan

Jones, 10250

**New Zealand**

*Sexual assault support centers in New Zealand: http://www.rapecrisis.org.nz/content.*

*aspx?id=18*

*Note: Cost of counseling services in New Zealand covered by the Accident Compensation*

*Corp.: http://www.acc.co.nz/DISEXTCSMP/groups/ externalclaimscare/documents/inter-*

*net/prdctrb092057.pdf*

**New Zealand: Auckland**

*HELP: Support for Sexual Abuse Survivors*

www.sexualabusehelp.org.nz | info@helpauckland.org.nz | Phone: 09 623 1700

*Rape Prevention Education*

www.rpe.org.nz | info@rapecrisis.org.nz | 64 09 360 4001 | P.O. Box 78-307

Grey Lynn, Auckland 1245

**New Zealand: Dunedin**

*Rape Crisis Dunedin*

http://www.rapecrisisdunedin.org.nz/ | rcrisis@xtra.co.nz | Helpline: 03 474

1592

P.O. Box 5424, Dunedin | 1st Floor, Corso Building, 111 Moray Place

**New Zealand: Wellington**

*Wellington Sexual Abuse Help Foundation*

http://www.wellingtonhelp.org.nz/ | info@wellingtonhelp.org.nz | P.O. Box 111-

60, Manner St

Helpline: 04 499 7532 | Phone: 04 499 7530

**Singapore**

*Association of Women for Action and Research (AWARE)*

http://www.aware.org.sg | aware@aware.org.sg | Helpline: 1800 774 5935 |

Phone: +65 6 779 7137

Blk 5 Dover Crescent #01-22, 130005

**South Korea: Seoul**

*Korea Sexual Violence Relief Center*

http://sisters.or.kr | ksvrc@korea.com | Phone: (02) 338 5801 2 (10 am-5 pm)

2FL 366-24 Habjung-Dong Mapo-Ku

*Korean Women’s Hotline*

http://www.hotline.or.kr | hotline@hotline.or.kr | 02 3156 5400

1F 1-15 Nokbeon-dong, Eunpyeong-gu Seoul | Subway: Bus exit no.2 of Bul-

gwang Stn on Line 6 or 3

**Taiwan: Taipei**

*Taipei Women’s Rescue Foundation (TWRf)*

http://www.twrf.org.tw | pr@twrf.org.tw | (02) 2555 8595 | 2F, No. 66, Sec 1,

Chin Shan S. Rd.

**Thailand: Bangkok**

*Turning Points, The Emergency Home and Relief Fund for Women and Children in Distress*

we-train@linethai.co.th | Phone: 929 2222 | 929 2301 10

50/1 Decha Tungkha Road, Si Kan, Don Muang district

*Foundation for Women*

www.womanthai.org | FFW@mozart.inet.co.th | P.O. Box 47, Bangkoknoi,

Bangkok

Phone: (66 2) 433 5149 | 0 2433 5149 | 0 2435 1246

**Thailand: Khan Kaen**

*KhonKaen Ram Hospital*

http://khonkaenram.com/ | kkram@khonkaenram.com | Phone: 0 4333 3800

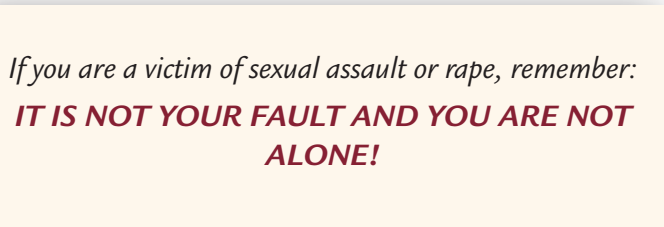
193 Srichan Rd, Muang, Khon Kaen

**Vietnam: Hanoi**

*Research Center for Family Health and Community Development (CEFACOM)*

www.cefacom.org.vn | cefacom@fpt.vn | No. 12, Lane 131/31, Thai Ha Street

Phone: In-country: 0 537 5700 | Overseas: +84 537 5700



## Europe

**Austria: Graz**

*Frauen für Frauen – Hilfe für Frauen in Krisen*

(Women for Women – Help for Women in Crisis)

Conrad v. Hötzendorf Straße 23-8010 | ++43 316 82 7707 0

**Austria: Vienna**

*Women’s Helpline*

http://www.frauenhelpline.at | frauenhelpline@aoef.at | 0800 222555 | 1050

Vienna, Austria

**Belgium: Brussels**

*Sos Viol*

http://www.sos.viol.be/ | sosviol@brutele.be | 02 534 3636 | Rue Blanche, 62

A – 1060 Brussels

**Czech Republic: Prague**

*The White Circle of Safety (Bíl. kruh bezpe’i)*

http://www.bkb.cz/ | bkb.praha@bkb.cz | Phone: 420 2 57317110 | +420 2 51

51 13 13

Bíl. kruh bezpečí, U Trojice 2, 150 00 Praha 5

**Denmark: Copenhagen**

*Dannerhuset*

http://www.danner.dk/in-english/ | dannerhuset@email.dk | Nansensgade 1,

1366 Copenhagen | Phone: 3333 0047 | 3333 0037 |

24 hr Social Services: 33 17 33 33 | Hotline: 70 20 30 82

*The Open Door*

Tondergade 8, Copenhagen | Phone: ++45 3324 9103

**England**

Rape crisis centers in the UK: http://www.rapecrisis.org.uk/centres.php

Lancaster / Lancashire, England

*Sexual Assault Forensic Examination Centre (SAFE Centre)*

http://www.lancsteachinghospitals.nhs.uk/safe-centre

Royal Preston Hospital, Sharoe Green Ln, Fulwood, Preston, PR2 9HT

safe@lthtr.nhs.uk | 01772 523344 | Counseling Appt: 01772 523949

**England: London**

*The Havens*

http://www.thehavens.co.uk/ | 020 3312 1101

St Mary’s Hospital, Praed Street (btwn Paddington & Edgware stations)

**England: Norwich**

*SeVa Norwich Rape Crisis*

http://www.norwichrapecrisis.co.uk/ | admin@seva-uk.org | Phone: 01603

622406

Norwich Community Workshop, 6 Music House Ln, NR1 1QL

**Finland: Helsinki**

*Rape Crisis Centre Tukinainen*

http://www.tukinainen.fi | office@tukinainen.fi | Phone: +358 (0)9 5860 360 |

Helpline: 0800 97899

P.O. Box 1346, 00101 Helsinki

**France**

*Note: When a victim reports a violent crime or rape in France, they are obliged to be examined at a Unité Médico-Judiciaire. Here, the physical and psychological state of the victim is assessed and, in the case of a rape victim, DNA samples will be taken as well as pregnancy, STD, and HIV testing offered. The report given by the doctor is then given to the police to proceed with the case.*

**France: Montpellier**

*SOS Femmes Battues*

sosfemmesmarseille@wanadoo.fr | Helpline #: 04 67 58 07 03 | 13006 Marseille

**France: Paris**

*Paris Aide aux Victimes*

http:// www.pav75.fr | 12, rue Charles Fourier, 75013 | 22, rue Jacques Kellner, 75017

Helpline #: (0145) 881800 | Phone: 01 53 06 83 50

**Germany: Berlin**

*LARA Crisis Center for Women*

http://www.lara-berlin.de | Phone: 49 2168888 | beratung@lara-berlin.de |

verein@lara-berlin.de

**Germany: Freiburg**

*Frauenhorizonte (Center for Sexually Assaulted Women)*

http:// www.frauenhorizonte.de (German only) | Basler Str. 8, 79100 Freiburg

info@frauenhorizonte.de | Helpline: 0761/ 2 85 85 85

**Greece: Athens**

*Hellenic Association for the Prevention of Sexual Abuse*

Nikis Street 11, 105 57 Athens| Phone: 201 331 7305 | Isotita4@otenet.gr

**Iceland: Reykjavik**

*Stigamot*

http://www.stigamot.is | stigamot@stigamot.is | Vesturgata 3, 101 Reykjavik

Helpline: 354 800 6868 | Phone: 354 562 6868

**Ireland**

Rape crisis centers in Ireland: http://www.rcni.ie/rape-crisis-centres.aspx

**Ireland: Dublin**

*Dublin Rape Crisis Center*

http://www.drcc.ie | rcc@indigo.ie | 70 Lower Leeson St., Dublin 2

Helpline: 1 800 778 888 | Phone: 01 661 4911

*Women’s Aid Confidential*

http:// www.womensaid.ie | info@womensaid.ie | Helpline: 1 800 341 900 |

Phone: (01) 6788858

Everton House, 47 Old Cabra Road, Dublin 2

**Italy: Florence**

*L’Associazione Artemisia “Catia Franci”*

http://www.artemisiacentroantiviolenza.it | cfranci@fol.it | Via del Mezzetta, 1/

int. -50135

Helpline: 055 602311 (24 hours) | Helpline for minors: 055 601375

**Italy: Rome**

*Associazione Nazionale Telefono Rosa*

www.telefonorosa.it | telefonorosa@libero.it | 06 37 51 82 82 | Viale Mazzini

73, 00195

**Netherlands: Amsterdam**

*S.O.S. Telefonische Hulpdienst*

Helpline: 31 (0)20 6757575 | Phone: 31 20 6758888 | 1070 LP Amsterdam |

postmaster@sosthd-adam.nl

*De Eerste Lijn*

eerstelijn@deeerstelijn.be | Phone: 011 42 45 35 | Koolmijnlaan 86, 3580

Beringen

**Norway: Bergen**

*Bergen Krisesenter*

http://www.bergenkrisesenter.no/ | krise-fk@online.no | 5531 5050 | P.O. Box

728, Sentrum 5807

**Norway: Oslo & Aas**

*Oslo Crisis Center for Women*

Phone: 47-22-37-4700

Krisesentersekretariatet

http://krisesenter.com/english/english.html | Storgata 11, 0155 Oslo

tsm@krisesenter.com | Hotline: 47 2301 0341 | Phone: 47 9057 9118

**Russia: St. Petersburg**

*Crisis Center for Women*

http://crisiscenter.ru/ | crisis@online.ru | 192071, St. Petersburg, Russia, P.O.

Box 72 | Phone: 7 812 327 3000

*City Center of Social Help for Women*

jecenter@actor.ru | Phone: ++7 812 2930673 | Moskovsky pr. 206, s.1, 196066

Saint Petersburg

**Scotland**

*Rape Crisis Scotland*

http://www.rapecrisisscotland.org.uk | info@rapecrisisscotland.org.uk

46 Bath Street, Glasgow, G2 1HG | Phone: 0141 331 4180 | Hotline: 01088 01

03 02

**Spain: Barcelona**

*Associació Assistència Dones Agredides Sexualment*

http://www.aadas.org.es/ | informacion@aadas.e.telefonica.net | Phone: 93 487

57 60

Gran Via de les Corts, Catalanes, 488, Entlo 4th, 08015 Barcelona

**Spain: Madrid**

*Cavas Comunidad de Madrid*

http://www.violacion.org/donde/#madrid | C/ Alcalá, 124 – 1 A, 28009 Madrid

cavasmadrid@yahoo.es | cavasmadrid@terra.es | 91 574 01 10

**Sweden: Göteborg**

*Stödcentrum BEDA (Support Centre BEDA)*

http://www.stodcentrum-beda.nu | info@stodcentrum-beda.nu | Folke Bernad-

ottes gata 2, 4128

Phone: +46 031 133666 | +46 031 133585

**Sweden: Stockholm**

*National Center for Battered and Raped Women*

Kvinnokliniken, Akademiska Sjukhuset | Gun.Heimer@akademiska.se | +46 18

611 27 93

S-751 85 Uppsala

**Switzerland: St. Gallen**

*Berner Frauenhaus (Women’s Shelter)*

http://frauenhaus-bern.ch/ | info@frauenhaus-bern.ch | Postfach, 3000 Bern 7

| Phone: 031 332 55 33

**Turkey: Istanbul**

*Mor Cati Kadin Siginagi Vakfi (Purple Roof Women’s Shelter and Foundation)*

http://www.morcati.org.tr/en/ | morcati@morcati.org.tr | Phone: 0212 292 52

31 | 0212 292 52 32

Katip Mustafa Celebi Mah. Anadolu Sok. No:23, D:7-8 Beyoglu

**Wales**

*Rape and Sexual Abuse Line South Wales*

Ltd PO Box 338, Cardiff, CF1 3TY | Phone: (029) 2037 3181

Victim Support:

- Cardiff Central (029) 2052 7358

## Africa & Middle East

**Egypt: Cairo**

ADEW

<http://www.adew.org/adew/> | [adew@link.net](mailto:adew@link.net) | [adew@adew.org](mailto:adew@adew.org) | 8/10 Mathaf

**Chana: Accra**

**Domestic Violence and Victim Support Unit (DOVVSU)** | <http://www.gshananapolice.info/dvmsu/dvmsu.htm> | Phone: +233 (030) 266 2290 | +233 (030) 266 3563

**Jordan: Amman**

**Freedom House** | [info@freedomhouse.org](mailto:info@freedomhouse.org) | [www.free-domhouse.org](http://www.free-domhouse.org) | P.O. Box 811949, Amman 11181 | Phone: 962 6 551 8421

**Kenya: Nairobi**

**Coalition on Violence against Women**

<http://www.covaw.or.ke/index.html> | [info@covaw.or.ke](mailto:info@covaw.or.ke) | Helpline: 254 20 574357

**Morocco: Fez**

**Collectif Horizons Féminins**

Residence alami rue Abou tayeb Al Moutanabi | Phone: (212-55) 65 91 73

**Morocco: Tangier**

**Assn. Anna pour la Protection des Femmes Victimes de Violence**

39, Sidi Bouabid | [associationanna@yahoo.fr](mailto:associationanna@yahoo.fr) | 00212 39 33 16 17

**Senegal: Dakar**

**Comité de Lutte Contre les Violences Faites aux Femmes**

[cifc.courantsdefemmes.org](mailto:cifc.courantsdefemmes.org) | [civfseנגאל@senecoo.sn](mailto:civfseנגאל@senecoo.sn) | Phone: 824 13 41

**South Africa: Durban**

**Kwa Zulu Natal Network on Violence Against Women**

[www.preventgbvaftrica.org](http://www.preventgbvaftrica.org) | [info@preventgbvaftrica.org](mailto:info@preventgbvaftrica.org) | +256 414 531 186

**Tanzania: Dar es Salaam**

**Tanzania Media Women's Association**

[www.tamwa.org/](http://www.tamwa.org/) | [admin@amipi.net](mailto:admin@amipi.net) | [doc@amipi.net](mailto:doc@amipi.net) | Phone: 255 22 211 5278

## Americas

**Dominican Republic: Santiago**

**Núcleo de Apoyo a la Mujer (Núcleo of Support to Women)**

<http://www.nucleodeapoyalamujer.org> | [nucleodeapoyalamujer@gmail.com](mailto:nucleodeapoyalamujer@gmail.com)

Calle Vicente Estrella No. 51, Santiago | Phone: (809) 581 8301 | (809) 971 7909

**Centro de Apoyo Aquilera (Center for Group Support)**

**Servicio Médico Legal**

<http://www.sm.lc/sml/> | Phone: (2) 27823500 | Avenida La Paz 1012, Independencia

**Chile: Santiago**

**Asociación Alianza de Mujeres Costarricenses (AMC), Programa Vida sin Violencia, Derecho Humano de Toda Mujer**

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## International Centers for Survivors of Sexual Assault and Harassment

*This information about sexual harassment and sexual assault is offered not because these things happen with great frequency, but rather because the University of Minnesota takes these matters very seriously and understands the importance of being prepared to handle them.*



UNIVERSITY OF MINNESOTA

**Ecuador: Quito**

**Fundacio Casa de Refugio Matilde**

<http://www.casaderefugiomatildeyahoo.com> | Phone: 262-5316 | 099-722674 | 255-5000

**Centro de Estudios e Investigaciones Multidisciplinarias (CEMI)**

<http://www.ceime.net/> | [ceime@ceime.net](mailto:ceime@ceime.net) | +593 2 2 54462 / 543442

**Guatemala: Guatemala City**

**Procurador de los Derechos Humanos - Defensora de los Derechos de la Mujer**

<http://www.pdh.org.gt/> | (502) 2424 1717, Call center: 1555 12 Avenida 12-72, Zona 1

**Fundación Guatemala**

**Fundación Guatemala**

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*This information in this handbook can also be found on the web:*

<http://global.umn.edu/travel/assault/>

### Remember:

Survivors cannot change what has happened, but they do get to make their own decisions about what is best for their recovery. Some survivors feel that it is a personal victory to finish their overseas experience while others feel their recovery will be hastened by returning home.

U.S. Embassies, your program director, and contacts in this pamphlet can tell you about local police and legal procedures, as these can often be different from in the U.S. Cultural and social attitudes toward rape and sexual assault victims may vary greatly in different countries. If you choose to report the incident to the police, ask someone to go to the police station with you—many survivors find it helps not to be alone. Remember, only you can decide if you want to take legal action; no one else can make that decision for you. In most countries, you must report the crime before leaving the country if you want it to be investigated. Many countries will not open a criminal investigation upon your departure.

You may be covered by your homeowners or travel insurance for any belongings you may have lost at the time of the assault. It is likely you will have to report the incident to the police in the country that you are in for the insurance to be valid.

### Tips to Consider

If you are a victim remember, there is no “right way” to react to experiencing sexual assault. Only the survivor can decide whom to tell and what steps to take next. Below are a few tips to consider:

#### Talk with someone.

Most survivors find some comfort in talking with someone about the assault, journaling, and/or talking with a counselor. If possible, contact your program director, talk to a friend or relative, or contact the nearest resource included in this brochure, U.S. Embassy, Consulate, or Diplomatic Mission. Be sure to understand if the person you talk to is required to tell anyone else about what you share. The University’s Aurora Center can offer confidential help: <http://www.umn.edu/aurora> or 612-626-9111 (Help Line).

#### Get medical care.

Have your medical needs attended to at a clinic or emergency room. If you have the required medical, evacuation, and security insurance through the University of Minnesota, your medical care will be covered and you can receive advice on locations by contacting them. More at <http://global.umn.edu/travel/insurance/outgoing.html#policy-tab>

#### Report the assault.

Consider whether you would like to make a police report. If there is any chance you want to report your assault: Do not shower or douche; save the clothes you were wearing in a paper bag; save sheets, blankets, or anything else that may have evidence as well. Do not throw anything away or try to clean up; go to a hospital, clinic, or emergency room where you can receive a sexual assault exam. This can be performed up to 72 hours after an assault, but is most successful within the first 24 hours. If you choose not to report the crime soon after the incident, forensic evidence may be lost.

## Asia & Oceania

**Australia**

**Crisis Support (Australian Government):**

<http://www.aifs.gov.au/acssa/crisis.html>

**24-Hour Australia National Sexual Assault Line:**

[1 800 737 732](http://1800respect.org.au/) | <http://1800respect.org.au/>

**Australia: Wollongong**

**Urnuga House, Wollongong Hospital**

**Urnuga House, Wollongong Hospital**

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#### Talk with someone.

Most survivors find some comfort in talking with someone about the assault, journaling, and/or talking with a counselor. If possible, contact your program director, talk to a friend or relative, or contact the nearest resource included in this brochure, U.S. Embassy, Consulate, or Diplomatic Mission. Be sure to understand if the person you talk to is required to tell anyone else about what you share. The University’s Aurora Center can offer confidential help: <http://www.umn.edu/aurora> or 612-626-9111 (Help Line).

#### Get medical care.

Have your medical needs attended to at a clinic or emergency room. If you have the required medical, evacuation, and security insurance through the University of Minnesota, your medical care will be covered and you can receive advice on locations by contacting them. More at <http://global.umn.edu/travel/insurance/outgoing.html#policy-tab>

#### Report the assault.

Consider whether you would like to make a police report. If there is any chance you want to report your assault: Do not shower or douche; save the clothes you were wearing in a paper bag; save sheets, blankets, or anything else that may have evidence as well. Do not throw anything away or try to clean up; go to a hospital, clinic, or emergency room where you can receive a sexual assault exam. This can be performed up to 72 hours after an assault, but is most successful within the first 24 hours. If you choose not to report the crime soon after the incident, forensic evidence may be lost.

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#### Report the assault.

Consider whether you would like to make a police report. If there is any chance you want to report your assault: Do not shower or douche; save the clothes you were wearing in a paper bag; save sheets, blankets, or anything else that may have evidence as well. Do not throw anything away or try to clean up; go to a hospital, clinic, or emergency room where you can receive a sexual assault exam. This can be performed up to 72 hours after an assault, but is most successful within the first 24 hours. If you choose not to report the crime soon after the incident, forensic evidence may be lost.

#### Talk with someone.

Most survivors find some comfort in talking with someone about the assault, journaling, and/or talking with a counselor. If possible, contact your program director, talk to a friend or relative, or contact the nearest resource included in this brochure, U.S. Embassy, Consulate, or Diplomatic Mission. Be sure to understand if the person you talk to is required to tell anyone else about what you share. The University’s Aurora Center can offer confidential help: <http://www.umn.edu/aurora> or 612-626-9111 (Help Line).

#### Get medical care.

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