



TRAVEL SAFETY 101 – Materials

- ✓ Summary of Travel Safety Principles
- ✓ Overview of additional resources
- ✓ Checklists

Summary of Concepts in “Travel Safety 101”

Principle 1: Preparation



- Language and Cultural Etiquette: Brush up on etiquette, common phrases and customs in your destination. The dos and don'ts can be very different, even from one part of the country to another. Preparation can help you blend in. Looking or acting like an outsider can make you an easy target for scams or crimes.
- Early and thorough preparation can help you avoid delays (or worse!) and make travel easier. Find out what documentation is required for entry to your destination. Make sure it is ready well before your departure. This could take months in some cases – start early!
- When packing, think about what you need for the first 24 hours. Pack those things in your carry-on luggage.
- Share your itinerary with people at home. Create a communication plan. Know who to contact and what to do in case of an emergency
- Learn about health/disease risks in your destination – see a medical specialist, call International SOS. Start early, some vaccinations have to be administered over a period of time.
- Always plan ahead and bring enough medication for the entire trip plus a little extra. Take a copy of your prescription and a letter from your doctor explaining your medical conditions. Consider having it translated into your local language
- Consider what you will eat and drink while you are away. Find out what's safe and what you should avoid at your destination
- Research the medical care standards in your destination
- Before you travel, make copies of your passport, visa and credit cards. Leave a set of copies at home (with friends/family), email one to yourself and bring a set with you (store at a different location as your other travel documents)

Principle 2: Awareness

- When out and about, move with purpose and intention. Know where you are going and think about potential “safe havens”, like a hotel lobby or bank. Don't talk on your phone while in the streets and avoid other distractions too.
 - Every day will bring new adventures and experiences. Give yourself time to adapt.
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- Take care of yourself emotionally and physically – get enough sleep, don't self-medicate with alcohol or drugs. Talk to a professional before starting, stopping, or changing medications

Principle 3: Low Profile

- Criminals are looking for an easy target. Keeping a low profile helps you blend in and keep you safe. Action items that can help you blend in and appear confident include planning a route before you leave, walking with purpose, and dressing to fit in with the local culture.
- Avoid displaying wealth in public. Don't fumble with money, learn the bills and coins of the local currency in private and know how much common items cost. Identify cultural sensitivities and customs. Behave calmly and reasonably, remembering that unusual or loud foreign voices usually attract attention.
- Dangerous situations can often be avoided: Don't take unnecessary risks – drink in moderation and use a buddy system. Don't take drinks (or drugs!) from strangers.
- If you get hurt, seek help quickly! You can contact ISOS which local healthcare facility is right for you. Don't try to wait and handle it yourself.

Principle 4: Varied Routine

- Avoid falling into patterns when you travel around town. Criminals surveying for targets look for easy, predictable opportunities. Check if you can –safely – vary your routine by traveling with others or using alternate routes.
- Appear as though you always have a specific destination in mind and move as if you know where you are going even if you are lost. If you are, find someone of authority to help you.
- Before you travel, plan a safe and direct route. Tell someone where you are going and when you are expected back. Identify “safe havens” along the route – places like hotel lobbies or banks – where you could get assistance if needed.
- Know the areas of higher criminal activities and avoid them as well as dense residential areas and isolated streets and paths





- THINK** Think through potential situations that might arise at your destination and mentally prepare a response to them
- PREVENT** Prevent personal injury or harm. Your priority is to escape the situation safely.
- REACT** Be calm. Go to secure location. Call the appropriate emergency contact.
- RECOVER/REPORT** Report what happened as soon as possible – Call ISOS.

Principle 5: Communication

- Keep in regular contact with friends and/or family while abroad. Plan check-ins, particularly if you are going somewhere new or remote. Tell your check-in person how to report if you miss a scheduled call. Always let someone else know where you are going and when you expect to be back.
- Make sure your cell phone is charged and has emergency numbers programmed in. Consider buying a local SMS chip. Have a contingency plan – coins for a landline, international calling cards, contact numbers on a piece of paper

Principle 6: Layered Protection

Remember: There is no single measure that will guarantee you complete safety. A sound security plan involves applying several layers of protection, including physical and procedural elements. Layering up the principles outlined gives you maximum procedural however; layers need to be built up to a specific location in a specific manner.

Notes



WEB RESSOURCES FOR INTERNATIONAL TRAVEL

TUFTS/INTERNATIONAL SOS

- Tufts International Travel: <http://finance.tufts.edu/risk-ins/international-travel/>
- International SOS Portal (country-specific advice and risks): <http://www.internationalsos.com> (Tufts Membership #: 11BCPS000093)

U.S. GOVERNMENT TRAVEL INFORMATION

- The U.S. Department of State: <http://travel.state.gov/> (where Country Information Sheets can be found)
- The U.S. Department of State/Students Abroad: www.studentsabroad.state.gov/
- Overseas Security Advisory Council (OSAC): www.osac.gov/
- Directory of U.S. Embassies and Consulates: www.usembassy.gov/

OTHER GOVERNMENTS' TRAVEL INFORMATION (ENGLISH)

- Australian Department of Foreign Affairs: www.smartraveller.gov.au/zw-cgi/view/Advice/
- Canadian Department of Foreign Affairs and International Trade: www.voyage.gc.ca/index-eng.asp
- Irish Department of Foreign Affairs: www.foreignaffairs.gov.ie/home/index.aspx?id=275
- New Zealand Ministry of Foreign Affairs and Trade: www.safetravel.govt.nz/
- United Kingdom Foreign Office & Commonwealth Consular Reports: www.fco.gov.uk/en/travel-and-living-abroad/

HEALTH AND TRAVEL RESOURCES

- Association for Safe International Road Travel (ASIRT): <http://asirt.org/>
- Centers for Disease Control and Prevention (CDC) Travelers' Health: wwwnc.cdc.gov/travel/default.aspx
- The World Health Organization (WHO): www.who.int/en/

Traveler's Health

General considerations



- Get health insurance and know your payment options. Some countries will not accept foreign insurance forms and you will most likely be required to pay upfront and seek reimbursement from your health insurance provider later
- Given cultural differences in values and social norms, medical personnel in the destination, be prepared to be flexible. If you need specialized medical care, find out in advance where such care is available

Medications

- Make sure to pack all necessary medicines and prescriptions: bring copies of your prescription and the generic name of your drug. Be aware of any restrictions that may apply to your prescription or OTC medication at your destination
- Remember: U.S. prescriptions cannot be filled at a pharmacy abroad – if needed, you will need a practitioner within your host country has to provide you with a prescription

Women's Health

- If taking oral contraceptives: consider whether you wish to have a full supply for the time abroad knowing that not all options may be accustomed to or available outside the U.S.
- Understand that there might be differences in areas of privacy, disrobing, physical examination, confidentiality, dispensing of birth control, treatment of sexually transmitted diseases, pregnancy etc.
- If you do become pregnant, be aware that there might be fewer options available than in the U.S. Abortion is illegal in some countries and the “morning after pill” might not be as readily available as it is here in the U.S.

Hotel Safety

Arrival

- If you arrive to your hotel in a bus or cab, stay with your luggage until it is brought inside
 - Choose a room at the rear end of the hotel between the second and sixth floor: a room that is too high up can be a problem in a fire. Rooms on the first and ground floor are more apt to be broken into. The
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back of the hotel is normally safer than the lobby which most commonly would be targeted in the event of an attack

- When checking into your room, make sure that the staff member at the registration desk does not announce your room number – ask to have it written down
- Know the address and phone number of your hotel in case you get lost. You can get this information most easily by taking a few hotel business cards. Make sure that (at least some) are in the local language

During your stay

- Always keep your room locked
- Meet visitors in the lobby
- Use the hotel safe and avoid storing valuables out in your room
- Do NOT invite strangers into your hotel room and only open the door after you have verified the identity

A few words on elevators

- Observe all passengers in the elevator
- If possible, stay near the control panel. In the event of an attack, this will allow you to push as many buttons as possible
- If there is anyone suspicious in the elevator, exit as soon as possible

Personal Safety for Female Travelers

A female traveler may or may not have thought about what it might mean to live as a woman in the country in which she will be traveling to, but we encourage each one to do so. While it is impossible to generalize about the experience of women traveling in all places in the world, they may experience some gender-specific challenges when living or traveling abroad. This is not to say that it is more dangerous to be a woman in countries other than the U.S. Language and cultural differences, however, might mean that what a woman considers appropriate behavior in the U.S. will be interpreted much differently by the men and women of the



host country. A smile, eye contact, certain clothing, or the way a woman carries herself can connote different things in different cultures.

You are your best resource! Read travel guides and articles and perhaps consider talking to other women who have been to your host country. The more familiar you are with the customs and the traditions of your destination, the more understanding you have for why they exist, the safer you will feel and be while abroad.

Some safety suggestions for women from past experiences included:

- Follow the example of women from your host country in terms of culturally appropriate dress and demeanor.
- Trust your instincts. If you do not feel safe in a situation or someone's behavior is making you uncomfortable, get out of the situation immediately.
- Travel in groups of at least two, especially when you are unfamiliar with a city or town.
- Walk with purpose and avoid eye contact with strangers.
- Firmly say "no" to any invitation you do not want and turn away. Ignore persistent overtures.
- Do not drink alcohol in excess.

Safety Precautions for Times of Political/Social Unrest or Conflict

In times of political or social unrest in the host country or region, or when the United States becomes a party to a political conflict anywhere in the world, additional precautions are advisable.

Here are some common precautions:

- Keep in touch with the current political situations by listening daily to the television or radio if available. If this is not possible, ask friends, host family, and colleagues to share with you any relevant information they learn. In case of an emergency, advisories may be made to the general public through the media



- Make sure that you are registered with the closest U.S. (or your country of citizenship) embassy or consulate by using the Smart Traveler Enrollment Program.
- When in large cities and other popular tourist destinations, avoid places frequented by North Americans.
- Keep away from areas known to have large concentrations of residents aligned with interests unfriendly to the United States and its allies. If in doubt, always consult with either your local network or ISOS before undertaking travel to neighboring cities or popular tourist destinations.
- Be as inconspicuous in dress and demeanor as possible. Wear moderate colors and conservative clothing. Avoid American logos on your belongings and clothing. Avoid large, loud groups.
- Keep away from political demonstrations, particularly those directed toward the United States. If you see a situation developing, resist the temptation to satisfy your curiosity and investigate what is happening. Walk the other way.
- Do not agree to newspaper or other media interviews regarding political conflicts. It is important to remain as inconspicuous as possible. Do not make reference to your program group. In such cases, always say “no comment” and hang up or walk the other way.

There's an app for that – Travel Safety Apps

International SOS

The ISOS app allows you to have all relevant information available on your smartphone and will allow you to connect to the most appropriate assistance center when you need help abroad. The app can be downloaded here (Membership number is 11BCPS000093): <http://app.lk/sos-member>

Red Cross Mobile Apps

From First aid to Earthquakes and Hurricanes, the variety of Red Cross Apps will allow you to be prepared! Download here: <http://www.redcross.org/prepare/mobile-apps>

U.S. State Department Smart Traveler

The *Smart Traveler* app which was launched in June 2011 is the official State Department app for U.S. travelers. The app invites you to see the world with easy access to frequently updated official country information, travel alerts, travel



warnings, maps, U.S. embassy locations, and more. The Department of State smart phone apps are free to download and are available in both iPhone and Android.

Download here: <http://www.state.gov/r/pa/ei/rls/dos/165020.htm>

Center for Disease Control and Prevention

The CDC offers a variety of apps. The general application is a companion to CDC's trusted website (www.cdc.gov). It helps you explore a variety of health information including health articles, popular journals, timely updates and access to social media. Feel free to browse to find the most suitable for your needs: <http://www.cdc.gov/mobile/mobileapp.html>

TravelSafe Pro

This an app provides you with critical information in regards to the country or region you are visiting to help you have safe trip. Featuring up to 12 international languages, TravelSafe Pro comes with emergency numbers of all the countries as well as vital embassy information of your country for the location you are visiting. There is also a dedicated quick-dial home screen widget that you can use instantly in case of an emergency.

IPhone: <https://itunes.apple.com/us/app/travelsafe/id520201219?mt=8>

Android: https://play.google.com/store/apps/details?id=com.mattneri.travel_safe&hl=en

Travel App Box

This is a travel version of a Swiss Army knife. It features many apps all in one main map, including, offline maps, currency converter, clothing sizes, international dialing codes, most of all the things you might need.. As of now, this app is only avail for the iPhone and iPad, but always check their website as they could all the Android version at any time. It can be downloaded here: <http://www.cerasus.de/games/all-titles/travelappbox/>

Other helpful Apps:

Google Goggles -- Image search/translate

This innovative app has received much attention since it first hit the Android Market. It lets you search on Google by just taking a picture. So, if you're visiting a landmark, you can take a picture which Google will then analyze and provide results for. Download here: <http://www.google.com/mobile/goggles/#text>

AroundMe -- Location finder

This aptly named app tells you all the points of interest that are located near you. It detects your current location, and lets you select from categories like bars, cafés, hospitals, and hotels to filter though the results. Download here: <https://itunes.apple.com/us/app/aroundme/id290051590>



Wi-Fi Finder

Many of the apps on this list are dependent on an Internet connection. This application helps ensure that you have one by helping you find one of over 500,000 locations listed worldwide. You can filter according to whether a hot spot is free or paid, although in some countries, the results are less than ideal. I explored some of the regions for Asia, and many places didn't show a lot of results.

iPhone: <https://itunes.apple.com/us/app/wi-fi-finder/id300708497?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.jiwire.android.finder>



Register your trip!

U.S. State Department: STEP registration

If you are a US-Citizen, it is recommended to register with the Smart Traveler Enrollment Program (STEP). Citizens of other countries should register at their own country's embassy.

Why should you register with STEP?

Be informed: By registering you will receive the most current information the State Department has available about the country you will be traveling to. You also will receive updates and alerts (where appropriate).

Be connected: Once you are registered, the State Department as well as the local embassy will be able to better assist you in case of an emergency, such as a lost passport.

Be safe: The U.S. State Department assists U.S. citizens in emergencies such as natural disasters.

Registration link: <https://step.state.gov/step/>

International SOS: MyTrips

When traveling on Tufts business, it is highly recommended that you register your trip with Tufts' assistance company, International SOS. This will allow Tufts to locate you in case of an emergency and we can provide more effective help.

Registration link: <https://mytrips.travelsecurity.com/Login.aspx?ci=%2BdOIPuYh4Ew%3D>

(or go to <http://finance.tufts.edu/internal/sos/> to be linked to the registration page)



Emergency Resources Abroad Template

All Tufts Travelers are strongly advised to research this information prior to departure and store it in multiple locations. This overview will allow you to react quickly to emergency situations abroad. You can utilize ISOS as a resource for finding some of the information. They can be reached at 215-942-8478. The Tufts Membership Number is 11BCPS000093.

On site - local contact information

Name: _____

Address _____

Cell phone _____ Home phone: _____

Email: _____

Nearest US Embassy or Consulate

Address: _____

Phone number _____

Emergency phone number _____

(if available)

Emergency number (911- equivalent) _____

Nearest Medical Facility/Hospital

Name: _____

Address: _____

Phone number: _____

Local Police: _____

(Trusted) Local taxi or car service

Name: _____

Phone Number: _____

ISOS contact information





Tufts Membership number: 11BCPS000093

If calling from:	Call Assistance Center in:	At this number:
U.S. or Canada	Philadelphia, PA	1-800-523-6586 Call collect: 1-215-942-8226
Mexico or South and Central America	Philadelphia, PA	Call collect: 00-1-215-942-8226
Europe, CIS, Africa or the Middle East	London	Call collect: 44-208-762-8008
Asia, Australia or the Pacific Rim	Singapore	Call collect: 65-6338-7800

Own notes on resources abroad:



Checklist: CARRY-ON LUGGAGE

Be strategic when packing your carry-on luggage. Be sure to research:

1. any size and weight restrictions for carry-on luggage
2. whether any items are prohibited in your destination or in countries you transit through

(Typical guidelines for flights may include: size and weight restrictions + liquid and sharp objects.)

Then think about what's essential to have on hand and what you need to stay safe and comfortable in case of delays.

Checklist

- All of your travel documents
- Electronic equipment, like a laptop, tablet or your phone
- A small amount of cash
- Any medication you need daily
- Comfort items such as toiletries hand-wipes and hand sanitizers
- Spare underwear

Keep your valuables with you during transit (travel documents, phone, and identification). Avoid placing them in overhead lockers.



Checklist: MEDICAL/FIRST AID items

Over-the-counter medicines

- Medicine for pain and fever (e.g. acetaminophen, aspirin, or ibuprofen)
- Antibacterial or antifungal creams
- Anti-diarrhea tablets (e.g. loperamide)
- 1% hydrocortisone (for minor rashes and bites)
- Motion sickness medicine
- Antihistamines
- Oral re-hydration sachets
- Aloe gel for sunburn
- Mild laxatives

Equipment

- Antibacterial hand wipes and alcohol-based hand sanitizers
- Cotton swabs (Q tips)
- Disposable gloves
- Dressings, bandages, slings
- Scissors and safety pins
- Digital thermometer
- Tweezers

Other medical items to consider packing:

- Insect repellent
- Sunscreen
- Water purification supplies
- Prescription medicine (in original bottle, carry actual prescription letter from doctor, take in hand luggage and enough for the entire trip plus a little extra)
- Feminine hygiene products
- Birth control/condoms

Consult your doctor about other suggestions on items to pack to meet your individual needs.



Checklist: RESEARCH YOUR DESTINATION

Medical

- Standard of medical care at your destination and getting help
- Know who to contact at your destination should you have a medical emergency or need advice
- Research transportation issues such as access and reliability of ambulances
- Research where to purchase medications and treatments. Learn local vocabulary and phrases for basic medications
- Research Disease risks (malaria/yellow fever/others)
- Are there any activities you should avoid?
- Talk to your doctor about:
 - Vaccinations
 - Preventative medication
 - Preventing insect bites
 - Personal hygiene (e.g. hand washing, using safe water, selecting safe food)
 - Treatments for traveler's diarrhea, fever, cough and rash

Security

- Security risks:** research your destination's local security risks such as types of crime, crime rates, and areas to avoid. When at your destination, read and watch local news. Research local events and be aware of any significant cultural and political dates, and avoid large gatherings.
- Customs and laws:** Research local customs, etiquette and laws. The do's and don'ts can be different from one part of the country to another.
- Phrases:** Research and practice your local language: learn basic vocabulary and common phrases.
- Local currency:** Learn the local currency before you go or in private to avoid fumbling with money in public

Checklist: TRAVEL DOCUMENTS

Research the entry requirements for your destination. Depending on the location, you may need to have some or all of these items available.



- Tickets (including transfers)
- Passport
- Visas
- Vaccinations records/immunization certificates
- Travel Insurance
- Photo identification (besides the passport)
- Proof of funds

Precautions to take before you go:

- Ensure your passport is valid for at least 6 months after your scheduled return date
 - Organize visas well in advance of the trip
 - Foresee your financial needs: local currency, accounts, traveler's checks
 - Sort out health issues prior to the trip: vaccines, malaria prophylaxis, prescriptions, medical certification, medical supplies, extra pair of glasses
 - If you have dual citizenship, check that there will be no issues in the country you will be traveling
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