

Safety Tips for Traveling Abroad

Knowing how to act in an emergency and researching your destination can help you travel more confidently.

- ✔ Know the security risk level of your destination.
- ✔ Be vigilant about your safety, even if the destination's risk level is low.
- ✔ Know the telephone numbers for emergency services such as police, fire and ambulance services of your destination.
- ✔ Obey the laws and abide by the cultural norms in the country you are visiting – even if you don't agree with them.
- ✔ Use the “buddy” system when possible, so no one is ever alone.
- ✔ Always make sure someone knows where you are going and who is traveling with you.
- ✔ Learn key words and phrases in the language of the country you are visiting, such as “police” and “help.”
- ✔ Pay attention to your surroundings – avoid listening to music on noise-canceling headphones while you are out in public.
- ✔ If you feel a bad vibe from somewhere or someone, listen to your gut instinct and leave.
- ✔ Don't take unnecessary risks – for example, never hitch-hike.
- ✔ Avoid alleys or unpopulated areas.
- ✔ If you are being harassed, leave as quickly as possible – don't risk escalating the situation by being confrontational.
- ✔ If you are being followed, find a busy establishment to enter.
- ✔ Buy a door stop. Simply wedge it under the door of your accommodations for added security.

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