

# ***Travel Safety: at Home & Over Seas***

Presentation by Andy McGowan

Basics	Money	Research your locations
Diphtheria, Hep A, Polio, Tetanus, Malaria, Yellow Fever (Certificated)	Don't take every card you possess	Nearest UK consulate address and number
European Health Insurance Card	Limit the use of cards (Fraud)	Sky and BBC news / TV And radio
<a href="https://travelhealthpro.org.uk/countries">https://travelhealthpro.org.uk/countries</a> Best for health advice	Reputable outlets only	Even in UK city's and holiday destinations there will be types of threat
Visas, Tickets, Passport, Accom Vouchers, Insurance	Do not throw away sales vouchers	Nearest good hospital, in parts of rural France it would be quicker to lift and shift.
Local currency	Be careful with your corporate or platinum credit card (Kidnap) SA / Mex	Think about the what if's
Be careful on social media, your best friends best friend might be a burglar	Tell your bank where and when you are going, update your mobile	Specific risk to children and lone females?
<a href="http://www.yr.no">http://www.yr.no</a> Best for weather	Pay in the local currency, converting to £ will cost you more	Other friendly consulates may be nearer, not USA, stick to Scandinavia, Can, Aus, NZ
Don't keep the world on your phone	Spread your money and cards	Tell people at home your plan

# Where do I get advice?

- Foreign Office <https://www.gov.uk/foreign-travel-advice>
- New Zealand / Canada / USA all provide good travel advice
- [www.smartraveller.gov.au](http://www.smartraveller.gov.au) The Aussies have it, but why? Good e-mail alert sign up
- Sign up for travel alerts / Facebook and Twitter
- “**Credible Information**” - If you see these words in any report, be on your guard i.e. Berlin and Munich 2016

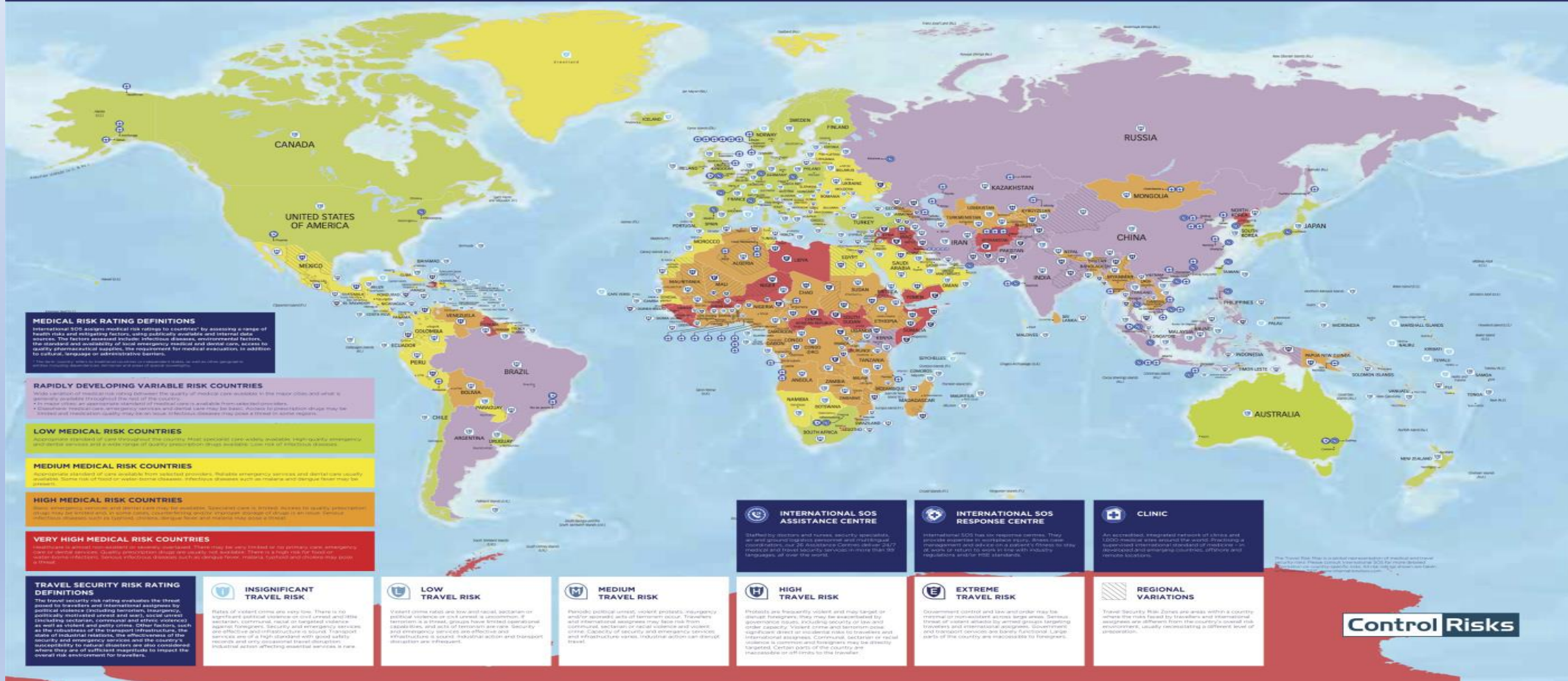
# Kidnapping of tourists on the increase

- Africa –Asia – Eastern and Southern Europe –Latin America –Middle East
- Mexico – Brazil – India – The Philippines
- How they're kidnapping you: The majority of kidnappings in Mexico involve ATM holdups, where tourists are kept for a few days while they withdraw as much money as possible.

# 2018 Map

## TRAVEL RISK MAP 2018

Global health and travel security risks review



**MEDICAL RISK RATING DEFINITIONS**  
 International SOS assigns medical risk ratings to countries by assessing a range of health risks and existing factors, such as endemic diseases, and internal health services. The factors assessed include: infectious diseases, environmental factors, the standard and availability of local emergency medical and dental care, access to quality pharmaceuticals, the requirement for medical evacuations, in addition to cultural, language or administrative barriers.

**RAPIDLY DEVELOPING VARIABLE RISK COUNTRIES**  
 While historical assessments exist between the quality of medical care available in the major cities and what is available in rural areas, a significant standard of medical care is available from selected providers. However, because of population change, the pace of change and the quality of care may be in flux. In these countries, the quality of care may be in flux. In these countries, the quality of care may be in flux.

**LOW MEDICAL RISK COUNTRIES**  
 Adequate standard of care throughout the country. Most specialist care widely available. High quality emergency and dental services and a wide range of quality pharmaceuticals available. Low risk of infectious diseases.

**MEDIUM MEDICAL RISK COUNTRIES**  
 Adequate standard of care available from selected providers. Reliable emergency services and dental care usually available. Some risk of food or water borne disease. Infectious diseases such as malaria and dengue fever may be present.

**HIGH MEDICAL RISK COUNTRIES**  
 Some emergency services and dental care may be available. Specialist care is limited. Access to quality pharmaceuticals may be limited. Some risk of infectious diseases. Infectious diseases such as malaria and dengue fever may be present.

**VERY HIGH MEDICAL RISK COUNTRIES**  
 Some emergency services and dental care may be available. Specialist care is limited. Access to quality pharmaceuticals may be limited. Some risk of infectious diseases. Infectious diseases such as malaria and dengue fever may be present.

**TRAVEL SECURITY RISK RATING DEFINITIONS**  
 The travel security risk rating evaluates the threat posed by terrorism and international incidents by political violence (including terrorism), organized crime, piracy, kidnapping, armed and civil unrest, social unrest, political instability, corruption and cyber security as well as violent and petty crime. Other factors, such as the readiness of industrial relations, the effectiveness of the security and emergency services and the availability of medical services are also considered, where they are of sufficient magnitude to impact the overall risk environment for travellers.

**INSIGNIFICANT TRAVEL RISK**  
 Rates of violent crime are very low. There is no significant political violence or civil unrest and little terrorism. There is no significant corruption and organized crime. Security and emergency services are effective and infrastructure is sound. Industrial action affecting essential services is rare. Evacuation is straightforward.

**LOW TRAVEL RISK**  
 Violent crime rates are low and local, national or regional violence or civil unrest is uncommon. There is no significant corruption and organized crime. Security and emergency services are effective and infrastructure is sound. Industrial action affecting essential services is rare. Evacuation is straightforward.

**MEDIUM TRAVEL RISK**  
 Political violence, terrorism, violent protests, insurgency and/or piracy are common. There is some corruption and organized crime. Security and emergency services are effective and infrastructure is sound. Industrial action affecting essential services is rare. Evacuation is straightforward.

**HIGH TRAVEL RISK**  
 Political violence and terrorism are common. There is significant corruption and organized crime. Security and emergency services are effective and infrastructure is sound. Industrial action affecting essential services is rare. Evacuation is straightforward.

**EXTREME TRAVEL RISK**  
 Government control and law and order may be minimal or non-existent. Significant political violence and terrorism are common. There is significant corruption and organized crime. Security and emergency services are ineffective and infrastructure is poor. Industrial action affecting essential services is common. Evacuation is difficult.

**REGIONAL VARIATIONS**  
 Travel Security Risk Zones are areas within a country where the risk posed by terrorism and international incidents, organized crime, piracy, kidnapping, armed and civil unrest, social unrest, political instability, corruption and cyber security as well as violent and petty crime is significantly higher than in other parts of the country.

**INTERNATIONAL SOS ASSISTANCE CENTRE**  
 Staffed by medical and security specialists, the International SOS Assistance Centre is available 24/7 to provide medical and security advice on any risk, by telephone, at any time.

**INTERNATIONAL SOS RESPONSE CENTRE**  
 International SOS has response centres in 100+ countries. They provide medical and security advice on any risk, by telephone, at any time.

**CLINIC**  
 An accredited, integrated network of clinics and 1000+ medical professionals across 100+ countries. Services include medical and security advice on any risk, by telephone, at any time.

**Control Risks**

# How can I make myself safer when travelling?

- Understand your environment / Cultural awareness / Learn key phrases
- Look after your friends / your friends look after you (don't split up after a night time argument)
- Communicate well with friends and family.
- Make a plan and stick to it, where shall we meet? Be on time.

# What if I am at the location of a serious incident?

- Ariana Grande Concert Manchester & Westminster Bridge
- Bali / Mumbai / Paris / London
- Where next.....?

# Top Tips - Incidents

- Phone batteries/signals will fail - expect it , talk about it, what if we cannot contact each other?
- Consider have an RVP 1.5k away / use a corner
- Be the one who doesn't panic, don't move with the rest / pause and look before moving.
- Use and promote the Citizens Aid App
- Life 360 for your family and friends, check in is great, turn off if you are OTS.



# Top Tips - Hotels & Shopping

- Hotels – Mumbai – military house clearance / do a walk around to know your exits in an emergency, get out but not through reception.
- Don't run down funnels, ignore staff, through the shop and out into the service road.
- Toothbrush

# Top Tips - General

- Money in your front pocket
- Dubai and Shanghai –most shops are ‘genuine knock off shop’ shops
- Don’t eat Ice
- Wash your hand in hot water for 20 sec minimum
- Bristol stool chart / know your poo!
- Learn to read a map , urban and OS “if you don’t know where you are, you won’t be able to find where you need to be”
- If you’re lost, don’t keep quiet, declare it, go back to where you last knew where you were
- Driving and having an accident in some countries means its your fault regardless. China / Arnde / Hotel manager
- What if I get robbed, shall I give them my purse, wallet?
- Rabies / don’t waste your time phoning home / French products are best.

# Some Experiences.....

- Robbery South Africa
- 9 Angolan Soldiers crossed via Namibia to Botswana
- Brachial Strike .....number one technique

# Questions on Travel or Royalty

- Please ask away!