

Hints and Tips

Plan your trip in advance, to ensure major incidences are kept to a minimum. When going out, plan how you will get home in advance. Use a reputable, licensed taxi firm. If you feel even slightly ill or light headed, let friends or someone in authority know. Get yourself to a place of safety immediately.

When you have your itinerary and contact details make sure you leave a copy with someone at home, email a scanned copy of your travel documents to yourself so that if you lose the originals you always have a copy you can access.

Always try and travel with a friend and ensure they know where you are going, and with who, if you plan to explore somewhere without them. There is real truth in the old adage 'Safety in numbers' Never think 'it won't happen to me'. Consider everyone and every situation a potential risk.

Have emergency information to hand. Telephone numbers of people who can help such as local embassies and The Lucie Blackman Trust, along with visa and health information could be vital, store them in your phone. Make sure your mobile phone is set up for international calls (roaming) BEFORE you travel.

Always tell a trusted someone where you are going to and when you intend to be back. If travelling alone ensure you complete a log of your trip and email it to friends and family on a weekly basis, include details of anyone you have met and their contact details plus your plans for the following week.

Try and blend in with the locals when abroad and don't draw too much attention to yourself, read up and respect local customs. Arrive at foreign airports/ports at a reasonable time of the day. Travel in well lit areas and don't travel on local transport alone.

Be sure when using local taxis that the company is safe, check with local tourist boards and/or your local holiday provider, ask trusted friends. Always make a note of where your local embassy is and save their phone number to your phone or keep with your travel documents.

Be aware that being abroad is not an extension of being in the UK. The risk of something happening to you may be heightened by the lawless nature of some countries, you are also in unfamiliar surroundings which increases risks

Have fun but remember to be doubly aware of your safety abroad.

