

General Security and Best Practices Guidance While Traveling Abroad

1. Dress and behave appropriately, considering local customs.
2. Learn a few words or phrases in the local language to deter an offender or call for help, such as “police” or “fire.”
3. Find out about local customs and behavior and potential threats or areas to avoid
4. Know the local security arrangements, such as the nearest police station, emergency contact procedures, and potential safe areas.
5. Be non-provocative when confronted with hostility or potentially hostile situations
6. Be alert to the possibility of confrontation with individuals or groups. Be aware of times when crowds can be expected, such as after religious services or sporting events.
7. Avoid tourist areas that are often favorite places for criminal activity
8. Avoid public demonstrations and other civil disturbances.
9. Do not display jewelry, cash, keys, or other valuables in public
10. When carrying a backpack or purse, keep it close to the body. Do not carry valuables in these bags; instead, leave them in a secure place
11. It is better to carry only a small amount of money and a cheap watch to hand over if threatened. Divide money and credit cards between two or three pockets or bags.
12. Carry a list of emergency names, addresses, phone numbers, and the names of reputable hotels along the route.
13. Carry a phone card or local coins to make emergency phone calls if required.
14. While at a hotel or other residency, lock your cash, cards, and/or identity documents in a secure safe that only you have access to.
15. Keep a Go Bag Ready. See a go-bag checklist on the [GSS website](#)
16. Do not accept rides from strangers or put yourself in a compromising situation with someone you have just met.
17. If you sight-see independently, let the program someone know where you are going and when you will return.
18. Travel in groups. Do not walk alone.
19. Check in with someone in your home country from time to time.
20. Do not commit or promise something you cannot deliver
21. Do not hire employees overseas
22. Do not forget to take care of yourself
23. NEVER agree to transport packages, envelopes, suitcases, or anything not belonging to you, from a stranger