



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Sustainable Accessible Future Environments

T 2.5.1

Safe travel



SAFE

SUSTAINABLE, ACCESSIBLE FUTURE ENVIRONMENTS

The course is a collaboration between five European Universities

UNIVERSITY OF LJUBLJANA (UL)
LAUREA-AMMATTIKORKEAKOULU OY (LAUREA)
FACHHOCHSCHULE KIEL (Kiel UAS)
UNIVERSIDAD DE GRANADA (UGR) and
WYŻSZA SZKOŁA GOSPODARKI Z SIEDZIBĄ W BYDGOSZCZ UCZELNIA NIEPAŃSTWOWA (WSG)

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

T2.5.1 Safe travel

PHASE 1: PREPARE FOR A SAFE TRAVELS

DESTINATION KNOWLEDGE

SAFETY SITUATION

When preparing to travel somewhere, it is important to understand the current safety situation at your destination. Follow news, reviews and ask questions if you know someone who has visited at the same location. Social media can offer lot of good information but remember not everything is true what is written in social media. Many countries publish regularly travel safety notifications through their Ministry of Foreign Affairs websites. Governmental travel safety notifications can provide reliable and up-to-date information. There are many important things affecting on the local safety situation, such as crime rate, hazardous weather, political stability, and quality and availability of medical care and so on. By preparing before your travel, you improve your chances to have a safe and enjoyable travel experience.

TRAFFIC

Search information about local traffic conditions and practices before you travel. If you are planning to use a rental car, make sure you have adequate insurance coverage, you are aware of local driving conditions and regulations and you have downloaded suitable maps. Same recommendations applies if you are planning to use motorcycle, bicycle, or scooter, for example. If you are planning to use a taxi, check before your travel which taxi companies are considered safe, how you communicate with the driver and can you pay by card or cash. Usually taxi apps like Uber or Bolt are considered as a safe option. Your order history including route, driver identity and payment details will remain in the system.

LAWS AND REGULATIONS

It is advisable to have understanding if your destination country have some special laws or regulations. Usually, for example European countries, have quite similar type of legislation when considering travel safety. However, when travelling to countries with very different religious or cultural principles, there might be some important laws or regulations which also tourists should follow. Online sources such as travel advisories, tourism websites and social media are usually good information sources. It is good to know that in some countries, for example public alcohol consuming, premarital sex or homosexual relationships are illegal and punishments can be severe.

NATURE AND ANIMALS

When you are planning your next trip, it is good to consider if there are any possible risks related to nature or animals. This kind of risks can be for example extreme weather conditions, such as severe storms, flooding, extreme hot or cold temperatures, volcanic activity, or earthquakes. Especially if you are planning to spend time in the nature, it is good to check if there are dangerous animals you should be aware of.

CULTURE AND RELIGION

Before travelling abroad, it is important to be aware of possible local cultural and religious rules and restrictions. For example, in strictly Islamic countries many things which are completely normal in the western countries, are prohibited or illegal. Even death penalties are possible punishments. Culture differences can cause awkward situations if you are not prepared for your travel. For example, in certain countries men are not supposed to approach local women. And vice versa, women should avoid having eye contact with strange men or being too friendly, it can be understood as flirting. Some gestures or hand signals can have different meanings in different cultures. Be considerate how you communicate with others.

IMPORTANT DOCUMENTATION AND OTHER PRECAUTIONS

DOCUMENTS

Before travelling abroad, check passport validity and visa requirements to avoid unpleasant surprises and in the worst case, travel delays or cancellations. Most of the countries require minimum 3- or 6-months passport validity when entering the country.

MEDICINE

Take your own medication with you when you travel and pack it always to your cabin bag, so you can access it anytime. If you need any prescription medicines, take prescription with you, it can be asked in Customs. Be aware that countries might have different laws which medicines are legal to import, and which are not. It is a good idea to have a small dose of some common medicine with you, such as Imodium or paracetamol, in case you need it during your travel.

VACCINATION

Check if there are any vaccination requirements at your destination country and do you have a required certificate to prove your vaccination status. Some African or Asian countries also recommend some precautionary medication, such as anti-malarian tablets. Consult your doctor or other healthcare professional for more information.

INSURANCE

It is extremely important to have a good travel insurance when you are travelling. Remember to check before your trip that your travel insurance terms and conditions are suitable for your requirements. If necessary, buy an additional coverage for your trip. Medical treatment, especially hospitalisation or ambulance flights can be very expensive without an adequate insurance coverage. However, when an EU citizen travels in the other EU countries, by showing his/her governmental healthcare card, he/she should be entitled to the same treatment than local population. It is still always better to be well prepared against possible sickness or injury.

CUSTOMS REGULATIONS

Each country has their own customs regulations. Especially when travelling outside the EU area, there might be varying rules and restrictions about legal products and items. Especially products such as medicine, drones, alcohol, food products, religious material, political material, or pornographic material can be restricted or prohibited items to import. It is always everyone's own responsibility to follow the local customs regulations.

LUGGAGE, ACCOMMODATION AND PAYMENT METHODS

BAGGAGE INSTRUCTIONS

When preparing to pack your luggage, check with your airline what is baggage allowance included on your ticket. Consider before your travel which items you can keep in your cabin bag and which ones should be in your hold bag. Respect weight restrictions to avoid extra fees and possible delays at the airport. If you travel by train or bus, consider pack as light as possible. Space for luggage might be limited and it is not easy to carry heavy bags with you. Remember to add identification tag to your bag.

ACCOMMODATION ARRANGEMENT

Before booking your accommodation, it is good to consider what are your needs. For example, what is the purpose of your trip, budget, possible travel companions etc. It is often safer to use well-known booking apps or hotel chains. Budget-friendly hostels and B&B options can be found via booking apps as well. Airbnb is also a good option. When choosing your accommodation, check reviews from other travellers.

PAYMENT METHODS AND CURRENCIES

Check before your travel what currencies you will need during your travel and what kind of payment methods are accepted at your destination. If you want to exchange local currency in cash, consider if it is safer and cheaper to exchange already at your home country or at the destination. Avoid unofficial exchange stores but also remember that often exchange rates are not so good at the airports or other tourist areas, compared to stores at downtown. Remember that some countries do not allow import or export of their local currency. Always remember to check if cash you receive is genuine money. If you use card payment, it is advisable to use card which doesn't charge your main account. Card copying is a common problem nowadays. Prepaid bank cards are also a good option.

WHAT IF? (PREPAREDNESS)

DOCUMENT COPIES

Many countries require tourists to always carry an official ID or even a passport. This can cause a lot of problems to you, if you get robbed or something else happens to your passport. It is a good habit to take a couple of good quality photos of your passport and carry those ones instead. Take paper copies of other important documents as well and keep the original ones at your hotel safe locker. It is also good to have copies in your email, so you can access them later even if all your belongings get stolen or destroyed.

TRAVEL NOTIFICATION

Check if your own Ministry of Foreign Affairs offers a travel notification service. Usually it is an online form, where you list your personal details, travel plan, and contact information during your trip. If some kind of disaster or major accident happens at your destination country, your Ministry of Foreign Affairs will try to reach you and check if you need any assistance.

CONTACT INFORMATION

Before you travel, leave your travel plan, and contact details for the trip to your family member or friend. Fill a travel notification form for your Ministry of Foreign Affairs with all relevant contact details. Make sure you have all important contact information with you, such as hotel, transportation, airline, and your own local embassy. Consider also having some paper copies with you if you would lose your phone. Remember that if your home country does not have an embassy at your destination, with an EU passport you are always entitled to have full protection and assistance from any other EU country embassy.

ACCESSIBILITY

TRAVELLING WITH KIDS

Plan what essentials your kids need and how do you pack required items. Check with your airline if you have to check-in your pram or buggy at the check-in counter or at the gate. There are usually buggies to borrow at the airport area. It is allowed to bring reasonable amount of baby food through security screening. Remember to pack some entertainment for kids to make flights more comfortable for everyone. Check that also your kids have all valid and required travel documents and vaccinations. Consider carrying some basic medicines with you which might be useful for the kids. If your kids are old enough, discuss with them what they should do if they get lost during the trip. Before booking your trip, it is useful to check online reviews from other families, to be able to find family-friendly accommodation and other services.

DISABLED

If you have physical disability or need assistance for other reasons, book your tickets early and inform your airline about assistance requirement. If you use electric wheelchair, check battery requirements with your airline before your travel. Also, if you need cabin wheelchair during the flight, contact your airline before making a booking. Airlines can arrange assistance for passengers with disabilities from check-in counter to the airplane and from the airplane to the arrivals, including security screening, border control and baggage reclaim. Ground transportation might be better to book advance, depending on your destination. When planning travel routes, accommodation, or other services, it is good idea to carefully check service provider websites, Google Maps, and other online sources to see what kind of accessible services are available. Also reviews from other tourists and service users are important.

WOMEN TRAVELLING ALONE

When travelling alone as a woman, travel preparations are usually quite similar than when travelling in a group or with a partner. But safety is something that requires special focus. When booking your trip, check carefully where do you stay, how do you get there, what are you going to do there and how is the area where are you going to visit. Read accommodation reviews and official travel advisories. Assess the safety situation at the visited area. Consider travel times, it might feel completely different to arrive new destination at morning vs. midnight. Make a proper travel plan including contact details. Keep one with you and leave another one for some trusted person. Stay in contact with your family or friends. Ask recommendations from your hotel reception. Avoid wearing jewelleries or other expensive looking products. Stay alerted, calm, and self-confident. Trust your instincts. If something doesn't feel right, avoid that situation. When you pay little bit extra attention on your travel safety, you can have enjoyable and safe trip.

AUTISM SPECTRUM

Plan your travel well ahead to avoid any unforeseen surprises. For airplanes and most of the long-distance trains you can reserve your seat according to your own preference. This might help you to make your travel more comfortable. Many hotels have some rooms which are quieter than others. You can ask to have one of those ones when you are booking your accommodation. If you are planning to visit some tourist sites or use other services, you can find suitable recommendations online or ask assistance from your hotel. You can consider avoiding the peak times. Book tickets online, if possible. Consider using Uber or other taxi services, if you don't feel comfortable using public transportation, especially during the peak times.

SENIORS

Select your travel destination according to your needs. Take into consideration travel time and circumstances at the destination, such as safety, weather, accessibility and local culture and language. If you have any medical conditions, check with your doctor if it is safe to travel. Make sure you carry all required medication and prescriptions with you. Buy suitable travel insurance. Fill travel notification form for your Ministry of Foreign Affairs. Compare accommodation options and book an accessible option. Good quality hotels are often the safest option for seniors. You can always request assistance from the hotel staff. Hotel staff might be able to help you book safe trips, guided tours, taxis and give other useful recommendations how to spend time at your destination. Leave valuables to your hotel safe locker and carry with you only passport copy and money for one day. Keep your money and phone in a small bag in a safe spot, for example under your clothes, if possible. Leave travel plan, contact details, and travel document copies to your family member or friend. Have at least one copy for you as well. Have a list of important local contact details, such embassy, hotel, police, and emergency number. If you are not sure where to go or what to do, don't hesitate to ask assistance. It's always better to be safe than sorry.

PHASE 2: From home to destination SAFELY

1: At the airport

At the airport, it is crucial to be aware of your surroundings and practice vigilant observation. Pay close attention to the things happening around you and stay alert. Knowing where to go and when is equally important. Familiarize yourself with the routes and destinations, ensuring you have the necessary information to navigate safely and efficiently. If you're traveling with a group, always be aware of the whereabouts of your companions at the airport. Keep track of each other and establish a reliable means of communication to ensure everyone stays together. By staying connected, you can enhance safety and address any unforeseen circumstances promptly. Additionally, be attentive to any suspicious behavior you may encounter at the airport. If you notice something out of the ordinary or potentially threatening, do not hesitate to report it to the appropriate authorities or the staff responsible for your safety. By being proactive and taking action when necessary, you contribute to a safer environment for yourself and others.

2: Departures and arrivals

To ensure a smooth departure, it is crucial to be punctual. Arrive at the airport well in advance, allowing ample time for check-in and security procedures. Take care to organize and carry all necessary travel documents, such as passports or identification, tickets, and boarding passes. Pay attention to instructions during the security screening process, ensuring that you follow the guidelines and place all required items on the conveyor belt. Be diligent and double-check that you haven't left anything behind before proceeding to your departure gate. By being proactive and prepared, you can start your journey on the right foot.

Upon landing, it is essential to be thorough when retrieving your belongings and documentation. Take a moment to verify that you have all your personal items and travel documents before disembarking from the aircraft. Once you enter the arrivals area, keep an eye out for the baggage claim area. Collect your luggage from the designated carousel and carefully inspect its condition to ensure there are no damages or signs of tampering. By being attentive to detail and taking these necessary steps, you can ensure a hassle-free arrival and maintain the security of your belongings throughout your journey.

3: Airplane

Safety Precautions

Before takeoff, familiarize yourself with the evacuation instructions provided by the airline. Take a moment to locate the nearest emergency exits and mentally note their positions. It is crucial to consider how you would react in the event of an evacuation or if oxygen masks are deployed. Stay calm and follow the instructions provided by the flight attendants. Remember to secure your own oxygen mask before assisting others. Always fasten your seatbelt when you are in your designated seat, as turbulence can occur unexpectedly. By adhering to these safety measures, you can help ensure your well-being during the flight.

In-Flight Safety

Throughout the flight, it is important to remain vigilant about your safety. Listen attentively to the announcements made by the cabin crew and follow any instructions or guidelines provided. If turbulence is encountered, keep your seatbelt securely fastened at all times. In case of an emergency landing, follow the evacuation procedures and exit the aircraft in an orderly manner. Prioritize your safety and cooperate with the crew and fellow passengers. By being prepared and mindful during the flight, you can contribute to a safer and more comfortable travel experience for everyone on board.

4: Ground transportation

Taxis

When using taxis, it is crucial to prioritize your safety and ensure a reliable service. Make sure to only use official, licensed taxis. Before entering the vehicle, verify that the taxi has a functioning meter. Alternatively, agree on the fare and payment method in advance to avoid any misunderstandings. Always request a receipt after the journey for future reference. Additionally, it is a good practice to take a photo or write down the taxi's number for identification purposes. By following these precautions, you can have a secure and accountable taxi experience.

Public Transportation

When utilizing public transportation, it is advisable to plan ahead to ensure a smooth journey. Familiarize yourself with the route and stops beforehand. If you are unsure about any aspects of the public transportation system, don't hesitate to seek assistance from the station personnel or staff. If possible, download a route map application to your mobile device in advance, as it can be a helpful tool for navigating the network. By being proactive and prepared, you can optimize your experience while using public transportation and reach your destination efficiently.

5: Safe handling of luggage & documents

Securing Your Belongings

Throughout your journey, it is essential to take proper care of your luggage and documents. Remain vigilant and be cautious of potential thieves or pickpockets. Keep a close eye on your belongings at all times, especially in crowded areas or public transportation hubs. It is crucial to avoid leaving your personal items unattended, as unattended bags may be treated as suspicious and handled by the authorities. To prevent any mishaps, double-check that you have all your belongings with you before disembarking from airplanes or other means of transportation. By being attentive and proactive, you can protect your belongings from loss or theft.

Retrieving Luggage

When collecting your luggage, exercise caution to ensure you pick up the correct bag from the baggage carousel. Take a moment to verify the luggage tag or any distinguishing features before claiming your belongings. It is crucial not to take someone else's bag by mistake. Additionally, be mindful of the condition of your luggage upon retrieval. Inspect your bag for any signs of damage and report any concerns to the appropriate personnel, such as airline staff or the baggage claim office. By paying attention to these details, you can ensure the safe handling of your luggage and maintain the security of your belongings throughout your journey.

6: Alcohol

It is important to exercise caution and moderation when consuming alcohol during your journey. Becoming intoxicated can make you more susceptible to encountering difficulties or risky situations. It is crucial to note that if you are excessively intoxicated, you may be denied boarding on your flight. Furthermore, the effects of alcohol tend to be felt more strongly in the pressurized cabin of an airplane.

Causing disruptions or disturbances while under the influence of alcohol during a flight can have serious consequences. It may result in an unscheduled landing and your removal from the aircraft. In such cases, you could face criminal charges and potential compensation claims from the airline. It is important to remember that you are accountable for your actions, and any disruptive behavior due to intoxication can lead to severe legal and financial repercussions.

To ensure a safe and pleasant journey for yourself and your fellow passengers, it is advisable to drink alcohol responsibly and in moderation, if at all. Stay aware of your alcohol consumption and its effects, taking into account the unique environment of air travel. By exercising self-control and being responsible, you can help maintain a peaceful and secure atmosphere during your travel experience.

7: Medicines

When traveling, it is essential to remember to pack your necessary medications and prescriptions in your carry-on luggage. It is crucial to have them easily accessible during your journey. Keep in mind that the interaction between medications and alcohol can be more potent during a flight. Therefore, it is advisable to be cautious when combining the two.

If you require medical assistance during your flight, the cabin crew may be able to provide certain common medications if needed. They are trained to assist in such situations. Additionally, most airports have pharmacies where you can purchase over-the-counter medications or seek professional advice if necessary.

To ensure your well-being during your trip, it is important to plan ahead and pack your medications properly. Be aware of potential interactions and follow any instructions provided by your healthcare provider. By taking these precautions and being prepared, you can help ensure a safe and comfortable travel experience.

PHASE 3: SAFE stay at the destination

1: Food & beverages

When it comes to food and beverages during your travel, it is important to be mindful of hygiene practices in your destination country. Take the time to familiarize yourself with the general hygiene standards to ensure safe consumption. If necessary, avoid poorly cooked or undercooked foods, as well as dishes that contain mayonnaise, which can be a breeding ground for bacteria.

Inquire at your hotel about the safety of tap water for drinking purposes. If tap water is not safe to drink, it is advisable to refrain from using ice cubes as well. In high-risk countries, it may be necessary to brush your teeth with bottled water to avoid any potential health risks. Practicing good oral hygiene is important even while traveling. While indulging in local cuisine and cultural experiences is part of the journey, it is essential to exercise moderation when consuming alcohol. Excessive alcohol consumption can impair judgment, affect your well-being, and compromise your safety. It is important to drink responsibly and be aware of your limits.

By being mindful of these guidelines and practicing caution, you can enjoy a safe and pleasant dining experience during your travels.

2: Safe accommodation

When selecting your accommodation, it is crucial to prioritize safety and security measures. Pay attention to the safety arrangements provided by your chosen place of stay. Familiarize yourself with the location of emergency exits and evacuation routes. Take the time to review the floor plan provided in your room, which can serve as a helpful reference in case of an emergency. To ensure the security of your valuables, test the functionality of the safe or locker in your room and utilize it as needed. Safely store your important documents, such as passports and travel documents, as well as any valuable belongings you may have.

By being proactive and observant of these safety precautions, you can enhance your overall security and peace of mind during your stay. Prioritize accommodation options that prioritize guest safety and take the necessary steps to familiarize yourself with the emergency procedures and facilities available to you.

3: Safety of the visited areas

When traveling to new destinations, it is crucial to prioritize your safety by staying informed about the security of the areas you plan to visit. Utilize various resources such as online platforms like Google, TripAdvisor, and social media to gather information and insights from other travelers. Reading reviews can provide valuable perspectives on the safety aspects of different locations.

Additionally, make a habit of checking official travel notifications or advisories provided by reputable sources. Government websites or embassies often provide valuable information regarding safety concerns or any potential risks associated with specific regions or countries. To minimize the risk of theft or loss, it is advisable to carry only the necessary amount of money with you. Consider using a card connected to an account with limited funds, allowing you to control your spending and mitigate potential financial risks. In terms of personal belongings, it is best to avoid wearing expensive jewelry, watches, or other accessories that may attract unwanted attention. Keeping a low profile in terms of personal valuables can help minimize the risk of being a target for theft or robbery. By staying informed, exercising caution, and being mindful of your personal belongings, you can contribute to a safer travel experience and better enjoy your time exploring new places.

4: Safety at the beaches

When heading to the beach, prioritize safety by choosing beaches with lifeguards on duty. Understand the differences between public and private beaches and adhere to their rules and regulations. Keep a close eye on your belongings while enjoying the beach to prevent theft or loss. By following these precautions, you can have a safe and enjoyable time by the water.

5: Safety of the services & activities

Check reviews about your planned activities or ask advice from the hotel before you visit them. Pay attention to safety procedures, general cleanliness and maintenance level. If you have any doubts, ask before trying any potentially risky activities.

6: Local transportation & traffic culture

Avoid illegal taxes. Use only taxis with a meter or an option for a prepaid trip. Be extra cautious with airport taxis. Check from tourist info or online how local public transportation works, including payment, routes, timings and areas to avoid. Uber, Bolt and other taxi apps can be a good option as driver identity and the agreed price will be documented.

7: Reliability of authorities & corruption

Keep in mind the reliability of local authorities, including police. This may vary between countries. Especially in poorer countries police or other authorities might even request bribes or protection money. In some countries, it is best to avoid using expensive jewelries or other obviously luxurious or expensive items. Contact your embassy or another EU embassy if you face any issues with local authorities.



T2.5.1 Safe travel