



*Travel-Wise Pixie*

HOW TO TRAVEL SAFELY IN 2024

**WORKBOOK**

## HOW TO TRAVEL SAFELY IN 2024 - WORKBOOK

Read the blog: How To Travel Safely In 2024

Destination: .....

Travel Date: .....

Reason for travel:  because I can

### My Consulate Information

Telephone number: .....

Email address: .....

Street Address: .....

Internet address: .....

Consulate contact info saved to phone.

### Using this workbook

- Read my blog “How To Travel Safely”
- Fill out this workbook one step at a time as you learn about your destination.
- Take lots of notes! There’s no such thing as too much information
- By using this workbook you agree to the Terms & Conditions on our website.

### Religion & Culture

Religion(s): .....

I know that I can safely wear the clothes as described in each of the situations below:

- at the the beach I can wear: .....
- at religious sites / church: .....
- in public / at a restaurant: .....
- at night (even with company): .....

Will a religious or cultural event be celebrated while I’m there? **Y / N**

Is it okay for me to observe or participate in the event? **Y / N**

I can safely participate in the religious / cultural event in the following ways: .....

.....

### Laws & Customs

The traffic laws are different in these ways: .....

The drug & alcohol laws are different in these ways: .....

Is it customary to tip? **Y / N**      Is it customary to barter? **Y / N**

The best way for me to blend in and not stand out as a tourist is to: .....

.....

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### Politics & Crime

These are the signs of political unrest where I'm travelling: .....

Areas I should avoid: .....

Known travel scams I might encounter: .....

I can avoid travel scams by doing: .....

I need a Visa to stay in this country for the duration of my trip **Y / N**

A photo of my Visa and Passport are saved to my phone and are password protected.

### Transportation Schedule

Date: .....	Departure City: .....	Arrival City: .....			
Conf #: .....	Departure Time: .....	Arrival Time: .....			
Departure Terminal Address: .....					
<input type="checkbox"/> Bus	<input type="checkbox"/> Airplane	<input type="checkbox"/> Train	<input type="checkbox"/> Ferry	<input type="checkbox"/> Hydrofoil	<input type="checkbox"/> Dromedary

Date: .....	Departure City: .....	Arrival City: .....			
Conf #: .....	Departure Time: .....	Arrival Time: .....			
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## HOW TO TRAVEL SAFELY IN 2024 - WORKBOOK

### Travel Insurance

My Policy Number: ..... 24/7 Telephone Number: .....

I saved my travel insurance information to my phone.

I saved the address for clinic(s) / hospital(s) on my phone for each destination on this trip.

Recommended vaccines:

Vaccine 1: .....  Vaccine 2: .....  Vaccine 3: .....

### Digital Copies of Important Documents Saved to My Device

Home Driver's License

International Driver's License

Passport

Medical Prescriptions

Travel Visa

Other saved document(s): .....

### Travel Apps Downloaded To My Device

International Clock (*World Clock*)

Translator (*Google Translator*)

Internet Calling (*WhatsApp*)

Travel Scheduler (*Triplt*)

Other Travel Apps .....

### Emergency Contacts Back Home

2 people back home have my itinerary and can get hold of me at all times.

I have 2 emergency contacts memorized and saved in my phone.

My emergency contacts know when I'm diving with sharks.

## HOW TO TRAVEL SAFELY IN 2024 - WORKBOOK

### Mindfulness Practice - Situational Awareness

- I have memorized my 2 emergency contact telephone numbers.
- I will make a point of memorizing every hostel / hotel name on this trip.
- I have researched common scams at my destination.
- I will pay attention to what's going on around me.
- I will do my best to blend in.
- I will listen to my instincts.
- I will keep my drink covered.
- I will scan every room to make sure I know where the exits are located.
- I will keep an eye on important belongings like my phone, wallet and passport.

### Mindfulness Practice - Online Safety

- I will turn off my devices when I'm not using them.
- My mobile devices, browsers, and apps are all password protected.
- I will protect my PIN and passwords.
- I will log out of all browsers and apps when I'm done using them.
- I will clear my browser history, cache and cookies each time I access personal information on my mobile device.
- I will turn off all information sharing apps.
- I will get a VPN or a SIM card so that I can safely use the internet while travelling.
- I will wait to post my location and any location-identifying photos on social media until after I'm home.
- I will change my privacy settings on social media so that only trusted friends and family can see my posts.