



WORKBOOK

How To Travel Safely In 2025

Travel-Wise Pixie

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 “How To Travel Safely in 2025” (this workbook will sound pedantic if you skip reading it)
- Fill out the workbook as you learn about your destination.
- Print as many copies of each page as you need.
- 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

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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.

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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.