ProtectUK

Increase your travel safety

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As travellers begin planning their international travel, we want to remind you of the importance of staying safe abroad.

Think about your security

For some, going abroad is one of the many moments in the year to wind down, enjoy new experiences, and create great memories.

Before going abroad it is important to think about your security. You should be vigilant at all times when travelling, from preparation of baggage to exploring your new location. To help you stay safe we recommend watching our Stay Safe Abroad video.

This video shows you how you can apply the RUN HIDE TELL approach in the unlikely event of an incident.

The RUN HIDE TELL approach

Video

Remember RUN HIDE TELL

RUN – to a safe place. This is better than trying to surrender or negotiate.

HIDE – it is better to hide than confront. Barricade yourself in, turn your phone to silent and use only when it is safe to do so.

TELL – Make sure you know the local emergency numbers in the country you are travelling to. For all EU countries call 112.

We also recommend reading the latest travel advice on the country you are visiting before travelling, via the GOV.UK website: https://www.gov.uk/foreign-travel-advice.

KEYWORDS
TRAVEL
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PAGE CATEGORY
NEWS & VIEWS