

# Tips for when you're out and about:

The Foreign & Commonwealth Office offers the following advice to women travelling abroad:

- ✓ **Dress appropriately and be respectful of the local dress codes so that you don't draw unnecessary or unwanted attention to yourself**
- ✓ **Remember that harmless flirting in the UK might be interpreted differently in other countries**
- ✓ **Avoid walking alone in deserted or unlit areas**
- ✓ **Don't tell strangers where you're staying or your travel plans**
- ✓ **Plan your daily itinerary so that you know where you're going and how to get back**
- ✓ **If you need a taxi ask your hotel or hostel to recommend a firm**
- ✓ **Be careful what you drink. As well as making sure any water you drink is safe, it's also worth keeping an eye on how much alcohol you drink. Not only can measures abroad be larger than in the UK but you're also more likely to have an accident or fall victim to a crime if you've been drinking**
- ✓ **Don't accept drinks from strangers or leave your drink unattended. Drugs are increasingly being added to non-alcoholic drinks such as tea and coffee as well as to alcohol**
- ✓ **If you feel uncomfortable or in danger, don't be afraid to draw attention to yourself by shouting and making a fuss. In English-speaking countries it's recommended you shout 'fire!' rather than 'help!' as you're likely to get more attention.**