



Personal Safety Guidelines

When you travel abroad, you can expect to have a safe and incident-free trip. However, there are rare occasions when mission trip members can be victimized by crime and violence, or experience unexpected difficulties.

Foundation for Peace and local church leaders will plan activities to avoid known dangerous places and situations. At the same time we need to recognize that every day, whether we are at home or away, there is some degree of risk despite these precautions.

The following guidelines are intended to be followed by all group members in order to minimize these risks. Understand that despite these precautions, crime and violence may still affect the group. As stated in the *Mission Trip Waiver of Liability* you reviewed and agreed to by signing electronically on your online application, you voluntarily assume all risks and hold harmless the FFP and all Sponsors for any harm, foreseen and unforeseen, sustained in connection with the mission trip activities.

GENERAL SAFETY GUIDELINES

- Do not leave the group without permission from both the team leader and FFP staff leader.
- When traveling away from the group, always travel in groups of two or more team members including one adult (>21 years of age).
- Do not accept any rides or invitations to go places with people you do not know and without prior permission from the team leader and FFP lead staff member.
- Promptly follow staff and team leader instructions, since they have planned the trip and aim to ensure your safety.
- Additional guidelines for your safety are included in the *Code of Conduct Agreement* you reviewed and agreed to by signing electronically on your on-line application.

PROTECT YOURSELF AGAINST THEFT

The most common crime problem for our groups is petty theft (2-3 incidents per year). Simple precautions can help keep you safe.

- Do not wear jewelry or carry expensive items in your hand or on your person.
- Pickpockets prefer to choose easy victims. If you look like you are paying attention and do not have any valuables on display, it's less likely that you will be pickpocketed. Pickpockets and scam merchants often work in groups. This can confuse people. One person (or a group of people) causes a distraction while another takes your valuables. If you are confronted with a group of people attempting to gain your attention promptly turn your back and walk away.
- Do not carry a backpack on your back when in crowded tourist areas. Pickpockets steal from backpacks on people's backs. If you have a backpack, wear it the other way around with the bag in front of you or put locks on the zippers for these circumstances.
- Do not have a camera, cell phone or any other expensive item around your neck, on your belt and/or in your hand. If you have a camera, put it inside your bag and have the bag strap go diagonally over your neck and shoulder so that it goes under your arm—this makes it much more difficult for someone to snatch your bag.
- Carry purses or other totes in the same manner, diagonally over your neck and shoulder in crowded or tourist areas.
- Do not bring anything you would hate to lose. Leave all valuables at home: valuable or expensive-looking jewelry, irreplaceable family objects, all unnecessary credit cards, your Social Security card, and similar items you may routinely carry in your wallet.



- Passports, credit cards, cell phones and any other sensitive documentation should be left at the housing site when not being used.
- Provide a photocopy of your passport to your group leader so they will have a copy in case your passport is lost or stolen.
- Do not leave your possessions unattended outside the areas designated by staff or our group leader.
- If your possessions are lost or stolen, report the loss immediately to your group leader and your lead FFP staff leader, who will report the loss with you to the local police. Keep a copy of the police report for insurance claims and as an explanation of your plight.

SAFETY ON THE STREET, TOURING, SHOPPING AND AT THE BEACH

- Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. Stay in a group and do not use short cuts, narrow alleys or poorly lit streets.
- If you are confronted, do not fight back -- give up your valuables!
- Avoid public demonstrations and other civil disturbances. Keep a low profile and avoid loud conversations or arguments.
- Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.
- Do NOT lean out of a bus window to take a picture.

REGISTER WITH THE STATE DEPARTMENT BEFORE YOU TRAVEL

Travel registration is a free service provided by the State Department, and is easily accomplished online at: <https://step.state.gov/step/>

CHECK IF YOUR INSURANCE COVERS YOU WHEN OUT OF THE COUNTRY

- Medicare and Medicaid do not provide payment for medical care outside the United States.
- Even if your health insurance will reimburse you for medical care that you pay for abroad, health insurance usually does not pay for medical evacuation from a remote area or from a country where medical facilities are inadequate.
- Consider purchasing a policy designed for travelers, and covering short-term health and emergency assistance, as well as medical evacuation in the event of an accident or serious illness such as through IMGlobal at <http://www.imglobal.com>
- Find out if your personal property insurance covers you for loss or theft abroad.