

Quick Tips: Safe Travels

Carina Franca posted on April 18, 2013 10:00



Almost daily the news features are of kidnappings in various locations around the globe. Our world seems to be increasingly dangerous each year. Safe travel planning, especially for international travel, is a critical part of any trip planning process, whether it's across the state, across the country or around the world.

Safely There and Back

As we prepare to travel, whether as volunteer missionaries, relief workers, students on exchange programs, or church employees and their families, getting safely there and back should be our first priority.

The article, "Safely, There and Back,"(click for the PDF) prepared by John J. Dougan, ARM Senior Risk Control Specialist, provides guidance throughout the various stages of travel and will help travelers make choices during the trip that will positively enhance their health and safety. The article, covers the following topics in detail.

- **Planning ahead**
 - Before You Go
 - Travel Documents
 - Money
 - Safety at ATMs
- **Medical and Health**
 - Medications and Immunizations
 - Deep Vein Thrombosis (DVT)
 - Diet and Rest
 - Beware What You Eat and Drink
- **In Transit**
 - Trains, Planes and Automobiles
 - Safety on the Streets
 - Hotel Safety and Security
- **When All Else Fails**
- **Do Your Homework**

Click on the link below for the full white paper on the above travel safety topics:

<http://www.adventistrisk.org/Portals/0/prevention/wp/Prevention-WP-Travel-2011.pdf>

Tips For Traveling Abroad

In addition to the above article, travelers should visit the following U.S. Government website for travel updates and

advisories, U.S. State Department registration and other useful information:

[Link to Travel Tips](#)

Adventist Risk Management has also Travel Safety videos on our YouTube channel. Visit us at:

Travel Safety Part 1 – Being Prepared

[Link to Video - Part 1](#)

Travel Safety Part 2 – Health and Medical Care

[Link to Video - Part 2](#)

Travel Safety Part 3 – In Transit

[Link to Video - Part 3](#)

The ministry of the worldwide church by paid and volunteer workers will continue until Jesus comes. It is our desire that all efforts be as fruitful and efficient as possible by carefully preparing and executing effective travel safeguards and plans.



By **Dr. William Chunestudy,**
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