

## **Travelling to countries where a high degree of caution is recommended.**

There are significant variations in terms of risks between countries classified by the Department of Foreign Affairs as 'high degree of caution recommended'. The variations will include regional variations within the country and also variations depending on your role and your group. For instance, travelling as a single female brings with it levels of risk in some situations Vs travelling as part of a large group or as a single male.

When travelling to a 'high degree of caution' country it is recommended that you have a plan which contains a risk analysis and contingency planning.

Risks to be considered might include:-

- Personal risks; theft, assault, rape, hostage and death.
- More systemic risks; corruption, extortion, checkpoints, riots and warfare.
- Natural risks; infection and natural disasters,

A detailed risk assessment bearing in mind the specific local risks and the plans to manage them is part of preparation and directs some of the contingency plans needed.

Contingency plans might include:-

- A regular contact strategy confirming ongoing welfare (SMS to family).
- An emergency contact strategy using different communication means for use in event of disaster or lost phone.
- A plan for extraction including the location and contact details of the nearest Australian official and alternative extraction routes if the planned one becomes inoperable.
- A strategy to deal with bribes without losing all money/credit cards/passport.
- A grab bag containing; passport, money and key essentials available at all times.
- A clear plan for responding to sudden events (natural and man-made) that would see you safe in a predicted place with the means of contact to the outside world.
- If travelling in a group; a duress word signaling 'time to leave', a pre-arranged meeting spot if separated.
- A backup plan for alternative accommodation / clinical experience if the planned one turns out to be too challenging/dangerous.
- A local expert who can provide expertise and security advice before undertaking any unscheduled activity.

This information is not a definitive list and discussion with experienced travellers prior to departure is very valuable as is a debrief on return particularly if it did not go all according to plan.

If in doubt, please feel free to discuss your travel plans with the Work Integrated Learning (WIL) team.

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