



# TRAVEL SAFETY TIPS FOR WOMEN

BE AWARE, ALERT AND CONFIDENT.

## #WomenWhoTravel

Around the world, women are earning more, spending more and influencing the world of travel. Whether novice or experienced, for business or for leisure, women travelers should take extra precautions.

31.4%

Percentage of female business travelers have encountered sexual harassment while traveling, according to a Maiden-Voyage Women in Business Travel report.<sup>1</sup>

67%

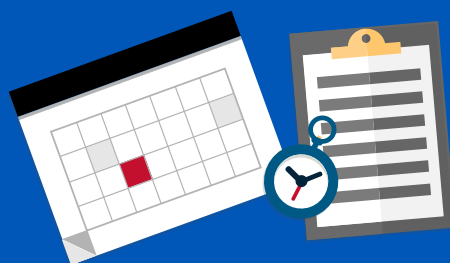
Percentage of female business travelers claim they are under-prepared to deal with the incidents they encounter, according to a Maiden-Voyage Women in Business Travel survey.<sup>2</sup>

40%

Percentage of women are not taking basic safety measures when they travel according to a Travelzoo UK women's travel survey.<sup>3</sup>

### *Be Aware*

- Understand the legal and cultural differences of your travel destination. Knowing if your planned destination has gender specific regulations or local customs prior to departure will allow you to pack accordingly and enhance your safety awareness once you reach your destination.
- Share your travel itinerary with trusted relatives, friends or colleagues, so at least one person will know where you will be in case an incident occurs.
- Consult with your doctor before traveling to obtain specific travel health recommendations and vaccinations.



## Be Alert

- ✓ Avoid listening to music on noise-cancelling headphones while you are out and about.
- ✓ Speak with the staff at your hotel. They may be the best resource for tips on which areas to visit and which to avoid.
- ✓ Avoid unlit areas, alleys or unpopulated areas.
- ✓ When traveling by taxi, snap a picture of the license plate before you enter the vehicle. If there is a language barrier, provide the driver with the written address of your destination. Once you enter the vehicle, make a phone call (it can be fake) to say, "I'm on my way, I'll be there soon."
- ✓ Never hitchhike.



## Be Confident

- ✓ Learn self-defense tactics before departure.
- ✓ Follow your intuition and trust your instincts.
- ✓ If you are being bothered by someone, remove yourself from the situation as soon as possible.
- ✓ Be smart with social media. Don't "check-in" to locations or post information in real-time about your travel details.



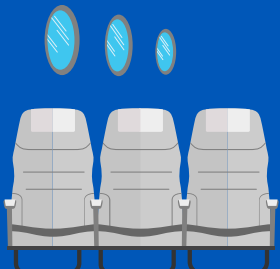
For more information, visit [aig.com/travel/forwomen](http://aig.com/travel/forwomen)

Sources:

<sup>1</sup> <http://www.maiden-voyage.com/Feature.aspx>

<sup>2</sup> <http://www.maiden-voyage.com/News.aspx>

<sup>3</sup> <http://press.travelzoo.com/wander-woman-rise-of-the-solo-female-traveller>



Safe TRAVELS

