



KNOW BEFORE YOU GO

Helping you get the most from your travel

Foreign travel can be an exhilarating experience; but, much like the British weather, it can also be unpredictable. If you think to pop extra cash, wet wipes and after-sun in your bag then you are already anticipating that things may not go according to plan.

The fact is that it rarely does. Often that's part of the fun of travelling, but it shouldn't spoil your trip. That's why the travel and security experts at Galahad Associates Ltd in partnership with the Foreign and Commonwealth Office have developed the "Know Before You Go" course.

A fun, informative and practical day that will equip you with the skills you need for successful travel abroad; whether it's a gap year, an expedition or just a holiday to let your hair down and party.

We can't advise you on what sunglasses or bikini to pack or what beaches to hang out on, but we can give you loads of top tips, safety advice and practical training to ensure you remember your trip for all the right reasons.

"There are no foreign lands. It is the traveller only who is foreign"

Robert Louis Stevenson

The *Know Before You Go* course is a full day that covers the following helpful topics:

Pre-travel Planning

Types of environment and climate, sources of information, travel research

Documentation and Money

Passports, visas, carrying and obtaining money, document security

Equipment and Packing

Kit lists, security of equipment, creature comforts, travel essentials

Travel Safety

Personal security on foot, in vehicles, hotels and hostels, avoiding common tricks and scams, basic self-defence

Health and Wellbeing

Health planning, vaccinations, alcohol and drugs, sexual health issues, bites and stings, food and drink, basic emergency first aid

Cultural Awareness

Culture shock, gender issues and the female traveler, religion, tipping and haggling



Pre travel planning

- Types of environment/climate
- Carrying out research
- Threat and risk assessment
- Travel planning

Documentation and money

- Travel documents
- Travel insurance
- Travel money
- Protecting money and documents

Equipment and packing

- Kit list
- Personal travel kits
- Clothing
- Sleeping & camping
- Other essentials & survival tools
- Creature comforts
- Health, hygiene & medical kit
- Protecting your equipment

Travel safety

- Principles of personal security
- Basic surveillance awareness
- Security when travelling on foot
- Security when travelling in vehicles
- Terrorism
- Natural disasters
- Hotel/hostel security and safety
- Kidnap avoidance and reaction
- Dealing with the law
- Conflict management and basic self defence

Health and wellbeing

- Travel health planning
- Vaccinations/immunisations
- Drugs and alcohol awareness
- Sexual health awareness
- Safe food and drink rules
- Hot and cold weather illnesses
- Bites and stings
- Insect borne illnesses

- Water borne illnesses
- Rabies
- Medical care abroad
- Basic emergency first aid

Cultural awareness

- Culture shock
- Dress
- Blending in and cultural stereotypes
- Gender roles
- Tipping and haggling
- Religion

Session One

Pre travel planning and preparation

By the end of this session participants will be able to:

1. Demonstrate a geographical knowledge and understanding of risks specific to various destinations and areas.
2. Carry out relevant research of their destinations utilising a range of sources.
3. Carry out a five stage threat and risk assessment and understand basic threat and risk reduction principles
4. Understand the principles of travel and itinerary planning and the importance of keeping people informed of the plan and any changes to it.

Session Two

Documentation and money

By the end of this session participants will be able to:

1. Understand the travel document requirements for a range of countries, the information required in order to apply for a visa and restrictions on travel in certain areas.
2. Carry out safeguards in order to protect travel documentation and money.
3. Understand types of travel insurance and be able to select the most appropriate for their trip.
4. Understand a range of options for carrying and obtaining money when travelling.
5. Be able to plan for and effectively cope with losses of documents or money.

Session Three

Equipment and packing

By the end of this session participants will be able to:

1. Be able to plan and construct a personal travel kit
2. Understand restrictions on luggage and equipment when travelling
3. Understand the importance of effective and flexible packing
4. Be able to plan and construct a travel medical kit

5. Be able to plan and construct a personal survival kit

6. Be conversant and understand the advantages/disadvantages of a range of sleeping, camping and carrying equipment

7. Understand safety precautions for safeguarding kit and equipment

Session Four

Travel safety

By the end of this session participants will be able to:

1. Understand basic personal security principles when travelling on foot and in vehicles
2. Recognise and avoid a range of common and country specific scams and tricks
3. Understand and carry out pre travel and dynamic risk assessment
4. Recognise surveillance and deal with it effectively
5. Understand issues related to terrorism and risk reduction measures
6. Select and maximise security in hotels and hostels, including fire safety
7. Be able to minimise threat of kidnap and be aware of reaction strategies
8. Deal effectively with foreign law enforcement agencies
9. Use conflict management techniques to diffuse situations
10. Use basic techniques to break away from attackers and defend themselves

Session Five

Health and wellbeing

By the end of this session participants will be able to:

1. Carry out effective personal pre travel health planning, including an understanding of vaccination and immunisation requirements for a range of areas
2. Understand the dangers, health and legal implications of drinking/taking drugs abroad

3. Understand the risks to sexual health when travelling

4. Avoid, recognise and treat a range of water and insect borne diseases

5. Avoid, recognise and treat a range of hot and cold weather illnesses

6. Understand the limitations of medical cover and treatment whilst travelling

7. Have a basic level of emergency first aid knowledge and the confidence to use it

Session Six

Cultural awareness

By the end of this session participants will be able to:

1. Prepare themselves for the differences in infrastructure and society when travelling
2. Dress and act appropriately in order to blend into their environment and avoid causing offence
3. Understand gender differences and roles in specific areas
4. Understand the principles of tipping and haggling and avoid being ripped off
5. Understand and respect the importance of religion and its impact on daily life in specific areas