General safety precautions

Before departure

Find out about your host country and how to conduct yourself in it

Travel and security information from Germany’s Federal Foreign Office

Travel and security information from the Federal Foreign Office (Link). Subscribe to the Newsletter (Link).

App “Safe Travelling” (Link).

Information on consular assistance in emergencies (link).

Country-specific information on the diplomatic missions abroad (Link).

Apply for the appropriate visa

Contact the relevant consulate at an early stage.

Information protection

Guide to information protection when travelling (Link).
Source: ASW Bundesverband

Store emergency numbers in mobile phone and write them down on emergency card

Foreign health insurance

Save and write down 24/7 emergency telephone number + insurance number.

German diplomatic missions abroad + Federal Foreign Office

Save and write down the telephone number/emergency number of the German embassy (Link).
Emergency number of the Federal Foreign Office: + 49 (0) 30 1817-0.

Police, emergency doctor, fire department ... in the host country

Save and write down all important local emergency numbers.

Blocking of EC/credit cards, SIM cards, etc.

Blocking your phone number: + 49 116 116** or + 49 30 40 50 40 50. Information on the emergency number for blocking (link).
Copy / scan important documents and store them in a safe place

- Passport, German ID
- Visa, driving licence
- EC card, bank card
- Insurance / vaccination card
- Certified birth certificate
- Visa, driving licence

Thinking about your health

<table>
<thead>
<tr>
<th>Vaccinations / contraception</th>
<th>Check vaccination card and, if necessary, seek advice from a physician who practices travel medicine.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-aid kit</td>
<td>Health Service Recommendations of the Federal Foreign Office for a Home or travel pharmacy (link).</td>
</tr>
<tr>
<td>Medical information from the Federal Foreign Office</td>
<td>Information and leaflets on travel medicine prevention, Health Service of the Federal Foreign Office (link).</td>
</tr>
</tbody>
</table>
**In the host country**

**Ensure you can be reached in case of an emergency**

Please also report your contact details to the institution (e.g., conference venue, event programme, hotel, e-mail, telephone number(s), contact person on site).

Online registration in the Crisis Preparedness List for German citizens, Federal Foreign Office [www.elefand.diplo.de](http://www.elefand.diplo.de) (Inclusion in the e-mail distribution list of the "Landsleutebrief").

Don't forget to keep your mobile phone charged.

**Stay up to date**

Read e-mails / text messages, etc. regularly. “Landsleutebriefe” / Travel and safety instructions, please visit the Crisis Response Centre on Twitter: [AA_SicherReisen](https://twitter.com/AA_SicherReisen) / #RSIH.

Networking (contact persons, colleagues, project partners), DAAD Office, DAAD Information Centre ... on site.

Follow impartial local and German news sources about the security situation on the Internet / radio / television.

**Change habits to keep a low profile**

Follow the instructions of the local security forces. Avoid protests / rallies / demonstrations.

**What to do during an attack** [link](https://www.bundeswehr.de/de/themen/sicherheitszentrale/german-embassy-safe-havens-crisis-response-centre/aufnahmen/2575938616848), Source: ASW Bundesverband

**What to do in case of special dangers** [Link](https://www.bundeswehr.de/de/themen/sicherheitszentrale/german-embassy-safe-havens-crisis-response-centre/aufnahmen/2575938616848), Advisor for emergency precautions and what to do in emergency situations, Source: Federal Office for Civil Protection and Disaster Relief

**Minimize risks**

Take note of the escape routes the emergency exits in the hotel. Know your surroundings (hospital, police, German mission abroad ...), [Information on travel safety](https://www.bundeswehr.de/de/themen/sicherheitszentrale/german-embassy-safe-havens-crisis-response-centre/aufnahmen/2575938616848), Source: ASW Bundesverband

Have the partner pick you up / drive you in the host country. If you take a taxi, make sure it is a licensed official taxi with a radio and taxi meter. Do not let the driver pick up other passengers along the way.

When choosing a hotel, consider the surroundings (public squares, government/military facilities, tourist attractions, news channels, etc.). [Select a hotel room on floors 2-5.](https://www.bundeswehr.de/de/themen/sicherheitszentrale/german-embassy-safe-havens-crisis-response-centre/aufnahmen/2575938616848)