

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).
German diplomatic missions abroad	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



Thinking about your health

Vaccinations / contraception	Check vaccination card and, if necessary, seek advice from a physician who practices travel medicine.
First-aid kit	Health Service Recommendations of the Federal Foreign Office for a Home or travel pharmacy (Link).
Medical information from the Federal Foreign Office	Information and leaflets on travel medicine prevention, Health Service of the Federal Foreign Office (Link).

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 (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) / #RSH.**

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](#)). Source: ASW Bundesverband

What to do in case of special dangers ([Link](#)). **Advisor for emergency precautions and what to do in emergency situations** ([Link](#)). 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](#) ([link](#)). 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.**