

The 'TERRORS' OF TRAVEL



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'Travel Health Information for Professionals'



Safety and Security

The Gathering Storm for Future Travellers

This Presentation

- Focuses on certain **aspects of travelling that travellers fear most** YET know least of
- This focusing will be done by a **series of images** upon which you (the 'Travel Health Adviser') will layer your own mores, culture, travel and political knowledge... and experiences – *all of which go into a travel health consultation*
- Seeks to **objectify those fears** for the Travel Health Adviser to mitigate them during consultation
- Briefs on what **else that can be done** for travellers' safety
- Develops **10 'top security tips'** for Travel Health Professional

THE RISKS OF TRAVEL, FOR TRAVELLERS



50% INTENDING Travellers:

- Don't think about them
- Don't know about them
- Don't care about them
- Decide to chance them!
- Decide to 'diss' them!

- Travel removes caution
- 'It wont happen to me'
- Denial of risks!

Is our advice to Travellers the BEST advice?

- 99% travel clinic advise on malaria, infectious diseases, mosquito protection, vaccinations and all the 'patient expectations'... but...
- 70% advise on 'personal safety', 'environmental illness'
- 47% address non-infectious/ mosquito issues such as accidents, trauma risk, safety and security risks, insurances etc
- **BUT only 1-4% deaths due to infections**
- **50% deaths due to heart disease et al**
- Rest of diseases are those that mirror those in developing countries:
MVA, drowning, falls, murder
... therefore consultation needs to reflect this!



Paper references: Hill and Behrens, Leggat et al



'CATEGORIES OF RISK' TO SAFETY AND SECURITY OF TOURISTS

- Individual traveller (*personal risks*)
 - Dangerous sports
 - Drugs + alcohol
 - Personal loss
 - Immigrant
- Human environment outside tourism sector
 - Theft
 - Assault
 - Fraud
 - Rape
 - Organised crime
- Institutional environment outside tourism sector
 - Terror
 - War
 - Religious unrest

'CATEGORIES OF RISK' TO SAFETY AND SECURITY OF TOURISTS

- Tourism sector + commercial related

Poor safety standard
Poor sanitation
Strikes

- Physical environmental risks

Fauna and flora
Lack of medical preparation
Accidents

- Environmental Catastrophe

Natural disasters :
Tsunamis
Earthquakes
Floods

What are the MITIGATING FACTORS?

- **Media – presentation often encourages displays:**
 - The dramatic writing of an article
 - The photographic parade of promotional images
- **Peer pressure to perform on holiday**
 - Group pressure to conform or perform or ? not be accepted
- **Travel liberates personal responsibility**
 - Alcohol, drugs are often involved
- **Travel promotes 'selfishness' in holiday travellers**
 - People push themselves to *their own ends*

Headline to the Photograph: 'Playing it safe in other parts of the world can be, quite literally, a life saver'

Would a young woman *do this act with the army* back here in NZ, during a riot?

Would she be *laughing*?

Does this *contribute a poor name* to those from developed countries?

Is 'the freedom of travel' *making her do* what she is doing?



Personal Responsibility
'Media influenced Behaviour'

Questions



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Does this photograph heighten the drama and the cause of the terrorist committing some untoward act?

Media Responsibility

Seeing this, is this not the *photograph that we would all like to take*, that is unique, to remember our holiday?

Travel Medicine Meetings Universally give **SIGNIFICANT FOCUS** to Infectious Disease and Travel Health Dis-ease because it is measurable and there are **SIGNIFICANT \$ FUNDS** to measure it

HYPOTHESIS for FUTURE Travel Health

“Given the above, how can Travel Health Professionals promote those aspect of travel health that are equally important but cannot be measured –

**e.g. safety and security,
personal travel-well experiences,
no illnesses on travelling”**



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In Developing this HYPOTHESIS ...

There are 3 caveats:

1. That travel medicine consultations put an **unjustified huge focus into prevention of infectious disease** – to the detriment of other worldly info
2. That approximately **60+% of time of a travel consultation focuses on a 5% 'return'** in post-travel related disease
3. That such consultations needs to be put **into context w.r.t. personal safety and security** whilst travelling



10 POTENTIAL TERRORS FACING TRAVELLERS 2011

- **Air Travel**
 - **Departing and arrival**
 - **Accident - Shock - Terror**
- **Terrorism**
 - **Violent acts**
 - **Biological warfare**
- **Politics of International Travel**
 - **Vagaries of travel: customs / police**
 - **Civil unrest and political instability**
- **Religion**
 - **Interference**
 - **Containment and restriction**
- **Environmental Issues**
 - **Devastational**
 - **'Natural' vs 'human-made'**



10 POTENTIAL TERRORS FACING TRAVELLERS 2011

■ Road & public transport safety

■ Safety and security issues

- Women travelling - rape
- Personal assault – mugging
- Fears of illness abroad – SARS, H1N1/Bird flu
- Fear of dying in a strange environment

■ Violence

- Avoiding provocative situations
- Military circumstances

■ Drugs and Arms

- 'Who put what in my bags?'
- 'Who put what in my drink?'

■ Language and cultural barriers



For all the EXCITEMENT OF TRAVEL, there are:

- Those who are merely **trying to survive** in the world
- Those who would have **power over others**
- Those who would **create terror**
- Those who would use **rape as a weapon** against populations
- Those who are devastated by the **environment**
- **Those who succumb to the 'special temptations' for travellers**
- Those who are **negatively influenced** by the world
- Those who are impacted by the **politics of international travel**
- Those who are affected by the **politics of international travel**

IT it into the world that our travellers are going!

FOR THESE PEOPLE – THERE IS NO JOY, NOR IS THERE PARTICULAR PLEASURE IN TRAVEL

1. THOSE WHO ARE MERELY TRYING TO SURVIVE

Day to day living in regions of the world that are remote from travellers' influences



NZ Herald 29.06.2011



Kiwi shot by arrows in rape resc

Australian doctors save
save his girlfriend

...the ma

... one c

... bleed

The French

Daru-Kiunga
woman - turn

When the New

e trying to

We read of the trauma of the couple but:
i) Should the couple have been where they were
ii) What about the cultural aspects of the tribesman
– who considers those?
iii) Should we be thinking 'PNG rules in PNG'!!
SO ... MAYBE THE COUPLE GOT IT WRONG!!

... tribesman who wanted to marry the French

... tect her he was shot, Bishop Cote told the Cairns Post.

Havana, Cuba: Graciela Gonzalez sleeps while holding on to a cigar. Gonzalez, 86, is a licensed street entertainer and earns a living posing for tourists, charging them one CUC (Cuban convertible peso, worth \$1.05) for the privilege

Great photograph – pity about the poverty!!
Travellers meet reality in most of the world!
How often do travellers think about this??
How often are their eyes closed?

Photograph: Desmond Boylan/Reuters

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2. THOSE WHO WOULD HAVE -

- Power over People
- Means
 - Terror
 - Physical abuse
 - Psychological abuse
 - Medicine



Siti Hara, an Indonesian domestic worker, says her Malaysian female employer severely abused her for three years, at times beating her with a cane and dousing her with boiling water

*Due to MEDIA PROMOTION -
'Labour groups in the region
are pressing for better
protection for vulnerable
migrant workers'*



Portrait of Pain and the 'Shame of Humanity'

Child soldiers in eastern Congo are taken from their homes by armed men who beat them if they refuse to carry ammunition, fight & kill

Do our travellers think about this when they visit this country on holiday?



The whole world over – medicine is a 'power'- tool for survival



Hospital Road in Darbhanga is home to dozens of unregulated doctors and drug wholesalers. Photograph by Lynsey Addario.



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3. THOSE WHO WOULD HAVE -

- Terror over People
- Terror over Populations
- Means to do this by:
 - Shock
 - Physical abuse



Dramatic shot but being caught up in this photo for real ... is no fun



Karachi, Pakistan: Paramilitary soldiers guard a crime scene after gunmen launched an attack on a market, killing at least 11 people

Photograph: Asif Hassan/AFP/Getty Images

So, you are a passer-by in a riot: what are you doing here and what do you do?



Lyon, France: Youths run away from riot police during clashes on the sidelines of the continuing protests against pension reform

INFLUENCE AND POWER BY TERRORISM



WASHINGTON: Fear of another terrorist attack remains real for many Americans. For people who lived in the two cities struck by the terrorists on Sept. 11, 2001 — New York and Washington — the fears are intensely personal and vivid 5 years after the attack on America. **AP Aug 31, 2006**

CNN Poll: Fear of terrorist attack in U.S. rises. For the first time in nearly four years, a majority of Americans think that a terrorist attack is likely to occur somewhere in the United States in the next few weeks, according to a new national poll. **Posted: May 28th, 2010**



If you can't afford a doctor,
go to an airport - you'll get a
free x-ray and a breast exam,
and; if you mention Al Qaeda,
you'll get a free colonoscopy.

'The orders from their religious teacher were clear: Go to Afghanistan, strap on a suicide vest and kill foreign forces'

With that, 9-year-old Ghulam Farooq left his home in Pakistan with three other would-be boy bombers and headed into eastern Afghanistan. "Our mullah told us that when we carried out our suicide attacks, all the people around us would die, but we would stay alive," Farooq said, sitting inside a detention facility in the Afghan capital.

Farooq, in a dark green Afghan-style shirt, said "I want to go home," he added. "I miss my family. Our families don't know where we are," he said

The most recent suicide attack carried out by a child occurred on May 1. On April 13, a 13-year-old suicide bomber detonated his explosives vest in Asmar district of Kunar province – killing 10 people, incl. 5 schoolboys and a tribal elder

Afghan boy, Ghulam Farooq, left, and Mohammad Yunis, both in a group of four who were arrested before plotting to stage a suicide attack



<http://www.stuff.co.nz/world/middle-east/>

[5006873/Boys-turn-would-be-suicide-bombers](#)

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Attack on Inter-Continental Hotel in Kabul



NZ Herald - 29.6.2011

- A suicide-bombing attack at an hotel in Kabul has left at least 10 dead, according to reports
- Gun fire could still be heard coming from the Inter-Continental hotel, which sits on a hill overlooking Kabul
- The New Zealand Army ... SAS...
NO COMMENT...
- 4 suicide bombers and at least 2 gunmen attacked the hotel and police who rushed to the scene fought the assailants with machine guns and rocket-propelled grenades

The DRAMA OF IT ALL IS BEGULING – to the World!

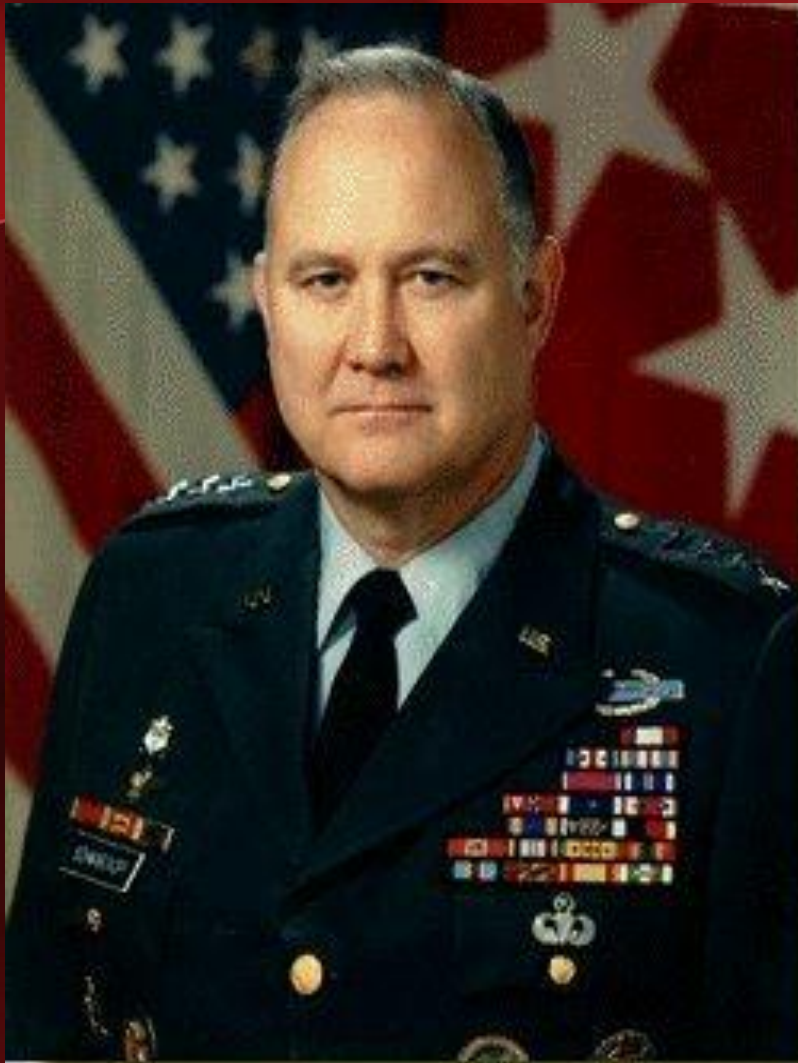
- “New Zealand SAS troops fired from a Black Hawk Helicopter ... Taliban insurgents were taking "potshots" at civilians from a Pakistan hotel...
- “At least 6 suicide bombers killed or maimed in the hotel... 5 storey Inter-Continent
- “Once inside the hotel, attacking the residents, by building
- “... 10 Afghan and Afghan fought the battle ... NATO militants, killing them all
- “2 NZ soldiers received "moderate" injuries...”

Who paid attention to the people killed or maimed in the hotel?

Who listened to them cry?

Most of the media did not!

What will our travellers learn...?



In an interview, **General Norman Schwarzkopf** was asked if he thought there was room for forgiveness toward the people who have harboured and abetted the terrorists who perpetrated the 9/11 attacks on America.

His answer was classic Schwarzkopf

The General said:

"I believe that forgiving them is God's function..."

OUR job is to arrange the meeting"

TERRORISTS PLAN BOMBS IN HUMANS

- 2010, Airlines are being warned that **terrorists are considering surgically hiding bombs inside humans to evade airport security**. Travellers thus may find themselves subjected to more scrutiny when flying in busy times of the year
- Bombs-in-the body is not a brand new idea, but recent intelligence indicates a fresh interest in using this method, as **people-scanning machines in airports aren't able to detect explosives hidden inside humans**
- Surgery to implant explosives could be done a couple of days before a planned attack, said James Crippin, an explosives expert in USA: **"In order for it to work, there would need to be a detonation device, and it's conceivable that if the explosive was implanted in a woman's breast, the detonator could be underneath the breast so all the operative would have to do is press down"**

Norway gunman planned attack for years

July TERROR – 76 DEAD

- Anders Behring Breivik planned his attack for two years.
- Blond ... dressed in a police uniform, he stalked his young victims across an idyllic island for 90 minutes at the weekend, shooting them in cold blood.
- A rambling 1500-page diary ... written by the Norwegian 32-year-old ... says he had been planning the operation since the autumn of 2002.
- The internet document is a mix of part-bombing manual and part-political rant ... Breivik details his hatred of Islam



THE POWER OF THE WEB TO PROMOTE IDEOLOGY
What does this tell young impressionables?



WOMEN WHO KNOW THEIR PLACE

Barbara Walters, of 20/20, did a story on gender roles in Kabul, Afghan., before Afghan conflict

She noted that women customarily walked 5 paces behind their husbands.

She recently returned to Kabul and observed that women still walk behind their husbands. Despite the overthrow of the Taliban regime, the women now seem happy to maintain the old custom.

Ms Walters approached one of the Afghani women and asked, 'Why do you now seem happy with an old custom that you once tried so desperately to change?'

The woman looked Ms Walters straight in the eyes, and without hesitation Said, "Land mines."

Moral of the story is (no matter what language you speak or where you go): **BEHIND EVERY MAN, THERE'S A SMART WOMAN!**

HUMOUR!

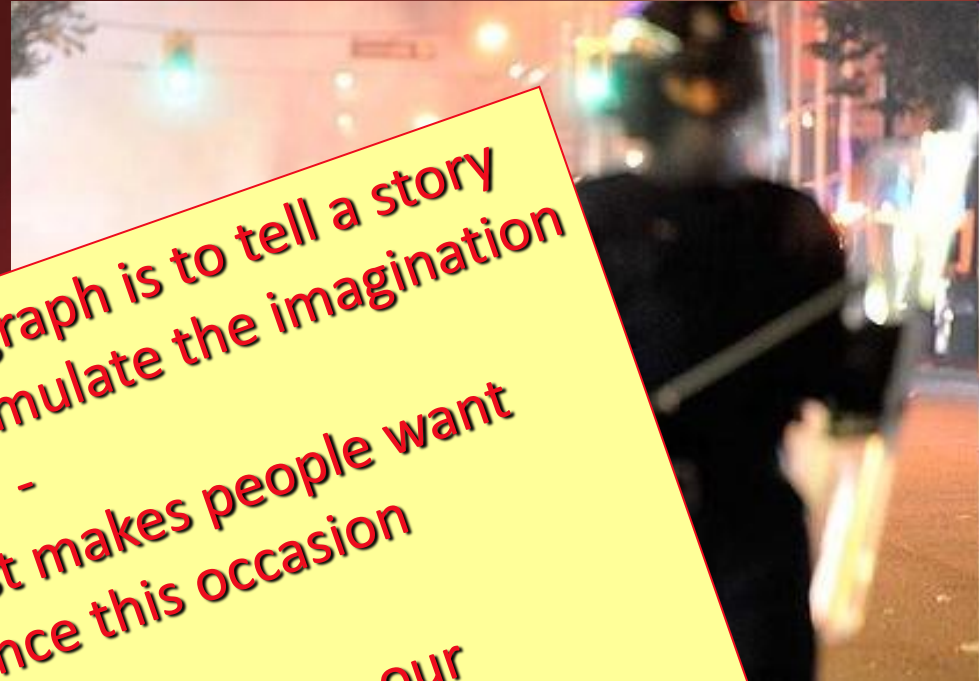


VIOLENT RIOTS - 'LOVE AMONG THE RUINS'

“Vancouver riots: hockey loss”

Violent riots on the streets of Vancouver, as hockey fans vent their anger over the Canucks' loss in the Stanley Cup to the Boston Bruins

Photo of a couple in the middle of a kiss during the riots. It became an internet meme with online commentary on whether the couple was safe or if the was a



The Power of a photograph is to tell a story with an image, ... to stimulate the imagination

This photo almost makes people want to experience this occasion

Imagine what it does to our impressionable 'young' traveller!

17/6/2011

RAPE AS A WEAPON AGAINST POPULATIONS

- Gaddafi faces new International Criminal Court ICC charges for using rape as weapon in conflict
- ... sexual attacks on women are being used as a weapon in the Libyan conflict
- ... hundreds of women had been raped in the Libyan government clampdown on the popular uprising. Gaddafi ordered the violations as a form of punishment
- ... there was evidence that the government had been handing out doses of Viagra to soldiers to encourage sexual attacks



The extremely conservative culture in Libya regards rape as a matter of profound shame

http://www.guardian.co.uk/world/2011/jun/08/gaddafi-forces-libya-britain-nato?CMP=EMCGT_090611

HUMAN TRAFFICKING

- What kind of 'foul deed' is this?



WHAT IS TRAFFICKING IN PERSONS?

- Over the past 15 years, “trafficking in persons” or “human trafficking” have been used as umbrella terms for activities involved when one person obtains or holds another person in compelled service.

<http://www.state.gov/documents/organization/142980.pdf>

“He scuffed on his sandals to another low tin-roofed hut ... more blinking girls ... five or six of them squirming on a mattress that lay flat on the floor.... Their blinking made them look terrified – and they may well have been ... none was older than fourteen or fifteen. ...

‘Which one you want?’

One thin-necked unsmiling girl, with pale skin and a fragile body, narrow shoulders and no breasts, tried shyly... to catch my eye...

She was attempting to smile, but her eyes gave her away... she seemed afraid that I might choose her... She was a soft pale thing with muscles like custard.

Was I imagining that she was twisting a little stuffed toy in her hands?

‘Maybe later.’ ‘I’ll be here.’

I got one last glimpse of the girl before he switched off the light. Her child’s face stayed with me the rest of the night... saddened me.”

**Paul Theroux, travel writer, in
Ghost Train to the Eastern Star (2008)**



At the doors of a brothel in Cambodia that has been shut down, tiny sandals provide a reminder of the youngest victims exploited there.

HUMAN TRAFFICKING BY THE NUMBERS

- Adults and children in forced labour, bonded labour, and forced prostitution around the world: **12.3 million**
- Successful trafficking prosecutions in 2009: **4,166**
- Ratio of convicted offenders to victims identified, as a percentage: **8.5**
- Ratio of victims identified to estimated victims, as a percentage: **0.4**
- Prevalence of trafficking victims in the world: **1.8 per 1,000 inhabitants**
- Prevalence of trafficking victims in Asia and the Pacific: **3 per 1,000 inhabitants**

“...the worst thing in my life. Who was this [person], where’d [the mama-san] come from, to make me pay such a huge debt? I can’t forget it. She pointed in my face and said, ‘Don’t think about running away or I’ll have you killed’ ... it was a system. As soon as I paid off all the debt, they were going to sell me again. And then they were going to give me more debt. That was too much, I couldn’t stand it. I had to run away, even if it meant I might die.”

Thai woman trafficked to Japan (ILO report, 2009)

4. THEN THERE IS THE ENVIRONMENT ...

- What happens to our traveller who is 'in the wrong place at the wrong time?'
- What do they do –
 - In a tsunami
 - In an earthquake
- Travellers ARE caught up in ENVIRONMENTAL disasters and they are terrifying - Tsunami

ENVIRONMENTAL CONSIDERATIONS

The irony is that **Environment is usually a big reason for travel!**

Planning is therefore essential, in consultation, to understand intended environment(s)

e.g. There are **numerous indicators of environmental health**, one of those principally requiring consideration is **air pollution**:

All large cities in developing countries have significant air pollution

China ... 9 of 10 global *cities* with worst pollution

Particulates (airborne parts $<10\ \mu\text{m}$ diam) in mcg/cubic metre:

Stockholm 9, Mexico City 279, Lanzhou China 732

Ho Chi Minh City 3 million motor-cycles

90% have 2 stroke engines

These are worst offenders re suspended particulate matter and hydrocarbon emissions



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‘The inability to understand what has happened or what to do to rise from the depths of despair...’ - Tsunami 2004

Japan – 11.03.11



“This aerial shot shows houses in flame after being hit by a tsunami at Natori city in Miyagi prefecture, northern Japan on March 11, 2011. A massive 8.9-magnitude earthquake shook Japan, unleashing a powerful tsunami that sent ships crashing into the shore and carried cars through the streets of coastal towns.”

5. THE 'SPECIAL TEMPTATIONS' FOR TRAVELLERS

- Sex
- **Fatigue** - *not getting adequate rest, WORK-A-HOLIC, 'burning the candle at both ends'*
- **Relationships** - *easy sexual relationships, prostitution*
- **Alcohol** - *local brews different and may be stronger, danger of drunkenness abroad AND impact on culture*
- **Drugs** - *more easily available, penalties for possession may be very harsh*

Kiwi cocaine accused: 'My day from hell'!!

"Accused drug smuggler Sharon Armstrong has told of her "day from hell" in an exclusive interview at her Argentinean prison ... former senior public servant was arrested & accused of trying to smuggle 5kg of cocaine on to a flight to London.

Televisions, frying pans and tinned peaches can be given to inmates. Visitors wearing grey, blue, black or sky blue will be refused entry. 'Family members and concubines, so the sign reads, must produce written documentation proving who they are'

Armstrong has a natural warmth, ... utterly believable as an innocent woman who has made a tragic mistake"



NZ Herald, 5:30 AM Friday Apr 29, 2011

YOUNG KIWIS IN JAPAN DRUG ARREST

- Two young New Zealanders are being detained at a Japanese airport after around 2Kg methamphetamine was discovered hidden in their suitcase.
- Their arrests were revealed as police warn of a growing number of Kiwi drug mules, including a case in January in which a New Zealand passport holder died after being caught smuggling methamphetamine out of Bangkok. It is believed he died after swallowing packets of the drug, which later burst inside him.
- There were few instances when a traveller unwittingly became a mule, Mr Burgess said. "The temptation for some people to take the risk is often outweighed by the cash being offered or some other inducement."

Dominion: 1/06/2011

PERSONAL RISK TO TRAVELLERS

VIOLENCE - *New Zealanders Dying Violently Abroad* (Dec 01 – Sept 10)

• Type of Death:

Murder	42
Aircraft	23
MVA	22
Accident	16
Drowning	16
Environment	5
Terrorism	5
Train	5
Killed in Action	3
Missing	5
Dangerous Diseases	2
Drug	1
Animal	1
Unknown	6

155

• Age at Death (*years*):

0-10	9
11-19	5
20-29	24
30-39	26
40-49	33
50 +	24
Unknown	8

155

*15 people a year die **

DRUGS AND SECURITY *Case report - West coast Turkey*

Method not previously reported

2 people presented with CNS depression - found comatose on public transport

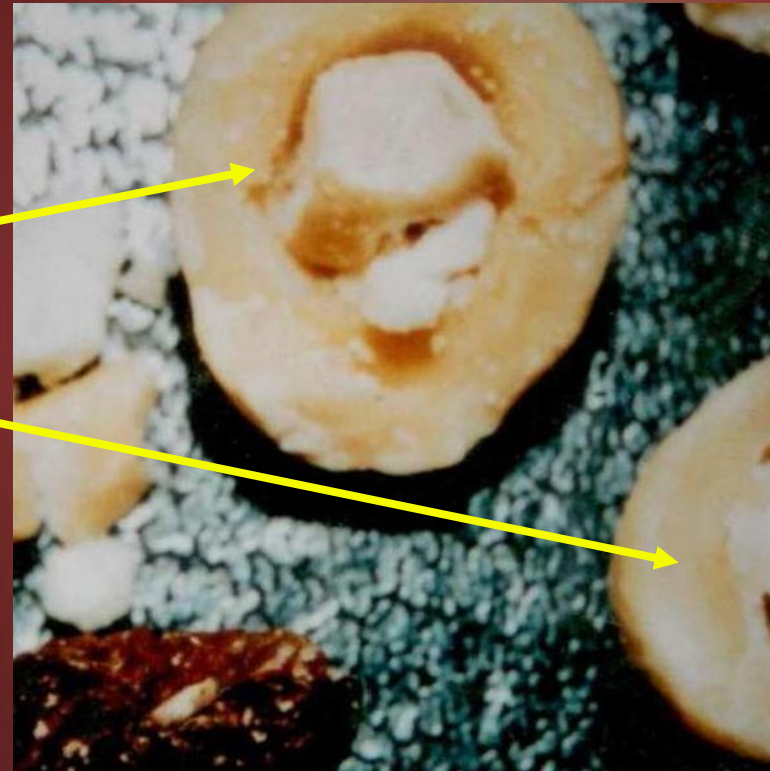
The perpetrator employed an unusual and creative method in which he **cut hazelnuts in half and carved them in order to implant clonazepam** – 166.7 mg

Glued them back together (picture)

To overcome the unpleasant taste of the drugged hazelnuts he mixed the nuts with dried raisins

Offered this mixture to fellow passenger sitting next him

Stole unconscious passenger's valuables and left vehicle



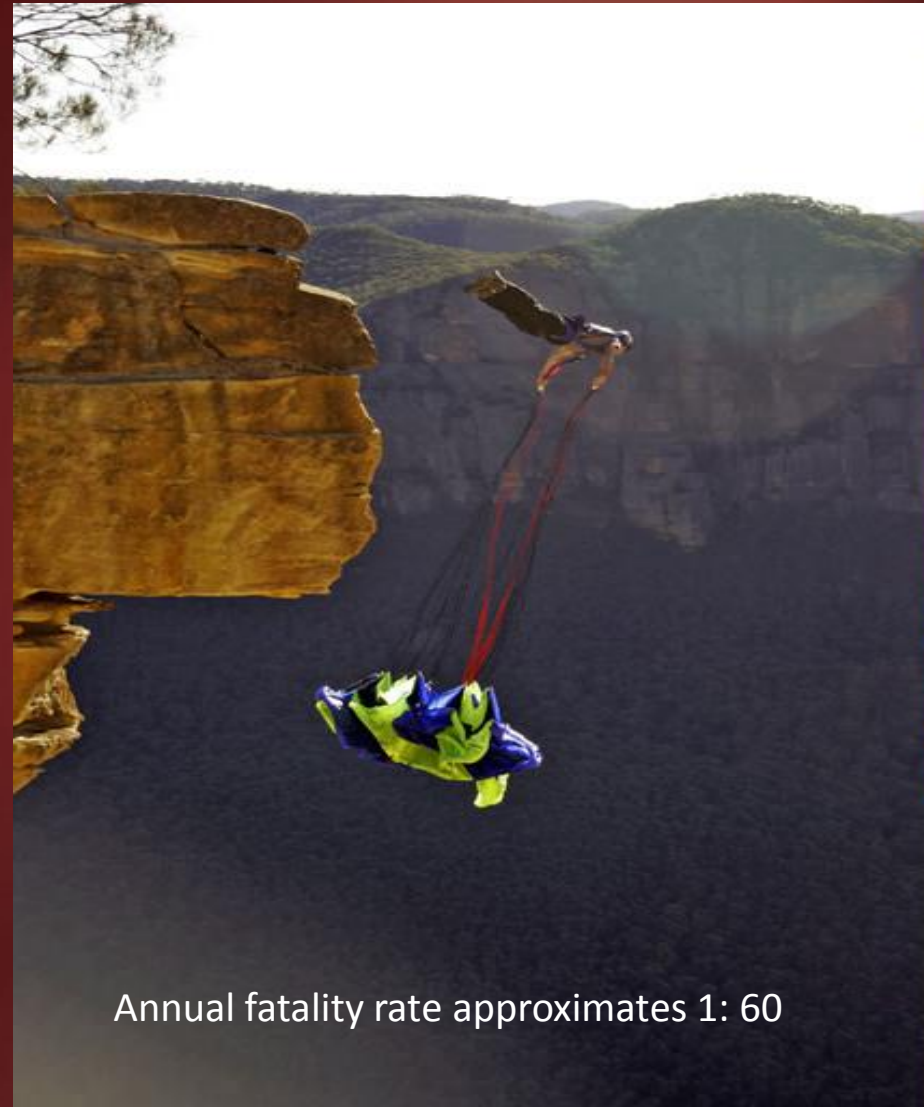
Victims remembered **eating only 2-3 hazelnuts before they lost consciousness**

JTM 2008 – Aydin:

BASE-JUMPER DIES IN NORWAY FREEFALL

Base-jumper Ted Rudd *Stuff NZ 4/7/2011*

- A Kiwi base-jumper who leapt off mountains and flew along their contours has died after a failed jump in Norway
- Ted Rudd, 35, was discovered with severely broken legs and head injuries on June 13 after jumping off a mountain near his house
- Base-jumpers freefall away from mountains or other structures using specially designed suits before inflating parachutes to land safely



Annual fatality rate approximates 1: 60

6. THOSE WHO ARE SHATTERED BY TRAVEL

- Loss passport and the hassles that it brings
 - *E.g. woman who had tickets, money, passport in her purse... no idea that they had been taken*
- INSURANCE ESSENTIAL
- EMERGENCY CONTACT
- EMERGENCY FUNDS
- EMERGENCY PERSON



RECREATIONAL TERRORS

- 142 NZ adventure tourism operators
- 1,027 overseas visitor hospitalisations
(8 / 100,000 visitors) 1982 - 1996
 - Snow sports, bungee jumping, horse riding, slips, trips, falls
- Highest death rate = unguided skiing, mountaineering

Message:

Poor safety practices and injury reporting standards significantly contributed to morb. and mortal. rates

Bentley, TA, et al. J Travel Med. 2004 Sep-Oct.

RECREATIONAL TERRORS - <http://www.theage.com.au/>

- Australian Mitch Davie can be seen being pinned ... by the bull
- International media have labelled Mr Davie as reckless and malicious and said that he was taunting the bull
- His mother said that could not have been further from the truth
- "He has always been a very excitable boy, he would have just got caught up in the moment," said Mrs Davie

Pamplona - 'Running of the bulls'



http://www.youtube.com/watch?v=VOdAlgR8sP0&feature=player_detailpage

7. LIKELY DE-STABILISERS

The following can occur and all 'travel health advisers need to develop a 'plan of action' for travellers – to prevent the feeling of threat overseas – plan for it, avoid it:

- Theft
- Violence and/or rape
- Illness or accident
- Bad company
- Brainwashing by cults
- Boredom
- Terrorism
- Environmental impact (*tsunami, flood*)

TRAVEL AND TRANSPORTATION



**Sri Lanka: bus overtaking van
on Ped X on a two way street**

PRACTICAL LESSON
How often do travellers
– 'leave travel to fate'!

ROAD ACCIDENTS

- Worldwide, est. 1.2 million killed/ yr in road crashes: 3,300/day
50 million are injured
- These figures will incr. 65% over the next 20 years
- Approximately 90% of these deaths occurring in low and middle-income countries - Where travellers are currently wanting to go to!
- Often the traffic mix is more complex than in devel. countries & involves 2 & 4 wheeled vehicles, animal-drawn vehicles etc, plus pedestrians, all on same road
- According to Patton et al. [7], traffic crashes are the single greatest cause of mortality among young people (aged 10– 24 y) worldwide.

www.plosmedicine.org March 2010

AIR TRAVEL STATS - 2010

- Risk = 1:3.7 Million if fly top-shelf airlines
- British study:
 - flying 176 times safer than walking
 - 15 times safer than driving and
 - 300 times safer than a motorbike

- Africa + Asia = most dangerous places to fly
- South + Central America little better

- Robert Young Pelton advises in his new selling book, *The World's Most Dangerous Places*, 'best to avoid local carriers in China, North Korea, Colombia, Central African countries and former Soviet Union'

**Aircraft crashes still
biggest fear of travellers**
1:10,000,000 chance of dying!



Note: the smaller the plane, the higher the risk! Pretty logical!

POLITICS OF INTERNATIONAL TRAVEL

- Vagaries of travel are often reflected and hampered by conflicts:
 - Middle East – Egypt, Libya, Syria
 - Greece and its riots and the impact upon the European Community
 - Pakistan and Afghanistan and the death of Bin Laden
- Keeping up to date is often the hardest task for the Travel Health Professional
New Zealand Govt www.safetravel.govt.nz/services/services.shtml can:
 - give advice, with the aim of helping you to help yourself
 - help with a lost or stolen passport
 - help you contact relatives or friends to request emergency funds
 - provide a list of English-speaking lawyers, and help you contact family and friends, if you are detained or arrested
 - help you contact family and friends if you are ill or injured
 - help with arrangements following a death overseas
 - Help during crises, such as civil unrest and natural disasters

THE POINT THAT I MAKE IS THAT TRAVEL HEALTH PROFESSIONALS NEED TO REVISE THE HYPOTHESIS to ...

“That the travel medicine consultation needs to guide the traveller to instinctive safety and personal security means, as well as current health recommendations.

That there is the need for care and compassion in the greater world and travellers need to understand its people and their personal stories.

These two would demand greater self responsibility in the pre-travel knowledge required with all travel risks, including communicable diseases ”



What more can we do about travellers safety abroad?

Travel Health Professionals are the encyclopaedia for travellers going abroad... it is our knowledge that they often do not know that they need.

Our experience and knowledge of travel remedy this.

Dedicated PERSONAL Travel advisories have assumed great importance, and need to be included in all travel health consultations.



10 TOP SECURITY TIPS for TRAVELLERS

- Find out about your destination
- Check for any health recommendations that are advised - talk with your Doc!
- Get comprehensive travel insurance from a reputable insurer
- Register your travel health plans online with NZ MFAT
- Advise Family and friends of your full projected itinerary
- Safeguard your passport and all travel documents – take copies
- Contact home if you are in or near a major disaster abroad
- Take credit cards (? Limit) and cash, avoid TC
- Obey local laws
- Keep a record of contacts, including NZ Embassies

TAKE HOME POINTS

- Travel Health Providers need to provide more information on 'safety and security' issues for travellers
- Travellers would be served well to be advised on the political, social and environment issues that may befall them on their travels
- There is a beauty of travel – but there is a harshness to it that is too readily ignored at the expense of self-serving ideals and a lack of global empathy
- Travel Health Providers need to guide travellers by their own knowledge and experiences of travel, so that a finished journey is a safe and personally revealing accomplishment, ... an understanding of what it is to be part of this globe



THANK YOU

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