



IN THE HOTEL:

☐ **Safeguard your hotel.** Don't let

any strangers into your room, even if they say they work for the hotel. You can always call the front desk to check whether someone was ordered by hotel staff to come to your room.

☐ **Best Rooms** Ask for a room on the back side of the hotel between the third and Sixth floors.

☐ **Familiarise Yourself.** Check the staircase evacuation route to make sure it is clear and good. Count doors to exit door.

☐ **Key tip.** Have your room key in hand before you get out the lift.

☐ **Limit what you post on social media.**

It's fun to post travel snaps, but including details such as your flight number, hotel check-in or photos with meta data can make it easier to track where you are. Wait until after you get back from the trip.

☐ **Do not throw it away.** Keep any baggage or flight details. Take it home to dispose of.

☐ **Pack your manners.** Remain pleasant, you will get your problem handled much, much better if you're nice.

HOME AGAIN:

☐ **Continue to use Brave** for a

more secure browser and better privacy on any device, See <https://brave.com/>

☐ **Monitor yourself.**

Go to <http://www.google.com/alerts> and enter your name and variations of your name and ministry, with quotation marks around it. Also, use <https://haveibeenpwned.com/> to check if your accounts have been hacked.

☐ **Change Passwords.**

Consider changing important account passwords, especially if you used public or unfamiliar networks while traveling.

☐ **Remove any Geo Location tags from**

Photos. Before posting to social media or sharing the photo it is a good practice to remove details of people's homes, dates, or anything that could get anyone in that country in trouble.

LOGIN

CLOUD SECURITY REMINDERS

- ☐ Enable multi-factor authentication (MFA) that requires a separate device when possible, such as Yubico, see <https://www.yubico.com>
- ☐ Practice good password hygiene: A long unique pass phrase that uses MFA
- ☐ Never save passwords in your browser use a password manager
- ☐ Keep work-related communication to systems approved. Anything that is sensitive should use Signal, discover more at <https://signal.org>
- ☐ Check privacy/location/security settings on apps and restrict any unnecessary access. See our tips at adventist.technology/privacy-tips
- ☐ Log out of all apps on your device when not using them, especially before going through customs or police checkpoints
- ☐ Do not post your real-time locations and activities on social media
- ☐ Make sure you enable your Internet VPN before you access cloud-based applications
- ☐ Be a smart surfer. Use Brave for a more secure browser on any device.

For more information or help to be cyber-safe visit adventist.technology



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TIPS TO IMPROVE PERSONAL SECURITY FOR TRAVELLERS



PERSONAL SECURITY TIPS FOR TRAVELLERS

Whether you travel often or you're getting ready for a once-in-a-lifetime holiday, it's important to think about safety as part of your travel preparations. Nothing ruins an overseas holiday or work trip quicker than getting sick, scammed or robbed when you travel! How can you enjoy travelling the world and remain safe?

The following tips can help travellers plan for a safe and enjoyable trip and may reduce the risk of different types of crimes.

BEFORE YOU GO:

☐ Do your research.

Get to know your destination in depth before you arrive. Read traveller reviews and ask locals for information about the safest neighbourhoods, places to stay and things to watch out for.

☐ Make Copies.

Keep digital and printed copies of your passport, credit cards and emergency contact numbers. Leave one set of copies at home with someone you trust.

☐ **Back up your devices** use cloud storage or an external hard drive.

☐ **Enable tracking.** Install tracking apps on your devices, such as Apple's Find My. Also **consider physical trackers**, such as Air Tags or Google Tiles. These will help you locate items if they are lost or stolen.

☐ **Invest in a good bag.** Cross-body bags are safer than shoulder or hand bags and can prevent people from grabbing your bag as they run or drive by. Look for features such as slash-proof straps, RFID blockers, and locking zippers.

☐ **Sign up for travel alerts.** Stay informed about any political unrest, natural disasters, and other health warnings. Visit www.smartraveller.gov.au/destinations

☐ **Have a "Go Bag"** this is a small bag that can be taken with you in case of

a local emergency, political, fire, or other event. Store in this bag any critical medications and a few emergency supplies like food and contact numbers, a small power bank for your mobile and enough cash for quick transport out of the area.

☐ **Be known,** register with your country's embassy so they can accurately and quickly contact you in case of an emergency like a natural disaster, civil unrest, or a family emergency.

☐ **Get a throwaway wallet.** Add 40 dollars and some old expired credit cards. Keep a real passport and real credit cards in a hidden wallet.

☐ **Develop Code words.** These can be used to alert co-workers and family of your true state of health if you are abducted to notify them.

☐ **Do not use your browser to store passwords.** Use your password manager and log out when you're finished and **clear your browser history, cookies and caches** each time you finish browsing.

FOR THE FLIGHT:

☐ **Wifi Usage.** If using public WiFi first connect to a VPN. Preferably use your phones hotspot. You can purchase a local SIM on arrival which are typically cheap.

☐ **Log Out.** Make sure you have logged out of all devices and applications before you go through Airport security.

☐ **The right seat.** If you often get motion sickness, book a seat over the wing, which is more stable. If you are tall and need more leg room, book in the emergency row.

☐ **Are you well?** Reconsider your trip if you have an ear or sinus infection, toothaches and postponed root canals as the changing air pressure will intensify the pain of these conditions.

☐ **Medications.** Bring all your medications in your carry-on luggage.

☐ **Move.** Blood clots and are more likely to occur when you sit for long periods of time. Getting up at least every two hours is a good idea to keep your blood flowing.

ON THE GO:

☐ **Charged Up.** Use your own power adapters or battery banks. Plugging into free USB power ports could compromise your device.

☐ **Blend in.** Do not draw unnecessary attention to yourself with flashy jewellery or tech. People who look like they're from out of town are especially vulnerable to crime. Also be mindful of local customs, traditions, and dress codes to avoid standing out or causing offence.

☐ **Avoid Public Transit if possible.** Get in and out of the bus/train terminal ASAP.

☐ **Taxi Tips.** Do not share a taxi and only use official taxis, sit in the back seat, lock the doors, and negotiate the price beforehand. If you use **Uber**, go to Account Settings—Verify Your Ride—Use PIN to verify Ride.

☐ **Rental Cars Hire.** Take "before" and "after" photos of the vehicle, including the license plate, VIN and dashboard readings (mileage and fuel level). Don't leave the rental car location if you are not 100% satisfied with the condition of the car.

☐ **Parking.** If possible, back into parking spaces so you can leave faster if you need.

☐ **Out of Sight.** Place valuables in the boot of your car out of sight. Do not pair your phone in a rental car.

☐ **Prevent physical theft** of any tech devices, do not leave electronic devices unattended.

☐ **Eating out.** Be extra careful of street food and local ice in some countries. Food and water-borne illnesses can occur anywhere. Before any trip, review the Centers for Disease Control and Prevention (CDC) travel guidelines for your destination country to understand what you should and shouldn't consume.

☐ **Be careful what you say.** Never comment on local social or political events on your social media. Criticise the local authorities could put you at risk, even if that wasn't your intention. Be aware that phone networks may be monitored as well in some destinations. When making sensitive calls, use an encrypted Voice over Internet Protocol (VoIP) or Signal service on your own device rather than the local phone network.