

Personal Safety

When travelling independently, personal safety is very important. It is important that you are confident when you travel and have awareness of potential hazards.

Tips on how to stay safe



Be prepared

- Plan your journey before you travel
- Make sure someone knows when and where you are travelling
- Carry a fully charged mobile phone in case you need to contact anyone
- If you have restricted movement, check beforehand that there is the access you need
- Wear fluorescent clothes at night so people can see you
- Wear bright clothes during the day so others can see you
- Carry an ICE card (In case of emergency)
- Identify a safe place



Be aware

- Look around and know what is around you
 - Keep belongings close to you
 - Keep your phone out of sight
 - Keep to brightly lit areas
- Avoid listening to headphones if you can as you will not be able to hear what is around you
 - When walking, face the traffic so a car cannot pull up behind you without you knowing



Don't

- Use a cashpoint at night – if possible withdraw money during the day
- Take short cuts through alleys, parks or across waste ground
- Hitchhike or accept lifts from strangers