

Travel Guard®

Sisters, Mothers, Daughters and Wives



Whether they are business leaders, students or stay-home moms, women travelers have additional safety concerns that can be mitigated through preparation prior to and during their journeys. Visit www.aig.com/travel/forwomen to view a comprehensive guide with tips to help women minimize risks and make their journey safe and enjoyable.

Travel, either domestic or international, poses risks for anyone. It is possible to become a victim of a crime, experience a medical emergency or become impacted by a natural disaster. Travelers may not be familiar with the language, culture, or security threats of a particular destination, leaving them vulnerable to potential harm.

AIG Travel recognizes that in addition to the safety, medical and security needs of all travelers, women have unique travel considerations. With a reputation for providing a complete range of travel insurance and global assistance services, we have products and options to help women prepare for the unexpected when exploring the world.

24% of women travelers suffered an adverse situation when traveling on business (e.g. theft, physical assault, sexual harassment or attack, attempted kidnap, and intruders in hotel rooms)¹

67% were uncomfortable on public transit and walking in an unfamiliar city¹

55% said they didn't feel safe alone in a cab¹

31.4% of female business travelers have encountered sexual harassment while traveling²

Yet Only 5%

had received female business traveler safety training and 31% said their employer didn't adequately take care of them¹

Whether they are novice or seasoned travelers, women need to take extra precautions in order to be aware, alert and confident; especially when traveling by themselves. Women may be at a higher risk for being a target of a crime, kidnapping or other adverse situations.

Below are specific travel tips for women.

BE AWARE

- Know the security risk level of your destination and be vigilant about your safety at all times even if the destination's risk level is low.
- Plan ahead and research the destination to be aware of local laws and cultural differences. Not knowing or disrespecting local customs may cause aggressive behavior from the locals.
 - In some countries, customs based on religious and moral beliefs strongly influence the way women dress (e.g., some religious customs require women to cover their head with a scarf), pack accordingly to comply with local dress codes and weather.
- Prior to leaving for your trip make sure you have been cleared by your doctor to travel. If you are pregnant or planning to become pregnant consult with your healthcare provider before traveling and consider postponing travel to any area where the Zika virus transmission is ongoing. Zika can be spread from a pregnant woman to her unborn baby and has been linked to birth defects, such as microcephaly – smaller-than-normal head size and incomplete brain development.
- Pre-book transportation to and from the airport before flying.
 - Research and try to use reputable taxi, car or shuttle services. Check with your travel agent or corporate travel team to find out what type of transportation will be best for you.
 - Take a picture of the license plate before you enter the vehicle. Make a fake (or real) phone call during the ride and say you are on your way. Never hitchhike.
- Prepare a list of your emergency contacts (including family, friends and coworkers), and contact information for insurance and emergency travel assistance, local hospitals, police, and embassy; bank or credit card; and office, hotel and transportation. Carry a hard copy and e-mail the list to yourself and save the contacts on your cell phone.

BE ALERT

- Be skeptical of strangers who are being too nice, helpful, or interested in you. If you are being bothered by someone, remove yourself from the situation as soon as possible.
 - In Argentina, one con is for someone to squirt something that looks like bird droppings on you when you aren't looking. If this happens



**Be Aware.
Be Alert.
Be Confident.**

and someone approaches you too quickly with a handkerchief, be aware — this is an effective distraction technique.

- If someone asks if this is your first time here, respond with, “No, we visit often!”
- Never volunteer the fact that you are traveling alone.
- While you are staying in the hotel know where the fire escapes are located. Do not hang up signs asking for the room to be cleaned since this announces that there is no one in the room; contact housekeeping or reception and submit your request. Do not work out in the gym alone, especially at night.
- Speak with female staff at your hotel since they may be good resources for tips on areas to visit and which ones to avoid. Avoid unlit streets and areas that seem deserted, and being caught in an unfamiliar area after dark.
- Always use trusted and reputable transportation.
 - Stay alert to your surroundings and track the destination on your smartphone map. Do not sleep in the car, train or bus.
 - Before exiting the car confirm it is the correct destination and ask to be dropped off at the entrance.

BE CONFIDENT

- Know where you are going and act confident, confidence can be a major deterrent of unwanted attention. Also, criminals tend to prey on vulnerable and insecure people.

What to find out more or have questions? Contact AIG Travel 24/7 with any travel questions; in addition, we are available to assist customers before, during or after their travel. Visit www.aig.com/travel/forwomen and click on Contact Us. Some AIG policy holders have access to the Travel Guard® Assistance Website. [Log in](#) to view more in-depth information on safety and security tips.

¹ <http://www.maiden-voyage.com/News.aspx>

² <http://www.maiden-voyage.com/Feature.aspx>



www.aig.com/travel

- When alone, walk with the crowd and act as if you are part of the pack.
- Avoid pulling out a map in public, even in your rental car. If you become lost, try to find a public shop or café to safely view a map.
- Do not announce your travel plans or hotel information loudly as the information may be overheard.
- Follow your intuition; if you feel a bad vibe from somewhere or someone, listen to your gut instinct and remove yourself from the situation.

ABDUCTION

While staying out of harm’s way is always preferable, kidnappings and abductions do happen. Here are tips to remember:

- Have a plan; your abductor has the element of surprise, but thinking about what you might do in advance helps you to be prepared.
- If the abductor has a weapon, it’s still better to fight. If they have a gun, run in a zig-zag motion.
- Make a scene — such as yelling for your abductor to stop or for people to get help.
- Do whatever you can to escape — bite, scratch, kick, hit and aim for sensitive spots such as their eyes, nose, or throat.