

A close-up portrait of a middle-aged man with a joyful expression, wearing a yellow fedora-style hat and a white shirt with a vibrant floral pattern. The background is a soft-focus outdoor scene with green foliage and a clear sky. The text 'The LGBTQ+ Guide to Travel Safety' is overlaid in white on the lower left portion of the image.

# The LGBTQ+ Guide to Travel Safety

A horizontal rainbow Pride flag with the colors red, orange, yellow, green, blue, purple, black, brown, white, pink, and light blue.

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**HospitableMe**



This guide was created by HospitableMe to empower LGBTQ+ travelers with expert insights, practical resources, and strategies for navigating a world that isn't always welcoming. HospitableMe is a global leader in inclusive hospitality and has worked with destinations and brands worldwide as an education and strategy partner, helping them create more inclusive experiences. This guide is an extension of that work.

This resource goes beyond the basics of LGBTQ+ travel safety. It's a roadmap for those who want to travel with awareness, responsibility, and pride. We're honored to have this guide sponsored by Travel Guard because we share the belief that travel should be a source of confidence and joy for everyone.



Whether you're traveling for work, leisure, or both, our goal is to equip you with the knowledge you need to stay safe, make informed choices, and experience the world in a way that honors both your identity and the communities you encounter.

Traveling as a member of the LGBTQ+ community introduces unique challenges and safety considerations, regardless of the purpose behind the journey. Whether you're embarking on a vacation, visiting family, attending a cultural event or traveling for work, the reality of navigating destinations where sexual orientation or gender identity may be criminalized or marginalized cannot be overlooked.

By drawing from a wealth of insights, anecdotes and recommendations from seasoned travelers, industry experts, human rights activists and locals, we aim to empower you to travel safely, confidently and free from disrespect.

Our focus encompasses the broader safety issues that affect LGBTQ+ individuals, whether they're traveling for business or leisure, or a combination of the two. From selecting LGBTQ+-friendly destinations to understanding local laws and customs, this guide is designed to address the additional layers of consideration LGBTQ+ travelers must navigate.

## 1 Safety and security

There are no boundaries when it comes to discrimination, homophobia and transphobia. This guide will help you better understand the cultures you may be stepping into, the potential harms you face, and the resources available to ensure your confidence and safety.

## 2 Resources for LGBTQ+ travelers

Understanding the political climate and cultural nuances of a destination is crucial for LGBTQ+ travelers. To aid in this preparation, we have curated a comprehensive list of resources that offer insights and information to ensure a safe and enriching travel experience. These resources are designed to help you navigate the complexities of diverse environments with confidence and awareness.

## 3 Navigating coming out and social engagement

This section provides advice on how LGBTQ+ individuals can navigate the process of revealing their identity and engaging in social interactions while traveling. It emphasizes the importance of assessing the cultural and legal landscape of the destination, offering strategies for safely expressing one's identity. The guidance includes tips on finding supportive communities, understanding local norms and laws regarding LGBTQ+ rights, and making informed decisions about when and where it might be safe to come out. Additionally, it advises on maintaining mental health and building meaningful connections, ensuring that travelers can enjoy their journey while staying true to themselves.

# Safety and security

Homophobia and transphobia have no borders. The world can't be easily divided into countries or cities that are safe and unsafe, and safety varies from one person, time and circumstance to another. In these rapidly evolving times, it's important for LGBTQ+ people traveling the world to better understand the cultures they are stepping into, the potential harms they face, and the resources available to ensure their safety. The state of LGBTQ+/human rights, laws and politics in your destination are just a starting point. Cultural and personal contexts are often more important. And traveling everywhere comes with a responsibility to be mindful of the locals and the circumstances of their lives, respecting the local culture and environment, in addition to preserving your own safety.

Visitors to destinations where LGBTQ+ people are criminalized often experience a different reality compared to local LGBTQ+ communities. As visitors with "tourist privilege," your presence can impact the local queer communities positively or negatively. It's important to recognize that while homosexuality is still deemed illegal in 64 UN member nations, and six can still impose the death penalty for such "crimes," the legal landscape is more nuanced than it may appear. For instance, Singapore criminalized same-sex sexual activity until 2022, but they stopped enforcing the law in 2007. Egypt doesn't explicitly outlaw homosexuality but uses public decency laws to target and persecute gay men.

Despite these legal challenges, LGBTQ+ individuals and networks thrive everywhere, from hidden communities to more visible social circles, especially in major urban areas where acceptance is growing. It's crucial to understand that safety concerns for LGBTQ+ travelers aren't confined to international journeys. Every country — including the United States — has varied levels of acceptance and risk. This perspective highlights the importance of informed and sensitive travel, recognizing the diverse experiences of LGBTQ+ individuals worldwide and the need for vigilance and respect in every destination.

Acquainting yourself with local culture, speaking to locals, visiting some of the web resources we list below and reading recent news articles can prepare you to respectfully and safely navigate your way through places where LGBTQ+ people are criminalized or marginalized. If you learn how to engage with LGBTQ+ locals before your arrival, you'll better protect yourself and the locals you may engage with on your trip.



# How to travel safely:

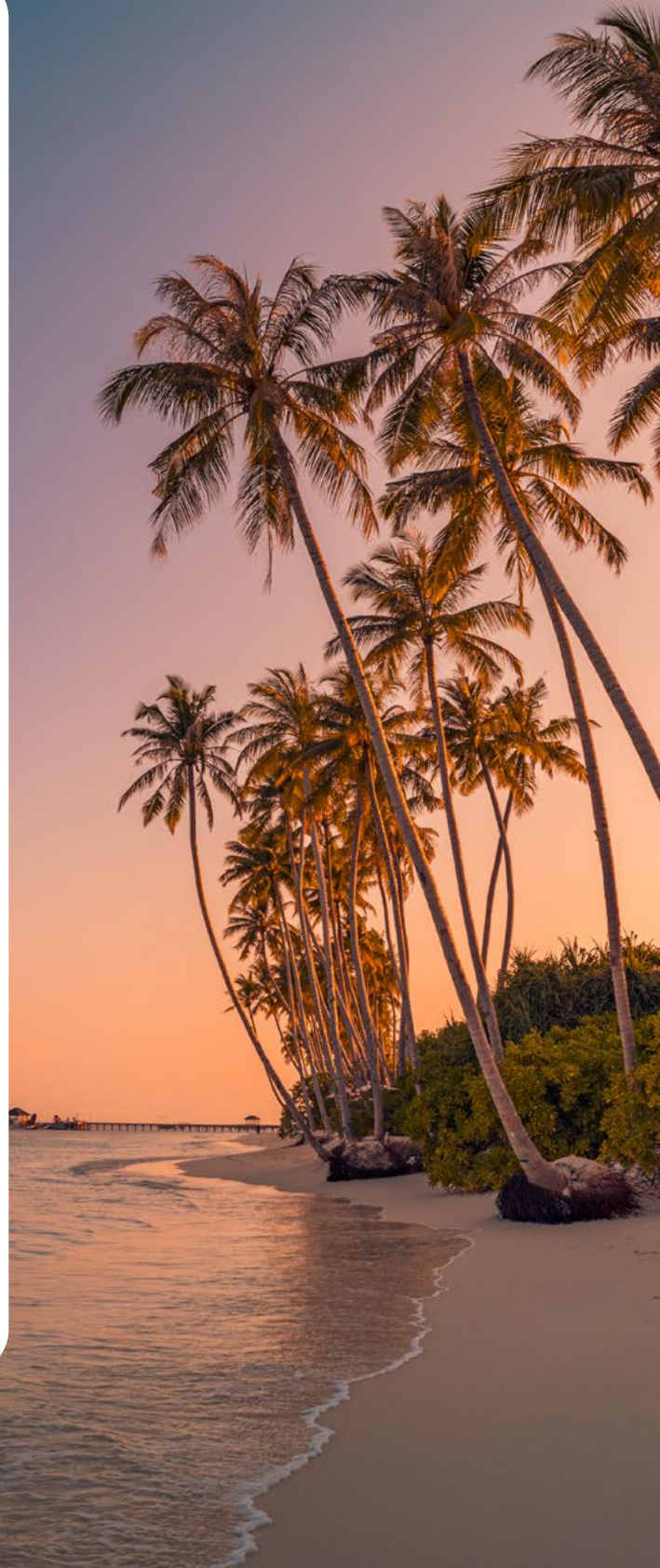
## Do your homework

Before traveling, familiarize yourself with the local laws, cultural norms, and social attitudes towards the LGBTQ+ community of the destination you're going to. The International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA) provides detailed reports on LGBTQ+ rights by country.

Evaluate the level of risk associated with your travel. This includes understanding potential legal issues, societal discrimination, and any recent incidents of hate crimes or targeted violence against LGBTQ+ individuals.

Identify a local support network before you travel. This could include LGBTQ+ organizations, community centers, or social groups that can provide assistance and advice.

Confirm arrangements for safe accommodation by booking hotels and home rentals with LGBTQ+-friendly certifications like Booking.com's Travel Proud, IGLTA Accredited, HospitableMe's Everyone Welcome or Queer Destinations' Queer Committed. These certifications ensure that the hotels have received training about LGBTQ+ travelers and are committed to providing a safe and welcoming stay.





## Follow best practices

1. Conduct personal research to understand the cultural nuances of your destination.
2. Have a clear understanding of your health coverage, including how to access medical care internationally if needed. Know your rights under your travel insurance and what steps to take in case of a medical or security emergency.
3. Be alert to any safety hazards that may impact you while you're in the country.
4. Weigh the importance of personal safety against the need for self-expression.
5. Immediately communicate any incidents or situations where you feel unsafe.
6. Carry all necessary legal documentation without compromising your safety. Be aware of how and when to discreetly disclose your sexual orientation or gender identity.





## Traveling with awareness and responsibility:

*“The first thing I would say is, you need to think about the safety of the people you are with, who are native, as much as your own. You can be outing locals who are with you and putting them in even greater jeopardy. And it’s more likely, they’ll be the ones to suffer the consequences. If you’re a visitor in a country where homosexuality is criminalized, you might be asked to leave the country, but their punishment may be much more severe. Consider that perspective first.”*

— Eric S, tech executive

When we travel as part of the LGBTQ+ community, we have a dual focus of ensuring our own safety and well-being as LGBTQ+ business travelers, while also being mindful and responsible towards the local LGBTQ+ communities and customs in countries where homosexuality is criminalized or socially stigmatized.

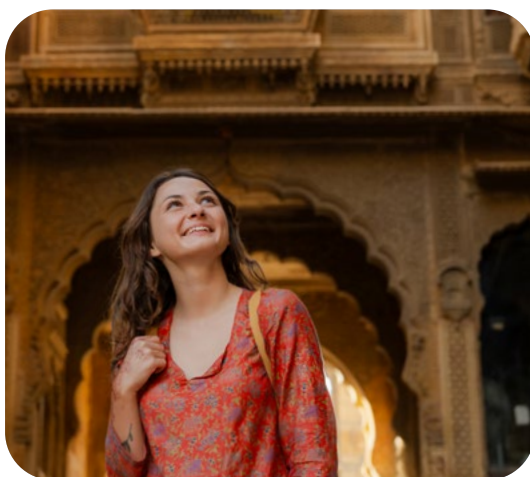


## Laws and customs differ for travelers vs. locals

When we travel internationally to regions where LGBTQ+ rights are not fully recognized or protected, it is important for LGBTQ+ travelers to understand the complex dynamics between the laws and customs as they apply to themselves versus locals. While travelers may enjoy certain protections or face different societal attitudes due to their foreign status, local LGBTQ+ individuals often navigate a more challenging landscape. This disparity is not only a matter of legal application but also reflects deeper cultural perceptions and social norms. By exploring these differences, we aim to cultivate a deeper awareness among LGBTQ+ travelers. This awareness is key to ensuring respectful, safe interactions in diverse cultural contexts and highlights the importance of considering the broader impact of one's actions on local communities.

“I always say do your due diligence,” said Jack S, Director of Risk Management. “If it’s not the local culture to see two men kissing, then keep it inside your hotel room. Once you leave the hotel, you want to blend in as much as you can, so you don’t become a target.”

Travelers have their own unique set of challenges. In many countries where being LGBTQ+ is criminalized, western LGBTQ+ travelers can become targets for scams. LGBTQ+ attorney and activist Eric Giatry says entrapment and exploitation is common. Local criminals have been known to pose as members of the LGBTQ+ community, meeting visitors on apps and in clubs, and then drugging, robbing or extorting visitors. These scams can happen to locals, as well. Traveling with privilege does not fully exempt you from dangers in places where being LGBTQ+ is criminalized. While many foreign travelers may be somewhat insulated from legal repercussions, they are still vulnerable to other forms of exploitation and danger. It is this intricate landscape of varying risks and protections that LGBTQ+ travelers must navigate with caution and awareness.



### Understand the nuances:

Laws don’t tell the entire story. The actual application and enforcement of anti-LGBTQ+ laws (or pro-LGBTQ+ laws) can be very different from what the law states. Certain areas of a country, or city, or even neighborhood might have more progressive attitudes and enforcement practices compared to others. Getting local information about the enforcement and attitudes in the specific places you will be visiting helps guide travelers in making informed decisions about their risk and conduct.



# What to do before traveling:

- **Consider the safety of locals** — Your actions can impact the locals. In countries where homosexuality is criminalized, being openly LGBTQ+ or engaging with local LGBTQ+ individuals could inadvertently expose them to greater risks than you face as a traveler.
- **Traveling with privilege awareness** — Acknowledge your privilege as a foreigner and understand that while it may offer some protection, it does not exempt you from all risks and responsibilities. Recognize the differences in how laws and social attitudes affect LGBTQ+ travelers versus locals. While you might face certain risks, locals often endure more severe consequences in environments that are hostile to LGBTQ+ rights.
- **Review your documentation** — For trans travelers, it's crucial to carry identification that matches their current gender presentation. This consistency can help avoid confusion or uncomfortable situations during identity checks. If possible, update all legal documents, including passports and driver's licenses, to reflect the current gender presentation and name. This also includes travel visas and insurance documents. In cases where legal changes are not possible or pending, carrying a doctor's letter or a legal affidavit explaining the gender transition can be helpful.
- **If you're flying in the U.S., get to know the TSA:** the Transportation Security Administration. Trans and non-binary travelers should familiarize themselves with TSA guidelines and similar guidelines in other countries. Be aware of how security screenings are conducted. US airports use an Advanced Imaging Technology (AIT) for security screening that is programmed for binary gender. If there is an "anomaly" detected that requires further screening, you have the right to request a private screening and to have a witness present. Communicate calmly and clearly with security personnel if any issues arise. It can be helpful to carry a 'TSA Notification Card' or equivalent, which can discreetly explain your situation to security officers.
- **Tell your loved ones where you are** — Informing your loved ones about your travel plans is a crucial safety measure for anyone traveling, especially for members of the LGBTQ+ community heading to less familiar or potentially unfriendly destinations. This ensures someone knows your whereabouts in case you go missing or find yourself in an emergency situation. By keeping a trusted friend or family member updated with your location, planned accommodations and travel itinerary, you create a safety net.

For U.S. residents, an additional step to enhance this safety net is registering with the Smart Traveler Enrollment Program (STEP). STEP is a free service provided by the U.S. Department of State that allows U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Enrolling in STEP makes it easier for the U.S. Embassy to contact you in an emergency.

- **Research medical and emergency resources** — Before traveling, everyone should know the phone number for local emergencies, and trans and non-binary travelers in particular should research trans-friendly medical facilities in your destination. You can ask local LGBTQ+ organizations for recommendations, and check the Trans Health Project resource directory for local medical services and providers that are friendly to LGBTQ+ travelers, specifically trans individuals.

## What to do while you're away:

- **Geotag with care:** While sharing experiences on social media, be cautious about geotagging locations, especially if the place is not LGBTQ+-friendly. This can be for your safety and the safety of locals who may be part of the LGBTQ+ community.
- **Respect local customs and sensitivities:** Even if you're in a more tolerant area, always respect local customs and sensitivities, understanding that what is safe or acceptable for you might not be the same for locals.
- **Beware of scams and entrapment:** Be aware that in some regions, scams targeting LGBTQ+ individuals, including travelers, are common. These can involve entrapment by those posing as LGBTQ+ locals, leading to extortion or legal troubles.
- **Travel insurance plan:** Ensure that your travel insurance plan can help cover situations unique to LGBTQ+ travel.





# Resources for LGBTQ+ travel

Access to accurate and up-to-date information about a destination's legal climate and societal norms is crucial. Resources like LGBTQ+ travel guides, apps, and organizations provide vital information on safe spaces, LGBTQ+-friendly businesses, and legal rights, helping travelers navigate unfamiliar environments more confidently. Additionally, they offer a sense of community and support, which can be particularly important for those who may feel isolated or vulnerable in a foreign setting. These resources not only enhance the travel experience but are also critical in ensuring the safety and rights of LGBTQ+ travelers are respected and protected during their journeys.

[International Gay & Lesbian Travel Association \(IGLTA\)](#) is a leading resource for finding LGBTQ+-friendly businesses, accommodations, and travel agents. Their website offers a global directory of LGBTQ+-welcoming tourism businesses.

[Equaldex](#): A comprehensive database of LGBTQ+ rights by country, which can be very helpful in understanding the legal landscape of your destination.

[The Transgender Legal Defense & Education Fund \(TLDEF\)](#) offers legal resources and travel advice specifically for transgender individuals.

[Geosure](#) provides granular, neighborhood-level safety data for destinations around the globe, with specific consideration for LGBTQ+ people.

[TGEU - Transgender Europe](#) shares a map and index on transgender rights in Europe, which can be very helpful for travel planning.

[Trans Health Project](#) provides an online directory of many resources for trans and non-binary travelers to find health providers.

[misterb&b](#) is similar to Airbnb but focuses on connecting LGBTQ+ travelers with welcoming hosts and accommodations.

[OutRight Action International](#) offers information on LGBTQ+ rights and issues globally.

[ILGA World](#) provides detailed reports on state-sponsored homophobia and transphobia, providing insights into the legal and cultural climate of destinations.

**Dating Apps** have been used for entrapment on rare occasions, but they also provide one of the easiest ways to connect with locals to ask about safety in the local scene. Scruff uses pop-up notifications to alert users anytime they log in from a destination where homosexuality is criminalized. [Grindr offers a Holistic Security Guide](#) that all dating users should read, whether they're traveling or not.

**Online platforms like Reddit, Facebook** and specialized travel forums often have LGBTQ+ travel groups where members share experiences, tips, and advice.

[Human Rights Watch](#) tracks human rights legislation and abuses worldwide. It's a good site to check how LGBTQ+ people are criminalized in practice.

[CIA World Factbook](#) maintains country profiles with extensive data on all aspects of foreign nations.

[Geert Hofstede Center for Cultural Insights](#) publishes background information for most countries, using a 6-dimensional model to help understand the cultural context. While not LGBTQ+ specific, it's very useful for understanding the cultural norms that surround understanding of LGBTQ+ issues, and interactions between locals and visitors.

[Alturi.org](#) shares about the current challenges faced by the international LGBTQ+ community, search by country or issue, learn about the organizations doing work in that country or on that issue, and then support that work by donating, signing petitions, volunteering, or signing up for news.

[HSBC Expat Explorer](#) These country guides are written for relocating employees, and contain no LGBTQ+-specific information, but offer a very good overview of the culture and cultural challenges faced by foreign visitors.

[Luxe City Guide](#) These sassy and snappy city guides provide chic recommendations and overviews to educate you on local cultural customs.

[Kiss, Bow, Or Shake Hands: The Bestselling Guide to Doing Business in More Than 60 Countries](#) A fantastic book focusing on the practices, customs and philosophies of doing business in foreign countries, with tips of protocols and a trove of helpful tips and resources.

In case of emergencies or legal issues, knowing the contact information of your country's embassy or consulate in your destination can be crucial.

# Navigating coming out and social engagement

Bringing your authentic self to each trip isn't always easy. Even in countries with non-discrimination laws, many LGBTQ+ travelers often still feel more comfortable hiding their sexual orientation and gender identity. In places and cultures where protections and acceptance are not the norm, personal authenticity is even harder.

Revealing your sexual orientation or gender identity while traveling involves a delicate balance between personal authenticity, safety and cultural sensitivity. It can be a complicated journey. As queer travelers, we must decide when and if to come out and also figure out how to safely engage socially in diverse environments.

Every circumstance is different, and only you can decide what feels right at any given time, in any given situation. But you're not alone in struggling with these issues. Whether you're choosing to share your sexual orientation or gender identity — or trying to avoid conversations and situations that would do so — you must have a plan of action ready to navigate this path.





# How to come out safely

## A personal and powerful thing to do

Coming out is a deeply personal decision, with the timing and context being crucial. If the risk seems low, you can't underestimate how powerful it can be to share your authentic self.

## Trust first

It's important to establish a strong sense of trust before coming out to others during a trip. Decide first if you have a close and trustworthy relationship with the people you are traveling with (and you feel safe with them!) before coming out.

## Avoiding the question

It's okay sometimes to avoid the question altogether. In more conservative environments, a subtle approach can be better. If you feel unsafe, or if your surroundings aren't as friendly as they could be, you can side-step the question about your identity if asked. You don't have to deny the truth, but you can navigate the conversation in such a way as to avoid directly answering the question. Discretion and adaptability can be helpful in various cultural contexts.

## Respect the local culture

Respecting local culture extends beyond just how you share your identity — it will impact the ways you can engage socially, as well. Many destinations depend heavily on tourism dollars, so while they may not accept LGBTQ+ people comfortably, they also are unlikely to punish foreign tourists. This is especially true for travelers from wealthy countries, who are generally treated with the additional privilege that is accorded to more affluent visitors.

## Engaging with local culture

Engaging with local communities and forming connections can present its own set of challenges and opportunities for LGBTQ+ travelers. Whether participating in work-related events or seeking out social activities, the approach to making connections can significantly impact one's travel experience. Leveraging resources such as apps and local LGBTQ+ organizations can facilitate meaningful interactions and support, helping to bridge the gap between personal identity and social belonging.

## Err on the side of caution

When traveling to places with high levels of surveillance and known hostility towards LGBTQ+ communities, it's vital to approach interactions with caution. Always seek permission before taking and sharing photos and take cues from locals on how openly you should express your identity. In some regions, foreign visitors are closely monitored, and interactions with locals could lead to repercussions for them after you've left.

## Consider a VPN

Utilizing a Virtual Private Network (VPN) and encrypted messaging apps is helpful to maintain privacy and avoid surveillance. This is especially recommended in regions with restrictive internet policies but can't guarantee 100% security against interception of your communications.

## Use apps, but be careful

Apps like Grindr make it much easier to connect with locals. It's always safer to meet someone in a public place first, rather than in your hotel room. In some destinations, dating apps are being used to lure visitors who are drugged and robbed when they pass out, so be careful consuming food or beverages that a new friend provides or has an opportunity to alter. And remember apps differ in the different countries - certain countries prefer certain apps. Some countries, an app will be very popular, and then you can cross a boundary, and another will be more widely used. For example, GayRomeo is popular in India (it was ranked among the top 10 best gay dating apps in the country for 2023, according to the Indian Pride Club) though not so much elsewhere, so understanding which apps to use in which countries is helpful.

## Avoid secluded meetups

Exercise caution when arranging meetings through online platforms. Traditionally, the LGBTQ+ community found camaraderie and safety in gay bars and LGBTQ+-friendly establishments. However, with the advent of various social apps, while convenient, they come with their own set of risks, including potential robbery. You can prioritize safety by choosing public, well-lit venues for initial meetups and avoiding secluded areas. There's also a realistic possibility of surveillance, especially in countries with restrictive policies towards LGBTQ+ communities. The overarching advice is to remain vigilant and assume your online activities could be observed, taking all necessary precautions to protect your privacy and safety.



## Mental health safety

Prioritizing your mental health and well-being while you travel is paramount. Below we've shared some expert advice about how to strike a healthy balance between communication and personal space in relationships. Identify the communication style that suits both you and your partner/spouse/family and foster a supportive and secure environment while exploring new destinations.

### Plan a regular check-in

*"I primarily use Facebook messenger and Skype. In a lot of other parts of the world, I'll use WhatsApp to stay connected to my friends when I'm abroad. I definitely stay in touch every couple days with my family, and I'll also text and email. It depends on what kind of internet access I have. If I'm in a place with greater risk, I would have a plan with my family and to check in because there would be more reason to be worried."*

— Julie D., Advisor on global equality and inclusion initiatives.



### Beware the over share

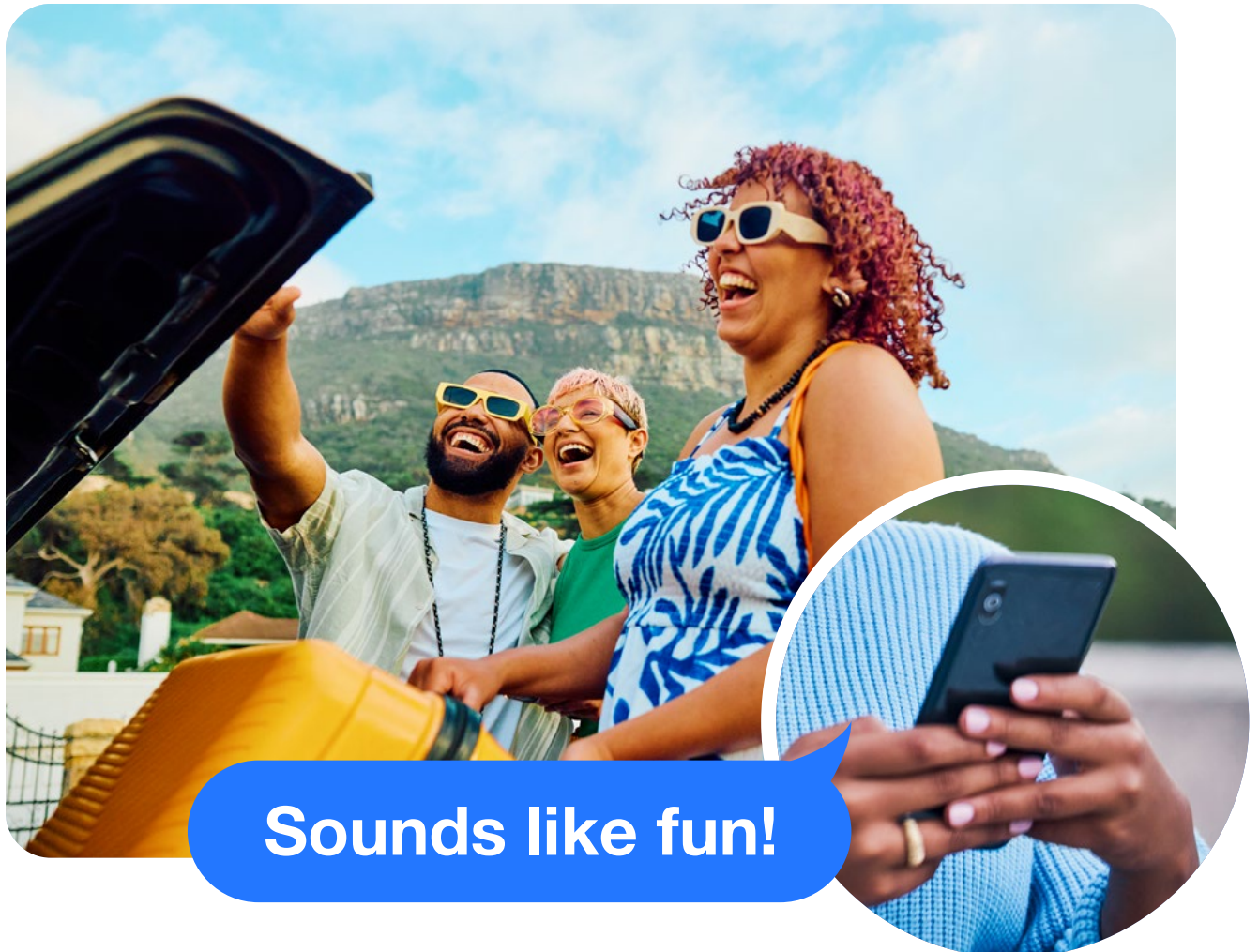
*"My husband likes to check in every day. But rehashing my day just feels like more work. And telling him about my night when it includes something that might make him jealous is really awkward. So, we exchange text messages just once or twice a day when I travel. I'll share something that made me think of him, or wish him a great day, or let him know the big meeting went well, or tell him how much I'm looking forward to our reunion."*

— Rodrigo E, Global Sales Manager

## Announce your arrival

*“One thing I do is text when I depart and land, to let him know I’ve made it there safe. We try to email every third or fourth day.”*

— Brian K, Global Marketing Officer



## Connect often

*“I try to connect as often as I can. It’s nice to check if I go to London or Paris, but I’m not checking in as often as when I go to a more remote destination. If I’m in a country where there’s been recent attacks against LGBTQ+ people, I check in more to let him know I’m safe. You just have to be mindful.”*

— Jack S., Director of Risk Management



## For business travelers

### Are you protected by your employer?

LGBTQ+ global business travelers often face unique and unexpected challenges when their business needs clash with their identity. When traveling to places where identifying as a LGBTQ+ is criminalized or generally unsafe, the support from your employer is not just a corporate responsibility—it's a cornerstone of travel safety and employee well-being. Effective preparation involves a collaborative effort to ensure that the dignity and rights of all employees are carried with them, no matter the destination.

“You absolutely have to speak with your employer before you leave the country,” said Charlie Rounds, Global Social Impact Creator at Alturi.org. “What safety precautions and resources are in place for me? Is there a contact or organization available for me if I feel unsafe? You’re sending me to a place where being LGBTQ+ is criminalized, but where is the support network? It pushes the envelope and forces the company to ask, “What are we doing overseas?”







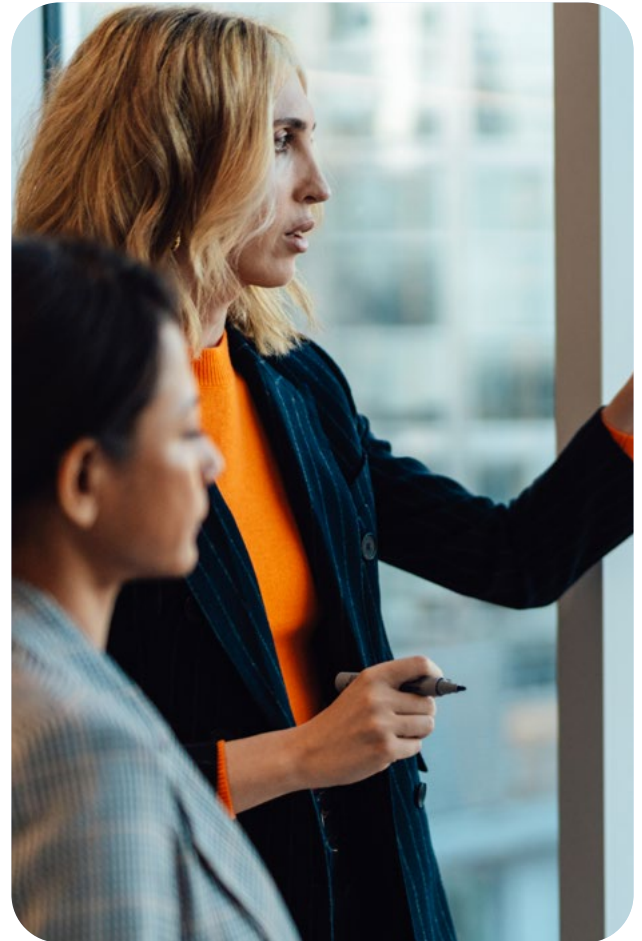
## Talk to your employer:

- Clarify with your employer their existing travel safety protocols and any protections they have in place for their LGBTQ+ employees traveling to places where it's illegal to identify as part of the LGBTQ+ community. And be specific. Ask about the specific measures in place for LGBTQ+ employees and whether these are comprehensive.
- Ensure you have adequate health and travel insurance coverage that caters to LGBTQ+ needs, including coverage for partners and provisions for possible evacuation scenarios.
- Obtain a list of emergency contacts, including local advocacy groups, legal assistance, medical facilities that are known to be LGBTQ+-friendly, and the contact details of your country's embassy or consulate.
- Discuss specific protections for trans employees and employees of color, including support in case of discrimination or harassment.
- Discuss how your privacy will be maintained regarding your sexual orientation or gender identity, especially in communications within regions where this could increase your risk. For some, their sexual orientation or gender identity is part of our job description (i.e., employees of LGBTQ+ associations.) Discussing a safety strategy ahead of time is essential.



## Best practices for employers:

1. Create and maintain up-to-date travel policies that address the specific needs of LGBTQ+ employees. Include guidelines that cover legal, health, and safety concerns in various international contexts.
2. Provide information on local laws and social attitudes towards LGBTQ+ individuals for the destinations where your employees are traveling.
3. Employers should have clear policies protecting the rights of trans employees and employees of color, including gender-affirming healthcare coverage and support for racially inclusive practices.
4. Compile comprehensive resources such as country-specific advisories, legal ramifications, and local LGBTQ+ support services.
5. Ensure access to global assistance services that offer 24/7 support for legal, medical, or security emergencies.
6. Set up secure and reliable communication channels for employees to use while abroad.





# Advancing the cause of human rights globally

At HospitableMe we believe that travel—the authentic, personal experience of different peoples, places, and cultures—is transformative. That being queer allows us to cut through many of the formalities and barriers that separate most other travelers from the people and places they visit. And in so doing, we experience a profoundly intimate global connection that few others will. We believe that our freedom to travel comes with a responsibility to advance the cause of freedom for LGBTQ+ people all over the world. But knowing how to do this isn't easy. We've identified some organizations and advice to give you a start.



## Organizations

There are many organizations working for human rights and equality globally. Here are two that we believe make a difference.

### [OutRight Action International](#)

Known for the first 25 years of its existence as the International Gay and Lesbian Human Rights Commission, OutRight is a leading international human rights organization dedicated to improving the lives of people who experience discrimination or abuse on the basis of their sexual orientation, gender identity or expression. They are dedicated to strengthening the capacity of the LGBTQ+ human rights movement worldwide to effectively conduct documentation of LGBTQ+ human rights violations and by engaging in human rights advocacy with partners around the globe. They work with the United Nations, regional human rights monitoring bodies and civil society partners. IGLHRC holds consultative status at the United Nations as a recognized Non-Governmental Organization representing the concerns and human rights of lesbian, gay bisexual and transgender people worldwide.

### [ALTURI](#)

Launched in 2015, Alturi enables individuals at all levels to take a stand against the violence and oppression facing the international LGBTQ+ community and provide direct help for LGBTQ+ advocates around the world. On the Alturi website, you can learn about the current challenges faced by the international LGBTQ+ community, search by country or issue, learn about the organizations doing work in that country or on that issue, and then support that work by donating, signing petitions, volunteering, or signing up for news.





## Personal actions

As LGBTQ+ travelers, we have a unique opportunity to be ambassadors for our community when we travel. Our personal actions can help change hearts and minds and advance the cause of human rights. Knowing how to do this, without putting ourselves or others at risk, isn't simple or formulaic. So, we've gathered some best practices and advice from those who have done it successfully.

### Pushing the envelope

*“Forty years ago, who expected to see marriage equality reach mainstream acceptance in their lifetime? It happened because millions of people took the scary and sometimes dangerous step of coming out. Most Americans now have a friend who is queer. Before you travel, do some research about your destination’s laws, and the cultural attitudes toward gay people. If we’re still second-class citizens in some respects, give some thought about how you can be visible as a gay person, within the context of that culture. It’s a balancing act. Many people pushing the envelope will help. Trying to shatter the envelope single-handedly is likely to just leave things worse for those who live there, after you go home.”*

— Sasha Alyson, Volunteer Adviser, [Big Brother Mouse](#)



### Small donations

*“A few dollars donated to an LGBTQ+ NGO at your destination can mean the world to them, making an impact far greater than those same dollars could in North America or Europe. Do your homework, but there are some very good ones out there. Here’s my favorite: [Lakshya Trust](#).”*

— Tom R, research executive

## Respect and conversation

*“Learn a culture before you visit, and respect it. When visiting a developing nation, or a nation that is developing LGBTQ+ rights, you have the power to be an ambassador for LGBTQ+ rights and the global LGBTQ+ movement. This might sound dramatic, but simple respect and conversation can have such a tremendous impact. We demand tolerance and respect from others and in turn we should treat them with the same respect. By doing so, a line of communication is opened which can prove to be educational and rewarding for both parties. Open the eyes of just one mother or father and they can pass down their tolerance and understanding to their children who will one day contribute to that society. A movement begins with just one single person.”*

— Robert S., tour operator

## Be a living example

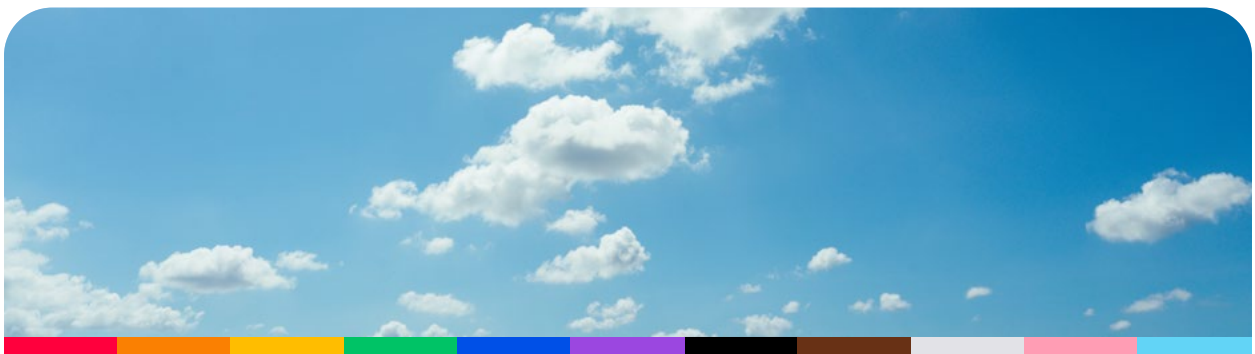
*“Get educated first and fast. Know the conditions and circumstances in other nations and jurisdictions and educate yourself and others. When traveling, especially, and when safe to do so, remind your hosts and travel suppliers that you are gay and that you value their respect and welcome — make sure they know that they always are surrounded by other gay people, and to think of them with the same respect and equal welcome. Be a living example.”*

— Bob W., communications expert

## Share in a matter-of-fact way

*“Let’s say you’re a junior employee, you’re out at work in the US and you’re sent on a three-day trip to Moscow. The question becomes, ‘How out should you be there?’ The reality is, even if the headquarters is wonderfully gay accepting, many of the international offices are not. I think there you need to establish a rapport with the people. I don’t like the idea of a gay person having to hide himself. I go back to the company culture and where you’re working. You work for Google or Levis any of the many companies with very open accepting cultures for LGBTQ+Q+, I would be more aligned with the strategy of ‘be yourself.’ Share with other people in the same way they share with you, in a very matter-of-fact way.”*

— Dionysios Buzos, Pharmaceutical Executive



# HospitableMe

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Travel Guard meets the diverse needs of leisure and corporate travelers alike through its comprehensive portfolio of travel insurance plans and assistance services as well as a network of experienced providers. With global service centers placed strategically around the globe, our 24/7 multilingual team is always just a phone call away and ready to assist when our customers experience travel issues – from lost luggage or minor travel inconveniences to medical emergencies or life-threatening events. We help customers recover from travel disruptions and enjoy their journeys knowing Travel Guard has their back every step of the way. Learn more at [www.travelguard.com](http://www.travelguard.com) and follow Travel Guard on Facebook, Instagram, TikTok, YouTube and LinkedIn.