

Top five Golden rules for female travellers

With 45 percent of woman making up the corporate travel market, International SOS has identified five golden rules to help woman keep safe when travelling for business.

Rule number one: Know Yourself

Understanding your profile and how that profile may be perceived when you travel is vital. Key areas to consider include your physical appearance, travel experience, personality type and budget.

Rule number two: Do your research

Don't assume, do your research before you travel and know the geography of the city you are visiting, plus be aware of any cultural differences.

Rule number three: Don't be an easy target

Plan your flights so you arrive in the daytime especially if you are planning to catch a taxi and always use official taxis.

Rule number four: Be assertive

Be confident as appearing unfamiliar can make you a potential target. Trust your instincts, if something doesn't feel right it probably isn't.

Rule number five: Stay calm in a crisis

Statistics have proven that woman are more prone to harassment, assault and hand bag theft therefore it important to know how to respond in a crisis. Being prepared is key to reducing risk while on business travel

International SOS will be hosting a webinar on the 'golden rules for female travellers on the 19 July, to register visit the International SOS website.

