



Estonia - Low



Estonia Country Map



POLITICAL



ARMED CONFLICT



TERRORISM



CRIME



CIVIL UNREST



MARITIME AND PIRACY



HEALTH



ENVIRONMENTAL



TRANSPORTATION

Last Published: 25 September 2025

COUNTRY OVERVIEW

EXECUTIVE SUMMARY

Estonia remains one of the most prosperous and politically stable of the former Soviet states, having qualified for membership in the EU and NATO. The country

now has a well-developed infrastructure in most urban centres and is a low-threat destination for terrorism and civil unrest.

Crime rates are generally low, even compared to most European countries; as a result, visits are usually safe and uneventful provided travellers adopt normal security precautions. That said, petty crime, such as pickpocketing, presents the most prominent security threat to travellers visiting Estonia. Violent crime is rare and unlikely to impact travellers.

The Russian invasion of Ukraine had raised fears of destabilising the country due to the significant number of ethnic Russians located in the country's eastern regions. Currently, the risk is estimated as highly unlikely. The Russian population - accounting for a quarter of the country's total - is enjoying the rapid development of the country and the benefits of EU membership.

CULTURAL INFORMATION

Cultural Tips

- Estonian is the official language of Estonia. Estonian differs greatly from the languages of its neighbors, Latvian and Russian; however, it is more closely related to Finnish. Russian is spoken as a primary language by nearly 30% of Estonia's population, and in some towns it is the majority language. Many Estonians can speak some English.
- Estonians typically shake hands on meeting acquaintances, maintaining direct eye contact.
- When dining, remain standing until invited to sit down. Also, do not begin eating until the host says "head isu", which means "good appetite."
- Tipping is common in Estonia but not required. For good service, tips amounting to approximately 10% of the total bill are acceptable.
- Same-sex relationships are legal in Estonia, and the government recognizes same-sex partnerships. However, LGBTQ travellers may face harassment.

KEY FACTS

| | |
|------------------|---------|
| KEY FACTS | |
| CAPITAL | Tallinn |

| KEY FACTS | |
|--------------------------------|--|
| CAPITAL CITY PHONE CODE | N/A |
| COUNTRY PHONE CODE | 372 |
| CURRENCY | Euro |
| ELECTRICITY | 230 V, 50 Hz |
| GMT | +2 |
| LANGUAGES | Estonian |
| LEADERSHIP | President Alar Karis; Prime Minister Kirsten Michal |
| OFFICE WORK WEEK | Monday-Friday |
| OFFICIAL COUNTRY NAME | Republic of Estonia |
| PLUG STYLES | Type F |
| RELIGION | Atheist/Agnostic 58.4%, Orthodox 16.5%, Protestant 9.2%, other 3% |
| TIME ZONE OFFSET | UTC +2 |
| TYPE OF GOVERNMENT | Parliamentary Republic |

RISK SUMMARY

Political - Low

Estonia has remained a functioning and stable democracy since gaining independence in 1991. There are no concerns regarding elections or political stability with civil unrest remaining rare.

The country operates as a democratic parliamentary republic, whereby the Prime Minister of Estonia is the head of government in a multi-party system. The unicameral parliament (Riigikogu) is elected for four-year terms and has 101 members.

Approximately 30 per cent of the population identify as Russian or Russian-speaking, often living in mono-ethnic areas and relying on media and services from Russia. Moreover, although the country is generally considered to be a successful democracy, its Russian-speaking 'non-citizens' are not permitted to participate in national elections.

Armed Conflict - Low

The risk of interstate armed conflict in Estonia is currently assessed as low due to its NATO membership and strong alliances with the EU.

The risk from the ongoing Ukrainian-Russian war has heightened the risk due to its proximity and shared border with Russia. Estonia has approved a defence spending plan to raise its military expenditure to 5.4% of GDP from 2026 to 2029. €3.6 billion in defence funds is expected to be borrowed from the European Union (EU). Additionally, Estonia has withdrawn from the 1997 Ottawa Convention that bans the use of anti-personnel land mines.

There is substantial evidence that Russia is engaged in low-key cyber warfare against Estonian and NATO targets in Estonia. At present, these efforts appear to be aimed at weakening NATO's broader resolve, rather than preparing the environment for combat operations as in Crimea and eastern Ukraine. Estonian airspace is subject to frequent violations by Russian fighter jets.

Terrorism - Low

There are no known Estonian domestic terror groups and the threat posed by violent extremist organisations (VEO) remains low. Despite Estonia's inclusion in the Schengen Zone, which permits visa and passport-free travel, rates of immigration from war-torn regions have remained relatively low. The Estonian Internal Security Service has reported an increase in Islamic radicalisation. However, they assess the risk of issues arising from this to remain far below the average threat across Europe.

In 2016, two Russian nationals, who were also permanent residents in Estonia, were convicted of supporting Islamic terrorism; though this was considered to be an isolated incident and does not indicate a substantial threat.

Cyber attacks, perpetrated by Russian individuals or groups acting with the tacit approval of the Russian government, are likely. Such attacks generally target government websites and so foreign business interests are unlikely to be directly affected.

Crime - Low

Violent crime is rare but low-level crime such as petty theft has increased in recent years in line with an increase in tourism. That said, crime levels are still lower than in other Western nations.

Petty theft is most likely to occur in areas frequented by tourists, such as in or near major transport hubs, shopping centres, or tourist sites. Tallinn and Ida-Viru counties are the areas in which crime is most prevalent, with tourists reporting that drink-spiking is often used by criminals to aid in theft. The three areas in Tallinn with the highest crime rates are the city centre, Lasnamae and Kopli.

There have been some reports of race-related incidents within Estonia.

Organised crime focuses on drug smuggling into the EU, and Russian and Chechen criminal interests operate in areas such as Tallinn and Narva. Violence associated with organised crime is rare, though bomb and gun attacks have oc-

curred which may pose a low and incidental threat to travellers.

Civil Unrest - Low

Violent protests are infrequent, and the overall risk of civil unrest remains low. Demonstrations must be registered in advance and are typically well-policed. They are commonly held near government buildings or in areas with a significant ethnic Russian population.

Trade unions occasionally protest against the government's social and economic policies which can result in localised travel disruption, particularly in the vicinity of the parliament (Riigikogu) building in Tallinn.

Protests by ethnic Russians remain probable, particularly in Tallinn or the town of Navra, though any such events are unlikely to result in violence. Ethnic Russians constitute roughly a quarter of Estonia's population, therefore any grievances or instances of discrimination could result in the mobilisation of large groups of protesters.

Maritime and Piracy - Low

There are tensions between the Baltic nations and Russia in the Baltic Sea as Moscow pushes a more assertive naval policy. However, the risk of a serious confrontation or violence off the Estonian coast remains low.

As of December 2024, an undersea electricity cable, the Estlink 2, was damaged in the Baltic Sea, disrupting the power delivery between Estonia and Finland.

Health - Low

As an EU member state, medical care is available to all Europeans in possession of an EHIC card. Non-EU citizens, or those seeking to undertake activities with a higher risk of injury, are advised to take out appropriate insurance to guarantee access to medical care.

Hospitals in Tallinn and Tartu are of a generally high standard, however, rural facilities may suffer from a lack of advanced equipment or resources, requiring medical evacuation for more serious conditions.

Cases of tick-borne encephalitis and Lyme disease are frequently reported in Estonia, particularly in rural and forested regions. Travellers planning to stay in Estonia for an extended period are advised to get vaccinated against tick-borne encephalitis. To reduce the risk of insect bites, it is recommended to wear long-sleeved shirts and full-length clothing and to use insect repellent containing DEET or similar products.

Travellers taking their own medication should ensure that they keep it in the original packaging and retain the prescription.

Environmental - Low

The majority of environmental threats in Estonia are associated with cold temperatures and heavy snowfall during the winter months. In January and February, temperatures often drop below zero, with eastern inland regions experiencing lows of up to -25°C . These harsh conditions can make travel particularly hazardous, especially in rural areas, where heavy snowfall and ice pose significant risks. Travellers should be prepared for potential disruptions to travel and utility services during this period.

As the ice and snow begin to thaw between April and June, the risk of flooding increases, particularly in low-lying and coastal areas. This seasonal thaw can lead to significant flooding, impacting communities and infrastructure.

With over 50 per cent of Estonia covered by forests, wildfires are a common occurrence during the summer months of June to August. These fires typically affect sparsely populated rural areas in northern and eastern Estonia, where inland temperatures often exceed 30°C . Travelers planning to visit these regions during this period should be aware of the potential for disruptions due to forest fires and plan their routes and activities accordingly.

Transportation - Low

Road conditions are generally of a high standard throughout Estonia and comparable to those of Western Europe. However, travellers should be aware of differences in local road laws when compared to those of other European states. For instance, it is illegal to turn right at a red light when driving in Estonia.

Buses in Estonia are frequent and a popular form of transport. Buses generally operate from 0500 until midnight. A majority of buses at peak times can be overcrowded. Train services are quick and affordable. Trains, especially within the city centre, are well maintained and have plenty of additional features such as air conditioning. Trains often run between 0600 and 2300.

Taxis do not have standard or well-regulated rates however meters are used and costs can be high. Users cannot hail a taxi from the street; only set ranks can be used. App-based services such as Uber operate in Estonia however drivers are not regulated or verified. There have been several reports across Europe of assaults and crimes occurring through the use of Uber.

Pedestrians at night are legally required to wear reflective strips.

EMERGENCY DETAILS

SOLACE GLOBAL:- +44 (0)1202 795801.

GENERAL EMERGENCIES:- 112.

BRITISH EMBASSY, TALLINN:- +372 6674 700, U.S EMBASSY, TALLINN:- +372 6688 128. SOUTH KOREA HONORARY CONSULATE, TALLINN:- +372 601 1905.

POLICE NUMBER

112

AMBULANCE NUMBER

112

| | |
|--------------------------|-----|
| EMERGENCY DETAILS | |
| FIRE NUMBER | 112 |
| EMERGENCY DETAILS | |

TRAVEL

TRAVEL ADVICE

Following the 2022 Russian invasion of Ukraine, the border crossing between Estonia and Russia has been challenging. The main route through the Narva-Ivangorod checkpoint remains open, but there are increased examinations and restrictions on travel.

Although Estonia can generally be considered a safe country to travel to, individuals should maintain normal security measures in order to mitigate the risk of becoming a victim of petty crime. Remain vigilant against pickpockets, avoid overt displays of wealth and travel in groups at night.

The UK Foreign and Commonwealth Office advise that border crossings with Russia may be disrupted due to recent tensions between Russia and the Baltic states. In addition, passports should be carried at all times as hotels are required to check identification for all travellers.

It is worth being aware of the threat posed by extremely cold winter weather conditions. Snow clearance, even on major urban routes, is often poor or intermittent, and this has led to incidences of stranding. The short hours of winter daylight are also a contributing risk factor.

Foreign registered vehicles will require proof of ownership if stopped by police and pedestrians at night are legally required to wear reflective strips.

Homosexuality is legal in Estonia and many protections against discrimination and harassment have been enshrined in law. However, LGBTQ+ travellers may

experience discrimination in public places as both verbal and physical abuse have been reported in the past. LGBTQ+ travellers are advised to exercise enhanced caution in public places as a result.

SIGNIFICANT DATES

DECEMBER 21, 2025

- **December Solstice:** Estonia - Seasonal

DECEMBER 24, 2025

- **Christmas Eve:** Estonia - National

DECEMBER 25, 2025

- **Christmas Day:** Estonia - National

DECEMBER 26, 2025

- **Boxing Day:** Estonia - National

JANUARY 01, 2026

- **New Year's Day:** Estonia - National

FEBRUARY 24, 2026

- **Independence Day:** Estonia - National

SIGNIFICANT DATES

MARCH 20, 2026

- **March Equinox:** Estonia - Seasonal

APRIL 03, 2026

- **Good Friday:** Estonia - National

APRIL 05, 2026

- **Easter Sunday:** Estonia - National

MAY 01, 2026

- **Labor Day:** Estonia - National

MAY 24, 2026

- **Pentecost:** Estonia - National

JUNE 21, 2026

- **June Solstice:** Estonia - Seasonal

JUNE 23, 2026

- **Victory Day:** Estonia - National

SIGNIFICANT DATES

JUNE 24, 2026

- **Midsummer Day:** Estonia - National

AUGUST 20, 2026

- **Independence Restoration Day:** Estonia - National

FCDO SUMMARY

Last updated: 12/10/2025 13:32:18

Warnings and insurance

Before you travel

No travel can be guaranteed safe. Read all the advice in this guide. You may also find it helpful to:

- see [general advice for women travellers](#)
- read our [guide on disability and travel abroad](#)
- see [general advice for LGBT+ travellers](#)
- read about [safety for solo and independent travel](#)
- see [advice on volunteering and adventure travel abroad](#)

Travel insurance

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

About FCDO travel advice

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help you make informed decisions. Find out [more about FCDO travel advice](#).

Get travel advice updates

Sign up to [get email notifications](#) when this advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)
- [Travel Aware on Instagram](#)

Entry requirements

This information is for people travelling on a full [‘British citizen’ passport](#) from the UK. It is based on the UK government’s understanding of the current rules for the most common types of travel.

The authorities in Estonia set and enforce entry rules. If you’re not sure how these requirements apply to you, contact the [Estonian Embassy in London](#).

Passport validity requirements

Estonia follows [Schengen area rules](#). Your passport must:

- a ‘date of issue’ less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago
- have an ‘expiry date’ at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue)

Check with your travel provider that your passport and other travel documents meet requirements. [Renew your passport](#) if you need to.

You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.

Dual nationals

When returning to the UK, British citizens must carry a valid [British passport](#) or [certificate of entitlement](#). See [Dual citizenship](#).

Visa requirements

You can [travel without a visa to the Schengen area](#), which includes Estonia, for up to 90 days in any 180-day period without a visa. This applies if you travel:

- as a tourist
- to visit family or friends
- to attend business meetings, cultural or sports events
- for short-term studies or training

The [requirements for working in Estonia](#) are different.

If you're travelling to other Schengen countries as well, make sure your whole visit is within the 90-day visa-free limit. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days. If you overstay the 90-day visa-free limit, you may be banned from entering Schengen countries for up to 3 years.

Until the Entry-Exit System (EES) is fully rolled out, make sure you get your passport stamped on entry and exit (read 'New Schengen entry requirements').

If you're a visitor, border guards will look at your entry and exit stamps to check you have not overstayed the 90-day visa-free limit for the Schengen area.

If your passport is missing a stamp, show evidence of when and where you entered or left the Schengen area (for example, boarding passes or tickets) and ask the border guards to add the date and location in your passport.

At Estonian border control, you may also need to:

- show a return or onward ticket
- prove that you have enough money for your stay – the amount varies depending on your accommodation

Staying longer than 90 days in a 180-day period

To stay longer than 90 days, check the [Estonian government's entry requirements](#).

If you're in Estonia with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.

Read about [entry processes if you live in Estonia](#).

New Schengen entry requirements

From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.

This means that when you travel into the Schengen area for short stays, you may need to register your biometric details, such as fingerprints and a photo. You do

not need to take any action before you arrive at the border, and there is no cost for EES registration.

On your first visit into a Schengen country from 12 October onwards, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.

EES will not be rolled out to all ports of entry at once, the numbers of passengers being registered at each port of entry will vary, and some destinations may take up to 6 months to fully roll out the new process.

Until EES is fully rolled out your passport will continue to be stamped, even if you've already been registered for EES. Once EES is fully rolled out, it will replace the current system of manually stamping passports when visitors arrive in the Schengen area for short stays and you will input biometric details every time you enter or exit.

If you enter the Schengen area through the Port of Dover, Eurotunnel at Folkestone or Eurostar at St Pancras International and you are asked to register for EES, the information will be taken at the border before you leave the UK.

Read more [information on the EU Entry/Exit System and to understand which countries are in the Schengen area](#).

Travel from Ukraine, Russia and Belarus

If you are arriving in Estonia from Ukraine, Russia or Belarus, check the [Estonian government crisis website](#).

Travel from Russia

You can reserve crossings and check the real-time [level of traffic at border crossing points from Russia](#) on Estonia's 'Go Swift' website.

Vaccine requirements

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Estonia guide](#).

Customs rules

There are strict rules about [goods you can take into or out of Estonia](#). You must declare anything that may be prohibited or subject to tax or duty.

Taking food and drink into Estonia

You cannot take [meat, milk or products containing them into EU countries](#). There are some exceptions such as powdered baby milk, baby food and special foods or pet feed required for medical reasons.

Restrictions on Russian vehicles

There are restrictions on vehicles with Russian licence plates in Estonia. See the [Estonian Ministry of the Interior's website for more information](#).

Safety and security

Terrorism

There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.

UK Counter Terrorism Policing has information and advice on [staying safe abroad](#) and what to do in the event of a terrorist attack. Find out [how to reduce your risk from terrorism while abroad](#).

Terrorism in Estonia

Although there's no recent history of terrorism in Estonia, attacks cannot be ruled out.

Attacks could be indiscriminate including in places visited by foreign nationals. Stay aware of your surroundings, keep up to date with local media reports and follow the advice of local authorities.

Crime

Pickpockets can be a problem in bars and nightclubs in Tallinn's Old Town.

Drink spiking, alcohol and sexual assault

Attacks or assault, including sexual assaults, are rare but do occur. The risk is highest late at night around popular nightlife locations. To reduce your personal risk:

- save the location of your accommodation on your maps app, so it's easier to find at the end of the night
- set up a WhatsApp group to keep in touch with others in your group
- keep an eye on each other's drinks to make sure they do not get spiked
- do not let a friend walk back to their hotel alone
- do not give a drunk person more alcohol

Alcohol and drugs can reduce your vigilance, making you less in control. If you drink, know your limit. Drinks served in bars in Estonia are often stronger than those in the UK.

Report anything that does not feel right to local authorities or hotel or club management.

Taxi safety

Always use pre-arranged taxis or official taxis with 'TAKSO' signage. Do not accept lifts from unmarked vehicles or with strangers.

If you use an app, check that the car details match the car assigned to you. See ['transport risks'](#) for more details.

Bank card skimming

Keep cards in sight when paying in shops and restaurants. Read more about [how to avoid card skimming](#).

Laws and cultural differences

Illegal drugs

Illegal drugs, including cannabis, are strictly prohibited, even in very small quantities. Severe penalties apply for possessing, using, buying, or smuggling illegal drugs, including when transiting through airports. You should expect long jail sentences of up to 10 years and heavy fines.

Airports in Estonia have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers.

LGBT+ travellers

Same-sex sexual activity is legal in Estonia, and same-sex marriages have been recognised since 1 January 2024.

Read more [advice for LGBT+ travellers](#).

Transport risks

Road travel

If you are planning to drive in Estonia, see [information on driving abroad](#) and check the [rules of the road in the RAC's Estonia guide](#). The guide lists driving regulations and other legal requirements you need to be aware of.

You can drive in Estonia with a UK driving licence. You must have the original V5C vehicle registration document with you. Check for more details on the [Estonian state portal](#).

Check if you need a [UK sticker to drive your car outside the UK](#).

If you are visiting Estonia, you may be able to use your [Blue Badge](#) in some circumstances. Check local parking rules.

Hire car companies often have stricter requirements for their customers, such as a year of driving experience or a higher minimum age.

Do not drink and drive. If you are tested and found to have more than a quarter of England's legal limit of alcohol in your body, you may get a fine and possible

imprisonment.

Taxis

Do not hail unmarked taxis – they're illegal. Make sure the taxi has:

- a price list on the back window
- the driver's licence in a visible place
- a working meter
- 'TAKSO' signage (for taxis at taxi ranks)

You can also use taxi apps like Bolt, Forus and Uber.

Health

Before you travel check that:

- your destination can provide the healthcare you may need
- you have [appropriate travel insurance](#) for local treatment or unexpected medical evacuation

This is particularly important if you have a health condition or are pregnant.

Emergency medical number

Dial 112 and ask for an ambulance.

Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.

Vaccine recommendations and health risks

At least 8 weeks before your trip:

- check the latest [vaccine recommendations for Estonia](#)
- see where to get vaccines and whether you have to pay on the [NHS travel vaccinations page](#)

See what [health risks you'll face in Estonia](#), including biting insects and ticks.

Medication

The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries. If you need advice about what you can take into Estonia, contact the [Estonian Medicine Agency](#).

Read [best practice when travelling with medicines on TravelHealthPro](#).

Healthcare in Estonia

[FCDO](#) has a list of [medical providers in Estonia](#) where some staff will speak English.

Health insurance cards

To get medically necessary state healthcare in Estonia, you need a Global Health Insurance Card ([GHIC](#)) or a European Health Insurance Card ([EHIC](#)).

The NHS's [getting healthcare abroad webpage](#) has details about:

- how to apply for a [GHIC](#)
- how to get temporary cover if you lose your card or it does not arrive in time
- who qualifies for a new [EHIC](#) instead of a [GHIC](#)
- what treatment counts as medically necessary

A [GHIC](#) or [EHIC](#) is not an alternative to travel insurance. You may have costs your [GHIC](#) or [EHIC](#) does not cover, including:

- changes to travel and accommodation bookings
- additional standard costs for treatment
- medical repatriation to the UK
- treatment that is ruled non-urgent
- private healthcare
- private clinics

There is also [guidance on healthcare if you're living in Estonia](#).

Travel and mental health

Read [FCDO guidance on travel and mental health](#). There is also [mental health](#)

[guidance on TravelHealthPro](#).

Getting help

The Foreign, Commonwealth & Development Office ([FCDO](#)) cannot provide tailored advice for individual trips. Read this travel advice and carry out your own research before deciding whether to travel.

Emergency services in Estonia

Telephone: 112 (ambulance, fire, police)

Contact your travel provider and insurer

Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.

Refunds and changes to travel

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

Support from [FCDO](#)

[FCDO](#) has guidance on staying safe and what to do if you need help or support abroad, including:

- finding English-speaking [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Estonia
- dealing with a [death in Estonia](#)
- being [arrested in Estonia](#)
- getting help if you're a [victim of crime](#)

- what to do if you're [in hospital](#)
- if you're [affected by a crisis](#), such as a terrorist attack

Contacting [FCDO](#)

Help abroad

See [how to get help from the UK government abroad](#) including in an emergency.

Help in the UK

You can call [FCDO](#) in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow [FCDO](#):

- [travel advice on X](#)
- [travel advice on Facebook](#)

Risk information for British companies

The Overseas Business Risk service offers [information and advice for British companies operating in Estonia](#) on how to manage political, economic, and business security-related risks.

PACK SMART

Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Carry a duplicate wallet with small denomination notes and old cards that you could relinquish if threatened by robbers. Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Always check the destination restrictions regarding medications when planning your trip.

STAY SAFE: Hotels



Request a hotel room between the third & seventh floor. Ground floor rooms should always be avoided as they are easily accessible from the outside. Higher levels mean in the event of a fire there are many stairs to navigate and in some countries firefighters may not have ladders capable of reaching higher than the seventh floor.



Check your room phone works in case you need to call reception for help.



Know where your fire exits are. Count the number of doors to the fire exit from your room so you can feel your way in the event of a fire and a smoke-filled corridor.



To prevent unauthorised entry into your hotel room, make sure the windows and doors lock. Bolt the deadbolt and use the door wedges you've brought with you from home to wedge the main door closed.

TRAVEL SAFE: Out & About



When you are out and about, be aware of your surroundings - don't display obvious wealth, such as expensive jewellery, watches and mobile phones.



Use ATMs inside banks and shopping centres, where there is greater security and CCTV. Safety in numbers. If you are travelling with colleagues, stay together for meals and trips out. If you are alone, avoid quiet areas and trust your instincts.

Road traffic accidents are still the greatest threat to travel safety.



- Use licensed taxis.
- Always wear a seat belt.
- Keep doors locked & windows up.
- Avoid night-time driving.
- If the driver is using a phone or driving dangerously, insist they slow down/stop using their phone.

Check in regularly. Use the 'Check In' button on the Solace Secure app so your location can be monitored and you can view all intelligence alerts within your vicinity.

SAFE TRAVEL: Health Tips

See a medical travel specialist at least 4 weeks before travel.

Ask about recommended vaccines for specific destinations.

First aid kit with regular & special medication for trip - carry in hand luggage.

Evacuation & travel insurance to cover health emergencies while abroad.



Take an extra month of prescribed medication for pre-existing conditions.

Risk of malaria - take precautions to prevent mosquito bites and take malaria pills as advised.



Avoid drinking alcohol and becoming dehydrated.

Verify & consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.



Excessive sun exposure should be minimised by the use of sunscreen - sun can be more intense over water, snow and at altitude.

Leave animals alone. Animal bites or scratches can transmit rabies.

THINK SAFE: Know Your Destination

Understand the culture of your destination. Dress and behave so as not to cause offence or draw attention.



Know if the tap water is suitable to drink if not; only accept water from a sealed bottle.

Avoid ice in your drinks & salad washed in tap water.

Research where you are travelling to. Make a note of the local emergency services number. Know the current security and medical threats and advice. See the FCO website for general information ([gov.uk/foreign-travel-advice](https://www.gov.uk/foreign-travel-advice)).

DOCUMENT SAFE: Know Your Destination

Take photos/scans of your essential documents and email them to yourself. You can then access them remotely if your belongings are stolen:

- Passport
- Driver's Licence
- Travel Insurance Document
- Visa
- Medical Certificates

For 24/7 travel risk advice and emergency assistance contact Solace Global Risk operations: + 44 (0)1202 795 801

The Solace Secure desktop and app provide up-to-the-minute alerts, providing latest information on your travel location even when you are there.

CONTACT SOLACE GLOBAL RESPONSE TEAM

This report has been prepared for you by Solace Global Risk Ltd.

If you need urgent help, advice or assistance at any time please contact the 24/7 Response and Assistance Team.

If you have a question about this travel advice or any other location please email SGR@solaceglobal.com for further safety and security information.

For support using your Solace Secure platform or app please contact support@solaceglobal.com.

Solace Global Risk, Twin Sails House, West Quay Road, Poole, BH15 1JF, UK