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Questionnaire

TRANSPORT

- How will you travel to your destination? Include any stops or layovers?
- Who will meet you / pick up on arrival?
- How will you travel once in your destination?
- What safety measures will your modes of transport have? Are they sufficient?
- Modes of transportation include: walking, bikes, motorcycles, mopeds, off-road vehicles (ATVs), tuk-tuks, cars, buses, trains, planes, helicopters, ferries, boats - among others.

ACCOMMODATION

- Where will you stay while travelling. Include any stops and layovers?
- What do you know about this accommodation? How do you know that it is safe/secure?
- What types of things can you do to make your room safe? If you feel unsafe in your accommodation what will you do?
- Types of accommodation include: hotels, guest houses, homes stays (e.g. airbnb), organisation-rented compounds and houses, tents

COMMUNICATIONS

- How will you communicate to people at home as well as to people in your destination?



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Communications, continued

- Does your mobile phone work in the destination or do you need additional 'credit' or a 'roaming package'?
- How will you access the internet?
- Have you updated all your devices - both operating systems and app?
- Do you have anti-virus software on your devices?
- Is the information you may be carrying/acquiring sensitive and does it need to be protected?

MONEY

- How will you pay for things during transit and upon arrival?
- If you are delayed en route would you be able to book and pay for accommodation?
- Will your credit cards or debit cards work in your destination?
- Do you need enough money to pay for emergency medical care?

HEALTH

- How will you keep yourself well during your trip? What can you practice to keep yourself healthy?
- What types of illness or injury are the most likely?
- Are you travelling with a first aid kit?
Are there things you need to avoid doing or start doing to stay healthy?
- Do you have insurance that will enable to seek medical care should you need it? Emergency medical care?