

#### Intro

# How to plan and feel safe exploring.



#### Create Joy is here to help you feel safe and secure while you travel alone.

Here at Create Joy, we take safety very seriously. Our clients are encouraged to step out of their comfort zones, try new destinations and experiences, and even lead and plan their own journeys. Our great aspiration for our travelers is that they feel empowered, while they are out exploring the world. We understand the crucial nature of safety, and the role it plays in providing a sense of security and confidence when traveling.

With our solo female travelers, in particular, we want our Create Joy clients to feel they are prepared for and excited about their upcoming travel experiences. If you choose to go with our coaching package, you will be advised on recommended safety steps, which will be all the more important to include in your independent travel preparations. The process of building and designing travel experiences together, allows us to go step-by-step and cover and include the extra safety nets clients may need to feel absolutely ready and equipped.

In this guide, we will take you through all the safety measures to consider when building out your travel experience.

#### Index

# Table of Contents

#### Section 1

YHave you identified your 04 WHY?

#### Section 2

Planning your travel around safety.

Picking your destination.

Create Joy Travel believes travel is transformative. We're here to empower and support your goal of traveling solo with confidence.



#### Section 3

Picking your experiences	11
Acommodations and	13
transportation.	

#### Section 4

Tips on Transportation	14
Getting Around Like a	15
Local.	
Opting to Drive	16

#### Section 5

Financial planning for	1/
your trip.	
Travel Security	18
Emergency Funds	

#### Section 6

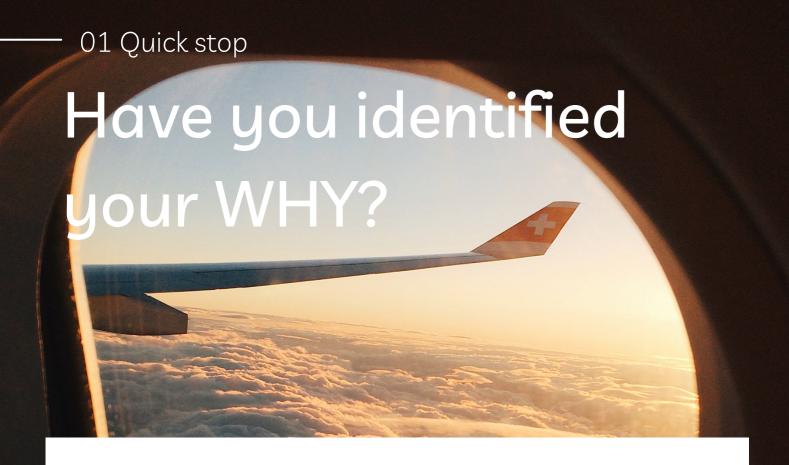
Beina	Prepared	17
201119	cpa. ca	<u> </u>

#### Section 7

Water Safety	20
Food Safety	21

#### Section 8

Packing	22
Sharing	23
Create Joy Travel	24

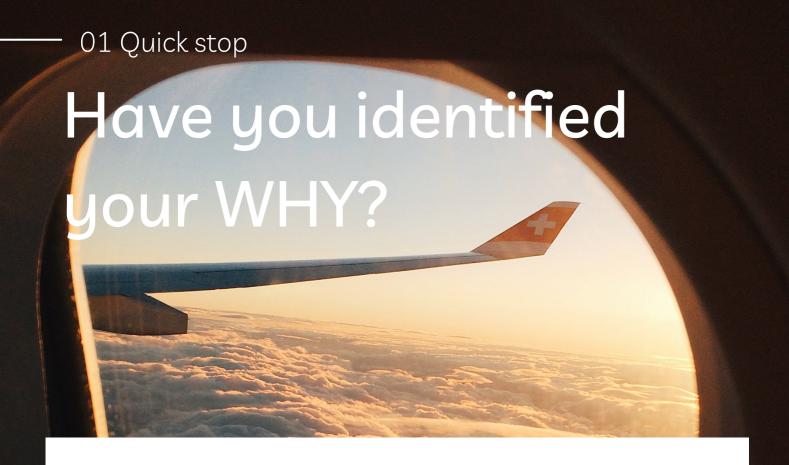


# Identifying your trip's goal and WHY is an important first step.

Many of our potential travelers are new to impactful and transformational travel, so we want to approach this guide with that in mind. For Create Joy, a transformational travel experience is growth, learning, and human-centered, and begins with setting goals and intentions that are sustainable and feasible. That is why it just makes sense to us to have a Safety Plan in place that aligns not just with your itinerary, but your overall growth journey.

If you are looking to have an impactful travel experience, but are unsure how to start the planning process, contact us. We can assist you in determining personal growth goals and building an itinerary that is focused on personal development and goal attainment.

We will begin your journey with our Goal-Setting Worksheet. Travel desires and requirements are considered alongside your identified goals and intentions, and we will coach you through building a customized itinerary that includes a realistic Safety Plan. Create Joy also offers planning and design services for those who want more time to focus on their goals and travel preparations.



# Identifying your trip's goal and WHY is an important first step.

Many of our potential travelers are new to impactful and transformational travel, so we want to approach this guide with that in mind. For Create Joy, a transformational travel experience is growth, learning, and human-centered, and begins with setting goals and intentions that are sustainable and feasible. That is why it just makes sense to us to have a Safety Plan in place that aligns not just with your itinerary, but your overall growth journey.

If you are looking to have an impactful travel experience, but are unsure how to start the planning process, contact us. We can assist you in determining personal growth goals and building an itinerary that is focused on personal development and goal attainment.

We will begin your journey with our Goal-Setting Worksheet. Travel desires and requirements are considered alongside your identified goals and intentions, and we will coach you through building a customized itinerary that includes a realistic Safety Plan. Create Joy also offers planning and design services for those who want more time to focus on their goals and travel preparations.

# Planning Your Travel Around Safety.

We know all of this can be overwhelming. That's why we created this comprehensive checklist for you. Go through it one section at a time, taking the time to research and understand your experience and destination safety concerns. We built this guide to help implement safety throughout the planning process.





"Traveling allows you to become so many different versions of yourself."



# Picking Your

### Destination

Before booking transportation, accommodations, and experiences in a desired destination, it is critical that you feel comfortable with the safety concerns of that particular destination. Here are some safety-relevant research topics that we highly recommend exploring prior to officially booking a destination or experience:

of color, and women, as well. You want to have an understanding of a destination's acceptance and treatment of these groups.
Medications: Despite being legal and prescribed in one country,
some medications a <mark>re il</mark> legal i <mark>n a</mark> country y <mark>ou may wan</mark> t to
travel to. Before b <mark>ooking your de</mark> stination, <mark>ch</mark> eck with your
potential destina <mark>tio</mark> n's emb <mark>assy</mark> and the e <mark>m</mark> bassies of countries
where you wou <mark>ld h</mark> ave layovers, to make <mark>su</mark> re your medicines
are permitted. I <mark>n a</mark> ddition, you can better <mark>inv</mark> estigate a
destination's requirement through the International Narcotics
Control Board site.



Common Risks of the Destinations: As a solo female traveler, it is important to understand the common risks of a potential destination before booking. Here are a few questions you can use to build a profile of a potential destination, and then a safety plan around those risks if you choose to go with that destination.

What are the potential risks and dangers found in that destination?
Is the destination free from civil unrest or heightened security threats?
Are the roads dangerous?
Is there a high-risk you'll be involved in an accident or incident?
Can you access emergency help easily and at any time?
Can you afford emergency medical assistance with your budget? We will talk about this a bit more later.
Are emergency services like police or medical assistance reliable?

#### **Travel Notes**

Feel free to use this space to jot down your thoughts as you go through the checklist to share with your travel designer.

Where t	to?
	Will you have access to an embassy or consulate? Can you
	easily contact the local embassy or consulate for assistance?
	Some travelers do wish to travel to countries with a higher risk
	rating. This is absolutely fine, and many do it. However, moving
	forward with these destinations may mean a lack of help from the US embassy in that destination.
	What have other travelers said about the destination online?
_	One way to gather intel on your potential destinations is to join
	social media groups for solo female travel and inquire about specific destinations.
	Are there any particular areas you should avoid?
	What is the current travel alert level at your destination? You
	can easily find travel advisories through the <u>US Department of</u>
	State Travel Advisory website. When navigating the site, select
	the potential destination, and from there, you can review the
	areas of concern within the country, further safety tips for travel
	to that country, embassy or consulate locations, and much more.
	Will a travel insurance provider cover you to travel there? Travel
	Insurance is a great medical and travel safety net. We also
	partner with a company that goes one step further, providing
	security for your travel. Check our <u>Safety</u> page to learn more
	about Global Rescue

#### Travel Notes

Knowing your access to US services in a given destination will help you when building your safety plan.



#### Is there a high risk of crime?

- Does the destination have a reputation for petty theft, such as pickpocketing?
- Is there a risk of bag snatching?
- Is there a high risk of more violent crime?
- Have travelers been the target of drink-spiking?
- Are foreigners likely to be the target of crime?

#### What are the medical risks?

- What are the average upfront costs of medical care?
- Where will the nearest hospital be?
- Would you be comfortable going to the nearest hospital?
- Will you be in a remote area with the risk of having no mobile reception in an emergency?
- Do you have any pre-existing medical conditions which will be exacerbated at a destination, such as asthma which can become worse around smog?
- Will it be difficult to find a doctor who speaks English?
- Will eating and drinking food be risky? For example, does your chosen destination have a high risk of food poisoning or water contamination, or have travelers experienced methanol poisoning?

#### **Travel Notes**

Planning access to medical care at your destination helps you have peace of mind when traveling.



#### Other items to note:

- Is the destination a cash or credit card economy?
- What are the conversion rates?
- What is your destination's standard form of payment for transportation? For example, in Paris, you could quickly get in a cab that only takes Euros and does not take a card. Knowing this ahead of time can help you make an easy transition to your destination.
- Are there any common scams that occur in your destination(s)?
- What vaccinations are recommended or required?

#### **Travel Notes**



"People don't take trips, trips take people." – John Steinbeck

Immerse yourself

# Picking Your

## Experiences.

When choosing travel experiences, it is essential to be mindful of any physical or mental requirements and risks that might come with those experiences. Being aware of these aspects can help you better understand if an experience is something you can safely work towards and accomplish.

What are the risks associated with the experience?
What are the requirements of the traveler?
What is the suggested preparation for the experience?
How much time do you have to prepare for this experience?
What are your current mental and physical challenges? And, are these challenges that are realistic to overcome before or during your travels?
Will a guide lead you, or is this an experience you will embark on solo, or with a companion?

Whether solo or guided, what tools and resources must you have to accomplish this experience? This will help you when looking at creating your pack list.

#### Immerse yourself

D	orcona	Restrictions	
$\boldsymbol{r}$	ersonn	I Resinctions	

Do you have any personal restrictions or requirements that may keep you from accomplishing your experience successfully?
What tools, resources, and accommodations are required in order to overcome those restrictions or requirements? For example, should you hire a guide?



#### **Look to Local Guides and Small Group Experiences:**

Having a vetted guide or small group for your experience can elevate your experience. If you feel the experience would not be safe to accomplish alone, look for a guide or local tour operator to enhance your experience and add a level of safety. By looking for a guide or small tour group, you can also reduce the tools and resources you may need.

#### **Travel Notes**



Act like a local

### Accommodations and

### Transportation

Accommodations: When looking at booking safe accommodations, look at their involvement in the community, validity, and adherence to local laws. You can also utilize well-established accommodations as a resource for information on getting around, where to eat, and safe local places to explore.

Transportation: It is important to understand the transportation options available to your destination(s) and during your travels, along with any safe rider or driver etiquette, laws, and techniques.

Is there public transportation offered, and is it a safe option?
What is the etiquette when riding public transportation at your destination?
What are the rideshare or taxi options at your destination?

Whether solo or guided, what tools and resources must you have to accomplish this experience? This will help you when looking at creating your pack list.

**Travel Notes** 



# Planning transportation ahead of time and researching the options will assure you're ready to get around town safely.

Know before you go:

- The distance between where you are and where you are going?
- What are some routes offered for traveling to your desired location? If you can access a GPS app, utilize it to monitor if your taxi stays on an appropriate route.
- Know your rate before getting in the taxi. If you are in a common tourist location, looking up average fairs will also be easy.
- Be sure the taxi you are in has a working visible meter and legitimate business permits.
- Keep emergency numbers easily accessible for quick access.



RideGuru has a great resource you can use to determine what is offered in your arrival area. Quick Taxi Tips: To ensure a safe and adversity-free taxi ride, follow a few of these tips:

Pre-Book a taxi instead of hailing one. And if you're in one of the seven cities in the world that offer women-only transportation options, it could be fun to try them out.

#### Getting Around Like A Local

#### Opting to drive?

- Know your destination's general road conditions, and rent a vehicle that can get you through your route safely.
- · Review the driving laws before you get behind the wheel.
- Understand the conversion and speed signs along your route.
- Review and be comfortable with the traffic sign meanings.
- Give yourself a day of driving locally, getting to know your rental car a bit before embarking on long drives.
- Make sure your credit card or travel insurance covers your rental car abroad, and if
  it does not, getting insurance through the rental company can give you peace of
  mind and added safety.



Ensure you have the proper documentation on you at all times. This may include an IDP (International Driving Permit). International Driving Permits are required in the following countries for US Licensed Drivers: Australia, Austria, Bulgaria, the Czech Republic, Estonia, Hungary, Italy, Japan, Poland, Romania, Serbia, Slovenia, Slovakia, Spain, and Thailand.

#### Travel Notes



#### Financial planning for your trip

# Budget

Here comes the part where we determine how we can support your travel goals with your budget in mind. Here are the line items to include while putting together your finance plan.

- Travel Insurance: Travel insurance can provide a layer of protection from the unknowns of travel. Create Joy can help you understand what each policy contains, and how it will impact your travel experience. Travel insurance should cover events such as:
  - Cover the costs of flights, accommodation, and tour bookings if you have to unexpectedly cancel your trip due to a medical reason.
  - Cover a trip delay or trip interruption event
  - Providing cover for lost or stolen personal belongings.
  - Providing coverage for unexpected hospital expenses like emergency surgery, treatment, or even medical evacuation if required.
  - Organizing a translator if required.
  - Contact your family and workplace if you're involved in an accident or are in a hospital overseas.

While trip cancellation coverage is not mandatory, some countries do require proof of travel medical coverage before allowing entry. These countries include Algeria, Argentina, Aruba, Cuba, Ecuador, Fiji, Israel, Jordan, Morocco, The UAE, Turkey, and more.

#### Financial planning for your trip

Thinking about the unknowns before they happen is always smart. Emergency Funds should always be built into your travel budget to cover unexpected events.

#### **Travel Security**

	Travel Security: High-risk locations may mean that you do not
	have the safety net of the US Department of State. In these
	circumstances, having an evacuation and security plan in place is
	crucial. Although not travel insurance, Global Rescue is a pioneer
	in the industry that offers security, medical advice, and
	evacuation when you travel.

#### **Emergency Funds**

Here are some guidelines on how to determine the amount you
should put aside:

- Determine Your Emergency fund split between cash and credit card. This can be determined by knowing if the destination's economy mainly runs on cash or cards.
- Have enough money for an immediate plane ticket home from wherever you are.
- Have emergency funds in order to pay any medical expenses.
   Even with medical coverage included in travel insurance, you
   will most likely be responsible for paying the costs upfront
   and will have to wait to get reimbursed by the insurance
   company. By knowing the destinations' average costs for
   care without insurance, you can be financially prepared in
   case of an emergency.
- Having a small amount of cash on your person in a discrete and inaccessible location is always smart. Having \$80-\$100 US dollars in your destination's currency can help you acquire transportation, or can get you out of an unforeseen jam. This is cash that is not spent unless there is an emergency.

Have enough cash and a backup card stored in a secure place, that will cover hotel and food expenses for a few days, should your cards become lost or stolen.

You got this.

## Being Prepared

Preparing yourself for travel experiences and developing awareness are as much about safety, as they are about empowerment. Learning about your destination(s) ahead of time can help you navigate uncomfortable situations and stay safe.

Here is some information that you should familiarize yourself with prior to embarking on your travel experience and heading out to your destination

Security Concerns: Just as important as understanding the security risks in a given destination is monitoring any emerging security concerns. One tip is to sign up for the <a href="STEP program through the US Department of State">STEP program to U.S.</a> citizens and nationals traveling and living abroad, where they can enroll their travel plans with the nearest U.S. Embassy or Consulate. You will receive updates about safety conditions in your destination country, and The Embassy will have your contact information in case of a national emergency, whether it is a natural disaster or civil unrest, or if family and friends need

to get in touch with you in a personal emergency.



You can also download the Smart Traveler app, which will provide US Department of State advisories, embassy locations, and more.

#### **Travel Notes**

You got this.

#### Travel Requirements. What are your destination(s) Entry and Exit Requirements?

- What is the documentation required before entering your destination country?
  - How long are you staying in your destination country(s)?
  - Do you have to pay a tourist tax when entering or leaving the destination country?

#### Additional Information Points you should learn and document prior to leaving for your travel experience.

- Important Laws for Travelers to Know
- Drug + Alcohol Laws
- Traffic Laws
- Cultural Laws For example, No Tattoos
- Governmental Laws that could affect travelers
- Conversion rates and common forms of payment
- Common scams that occur in your destination(s)
- Material and Non-Material Cultural Points that you may encounter:
- Communication
- Subjects That Should Not Be Discussed
- Prepare for Language Barriers
- Common Sayings and Signs of Respect
- Download Apps to Help Translate like Google Translate
- Understand Cultural Etiquette
- Social Etiquette greeting, etc.
- Eating Etiquette
- Transportation Etiquette
- Clothing
- Understand Cultural Bias: This is important for LGBTQIA+ travelers, travelers of color, and women, as well.
- Religion Understanding the Main Religions of a destination

#### 07 Quick stop on Water Safety

The CDC recommends the following tactics and tips for water and beverage consumption while traveling:



- Many people choose to disinfect or filter their water when traveling to destinations where safe tap water might not be available.
- Beverages made with water that has just been boiled (e.g., tea, coffee), generally are safe to drink.
- Unless further disinfected, tap water safe for drinking is not sterile and should not be used for sinus or nasal irrigation or rinsing, including in neti pots and for ritual ablution. Never use tap water to clean or rinse contact lenses. Avoid getting tap water in your mouth when showering or bathing.
- Water that looks cloudy or discolored could be contaminated with chemicals and will not be made safe by boiling or disinfection. In these situations, use bottled water.
- In areas where tap water could be unsafe, use only commercially bottled water from an unopened, factory-sealed container, or water that has been adequately disinfected for drinking, preparing food and beverages, making ice, cooking, and brushing teeth.
- When served in unopened, factory-sealed cans or bottles, carbonated beverages, commercially prepared fruit drinks, water, alcoholic beverages, and pasteurized drinks generally can be considered safe. Because surfaces on the outside of cans and bottles might be contaminated, these surfaces should be wiped clean and dried before opening or drinking directly from the container.
- Beverages that might not be safe for consumption include iced drinks and fountain drinks or other drinks made with tap water. Because ice might be made from contaminated water, ask that all beverages be served without ice.
- The alcohol content of alcoholic beverages will not kill bacteria in ice made from contaminated water.

07 Quick stop on Food Safety

The CDC recommends the following tactics and tips for food safety while traveling.



- Research local cuisine and food safety: Before your trip, familiarize yourself with the local cuisine and any specific food safety guidelines or recommendations for the destination you'll be visiting.
- Choose reputable establishments: Opt for well-established restaurants, food stalls, or markets that have good reviews or are recommended by locals. This can help ensure proper food handling and hygiene practices.
- Wash hands frequently: Pract good hand hygiene before and after eating is essential. Use soap and water, or carry hand sanitizer with at least 60% alcohol content when handwashing facilities are unavailable.
- Eat cooked and hot foods: Opt for thoroughly cooked meals and dishes served piping hot. Heat kills bacteria, reducing the risk of foodborne illnesses.
- Avoid raw and undercooked foods: To minimize the risk of foodborne illnesses, it's best to avoid raw or undercooked meats, seafood, eggs, and unpasteurized dairy products.
- Peel fruits and vegetables: When consuming fresh produce, peel them yourself or choose fruits and vegetables that have a protective outer layer. Avoid eating uncooked salads or unwashed fruits from unknown sources.

"The best way to know a city is to eat it." – Scott Westerfeld

O8 Packing

Make me proud, girl.

Pack List: We encourage pack lists that are balanced for safety and fun. Think of yourself as a badass female MacGyver–ready for anything! Write out your pack list to ensure you are:



- Bringing clothes that meet the cultural clothing recommendations or requirements of your destination.
- First aid kit items, such as hand sanitizer, water bottle with a filtering system, a small first aid kit, and medicines to treat diarrhea and dehydration.
- Consider your unpack list. Leaving home any valuable items that are not required, such as Credit Cards you do not plan to use or electronic devices you do not absolutely need.
- Making and bringing copies of Required Documents for entry and exit of all destinations, including layover destinations, as well as copies of any necessary prescriptions.
- If traveling to a country that uses a different currency, convert any known cash
  needs and your emergency fund cash dollars before you leave. It is best to do this
  a few days ahead of time through your bank. Always shop around for the best
  conversion rates and avoid currency exchange at the airport if at all possible.

#### **Pack List Notes**

"Just in case" is the curse of packing.

– Alexandra Potter

08 Share, Share, and Don't Over Share

With a trusted loved one or close friend, share your itinerary, flight, passport, bank and credit card details (account numbers, expiration dates, security codes, and contact phone numbers), known transportation information, and your accommodation information.



#### **Tracking & Safety Apps:**

As a female solo traveler, having too many safety apps on your phone is never a problem.

- <u>Sitata Travel Safe</u>: This app monitors media sites worldwide for news on realtime events happening around the globe that can disrupt travel. This app has a small cost, but it can be purchased daily for the length of your trip.
- <u>BSafe</u>: With its many features, this app helps keep you safe while traveling. Features such as Follow Me, the fake phone call, and the SOS features allow you to notify loved ones if you are in trouble. In addition, a Timer Mode can be set to trigger an alert if you haven't checked in. In order to access these features, you do have to sign up for their premium version, but you can purchase these features for 24 hours or for a yearly subscription.
- <u>GeoSure</u>: GeoSure incorporates the most accurate safety and security data on the market, with continuously updated ratings for every popular destination and major cities across the globe, right down to individual neighborhoods.
- <u>TripWhistle</u>: With TripWhistle, you can dial local emergency police, fire, and ambulance phone numbers anywhere in the world with a single touch. You can also share your GPS coordinates and street location with emergency services.
- <u>NomadHer</u>: Not only can you use this app to share your stories and travel tips with fellow female travelers, but you can get inspired by meaningful content within a safe and inclusive community from fears and questions, to advice and travel tips. All members are verified.
- <u>WhatsApp</u> This communication app keeps all of your messages encrypted, allowing voice and face calls without the risk of fees.
- Don't Share Your detailed travel plans and locations in advance on social media or with others who are not trusted.



08 Create Joy Travel is here to support you.



As we said, we know all of this can be overwhelming. If you find yourself lacking the time to research and gather all of the information necessary to feel educated, empowered, and safe during your travel experience, worry not, Create Joy can help you with that. We are here to help you turn your dreams of travel into a reality.

We recommend defining your WHY, and setting goals and intentions before building a safety and travel plan. Create Joy's services help those who are looking to regain their sense of adventure and explore the world in a way that feels safe and meaningful. Our coaching, design, and planning business differentiates its approach to travel by incorporating three defined pillars into our practice, process, and values. We aim to create experiences for our clients that are growth and human-centered, that are whole-body and holistic, and which are focused on sustainability and authenticity.

Our travelers, in turn, are exposed to new perspectives, and feel more inspired, confident, and safe as they embark on and return from their travel experiences. Contact us to learn more.

You got this. Reach Out