

## CREATE BOUNDARIES

Be cautious when sharing information about your plans and itinerary with strangers. Don't feel the need to be overly polite if you are bothered by someone. While it may seem rude to be unfriendly to a stranger, creating boundaries to protect yourself is important. Use facial expressions, body language, and a firm voice to fend off any unwanted attention.

## IN AN EMERGENCY

### IF YOU ARE A VICTIM OF A CRIME

The State Department is committed to assisting U.S. citizens who become victims of crime while traveling abroad. Consular staff at our embassies and consulates can provide information about the country's criminal justice system, including how to access medical services or file a police report, as well as information about other available resources. Please visit our U.S. Citizens Victims of Crime (<http://travel.state.gov/content/passports/english/emergencies/victims.html>) webpage for more information.

## BUREAU OF CONSULAR AFFAIRS

The mission of the Department of State's Bureau of Consular Affairs (CA) is to protect the lives and interests of U.S. citizens abroad and to strengthen the security of United States borders through the vigilant adjudication of visas and passports. CA contributes significantly to the U.S. government goal of promoting international exchange and understanding. Our vision is to help U.S. citizens engage the world. CA issues the travel documents that allow U.S. Citizens to travel the globe, lawful immigrants and visitors to travel to the United States and provides essential cycle of life services to U.S. citizens overseas.

### CONTACT US

In an emergency, please contact the nearest U.S. Embassy or Consulate or call these numbers:

**TOLL-FREE FROM THE UNITED STATES**

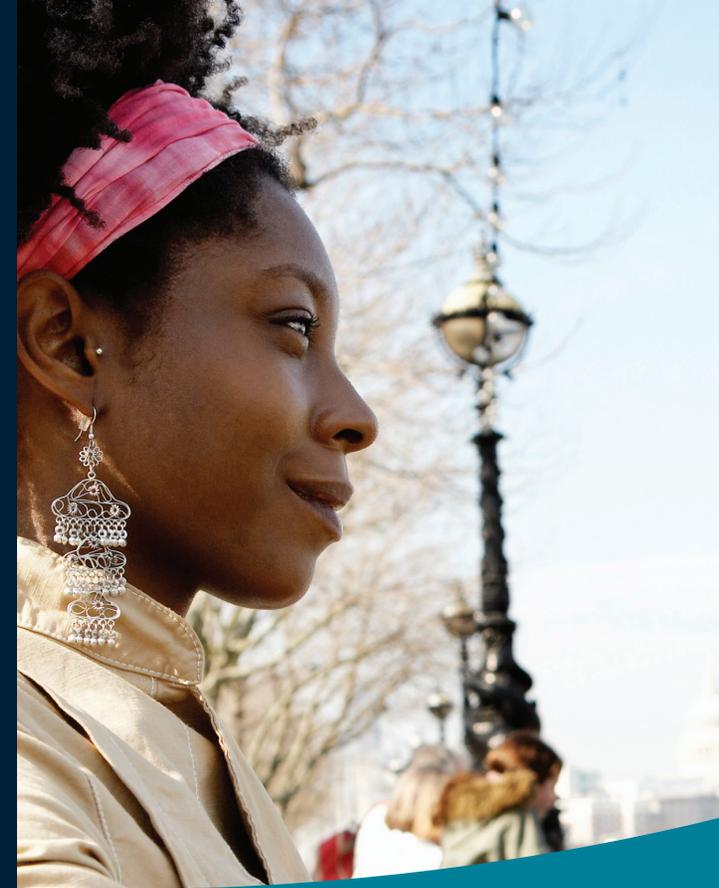
**1-888-407-4747**

**FROM OVERSEAS**

**+1-202-501-4444**

**[travel.state.gov](http://travel.state.gov)**

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# U.S. PASSPORTS AND INTERNATIONAL TRAVEL

## Tips for Women Travelers

United States Department of State | Bureau of Consular Affairs



When traveling overseas, remember to take the same precautions as if you were traveling in the United States. Listed below are important steps to prepare for a safe trip.

## BEFORE YOU GO

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**Know the location of the U.S. embassy or consulate for your destination.**

### RESEARCH YOUR DESTINATION

Visit the Department of State's official website, *Travel.State.Gov*, where you will find Country Specific Information for every country of the world and contact information for the closest U.S. embassy and/or consulate. You will also find information about visa requirements, crime and security conditions, health and medical considerations, local laws, areas to avoid, and more. Most foreign countries require a valid passport to enter and leave. **There are countries that may require a woman to have a male escort to leave a country.** We recommend that you visit *travel.state.gov* to view the Country Specific Information page for the country you are visiting where you will find information on the entry and exit requirements for each country. Visit *travel.state.gov/content/passports/english/go/Women.html* to view our webpage that answers questions for women travelers.

### ENROLL IN STEP

Sign up for our free Smart Traveler Enrollment Program (STEP) at *step.state.gov* to receive the latest travel updates and information. You will automatically receive the most current information we compile about the country where you will be traveling or living.

### PACK ACCORDINGLY

Each country that you visit will have different local laws and customs about women's clothing and appearance. For example, what you wear in a mall in Mexico might not be acceptable in a mall in the United Arab Emirates.

### PLAN HOW YOU WILL MOVE AROUND

The safety of public transportation varies from country to country. In many places, informal taxis or mini-buses pose undue threats to people unfamiliar with the local conditions, especially to women traveling alone. Find out from reliable sources, such as local authorities or tourism officials, what is and is not safe.

## WHILE ABROAD

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### BE AWARE OF YOUR SURROUNDINGS

It is important for women travelers to understand the cultural norms of the country they will be visiting. Pay attention to local laws and customs because they can be quite different from the United States, especially if you intend to travel alone. **Avoid dark, isolated non-tourist areas at night.**

### BLEND IN

As a U.S. citizen and a woman traveling in a foreign country, you may already stand out. Use discretion when moving from place to place. On arrival, note the clothes and makeup local women are wearing and try to follow their lead.



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