

Crime-proof yourself

Protect yourself by knowing how to stay out of trouble.

- Be careful who you trust. Watch out for criminals — both male and female — who target women travellers. They may work individually or in teams, often posing as good Samaritans or creating distractions to steal belongings. Be wary of new “friends”, including locals, fellow travellers, and even Canadians you meet abroad. Beware of the threat of getting trapped in sex or labour trafficking. Human traffickers frequently recruit foreign women through fraudulent ads for work as hostesses, models, nannies, maids, or other seemingly legitimate jobs.
 - Lower your tourist profile and try not to give the impression that you’re lost or vulnerable. Know where you’re going, what you’re doing, and how to get back.
- Always carry the address or a business card from your accommodations. Study a street map before going out. Avoid opening a map in a public area or keep it hidden under a newspaper. If you get lost, try to get your bearings and ask for directions from a police officer, shopkeeper, or another woman on the street, or find a phone and call your hotel or hostel.
- Use only legal and reputable taxis. Never hire a taxi if the driver approaches you in an airport arrival area. Such services are usually illegal and may be unsafe. Ask your hotel to recommend taxi services and avoid the risk of hailing an unlicensed cab on the street. Or take advantage of women-only taxis in such cities as London, Cairo, and Moscow. Whenever possible, pair up with someone you trust when travelling by taxi.