

# Personal security and health



Staying safe is a question of common sense and taking some basic precautions. Inner city areas and townships are probably the most dangerous places – especially at night. Do not go out on your own, anywhere, and don't go exploring unless you are sure where you are going. Don't wear expensive – looking accessories.

Pickpockets are sometimes a problem so don't carry large sums of money. Keep some change in a side pocket so that you don't have to produce your wallet whenever you need to tip. A money belt worn under your clothes is useful for keeping documents and money.

Don't go near deserted or poor areas except as part of a tour group. Leave valuables in your hotel's safe-deposit box. Avoid travelling on any suburban trains at off-peak times, unless you're in a group of at least ten. If a criminal points a gun at you, obey his or her orders.

When travelling by car, always keep the doors locked and the windows only slightly open. When you leave the car, lock it, even if you're getting out for just a few moments. Make sure nothing of value is visible inside. Use supervised car parks whenever possible.

Adapted from „English for International Tourism”

## Answer the questions

Which parts of a city can be unsafe?

What mustn't you do alone?

What shouldn't you wear when you go exploring?

What precaution should you take against pickpockets?

Where should you put some money for tips?

What can you use a money belt for?

Where should you keep valuable objects?

When shouldn't you travel by train?

What should you do with any possessions in your car?

Where is the best place to leave your car?

## State whether the sentences are true (T) or false (F)

Downtown areas aren't safe at night.

You shouldn't explore the city if you don't know where to go.

You shouldn't wear necklaces made of gold.

Avoid taking pickpockets with you.

Keep your wallet in a side pocket so that you can tip waiters.

You wear a money belt on your back.

You should travel around a city as a part of a tour group as often as possible.

If someone points a gun at you, you should follow his instructions.

The windows and doors of your car should always be closed.

If you have such possibility use attended car park.