

# Some Simple Tips



**Be Aware**  
Take Care

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# Some Simple Tips

## Do you know how to avoid attacks on the train



With several cases in the news about attacks on travellers I was asked the other day by a client of mine if there was anything they could do to help prevent them becoming a victim. They had heard on the radio on the way to the office that as terrorism and violence can be so random there was little if anything that an individual could do to reduce their risk.

Well in part they are correct. If you happen to be the person walking past a car as it explodes there is nothing you can do that's just fate, being unlucky, gods will, karma or however you choose to label it. However in other situations there is the chance for you to say "not today fate, come back another day, today I am safe".

Now its important to recognise that you cannot eliminate risk, risk will always exist and be a factor all you can do is attempt to identify and plan how to reduce risk. Its all about understanding and managing risk.

Even if you do nothing there is risk, if you choose to never leave the house ever again that in itself is a risk either from health issues, a house fire or something like an earthquake.

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As the main reason this question came up was the recent attacks on train travellers let us consider how we can adjust our chances, or manage the risk we have identified.

The incidents in case were attacks in Switzerland, Germany, Austria and France. None of these would in the past have been areas that most people would mention in the same breath as terrorism or attacks but situations change and you should always be aware of this.

Its important to recognise as members of the public the cause is not important so if its a terrorist attack, an attack due to drink or mental illness or for robbery and theft at the time of the incident it doesn't matter we just want to make sure its not us that doesn't make it home that night.

## ***BBC Links to the attacks***

[Austrian Attack](#), [Swiss Attack](#), [German Axe Attack](#), [German Knife Attack](#), [French Gun Attack](#)

Firstly if you have attended one of our training courses, events or webinars and have been using our **3 Step System to Safe Travel** then you should have already identified the risks around public transport. If not get in touch and I will personally help you even if you aren't an organisation with our annual support service.

If we think about our security, spatial awareness and a recognition of the people and layout of structures around us are vital. The recent incidents have involved close proximity weapon attacks such as knives so being in a position that gives you time to react, escape or attempt to protect yourself is crucial.

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Where you stand or sit on a less busy journey is an essential element of your security. If you sit with your back to the rest of the carriage how will you know if you are at risk if you can't see who is behind you.

I suggest you sit with your back to the wall near an exit or door but not with the door straight in front of it.

If you are near an exit you can make a decision on whether to stay on the train or get off. You get a chance to evaluate risks and make a decision although not perfect it is better than other options.

If you sit or stand directly in front of the exit then anyone standing there or getting on doesn't give you the necessary time to recognise and evaluate the risks. So for example if we consider a knife attacker who gets on and swings at people you would not have the opportunity to react.

If we consider theft instead of attack for a moment, consider that, just as the automatic doors close they grab your bag and jump off. Much more seriously they grab you and jump off, you are now outside the train with your aggressor with no notice.

Situational awareness and simply being prepared and realising that not everyone is as nice as you is absolutely critical in not being caught like this.

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## That Hotel Door - Is it Safe



So there we are in Thailand for some additional training in MuayThai the famous Thai boxing and some fun in the sun. Now this is often the time that your natural defences start to lower. A little bit of sun and a change from your usual routine and everything can seem so different. As a trainer and coach to many large international businesses explaining how a little awareness training can ensure their teams can travel safely without incident it would be amiss of me to not constantly be recognising and assessing risk.

**However .....**

the sun and some fun training times with friends can make even the most experienced of us relax a little too much and that's often when a bag snatch or something else equally as trivial can occur. A bag snatch in itself is inconvenient but if the victim makes the added mistake of defending their possessions it can also turn into something much bigger.

So with everything going so well and exhausted from training and the heat it would be easy to miss the obvious. Just have a look at the double doors of the villa. Spot anything?

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If you look at the very nice double doors you can see there are double bolts on the left side door and a latch on the right side door which fixes it to the left side door. Now one thing the doors do have is a spy hole so at least you can see who is on the other side. Both doors open outwards.

However you should be able to work out that with no chain or manual overlock anyone who slips the latch on the right hand door can simply walk into your villa. Not the best security in the world but likewise not the worst.

A simple method of overcoming most issues in many hotel rooms is to take a doorstop but as these doors open out that wont work here.

A simple method for additional security also has to be able to be movable in the case of fire or emergency so as in all things its about gaining an effective balance. In this case a simple belt can be used which if pushed strongly will stretch and release if for some reason you are unable to undo it but with enough noise that anyone asleep inside would know if an intruder were entering the villa.



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## Who sends their female employees to UAE, Dubai or Qatar



Gate	Time	Destination	Airline	Gate	Time	Destination
35	11:20	Las Vegas	VS043	10:26	12:50	Newquay
33	11:30	Havana	VS063	10:30	12:55	Copenhag
31	11:30	Athens	A3607	10:40	13:00	Porto
20	11:35	Budapest	DY2496	10:45	13:00	Orlando
17	11:50	Guernsey	GR605	11:10	13:10	Belfast Cit
32	11:55	Malta	KM117	10:55	13:10	Shannon
14	12:15	Cork	FR9853	11:20	13:10	Milan-Malp
23	12:20	Innsbruck	EZY5395	11:35	13:10	Stockholm
28	12:20	Kiev	PS112	11:30	13:30	Toulouse
12	12:20	Vancouver	TS243	11:05	13:40	Pisa
22	12:25	Madrid	EZY5477	11:35	13:45	Athens
10	12:25	Milan-Linate	EZY5265	11:35	14:00	Montpellie
	12:25	Berlin	EZY5411	11:40	14:10	Copenhag
	12:50	Dublin	FR115	11:55	14:25	Paris

We in the west can become flippant with the realities of our freedoms that we take for granted. It can sometimes be a huge wake up call as we travel, work or holiday abroad only to find that the norms we take for granted do not apply.

Remember what we believe is our reality it might not be someone else's but that an individual or a state.

With Qatar chosen to host the World Cup in 2022, becoming, with Dubai a major tourist destination and many multi-national organisations operating across the region it's important that we recognise social, cultural and legal differences exist.

From a modern western point of view seeing news reports such as that of the Dutch rape victim being convicted of adultery in Qatar ([See BBC report](#)) we just don't know what to say.

Rather depressingly this echoes the cases of Marte Deborah Dalelv from Norway who reported a rape to police in Dubai and received a 16 month sentence back in 2013, and that of an unnamed 29 year old Austrian woman in February 2014.

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While Australian Alicia Gali went very public with the [Huffington Post](#) who took a role with one of the worlds largest hotel chains in Dubai in 2008. Ms Gali was allegedly raped by 3 colleagues and after ending up in hospital, was arrested for sex outside of marriage and jailed for eight months.

These, remember, are just the cases that have hit the headlines in the west as it affects our citizens and they have made the mistake of reporting their alleged attacks to the local police

Please remember the rights or wrongs of how you can and should dress as a woman are irrelevant. The fact that in many western countries it's not just acceptable but a normal everyday occurrence for either sex to dress as they like don't assume that applies across the globe.

Additionally just because you are travelling in the UK, Europe or USA and equal rights are strong and upheld that everyone in those societies feels that is right. Someone somewhere thinks that because you have a short skirt on or your head uncovered or some other signal that maybe only they identify with then you are sexually available.

Is that right, no it isn't but if you ignore this you are putting yourself at possible risk.

By all means when in the west campaign to change people's opinions, campaign for equal rights but don't ignore the fact that some may have the opposite view to you. Right or wrong don't matter as long as someone has a belief and they are willing to act on it.

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The same applies for gay rights, what is acceptable to most people in the UK will land you in jail in some countries. If you ignore the fact that even in the UK there are individuals and groups that remain hostile to people living their lives as they wish you could be significantly increasing your risk of assault. I'm not saying don't live your life as you wish what I am saying is be alert to the people and environment around you.

Please remember that if the absolute worst case happens and you are the victim of a sexual assault and you aren't in your home country contact your embassy or consulate immediately for assistance and support.

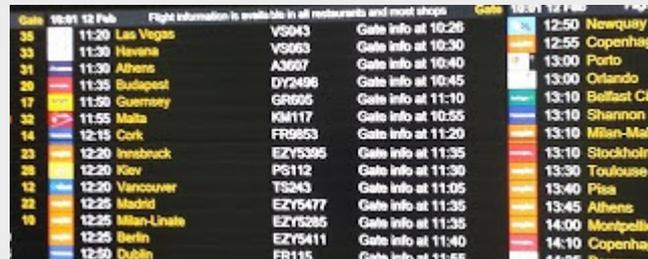
Unfortunately as we see in the cases above in some countries you won't be seen as a victim if you report a sexual assault to the police, you could find you are ignored or find yourself being arrested for having sex outside of marriage.

Don't assume your own cultural measure of your rights and laws applies around the globe it doesn't.

Contact representatives from your own country immediately not the local police and let them help you. Back home you and your family pay taxes now is the time to collect, don't struggle and suffer on your own seek help but from your countries representatives. Contact representatives from your own country immediately not the local police and let them help you.

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## 5 Simple Tips To Help The Business Traveller Stay Safe



Gate	Time	Destination	Airline	Gate info at
36	11:20	Las Vegas	VS043	10:26
33	11:30	Havana	VS063	10:30
31	11:30	Athens	A3667	10:40
20	11:35	Budapest	DY2496	10:45
17	11:50	Guernsey	GR605	11:10
32	11:55	Malta	KM117	10:55
14	12:15	Cork	FR953	11:20
23	12:20	Innsbruck	EZY395	11:35
26	12:20	Kiev	PS112	11:30
12	12:20	Vancouver	TS243	11:05
22	12:25	Madrid	EZY477	11:35
10	12:25	Milan-Linate	EZY385	11:35
	12:25	Berlin	EZY411	11:40
	12:50	Dublin	FR115	11:55
	12:50	Newquay		
	12:55	Copenhag		
	13:00	Porto		
	13:00	Orlando		
	13:10	Belfast Cit		
	13:10	Shannon		
	13:10	Milan-Malp		
	13:10	Stockholm		
	13:30	Toulouse		
	13:40	Pisa		
	13:45	Athens		
	14:00	Montpellie		
	14:10	Copenhag		

With the recent terrorist incidents rightly getting huge publicity people have asked me a lot of questions on remaining safe. Although the risk of any incident let alone a terrorist attack is statistically very small there are a few easy tips that can help you manage that risk more effectively.

Don't forget as business people we are used to identifying, recognising and understanding how to manage risk, so use those business skills to ensure the safety of yourself and your teams when travelling.

### 1. Plan your trip from end to end



It's remarkable the difference this simple process can make in reducing your risk profile.

Simply put if the complete journey there and back is planned the time you spend in the unknown is reduced.

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For instance, if on your arrival at the destination airport, you are met by a driver and taken to the office or hotel then the less time you spend in a busy public area. There is nothing worse than arriving at a busy destination and not knowing where to get a taxi or train.

Imagine how vulnerable you look arriving at your destination train station in a foreign country, exiting the station and then looking around trying to follow a map or your smartphones satnav.

## 2. Stay out of busy places



Where there are large groups of people then you are at more risk, it's that simple.

It doesn't only have to be a terrorist threat but large groups of people attract pickpockets and other such people as well.

At your departure airport get through security as soon as possible, don't wait to meet colleagues in the check in area where there are lots of people with large bags. We saw in Brussels how this can be exploited to cause terrible injuries and loss of life.

If you aren't travelling business then consider purchasing the option to use the business lounge, that's normally a fairly cheap alternative.

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## 3. Blend in to the local environment



Due to your physical appearance you may not be able to blend in but you cannot change that so just recognise it as a risk.

However even in countries where you stand out there will be others who look like you. You can either look like you are there all the time, adjusted to the environment or look like a one off visitor, the choice is yours.

Simply observe before acting, for example, if everyone is wearing casual clothes and you are in a suit with a shiny Rolex, then that's not blending in.

## 4. Follow the advice of the Foreign Office



This is an obvious first step to take as if they are advising against travel to your destination then its normally based on specific intelligence.

Failure to follow this advice may also invalidate any insurance you have, both for health and life insurance.

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The travel office regularly update their advice to travellers so at least be aware of what they recommend even if you consciously choose to ignore it. Ignorance is not bliss its active stupidity.

## 5. Get insured



When people are insured adequately it can change their behaviours.

For instance if someone tries to rob you the sensible thing to do is give up your valuables. After all that wallet they are attempting to take from you only has a couple of bits of plastic and a few hundred pounds in so why would you risk your life to save it.

Insurance can trigger that subconscious switch that simply lets you hand it over and run rather than fight and risk your life.

Remember very little we carry is actually of much value. Even a solid gold Rolex has little value. If you could afford it once you could afford it again and that's assuming it wasn't insured.

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## Want To Find Out More?

Be Aware Take Care is brought to you by author and international speaker Tony Willis.

Helping busy Professionals stay safe when they travel – either domestically or internationally.

Whether it's handling the daily commute, navigating foreign cities or simply being aware of potential threats in Airports and Hotels the training provided along with the tried and tested techniques and tips will help you and your team stay safe when going about your work.

As a Published Author & Founder of Be Aware Take Care, Tony delivers thought provoking conferences, 1:1 Coaching, and workshops in Personal Self Protection and Awareness; products include:

- Key Note Presentations and Conference Speaking
- Team Workshops and Events
- Individual Coaching
- Team Coaching and Training
- Protection and Conflict Avoidance Consultation

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