

# 5 SIMPLE STEPS TO STAY CONTACTABLE WHILE TRAVELLING



## 1. Register your travel plans

When planning your trip, check for travel advisory warnings and register your travel plans, making it easier to contact you in an emergency.

For Kiwis, visit:

<https://www.safetravel.govt.nz/>



## 2. Your embassy is your friend

Your embassy is open 24 hours a day, 7 days a week to provide you with support when you are in a foreign country.

For Kiwis, call +64 4 439 8000



## 3. Leave a copy of your itinerary with loved ones

Letting your friends and family know where and when you will be travelling can reduce worry and make it easier to contact you in an emergency.



## 4. Organise data for your smart phone

Avoid excessive roaming charges by organising a local data package for your smart phone. This will mean you can keep in touch with family and friends using email, social media and free call applications such as Skype, Facetime and Viber.



## 5. Make use of Facebook's safety check feature

In a crisis, a geolocation feature within Facebook will pinpoint your location to a crisis area. On your next visit to Facebook, you will be prompted to "mark yourself safe", which then displayed to your Facebook friends.

As always, when you travel be informed,  
be prepared and stay smart

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[Find out the secrets to travelling comfortably on your next flight](#)



[www.flyhealthy.co.nz](http://www.flyhealthy.co.nz)

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