

A GUIDE FOR POSITIVE TRAVELLERS



Welcome

This pocket guide is designed to help HIV-positive Australians prepare for a safe and happy travel experience.

Contents

1 » Preparing

2 » Medication

3 » Insurance

4 » Emergencies

5 » Entry Restrictions

6 » Travel Smart

Website

www.positivetravel.info

Visit the Positive Travel website for –

- » Pre-Flight Checklist
- » Forms & Letter Templates
- » Guestbook with other positive travellers' experiences
- » Up to date information about Entry Restrictions

Acknowledgements

This resource was first produced through a partnership between ACON, People Living With HIV/AIDS (NSW) and the AIDS Treatment Project Australia, supported by a grant from Roche Products.

The current edition has been updated by People Living With HIV/AIDS Victoria in partnership with People Living With HIV/AIDS NSW, again supported by a grant from Roche Products.

We gratefully acknowledge the continued support of Roche Products and the work of earlier contributors.

Suzu Malhotra

Senior Health Promotion Officer

Daniel Reeders

Campaign Coordinator

People Living With HIV/AIDS Victoria.

Copyright © 2008 PLWHA Victoria.
All rights reserved.



Preparing

When you travel overseas, you may be exposed to a range of illnesses that are uncommon in Australia. Travelling can disrupt your sleep patterns and meal times, making it tricky to stick to your medication routine. It's a good idea to make an appointment with your doctor at least three months before you travel, to arrange any vaccinations, tests and letters you may need before you leave.

HIV Treatments »

» Avoid starting a new treatment combination within a month of your trip, as your doctor may need to monitor and adjust your treatment in case of side-effects or allergic reactions. (And you don't want these to ruin your trip!)

» In the past, some positive travellers have chosen to take a treatment break while they travel, but a recent study shows treatment breaks are more harmful than we previously realised. This is an important decision to make in consultation with your doctor.

» Your doctor, nurse or treatments officer can suggest some tips and tricks to help you stick to your dosage schedule when you're travelling across time zones and wrestling with your body clock.

UP, UP + AWAY >>

>> We know from research that posting meds can result in unexpected treatment breaks, as they do not always arrive as expected. The same risk applies to packing your meds in checked luggage. Discuss this possibility with your doctor, and maybe carry a week of meds in a pill box in case this happens.

>> If you really can't take them with you, contact a local AIDS agency before you leave and through them, make an appointment with a local physician to score a prescription for 2-3 weeks of the drugs you need. You can expect to pay quite a lot of money, but it may be worth it for peace of mind.

Travel Health >>

>> Diarrhoea is a common experience for travellers, so you might want to ask your doctor about anti-diarrhoea and anti-nausea medications.

>> Put together a travel health kit. Mosquito repellent is vital as mosquito bites can transmit malaria and other exotic diseases. Electrolyte powder can be a life-saver when you're dehydrated by a bad case of diarrhoea.

Vaccinations >>

>> Most vaccinations are fine, but it is often recommended that HIV-positive people should avoid 'live' vaccines, which contain a live (but weakened) sample of the relevant pathogen. The safety of these vaccines depends on the strength of your immune system, so ask your HIV doctor for advice.

>> Bring all your Vaccination Certificates when you travel, in case you need to show them to customs and immigration officials.

>> The current Cholera, Typhoid and Yellow Fever vaccines are not recommended for people with HIV. Ask your doctor to provide a Vaccine Exemption Certificate for any vaccination you don't receive.

>> Yellow Fever is a big deal in central Africa and South America. If you spend time in these regions, you may be denied entry into other countries unless you can provide a certificate of vaccination or exemption for Yellow Fever.

>> Whether you are travelling or not, it's a good idea to get vaccinated against Hepatitis A&B, flu, tetanus and diphtheria. Remember your booster shots!

Malaria >>

>> It is recommended that you take anti-Malaria tablets when visiting any country where Malaria is prevalent. However, you should check with your HIV doctor or pharmacist whether they will interact with your current treatment regimen.

>> There are drug-resistant strains of Malaria, and co-infection with Malaria can hasten disease progression in people living with HIV. Prevention is best – always wear a tropical-strength mosquito repellent containing DEET and sleep under mosquito netting. Cover up with long-sleeved garments, treated with permethrin. These are all available from any army disposal store.

Liquids >>

>> New rules have been introduced to protect travellers from the threat of liquid explosives. You may still carry on board any prescription or over-the-counter medicines you require as long as

UP, UP + AWAY »

you have proof of need (a letter from your doctor).

» Each container of liquid, aerosol or gel in your carry-on baggage must be 100ml or less. Any larger containers must be surrendered at the screening point. Remember to pack any duty free items in your checked luggage!

» All containers must be sealed in a single, transparent, one-litre plastic bag. Any resealable bag of one litre capacity or less will do. For more information, please contact lags@dotars.gov.au or call 1300 791 581. The information in this booklet is taken from: <http://www.dotars.gov.au/transport/security/aviation/LAG/index.aspx>.



Size about 20 x 20cm

Medication

Posting Medication »

» Some positive travellers post their medication ahead of them, to a friend in the country or the hotel where they will be staying. Remember however that surface mail can be delayed or lost altogether, so you should post it well in advance to someone who can verify it has arrived.

» Customs officials inspect posted items. If you do post medication ahead, you should fill out and include a customs declaration stating the parcel contains prescribed medication, for personal use only, without any commercial value. Enclose a letter from your doctor advising the medication is for personal use. The letter does not have to detail your condition. Visit our website for links to pages from Medicare/PBS about the legal requirements.

Carrying Medication »

» If you are taking your medication with you, always carry your medication in your hand luggage, in case your checked luggage is lost or delayed.

» Always carry a letter from your doctor stating that it is prescribed medication for personal use. The letter doesn't have to

UP, UP + AWAY »

say it's for HIV. You might ask your doctor to list medications by name with daily doses, unless you are visiting a country with entry restrictions for people living with HIV/AIDS.

» Bring enough meds for your trip, plus a few days' extra in case you're delayed or change your travel plans. But don't bring an excessive amount, as customs and immigration officials may treat this as evidence of intention to overstay your visa.

» Most medications should be kept at room temperature, and some require refrigeration. Keep this in mind if you're planning to travel long distances by car or bus in summer! Ask your doctor or pharmacist for advice.

» Airplane cargo compartments are unpressurised and unheated, so liquid medication may freeze or leak during the journey. Carry these medications in hand luggage with an appropriate letter to satisfy security restrictions.

Needles and Syringes »

» If you inject medication such as Fuzeon® (T-20) or insulin, contact the Australian consulate of any country you're planning to visit and ask about their laws on needles and syringes. In some cases it may be easier to post them ahead and only carry what you will need to inject on your journey.

» Check with your airline(s) ahead of time to find out their policy on carrying needles onboard an aircraft. For example, QANTAS allows you to carry as many needles as you will need during the flight, plus a small excess as a margin for error. The rest of your supply must be carried in your checked-in luggage. As usual a letter from your doctor is required as proof you need them for a medical condition.

» Syringes should be sealed and needles should have caps on them. Remember to dispose of used needles carefully.

Injecting Fuzeon® (T-20) in Flight

» Talk to your doctor before you leave about whether it is possible to schedule your injections so you don't have to inject onboard. However, this may not always be possible, especially on longer flights, so you should make plans to inject while in flight.

» You can prepare your Fuzeon solution before your flight and keep the liquid in a cold pack for up to 24 hours.

» Try to avoid injecting during moments of turbulence. These are more common just after take-off and during the final descent, as the plane passes through the clouds. At cruising altitude the flight is normally smoother and you will find it easier to inject.

» Find somewhere private to inject your medication. The airline you're flying may recommend asking your flight attendant for assistance. Otherwise, this leaves the toilet cubicle.

» Injecting in this space gets easier with practice. Sit down if possible and use your legs and thighs to lightly brace yourself in case of turbulence.

» Before you fly, prepare a small kit with everything you will need to inject. A medium-sized travel toiletries bag is perfect.

» Bring alcohol wipes and use them to wipe down the lids of your Fuzeon bottles and any surface you will touch during the process of injecting your medication.

» Wash your hands thoroughly with soap, and do not touch anything other than your medication before injecting it.

Insurance

General Situation »

» Travel insurance is strongly recommended for anyone travelling overseas. It covers you for basic disasters like losing your wallet, passport or luggage; more importantly, travel insurance provides cover for healthcare costs incurred in a medical emergency.

» When you apply for travel insurance, you are required to disclose details of all pre-existing medical conditions. In days gone by, disclosing your positive HIV status meant you couldn't get cover at all. Some positive travellers obtained cover by omitting their status from their application for cover. This approach has a number of downsides, such as liability for fraud or the cancellation of your cover if your status became known during an emergency.

» In recent years it has been possible to obtain travel insurance from several providers, even when you disclose your HIV status as a pre-existing medical condition. Insurance providers reserve the right to make an individual determination on a case by case basis, however, Cover-More Insurance has been kind enough to provide details of the criteria they normally apply in making this decision.

Cover for HIV as an Existing Medical Condition

Advice from Cover-More Insurance

Since 2004, our records show that 90% of applicants with HIV meet our criteria for cover for their Existing Medical Condition. We assess applications for all Existing Medical Conditions based on the age of the applicant, proposed travel, medical condition (or combination of conditions), and general health (taking into account recent changes, treatment or hospitalisation).

People with HIV must disclose the condition to us if –

- » they want cover for claims arising from the condition, or*
- » the condition means they have reduced immunity.*

After the assessment is lodged, our nurses review the information supplied on the assessment form (or supplied through our online submission) and phone the applicant to ask for most recent blood tests – the date of the testing and the count for CD4 levels and viral load are of significance. Some of the applicants who have been through our assessment process choose to automatically include their blood results to expedite matters.

For the majority of applicants, we can offer cover for the HIV with a nominal charge if there are no recent significant infections, the viral load is below 10 000 and the CD4 count is above 250.

Kate Richards

Manager, Medical Underwriting

Cover-More Travel Insurance / Customer Care P/L

29 May 2007.

Considerations »

» If you do obtain cover, read your policy carefully. There may be exclusions on the cover the company will provide, depending on how an emergency situation arose.

» For instance, QBE will cover bungee jumping but not hang-gliding accidents; they'll help you replace a lost passport, unless it was stolen by someone you paid for sex.

» Don't feel embarrassed to ask your travel agent or insurance provider to explain the policy document, and if you still have questions contact your local PLWHA organisation for advice.

» Apply for travel insurance well before your departure date. It might be necessary to obtain a doctor's letter and press your case. If at first you don't succeed, contact your local PLWHA organisation and ask them to advocate for you with the insurance company.

» Tell us about your experiences, good or bad, so we can tell others—visit the Positive Travel website and add your comments.

Emergencies

Emergency Healthcare »

» Australia is a lucky country, because our citizens don't pay upfront for medical care or prescription medication. Medicare only covers costs incurred in Australia. If you need medical treatment overseas, you will almost certainly have to pay for it yourself. This can make an emergency situation overseas very stressful, especially if you're too unwell to fly back to Australia – airlines have strict fitness-to-fly criteria.

Reciprocal Health Agreements »

Australia has Reciprocal Health Agreements with nine countries:

- | | |
|--|-------------------------------------|
| » United Kingdom
and Northern Ireland | » Sweden |
| » Netherlands | » Finland |
| » Malta | » Republic of Ireland (Eire) |
| » Italy | » Norway |
| | » New Zealand |

» Australians visiting these countries can generally access the public healthcare system in that country. **Remember to take your Medicare card with you!**

UP, UP + AWAY »

» The scope of coverage varies in each agreement; **contact Medicare** to find out what kind of care is covered in each country. The agreements cover emergency care, rather than treatment for existing conditions. Some travellers have been able to obtain HIV-related care in some countries, but HIV isn't mentioned in any of the agreements and you shouldn't rely on it being covered.

Consular Assistance »

» Australian embassies and consulates can help you locate medical assistance, normally by helping you make contact with an English-speaking healthcare provider. They can facilitate communication between an Australian traveller and local doctors/hospitals, monitor the welfare of an Australian traveller in hospital, and communicate with their next-of-kin back in Australia.

» In a worst-case scenario they can assist in coordinating a medical evacuation (medivac). However, quite strict limits apply to the kind of assistance a consulate/embassy can provide. To find out what they can and cannot do, please visit: http://www.smartraveller.gov.au/getting_help_overseas.html.

PLWHA Organisations »

» The Internet is your friend! Before you travel, use it to find PLWHA organisations in the countries you're planning to visit. The laws in each country are different, and it may not be possible to find them out in advance. Local PLWHA organisations can provide advice and support in the event of a legal crisis or health emergency. See: <http://www.thebody.com/hotlines/internat.html>.

Preparations »

» There are steps you can take before you leave to ensure a swift response is possible if you need emergency assistance while travelling overseas.

» Arrange an Enduring Power of (Medical) Attorney for your partner, next of kin or a trusted friend, endorsed with their Australian contact details on it, and give them a copy of this.

» Also give them copies of your vaccination certificates, relevant health documentation, insurance policy, identification documents—anything they might need to fax overseas in an emergency.

» Register your itinerary with DFAT using the smartraveller.gov.au website. This will help your next of kin locate you if they haven't heard from you.

» For your safety and their peace of mind, agree on a schedule for phone calls, e-mail &/ blog updates while you're away.

» Leave any medication you don't take overseas with your next of kin or a trusted friend, so they can post it to you if you lose your baggage or medication overseas. They will need to include a letter from your doctor and a customs declaration. Advise them to send no more than a month's supply at a time, as it may be confiscated by customs if they send more.

Entry Restrictions

Know before you go »

» In preparing this guide we have consulted reliable sources available online. The Positive Travel website includes links to these and other sources of information about entry restrictions. However, **entry restrictions may change**.

» We have researched this table for visitors staying for **less than 30 days** in each country.

» If you're planning to spend **more than 30 days** in any of these countries, or if you're not just travelling for leisure, you need to contact the relevant embassy yourself.

» Check out the key -->

KEY TO ENTRY CONDITIONS

GREEN

There are no restrictions
on a 30 day holiday visit

ORANGE

Some restrictions apply
+ check with embassy

RED

Entry is not permitted
to people with HIV

Entry Restrictions

GREEN COUNTRIES

- » Albania
- » Aruba
- » Austria
- » Azerbaijan
- » Barbados
- » Belarus
- » Belgium
- » Belize
- » Benin
- » Bolivia
- » Bosnia-Herzegovina
- » Botswana
- » Brazil
- » Burkina Faso
- » Burundi
- » Cambodia
- » Cameroon
- » Canada
- » Chile
- » Costa Rica
- » Côte d'Ivoire
- » Croatia
- » Czech Republic
- » Denmark
- » Dominican Republic
- » Ecuador
- » Egypt
- » Estonia
- » Ethiopia
- » Finland
- » Gabon
- » Germany
- » Ghana
- » Greece
- » Guatemala
- » Guinea
- » Guyana
- » Haiti
- » Hong Kong
- » Hungary
- » Iceland
- » Indonesia
- » Iran
- » Ireland (Republic)
- » Italy
- » Jamaica
- » Japan
- » Kuwait
- » Laos
- » Latvia
- » Lebanon
- » Lithuania
- » Macedonia
- » Madagascar
- » Malawi
- » Malaysia
- » Maldives
- » Mali
- » Malta
- » Mauritius
- » Mexico
- » Micronesia
- » Monaco
- » Montserrat
- » Morocco
- » Mozambique
- » Myanmar (Burma)
- » Nepal
- » Netherlands
- » New Zealand
- » Norway
- » Pakistan
- » Papua New Guinea
- » Paraguay
- » Peru
- » Philippines
- » Poland
- » Portugal
- » Romania
- » Rwanda
- » Singapore
- » Senegal
- » Seychelles
- » Slovakia



Entry Restrictions **GREEN COUNTRIES**

- » South Africa
- » Spain
- » Swaziland
- » Sweden
- » Switzerland
- » Tadjikistan
- » Tanzania
- » Thailand
- » Trinidad & Tobago
- » Tunisia
- » Turkey
- » Uganda
- » Ukraine
- » Uruguay
- » Venezuela
- » Vietnam
- » Yemen
- » Zambia
- » Zimbabwe

Entry Restrictions

ORANGE COUNTRIES

Anguilla » Anecdotal reports of exclusion.

Bahamas » Policy change imminent?

Bahrain » Deport if discover or declare status.

Bangladesh » Anecdotal reports of deportation on discovery.

Bulgaria » Visitors staying >30 days are tested within 72 hours of arrival.

China » Anecdotal reports of random entry testing, Entry Restriction if found to be positive, test required for visitors staying >6 months (currently under review).

Cuba » Anecdotal reports of Deportation on Discovery.

Cyprus » Legislation declares HIV+ foreigners 'illegal immigrants' who can only remain at the discretion of Minister of the Interior.

Eritrea » United States State Department (USSD) says testing 'may be required on entry'.

Georgia » Visitors staying longer than 30 days require a negative test result less than 30 days old.

Honduras » Medical certificate required to 'travel' here.

India. UK National AIDS Map (**NAM**) says visitors with known HIV infection will be denied entry; USSD does not.

Israel » Visitors are required to have health insurance; Ministry of Health 'reserves the right' to deny entry to visitors who declare their status.

Jordan » Visitors staying >30 days (USSD says 6 months) must be tested, Deportation on Discovery (sudden).

Kazakhstan » Visitors staying >1 month must present HIV test result within 10 days of arrival.

Kenya » Deportation on refusal to undergo a medical examination (no restriction against HIV itself).

Entry Restrictions

ORANGE COUNTRIES

Korea (Democratic People's Republic/North) » Deportation on Discovery.

Korea (South) » NAM says Entry Restriction (no testing requirement) + Deportation on Discovery; USSD says only for E6 visa (entertainment workers).

Kyrgyzstan » Visitors staying >1month must present evidence of HIV status (not sure of outcome).

Lesotho » Discretion of border guards (without testing).

Lybia » No testing but Entry Restriction if Known Positive & Deportation on Discovery or Declaration.

Oman » Entry requirements unknown; Immediate Deportation on Discovery.

Marshall Islands » Visitors staying >1month must present evidence of HIV status (not sure of outcome).

Moldavia/Moldova » Entry Restriction + Medical Certificate required (but tourists are exempt).

Mongolia » Legislated Entry Restriction, selectively applied at border and to foreigners staying >1month.

Nepal » Anecdotal reports of Deportation on Discovery (and media reports of GLBT harassment).

Nigeria » NAM says Discretionary refusal of entry to foreigners who are 'undesirable for medical reasons' or who come from countries which deny Nigerians entry; USSD says test required only for visitors marrying nationals.

Qatar » No test on entry but Entry Restriction if Known-Positive and Deportation on Discovery; USSD says test required for stays >30 days.

Russia » Entry Restriction but no test on entry for short stays (under 3 months).

Entry Restrictions

ORANGE COUNTRIES

Solomon Islands » Entry denied if known 'serious illness'.

Sri Lanka » Entry Restriction – no test but discretionary

Sudan » Legislated entry restriction (test result required) anecdotally reported not to be enforced.

Syria » Testing required for all visitors staying >15 days

Thailand » Legislated entry restriction on people with communicable diseases; no test & not enforced.

Turkmenistan » No entry restriction on tourists but Deportation on Discovery.

United States » Entry Restriction. See later in this booklet and the Positive Travel website for details.

Uzbekistan » Visitors staying >15 days must be tested.

Viet Nam » No entry restriction but HIV+ visitors must report to 'health control authorities' on arrival.

United Kingdom » Anyone who does not appear to be in good health may be required to undergo a medical exam (including HIV test) prior to being granted or denied entry.

Entry Restrictions

RED COUNTRIES

Armenia » Entry Restricted & Deportation on Discovery (Source: National AIDS Map [NAM] April 2006).

Brunei » Entry Restricted if Known Positive & Deportation on Discovery (Source: NAM April 2006).

Colombia » Entry is restricted to PLWHA (customs officials on the lookout). Can request a waiver from the Colombian embassy (Source: NAM April 2006, USSD December 06).

Fiji » Entry Restriction on PLWHA (Source: NAM April 2006).

Iraq » Entry Restriction on PLWHA (USSD December 2006).

Saudi Arabia » Entry Restriction (test on entry) & Deportation on Discovery. However, USSD says testing is only required for work/residence permit. (Source: NAM April 2006, USSD Dec 06)

United Arab Emirates » Entry is refused if you test positive? (Source: NAM April 2006).

United States of America » See next page.

SOURCES

NAM (National AIDS Map) – www.aidsmap.co.uk

USSD (United States State Department) Dec 2006

United States »

» In early 2007 President Bush ordered a review of entry restrictions against HIV-positive travellers to the United States. Previously, people living with HIV/AIDS were only permitted to enter the United States if they had sought and received a Special Waiver from the US Embassy in Australia. The application process takes several months and the waiver is stamped in your passport for immigration officials around the world to see.

» Some people have chosen to take their chances and fly in without the waiver. It's important to understand the risks involved before making this decision. When you enter the United States, you will be required to fill out an immigration form stating you are not infected with any communicable disease.

» A positive traveller who was unaware that HIV is a communicable disease under US immigration law, could respond 'no', and their application would not be fraudulent. But if you knew and answered 'no' anyway, you would be committing immigration fraud, and if discovered you would be automatically and permanently banned from entering the United States.

» Proposed new guidelines were made available for public comment in November 2007. Under the proposed guidelines, positive travellers who are staying less than 30 days will not have to apply for the waiver. At the time of printing this resource, a final decision on implementing the new guidelines had not yet been made. Check the Positive Travel website for an update – and please share your experiences of travel to the United States on our guestbook!



Travelling Smart

Eating out >>

There are a few simple things that you can do to avoid travellers' upset stomach. Be careful with street vendors' food and use common sense – try and make sure:

- food is cooked in front of you (fried or boiled food is safest)
- ingredients are refrigerated
- avoid fruit you can't peel yourself (eg fruit salad)
- avoid shellfish

Where local tap water is not safe:

- drink bottled water (also use this to brush your teeth) and check the seal on the bottle, because soft-drink bottles are sometimes reused as glassware rather than opened fresh.
- ask if ice used in drinks was made using boiled water.

Food in mid range hotels which cater for tourists is usually safe. Be adventurous – trying different foods is all part of a good travel experience – but also be careful! See for more information:

>> <http://www.welltogo.com.au/>

>> <http://www.smartraveller.gov.au/tips/travelwell.html>

Personal Safety »

STREET SMARTS

» Don't draw unwanted attention to yourself. Expensive outfits, accessories, and consumer electronics can make you a target for thieves.

» Don't carry all your cash around – this will minimize the damage if you do get robbed. Ask your hotel to store your valuables in their safe.

» Some cultures are more conservative about dress and manners, so tone it down and cover up to show your respect and avoid unwanted attention.

» Tourist information centres and hotel staff can provide invaluable information about good places to visit (and good places to avoid).

SCAMS

» If you find yourself caught up in a scam, keep your cool and remain polite. For instance, some scammers demand an inordinate amount of money for a meal, product or tour you've already consumed.

» Remember, your physical safety is the first priority. Cash and valuables can be replaced – use them to bargain. Even when travelling alone, remember you “have close friends who are waiting at the hotel for my return”.

» If you are separated from your bank card, call your card issuer immediately to cancel the card. Unauthorised transactions can usually be reversed if you provide a police report.

BRIBES

» Bribes are a taken-for-granted part of life in some countries.

UP, UP + AWAY »

However it may be unwise to offer a bribe unless you are certain it is expected, as you may end up facing criminal charges, either real or contrived to jack up the bribe amount.

POLICE

» As an Australian citizen, if you are arrested overseas, you are generally entitled to receive a visit from local consular staff. However, consular assistance is very limited.

» Australian consular officers provide a range of assistance to Australians detained overseas to help ensure their welfare is protected, and that they are subject to a fair judicial process according to local legal procedures. This may include visiting the person regularly in detention, providing general information about the country's legal system and local prison system, offering a list of local English-speaking lawyers, helping them to contact their family, and attending their trial as an observer (if approved by the local authorities). Consular officers can approach local authorities to request that an Australian detainee's basic needs are met and that humanitarian standards of treatment are respected. However, they cannot organise better treatment for an Australian than that provided to the host country's own citizens.

Source: <http://www.smarttraveller.gov.au/tips/gaolos.html> & http://www.smarttraveller.gov.au/arrested_or_detained_overseas.html

» If you use recreational drugs, remember the laws related to illicit drugs vary enormously from country to country. In Singapore airport, posters announce 'the penalty for drugs is death'. Elsewhere, dealers may 'value add' their sales by informing on overseas purchasers to local police in exchange for a cut of the bribe (Cameron White, *Mr Nasty*, Berkeley: Greystone, 2004).

PLAY SAFE

» If you drink or take party drugs, remember your normal judgments of risk might rely on having friends around, or at least security guards who speak your own language! If you're alone or in new company, drink or dose in smaller amounts, spaced apart, and keep aware of your surroundings.

» In some countries, including Thailand, police raid nightclubs on a semi-regular basis. Hotel staff and tour guides may know which clubs are safest to visit.

» If you experience sexual assault, remember there may not be the same support structures you'd expect to find in Australia. First ensure you're physically safe, then contact the Australian embassy or consulate. They can advise you what to expect and how best to proceed if you want to make a police report.

See: <http://www.smartraveller.gov.au/tips/sexualassault.html>

» In some countries there is a thriving trade in commercial sex work, targeting overseas visitors. If someone young and attractive comes on strong, it's not impolite to ask 'are you working?' to avoid misunderstandings later.

» Remember the age of consent may vary overseas and sex between men is outright illegal in some countries. Do your research before you travel.

» Condoms can be difficult to purchase in some countries so bring your own personal supply. Don't take *too* many – in some countries, possession of a very large number of condoms can be taken to mean you are a sex worker.

» Most of all, have fun – and remember to check in at our Positive Travel website when you get home, and tell us all about it!



www.positivetravel.info >>



napwa

acon