



Volunteer Safety Policy

Customs

- Do not offer to pay bribes
- Although most locations we visit are reasonably safe, be cautious about bringing something you cannot afford to lose. When in doubt, consult with the Mission Director. Each country differs.

Personal Safety

- Do not carry large amounts of cash.
- Do not count money in public view.
- Do not carry multiple credit cards. Make copies of cards and their theft report numbers for emergencies.
- Do not wear or bring valuable jewelry.
- When possible, travel in groups with at least one person who speaks the language fluently.
- Determine where each member of your group is at all times and agree to meet at specific times.
- In crowded locations, keep colleagues in view as much as possible.
- Do not presume that a single person will be ok to return home unsupported – try at all times to be considerate and wait for them.
- Carry a copy of hotel address/phone number at all times.
- Limit carrying handbags and backpacks.
- Be aware of your surroundings at all times.
- Do not lose control of your belongings – especially in airports/ or on public buses.
- Inform credit card companies of your travel and determine loss regulations prior to travel.
- Avoid protest demonstrations, as they can turn violent.
- Sunglasses are considered a luxury in many countries. Wear low-cost ones if you chose.
- Do NOT walk and talk on the cell phone.
- Walk on the INSIDE of the sidewalk closer to the building.

Transportation

You will be met at the airport upon your arrival. The following applies to travel during the mission:

- Try not to travel alone in a cab. Lock all doors and close all windows and sit in the back seat.
- It is best to contact your designated hotel facility to obtain cab pick-up.
- Ask your Team Leader or local host if you should or should not pick up a cab on the street. Heed their advice, and only use “marked” cabs.
- Unless metered, always agree on price prior to getting in cab.
- Pay attention to surroundings and where you are going.

- DO NOT DRIVE OR RENT MOTORIZED VEHICLES, BIKES and SCOOTERS.
- **CardioStart** does NOT have an agreement with the host country for volunteers to drive during any mission. ALL CardioStart volunteers are NOT permitted to drive any motor vehicle during the mission. If you chose to ignore this policy, you will not be considered to participate in future missions.

Passport/visa

- Provide Team Leader with a copy of your passport in case of loss. Do not carry your passport around for ordinary day excursions. Keep two photocopies of your passport – one in a separate part of your checked luggage and one in your hand luggage.
- Provide Team Leader with a copy of your passport photo for identification purposes. Email photo electronically prior to the mission. The Team Leader will use your photo to identify you at the airport.
- You must inform the Team Leader of your travel plans prior to the mission.

Dietary

We do not wish to offend local hospitality, but offer the following advice to help sustain safe practice and freedom from illness during the mission.

- Unless re-advised, it is best not to drink the local tap water or use ice. Drink only sealed bottled water or drinks.
- It is recommended you brush your teeth with bottled water and do not rinse brush under tap water.
- Do not eat raw meat, fish or vegetables. Be cautious about ordering salad items.
- It is usually best to eat only peelable fruits.

Room safety

- Although **CardioStart** seeks very secure accommodations for the volunteers on missions, it is not possible to guarantee 100% against criminal activity. It is always prudent to lock your door with all available devices when in the room, and if necessary, secure window bolts, especially, when leaving.
- When leaving your room lock up valuables at the front desk or take valuables with you.
- Please check the window locks in your room to be sure they are locked.
- Do a morning and evening tidy-up and quick check of your belongings (particularly if sharing a room), so that accidentally misplaced items are not the cause of a misunderstanding.

Earthquake Procedures

- In the event of an earthquake, stay calm, Do NOT run.
- Stand in an earthquake safety zone as marked or in a doorway or shower stall.
- Keep a flashlight at your bedside during the night.

Working safety

- Use universal precautions at all times. (Gloves, needles, syringes, body fluids, scalpels)
- Do not travel around facility without letting your teammates or host escort know where you are going. Wear your **CardioStart** badge at all times.
- Maintain control of personal belongings or leave them in a secure area advised by the Team Leader.

TripAdvisor's Top 5 Tips to Avoid Being Pickpocketed

1. Never keep your wallet or valuables in your back pocket, even if it buttons up. It's the easiest target.
2. Beware of the distraction tactic, such as dropping something near you, squirting something on you, or simply jostling you. Be on guard when in crowds, and secure your belongings.
3. Pickpockets often work in pairs or groups and it's not just the usual suspects. Be cautious with any strangers—sometimes people who don't look like they'd be a threat, such as children or the elderly, can be part of larger operations.
4. Stay alert in confined spaces and near passageways. Try to avoid standing near the doorways of trains as groups of pickpockets can rush at you when the doors open.
5. Before you set off on a trip, pare down the contents of your handbag or wallet – the smaller the bulge, the less likely pickpockets are to covet it.

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