

# mobile phones

TRAVELLING  
SAFELY



Mobiles phones can be either a help or a hindrance to your personal safety!

## These simple steps can give you peace of mind:

### Before you leave:

- Set your phone to vibrate or discreet, so you are not a target for phone thieves.
- Programme the international mobile phone emergency number - 112 - as a speed dial 5 on your phone (the number 5 is often easiest to reach being in the middle of the keypad). This number is the same as 999, but works internationally, without credit and on any phone network (not only your own network!)
- Choose the names of 5 people who can be your emergency contacts, then prefix their names with AAA. That way their names will all be first on your contact list, making it quicker and easier to call them.
- Consider buying an emergency mobile telephone charger (from most mobile phone stores) to provide emergency battery power.
- Register your phone on [www.immobilise.com](http://www.immobilise.com). If it gets stolen, it can be deactivated.

### Out and about

- Talking or texting when you are walking might make you seem an easier target by a thief.
- You can call 100 in a phone box to reverse the charges, so if your phone is out of action

### Further information

Personal Safety Learning has more resources on [www.personalsafetylearning.com](http://www.personalsafetylearning.com)

### Did you know?

Mobile phones are taken in the majority of muggings



### IF YOU FEEL THREATENED:

- Remember to trust your instincts - if you are at all worried try to avoid further contact with the aggressor
- Your phone can be replaced - your life cannot! Be prepared to give up your phone if your safety is at risk.