

UniRoos Guideline

Overseas Travel

Introduction

In relation to the overseas travel for UniSport Australia (UniSport) teams, the paramount concern for UniSport will always be to provide or be confident of the provision of, so far as it is able, a safe and secure environment. UniSport teams includes athletes, officials, volunteers and staff.

General principles

The general principles adopted in relation to overseas travel are as follows:

1. UniSport will maintain constant contact with relevant embassies in relation to safety.
2. UniSport will not require athletes, officials, or staff to travel when it is unsafe to do so.
3. Athletes, officials or staff who have personal concerns about overseas travel can elect to withdraw from the team and therefore not travel without penalty.
4. UniSport will work with embassy and event staff to have arrangements in place for immediate evacuation, if that becomes necessary.
5. Safe travel guidelines have been developed and are listed below and all travellers are expected to behave in accordance with the guidelines.
6. UniSport will endeavour to maintain regular contact with UniSport travellers who are currently overseas and monitor their situations.

UniSport practices

1. UniSport will take advice from, and be guided by, Smartraveller as to the safety and advisability of travelling to certain destinations. Information will firstly be sourced from Smartraveller's website: <https://www.smartraveller.gov.au/>
2. In the event of doubt or the need to seek further clarification, the UniSport General Manager - International Program and National Leagues will speak to and seek advice from Senior Officers in DFAT/Smartraveller.
3. UniSport will always endeavour to communicate the information and advice it receives from DFAT/Smartraveller in a clear and transparent manner to all persons representing UniSport who may be affected by a decision whether to travel or not.
4. If the feedback that UniSport receives in relation to travel to a particular destination does not indicate any issues to warrant travel being advised against, and an individual representing UniSport in a team or otherwise believes it is not safe and does not wish to travel, UniSport will respect and accept the position and decision of that individual.
5. The final decision on behalf of UniSport, as to whether or not it is safe to travel to a particular overseas destination after taking appropriate advice from Smartraveller, will be made by the CEO of UniSport, whose decision shall be final.

Travel guidelines

There are inherent risks in traveling overseas and a few simple modifications to normal behaviour can minimise these risks. The set of instructions below are to be treated as guidelines to assist travellers in minimising their risk and in this way ensure that their own security, and the success of their tour or visit overseas.

Prior to departure

1. Use the internet to visit various links on the country, including country profiles, traveller information and the [Smartraveller](#) website. Check the warnings about the country you are travelling to through this website as well.
2. Discuss any warnings about the country with the UniSport General Manager - International Program and National Leagues.
3. Ensure that you have a passport with at least two (2) blank pages and is valid for a minimum of another six (6) months from the return date of travel.
4. If making your own travel arrangements ensure that you have checked with the travel agent regarding the need for visas to enter the countries you will visit. Be aware that visas can take up to two (2) weeks to issue.
5. If making own flight and transit bookings be aware of carrier rules around amendments and cancellations and ensure that all details are correct before the ticket is issued.
6. If travelling to [Asia](#), [Africa](#), [Middle East](#), some parts of the [Pacific](#) or [Latin America](#), check with a travel vaccination centre or your GP regarding what vaccinations and/or travel medicine you might require to take with you.
7. Be aware of what you have ticked on your visa application and be consistent as you fill out your entry form on arrival.
8. Photocopy your passport, visas, tickets and other important documents and ensure that these documents are carried in a separate area to your passport and tickets.
9. Take a photograph of your luggage in case of lost baggage.
10. On departure from home check that you have your (1) passport, visas (if separate to your passport), (2) information on your hotel address, (3) ticket, and (4) program.

Travel in an overseas country

1. Lock your luggage and do not leave it unattended at any time.
2. Do not drive in countries in [Asia](#), [Middle East](#), [Africa](#) or [Latin America](#) as driving conditions are extremely hazardous and locals sometimes see westerners as an opportunity to sue for money if you 'cause' an accident.
3. Do not use tuk-tuks; motorbike taxis, drive a motorbike or ride on a motorbike in any country.
4. Be aware that driving in the [United States](#), [Canada](#) and continental [Europe](#) requires operating a vehicle on the right-hand side of the road. This may be an uncomfortable undertaking for many travellers.
5. If driving your own vehicle, carefully check the insurance conditions. For example, insurance may not cover you for the first 24 hours if you have just arrived on a flight lasting more than 12 hours.
6. Take only taxis that look reputable. Use hotel cars in preference to poor quality taxis. Best to organize a price before getting into a taxi, especially if a taxi is un-metered. Some taxi drivers have meters but claim they do not work, so negotiate in any case. Ask advice regarding taxis in the country you are travelling.
7. Always wear your seat belt. Check vehicles for seat belts before getting in, avoiding those that do not.

Food and drink

1. Drink only bottled water in countries such as Western [Europe](#), [United Kingdom](#), [United States](#), [Canada](#), [New Zealand](#) and some islands in the [Pacific](#).
2. Do not eat food from street vendors as hygiene is often questionable.
3. Eat only fruit that you peel yourself. Do not eat fruit with the skin on unless you have washed it yourself in bottled/ filtered water. Avoid eating salads, try to eat well cooked foods only.

Money and credit cards

1. Use a hotel room safe or hotel reception safe deposit box to store valuables, passports and air tickets.
2. When travelling between destinations, use a money belt hidden under clothing to carry valuables.
3. Avoid wearing jewellery, carrying a handbag or wearing waist bags, as these are invitations to pick-pockets and muggers.
4. Make photocopies of all important documents before leaving home, such as passports, airline tickets, insurance, visas, etc for quick processing if these items are stolen.
5. Carry only one credit card when you leave the hotel.
6. When carrying cash or credit cards, store them in several locations on your body so if you are robbed, you still have other resources to get back to the hotel - money-belts are good for this.

Personal safety

1. Check travel warning tips from [Smartraveller](#) and from travel guides before departing to your destination.
2. Do not go out of the athlete's village alone, or even as a group without a local escort.
3. During recreation times **do not** engage in dangerous activities or extreme sports (SCUBA diving, parasailing, rock-climbing, bungee-jumping to name a few).
4. Especially whilst in competition period do not engage in any activities that might carry a health or hygiene risk (solarium, tattoo, swimming in lakes or rivers, local/ cultural medicine practices)
5. When visiting a new city, walk with a purpose as if you have been there often. This sends signals to potential thieves and muggers that you are streetwise.
6. Occupational Health and Safety in many countries is of less concern to employers and governments than it is in Australia. Travellers are asked to be constantly aware of their surroundings to avoid dangers.
7. Village and local police security is often heightened during events such as the Summer Universiade. It is therefore important that you be aware of local laws and ensure your personal safety at all times.