IMPR.

Personal Safety and Departure Plan

For professionals travelling or working abroad

Keep a practical plan accessible and review it when circumstances change.

- [ ] **Emergency contacts**
  Record local emergency numbers, your national embassy or consulate, insurer and a trusted contact.
- [ ] **Independent essentials**
  Keep your passport, copies, medication, communication device and personal funds accessible.
- [ ] **Accommodation and transport**
  Identify safe accommodation and independent transport options. Know how to reach a departure point.
- [ ] **Exit arrangements**
  Understand notice obligations and departure options, and keep a realistic return-travel plan.
- [ ] **Seek assistance**
  If immediate danger arises, contact local emergency services when safe. Contact your consulate or appropriately qualified local professionals as circumstances require.