

[illegible]The logo for Lifebeats, featuring the word "life" in blue, a green stylized heart/line graphic, and the word "beats" in blue.

# Travel Health and Safety

## 旅行健康与安全

Most of us will travel at some time, either for work or pleasure. If we thoroughly plan every trip and execute that plan, travel for work or fun, alone or with friends, family or colleagues, can be an enjoyable experience.

大多数人会因公或因私有一些旅行。如果我们在之前做好旅行计划并且能够得到实施, 不管是因工旅行或者是一个人旅行, 与朋友们一起旅行或与家人和同事一起旅行 都是一次愉快的经历。

- In this presentation, we will discuss the three phases of any trip; Pre-trip Planning, the Actual Trip, and Returning Home.

在本次讲座中, 我们将讨论任何行程的三个阶段;预先计划行程, 实际行程和返程。

- Within each phase, you will learn how to care for yourself and your companions in three ways.

在每个阶段中, 您将学习如何在三个方面照顾自己和你的同伴

- ❖ Physical Health 身体健康
- ❖ Emotional Health 情绪健康
- ❖ Personal Security 个人安全



# Pre-Planning

## 预先计划行程

- ❖ There are a few things you should do to plan for your personal security on your trip.

有几件关于行程安全的事情，你应该提前做好规划

- Ensure your home is protected while you are away. Notify neighbors that you are leaving and let them know if anyone is expected to stop by while you are away  
确保家庭在你外出的时候是受保护的。告诉你的邻居你外出时哪些人是需要阻止的。
- Keep a list of your credit card and identification numbers and give a copy to a trusted friend or colleague back home.  
做一份你的信用卡和身份证号码的清单，并提供一个副本给一个值得信赖的朋友或同事
- Have important telephone numbers with you at all times. 留一个24小时可以联络到你的电话号码

### International Travel Advice: 国际旅行的建议

- Know the location and telephone numbers of your consulate or embassy. Consider notifying them that you will be in travelling in the area.  
了解你的大使馆或领事馆的地址和电话号码。考虑通知他们，你将在该地区旅行
- Know and understand each country's culture and protocols. 认识和了解每个国家的文化和法规。
- To help you understand the security risks of your destination, visit the [International SOS website](#). Our Membership number is 11AYCA000004. 为了帮助您了解您的目的地的安全风险，请访问国际SOS救援中心的网站。我们的会员号码是11AYCA000004。

# Pre-Planning

## 预先计划行程

### ❖ Physical Health – Is Your Body Ready? 身体健康 - 你的身体准备好了吗？

- To help ensure you are physically ready to travel, visit the [International SOS website](#). 为了帮助确保你身体准备好去旅行, 参观国际SOS救援中心的网站
  - They can assist with immunization recommendations and requirements and *many* other travel-health related topics. 他们可以提供免疫接种建议和要求等诸多旅游与健康有关的话题。
  - ISOS can help you defend against diseases that are endemic to your destination. ISOS可以帮助你防护目的地的地方性的疾病。
- If you are planning a trip and have not had a travel physical lately, visit your physician. Make sure he/she understands how you are travelling, where you are going and what activities you plan; hiking, climbing, etc.

如果您计划前往, 还没有进行旅行前的体检, 请问您的医生。确保他/她明白你是怎么旅行, 你要去哪里, 你打算什么活动; 远足, 登山等。
- Include your family in preplanning if they are travelling with you.

在预先计划中, 如果你的家人与您同行请包括他们。
- Ensure that you have an adequate supply of medications for yourself and family members. Carrying a copy of the prescription/s is smart.
- 确保您有足够的药物供应给自己和家人。携带处方的副本是一个聪明的做法。
- A first aid kit is also good to bring with you. 带一个急救箱是一个不错的办法。



# Pre-Planning 预先计划行程

## ❖ Emotional Health – Preparing Mentally to Travel

### 情绪健康 – 精神上做好旅游准备

- Being prepared can ease the worry associated with travelling. Give yourself some peace of mind.

做好准备可以减少旅行后的担忧，给大脑留一些空间。

- Use a checklist to pack. Knowing you have everything you need will make the trip less stressful. [Click here for an example.](#) 使用检查清单来收拾你的行李。知道你有你需要的一切，将会降低旅行的压力。
- Share your itinerary and hotel information with family or a trusted colleague. 与家人或信任的同事分享您的行程和酒店信息
- Make sure you can communicate on your trip. Carry a fully charged mobile telephone at all times with important numbers programmed. Ensure you have a way to charge it and do not forget adapters! 请确保您可以在旅途中进行通信。将移动电话充满电带上重要的号码，确保你有办法给手机充电，不要忘记电源适配器！
- Make arrangements early for the care of your plants and pets while you are away. 将你的植物和宠物做好安排。
- Expect the unexpected! Prepare yourself mentally for something to not go as planned and just go with it. 精神上做好遇到计划外情况的准备。
- Gather a folder with directions, destination names and contact numbers. Learning your destination in advance eases your uncertainty. 准备一个文件夹，把你行进的方向，目的地名称和联系电话保存在里面。预先了解一下您的目的地减少一些不确定性。
- If you are travelling with children, be sure they have games or toys to entertain them. 如果你有孩子一起旅行，确保有游戏或玩具让他们娱乐。



# Away From Home

## 外出

### ❖ Travel Health 旅行健康

#### • Deep Vein Thrombosis (DVT) 深度静脉血栓 (DVT) 的形成

- Long distance flights are more commonly associated with travel-related DVT. However, traveling by car or train over a long time in cramped positions can also lead to DVT. [Click here](#) for more information about DVT. 长途航班旅行普遍与相关的深度静脉血栓形成有关。然而，乘汽车或火车在很长一段时间在拥挤的交通位置上也可能导致深度静脉血栓。点击这里了解深度静脉血栓的更多信息。

#### • Food and Drink 饮食

- Eat where the crowds eat. It is not a guarantee that the food is safer or tastier but these establishments tend to be regulated more closely. 在顾客多的地方吃饭。这不是一个保证食品安全或更美味的方法，但这些机构往往会被更监管的更紧密
- If you have food allergies, make sure you know how to communicate this in the local language.  
如果你有食物过敏，请确保您知道如何用当地语言沟通这一点。
- Stay hydrated. If you do become ill, you will be able to recover easier.  
保持水分。如果你生病了，你将能更容易够恢复。



# Away From Home

## 外出

### ❖ Travel Health 健康旅行

#### • Environmental Considerations 环境注意事项

- Protect yourself from the sun if appropriate. Too much exposure can have both acute and chronic consequences. 如何适当的保护自己免受来自太阳紫外线的伤害, 可能会有急性和慢性的后果。
- Be aware of local disease vectors such as mosquitoes and livestock. Know what the risks are and how to protect yourself. 了解当地的病媒, 如蚊子和牲畜。知道哪些风险以及如何保护自己

#### • Emotional Health 情绪健康

- If you view your trip as an adventure and do not worry about it being perfect, you will enjoy it more. 如果你将你的行程看作是一次冒险, 不要担心它是否完美, 你就会更喜欢它。



# Away From Home

## 外出

### ❖ Travel Safety 旅行安全

#### • Air Travel 飞行旅行

- Stay with your luggage until you have checked it in at the airport and never lose sight of valuables. 在check in 之前与行李呆在一起, 视线不要离开自己的贵重物品。
- Be cautious of open conversations with fellow travelers and strangers. Anyone could be listening. 谨慎与其他旅客和陌生人公开对话。任何人都可能被监听。
- Pay attention to the flight attendant's safety message. You might need it. 注意乘务员的安全信息。你可能需要它

#### • Hotels 宾馆

- Know how to get to the fire exits and fire extinguishers. Read the emergency information for the hotel. 知道如何才能到消防通道和灭火器的存储处。阅读酒店紧急信息。
- Do not open your door to unexpected visitors or deliveries. Meet visitors in the lobby. 不要打开你的门迎接不速之客或送货人员。在大堂迎接访客。
- Secure sensitive documents, identification, money and valuables in a locked safe. 保护敏感的文件, 将金钱和贵重物品放在一个锁着的保险柜内。  
Protect your room number and key. 保护您的房间号和钥匙。





# Away From Home

## 外出

- **Public Spaces公共场所**

- Do not share too much information about yourself. This includes displaying luggage tags, confidential documents, travel itineraries, hotel rooms, etc. 不与别人分享自己太多的信息。包括行李标签, 机密文件, 旅行路线, 酒店客房等。
- Do not be a theft target. Divide your money among several pockets. Do not be flashy with jewelry, cameras or clothing. Carry your valuables close. 不要成为盗窃目标。把钱放在几个不同的口袋里, 不要暴露你的珠宝, 照相机或衣物。携带好您的贵重物品。
- Always have your passport or identification with you. 随身携带好自己的护照或身份证明
- Always trust your instincts. If something does not look or feel right – avoid it. 总是相信自己的直觉。如果有什么看着或感觉不对 - 避开它。



# Returning Home 返程

- ❖ Does your home look secure? Is everything where you left it? If something looks out of place, call for assistance as soon as you see it. Wait for help in a safe place outside or with a neighbor. 你的家看起来安全吗？物品都在你原来放的地方吗？如果有些物品发现被移位，只要看到你看到就拨打求助电话。等候在外面或与邻居在一个安全的地方等待帮助
- ❖ How do you feel physically? 你觉得身体怎么样。？
  - If you are ill, don't hesitate to see a physician. You could have contracted something while traveling. 如果你是生病了，不要犹豫去看医生。你可能在途中碰到了什么东西。
  - Most people are a little tired after a long journey. Take time to rest before you do anything that requires your full attention. 大多数人经过长途跋涉都有点累了。需要时间来休息，你做任何事情之前都需要你的充分重视。



# Returning Home 返程



## ❖ How do you feel emotionally?你情感上感觉怎么样？

- Take time to reflect on the memories you made. Did you connect with others while away or see something you've always wanted to see?花时间去回忆。你与别人分享了你看到了一直想看的东西吗？
- If you accomplished a goal or completed a project while away, savor that feeling.如果你在外面完成了一个目标或完成一个项目，细细品味一下那种感觉。If the trip was a positive memory, document it so you can remind yourself later of how it made you feel.如果旅行给了你正面的回忆，记录它，让它以后提醒自己是一个是什么样的感觉。

# Safe Travels to You!

- Now that you've learned how to travel healthy and secure, enjoy your trip! 你现在已经学会了如何健康安全地去旅行，旅行快乐！

## Check Signals pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

## Focus - Start to Finish

- 访问 LifeBeats on Elements at [www.lifebeats.com](http://www.lifebeats.com) for more information on travel health and safety.