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fatique is an ever/present source of strain and a reducer of efficiency, and can leave you open to any kind of crisis. Wherever possible, try to rest, even if it is just briefly sitting on briefcase

a Drietcase.

E) ALMAYS CARRY A CHANGE PURSE FULL OF CHANGE AND BE READY TO IIP anyone that can help you, however much it might go against your grain. This will show people who can help you that you are willing to pay for their services and will allow you to get rid of any aggressive panhandlers, drunks etc., who often loiter in terminals.

terminals.

IRY TO FIND OUT FROM PEOPLE WHO HAVE BEEN THERE what the standard rules are concerning tipping. Another advantage of having change is that you will never miss a bus or meter for lack of exact fare.

standard rules are concerning tipping. Another advantage of having change is that you will never miss a bus or meter for lack of exact fare.

F) IF YOU DO HAVE TO USE A TERMINAL RESTROOM, avoid spending any length of time in it talking to people. Keep your jacket on while using the toilet if it contains your wallet.

G) MUGGINGS SHOULD NOT HAPPEN IN A TERMINAL BUT THEY DO. The police cannot be everywhere at once and within seconds the mugger can have disappeared into the crowds with the fast money that he was aiming for. One good way to handle such a situation is to carry the equivalent of a \$20 bill in your pocket. A \$50 bill is better but \$20 will do if you are poor.

LOOK UPON IT AS INSTANT LIFE INSURANCE. In most cases this is as much as any petty thief expects to make from any one job and the odds are that your need to keep this money does not equal the thief's (and possibly addict's) atrocious physiological craving to get it.

IF YOU FIND YOURSELF IN SUCH A SITUATION, LOOK PATHETIC and reach for your banknote hesitantly, saying that it is all that you have, that you are reluctant to let it go. Never underestimate an armed criminal because he looks young, small or scared. Keep on guard as murder or manslaughter rarely happen out of the blue, but are often prompted by words or actions of the victim.

PURSE SRATCHING ALSO HAPPENS REGULARLY IN TERMINALS as people are carrying more valuables than usual. Other items such as cameras & tape recorders hung from the shoulder or held in the hand are targets also. If your bag is snatched do not try to resist it as the person may be armed, mentally disturbed etc.

SHOUT "STOP THAT THIEF!" IF YOU MUST but do not give chase, as if you were to catch him he might turn and shoot or stab you, realising that you have cost him his freedom. Similarly with pickpockets, if you feel fingers in your pockets, do not grab or hold on to them, as the thief may be prepared to be violent.

If YOU ARE IN A SITUATION WHERE YOU CAN CRY FOR HELP, call quickly and continually as loud as poss

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PART ONE: TIPS FOR TRAVELLING

PLANE. BUS. BOAT AND TRAIN TERMINALS. Often you will find that these terminals are located in the more sleazy parts of town, & are natural congregating points for all sorts of undesirable characters, ready to take advantage of the weary traveller arriving in a new town or country. Following are some tips that can help you to avoid being one of their victims, as well as the many other mishaps that occur regularly in such a confusing area:

A) ALWAYS TRY TO USE THE RESTROOM ABOUT ONE HALF HOUR BEFORE THE END OF YOUR TRIP, especially if you have children, as you will then not need to use those in the terminal, which are often filthy and have strange people loitering near them. Do whatever can to freshen yourself up and rejuvenate your appearance &

wake you up.

THE ABILITY TO KEEP A CLEAR HEAD IS AN INVALUABLE ASSET WHEN ARRIVING in a new location and you are more apt to exercise it if you arrive refreshed. This might even be a good time to take a little energy booster such as some raisins, dates, nuts, cheese or yeast. During any long journey it is very important to try to sleep as much as possible, even if it is only several short catnans. catnaps

short catnaps.

B) <u>USUALLY YOU ARE BETTER OFF TO TRY TO AVOID THE INITIAL MAD BUSH</u> to get out when the train or plane arrives. In most situations you will have to wait just as long to get your luggage, so you might as well relax and take your time.

C) <u>RATHER THAN DRESS EXTRAVAGANTLY ON ANY TRIP</u>, it is more prudent to pack or store your quality clothes and dress comfortably and modestly for the journey. Wear clean, loose-fitting clothes that allow your blood to circulate freely and your sweat glands to operate efficiently.

<u>SUCH AN INCONSPICUOUS OUTFIT</u> allows you to blend with the rest of the terminal traffic more easily. Wear a comfortable pair of shoes as leather soled shoes become slippery after treading carpeted floors of planes and are dangerous on skiddy terminal floors.

D) IN ALL SUCH POTENTIALLY TIRING AND CONFUSING SITUATIONS as

D) IN ALL SUCH POTENTIALLY TIRING AND CONFUSING SITUATIONS as terminals always remember a key principle: Conserve your terminals always remember a key principle: Conserve your strength no matter how limited your powers are as you need every ounce that you can produce. In any such "survival" scene. ounce that you can produce.

everyone running. A whistle is a good thing to use in such a case, kept where it can be easily reached.

If YOU FIND YOURSELF BEING BOTHERED BY WEIRDOS, you can often get rid of them by pretending to be deaf or slightly dumb. Keep repeating, "Pardon? Pardon?" along with pointing at your head and shaking it, a general air of vagueness, apologies, puzlement and helpful smiling. This immediately brands you as being too much trouble to most city wolves.

LUGGAGE. IN GENERAL, WHEN CHOOSING YOUR SUITCASES ETC., it is best to avoid expensive custom-made bags with superior-looking locks. Your faith in such locks can be misplaced as very many of them can be easily opened with a paper clip.

IT IS MORE PRUDENT TO BUY HARDWEARING LIGHTWEIGHT MASS-PRODUCED SUITCASES as used by most people. These will blend in more easily and are less likely to be stolen. Soft tops are good as they can take that little bit extra. The sturdy vinyl covered frames will stand up to wear and tear and resist scuff marks.

covered frames will stand up to wear and tear and resist scuff marks.

IHE HANDLES SHOULD BE STRONG AND COMFORTABLE TO HOLD and the zippers should be of polyester as they will not damage your clothes if accidentally caught. The bottoms should be protected by studs and larger suitcases should have straps as well for added safety. Remember that you should look on the lock of your suitcase as making it only burst-proof, not thief-proof.

OFTEN WHEN TRAVELLING WE TEND TO HAVE THE MISTAKEN BELIEF THAT WE ARE NOT RICH and thus do not have anything worth stealing. This leads to careless behaviour which tempts petty thievers to steal relatively worthless goods. There are thieves to suit everyone in the big city, and the deadbeat, starving addict will steal almost anything as long as it is easy to take, as it is his experience that the shopping bag or flight bag will often pay far more than the meat, drink or fix that they crave.

IHEY ALSO KNOW THAT PEOPLE OFTEN CARRY VALUABLES IN OLD BAGS ETC., as they think that there is less chance of them being stolen. To tempt a snatch thief brings real threat of violence, as should you try to stop him he could pull a knife, his need is so great. There is no reasoning with him.

IT IS NOT ONLY THE SNATCH THIEF THAT YOU MUST BE AWARE OF, but also dishonest airline loaders who will open the most likely looking suitcases in the hopes of making a "lucky dip". To avoid being one of their victims, distribute your valuables throughout all your luggage and strap your suitcases either with string or a strong strap. Loaders cannot be bothered with suitcases like these when there are so many more vulnerable suitcases around. Avoid having stickers from other trips plastered all over cases, as this can give off an affluent air.