

APPENDIX 5a - High Risk (Elevated) Travel Assessment Form - Students

All high risk travel must first be reviewed by the HoD nominee then sent to SARAC – see Appendix 6.

1. Contact details

Student Contact Details

Full name	College	CRSid	Contact number while away	Email address while away
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]

Emergency contacts – My emergency contact details on CamSIS are up to date **Yes/ No**

Local Contact (away from Cambridge) e.g. onsite supervisor or host

Full name	Contact number (include local area code)	Email address	Language spoken
[REDACTED]	[REDACTED]	[REDACTED]	English

2. Dependents

Are you travelling with any dependents?	Yes/ No (if 'no', go to question 3)
If 'yes', what is their relationship to you? (Please give their age(s) if under 18)	N/A

3. Travel Itinerary

If you are planning to visit more than one country, you may need to complete separate risk assessments

Travel start date	15/02/2020
Travel end date	24/02/2020
Location of working away <i>(town/village, province and country)</i>	Kabul, Afghanistan
Address and contact for your accommodation	Staying: [REDACTED] Working: [REDACTED]
Type of working away	PhD research
Description of proposed activities including sites you will work across (if there are multiple)	Multiple interviews with female participants at [REDACTED] University
Lone working	Yes/ No
Supervised	Yes/ No - but always accompanied by a member of the host institution

Detailed breakdown of travel itinerary

Please record each section of your proposed trip on a separate line, giving as much detail as possible. This should include any transit airports. Add rows as necessary.

<i>Depart from</i>	<i>Travel to</i>	<i>Date of travel</i>	<i>Activities at this location</i>
Heathrow Airport	Kabul airport	15/02/2020	Depart from UK
Kabul Airport	Host institution	15/02/2020	Will be collected from airport by secure vehicle. My host has two armoured vehicles for staff to use. Any trip must be accompanied with two staff guards (the driver and another).
Host institution		17/02/2020	Interviews with female participants
Host institution		18/02/2020	
Host institution		20/02/2020	
Host institution		22/02/2020	
Host institution	Kabul airport	24/02/2020	Return to UK

4. FCO advice rating

Please indicate below the FCO rating for the area that you will be **staying in, working in and travelling through** (select more than one if necessary).

No special rating given <input type="checkbox"/>	See our travel advice before travelling <input type="checkbox"/>	Advise against all but essential travel <input checked="" type="checkbox"/>	Advise against all travel <input type="checkbox"/>
Please record the date that you checked the Foreign & Commonwealth Office travel advice website:		20/10/2019	

You can sign up to Foreign and Commonwealth Office travel alerts by following the link below; select your destination and subscribe to the email alerts for the country you propose to visit.

<https://www.gov.uk/foreign-travel-advice>

By signing here, I agree that I will subscribe to and monitor Foreign and Commonwealth Office travel alerts for my proposed destination

Signature	Date
	20/10/2019

If you have selected that the Foreign and Commonwealth Office advises 'against all but essential travel' or 'against all travel' to the country you are proposing to visit, you must complete the table below. If not, please continue onto section 5.

FCO warnings and suggested control measures	<p>I will not visit any of the areas (during the course of my work or in my free time) that the Foreign and Commonwealth Office (FCO) advise against all travel to which are districts in the following provinces of Afghanistan: Kapisa; Kunar; Nangahar; Laghman; Nuristan; Ghazni; Khost; Paktika; Paktiya; Logar Wardak; Kandahar; Uruzgan; Zabul; Helmand; Nimroz; Badghis; Farah; Faryab; Jowzjan; Badakhshan; Baghlan; Kunduz and Takhar.</p> <p>The FCO advise against all travel to the following specific districts of Afghanistan: Kabul (Surobi district); Parwan (Charikar City, Bagram, Ghorband/Siaghird, Jabal Saraj, Kohi Saraj, Salang, Sayed Khel and Shinwari districts); Daikundi (Gizab and Kajran districts); Ghor (Dolina/ Du Layna and Pasaband districts); Herat (Shindand district); Balkh (Chaharbolak, Chamtal/Chimtal, Daulat Abad/Dawalatabad, Hairatan Port, Kaldar and Shortipa/Shur Tapa/Shor Tepah districts); Sar-e-Pul (Sar-e-Pul City and Sayad districts).</p> <p>I will be working and living in areas where the FCO advises against all but essential travel. I note the following and will adhere to all FCO advice. I go into more detail around specific hazards in the risk assessment below.</p>
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	<p>The level of consular assistance the British Embassy can provide to travellers in Afghanistan is extremely limited. The British Embassy is not able to accept registrations from British nationals travelling in Afghanistan or monitor their safety when they are in country. Staff from the British Embassy may be unable to travel to certain parts of the country due to the security situation; this may severely limit the consular assistance that can be offered. Travel by road throughout the country, but particularly outside the capital Kabul, is extremely dangerous. Seek professional security advice for all travel and consider using armoured vehicles.</p> <p>Hotels and guesthouses used by foreign nationals and the government of Afghanistan are subject to regular threats. The British Embassy doesn't allow official visitors to stay in hotels overnight and has placed restaurants and other venues off limits to staff. Make sure your accommodation is secure and review your security measures regularly.</p> <p>Terrorists are very likely to try to carry out attacks in Afghanistan. Specific methods of attack are evolving and increasing in sophistication.</p>
Justification for proposed work away	<p>These interviews require face to face meetings due the present trust issues and misuse of technology (i.e. skype) particularly as the interviewees will be female. The visit will be hosted throughout the time in the country. Appropriate control measures have been identified and are include to ensure a safe period of research.</p>

5. Personal Characteristics, Local Laws, and Customs

Please sign to indicate that you have considered your wellbeing needs and discussed these with your College Tutor and record any information that you feel is relevant. Please also read all information relating to the [local laws and customs](#) of the area you are visiting and consider implications of your personal characteristics within the local culture.

Signature	Date
[Signed]	20/10/2019
Relevant summary of the discussion: See - Other: Local knowledge and understanding of laws and customs within the Hazard table below.	

6. Insurance

<p>You are required to have travel insurance if leaving the UK (and not visiting your home country). Please agree that you will buy /arrange insurance if applicable and include details of policy e.g. University insurance (for graduate students)</p>	<p>Royal & Sun Alliance Insurance plc (University Travel Insurance) Policy No. R [REDACTED]</p>
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7. Passport Information

I confirm my up to date passport details are held by the department.

If you hold dual citizenship, state passport will you be travelling with.....N/A.....

What is your other nationality?

8. Regular Contact Arrangements/Emergency Contact Points

Arrange a suitable frequency and method of contact with your supervisor or other designated person for the duration of the trip. The requirement is that you contact a minimum of once every two weeks for higher risk rating. Your Supervisor/Department may require more regular contact. It is important that the contact person is able to acknowledge all contact communications.

Name of primary and alternate contact persons	Contact Frequency (e.g. fortnightly)	Contact details	Means of Communication (e.g. email, phone call)
Supervisor: [REDACTED]	Every other day	[REDACTED]	Email
Host institution: [REDACTED]	Daily	[REDACTED]	Face to face

9. Hazards, Risks and Control Measures

The table has been pre-filled with **examples** of hazards that may be present during your proposed working away. You must **amend, remove, or add** hazards as appropriate to your work away. Control measures should be specific to you and the work you are proposing.

Please click on the topics for more information and examples of risk control measures

Hazard and Description For each topic, list foreseeable issues that may cause you harm	How is this likely to affect you? Describe how hazards can cause harm to you and how your work activities or personal characteristics could affect the likelihood of you being exposed to harm	Control Measures Actions/precautions you will take to eliminate/reduce the impact of the hazard or likelihood of harm occurring
<u>Work related hazards</u>		
Conducting interviews	Psychological stress caused to interviewees and interviewer with potential long term effects	Some of my interviews will touch on incidents of human rights abuses. However, given that the primary purpose of the interviews is not the documentation of these incidents, I anticipate a low risk of trauma. I have received training about signs to watch for in terms of psychological stress, and would be on guard if the interviews became unusually sensitive.
<u>Crime</u>		
FCO travel summary: Westerners have been targets of crime, incl. robbery and assault	Injury in case of assault	I will follow the FCO advice against travelling at night, especially on foot. In Kabul I will not be walking anywhere outside a secured compound so street crime will not be a risk. My host institution also imposes a curfew at sundown so there will be no travel at night. Risk of assault at my accommodation is mitigated by security precautions there.
Robbery– loss of ID documents or personal belongings caused by mugging or theft from accommodation Internet based theft/fraud	Loss of valuable ID documentation, or other valuables might affect my ability to leave the country and also would carry other consequences with local authorities. Similar risk of internet fraud as in the UK	The limitations on my movement and the additional protections on my accommodation significantly limit the risk of theft. However, in addition to these precautions, I will: <ul style="list-style-type: none"> • Keep items in a secure safe or location at accommodation • Record details of numbers, issue dates, etc. and store separately on my person and at home • Have emergency contact numbers on me at all times • Report to police or local administrators if theft suspected • Ensure the credibility of internet security measures at accommodation or other facilities where regularly accessing the internet • Avoid using public or free Wi-Fi or internet
Money and banking - Credit cards are not accepted in most places in Kabul.	Running out of cash could have adverse consequences, including inability to buy food and bottled water, causing ill health Carrying cash could mean bigger loss if a theft occurs	There are ATMs in Kabul dispensing either dollars or Afghanis but the limited travel in Kabul (for other security reasons), may make these difficult to reach. The FCO recommends carrying sufficient cash in US dollars for the duration of the trip. My host institution can also support me in paying any financial obligations if necessary during my trip, and can later be reimbursed I will keep minimum necessary cash on me and store the rest securely in the safe at my accommodation.

<u>Political Violence/Conflict</u>		
<p>Rising risk of conflict-related incidents, and terrorism - higher threat by Da'esh, and high risk of exposure to bombs, IEDs, suicide bombers and large scale attacks</p> <p>Very high risk of personal attack or kidnap, particularly outside secured areas of the city</p>	<p>Risk of death or serious injury (loss of limbs) if caught in bombing incidents or if kidnapped</p>	<p>The FCO recommends avoiding all provincial travel, and suggests only very limited travel to Kabul (excluding Surobi district of Kabul, which it notes should not be visited under any circumstances). The most important way to mitigate these risks is through a limited duration trip (no more than 10 days), limited movements within Kabul and only in secure transport, and safe housing and security protocols through my host institution.</p> <p>Additionally, I will follow FCO advice of staying alert and informed about the local situation, being vigilant in public areas, being vigilant around religious occasions and sites (which I do not plan to visit in any case), looking out for anything suspicious and reporting it, thinking about routes and plans of actions in the event of an incident, avoiding routines that may make me an individual target, keeping my mobile phone charged and programmed with emergency numbers. The FCO recommends to 'seek professional security advice and continually reassess your personal security'. I will obtain this from the University's consultant – Safer Edge – before departure. I will rely greatly on the threat warnings and security requirements of my host institution. My host institution has established security protocols and limitations (i.e. avoiding certain areas, not travelling at certain times), which take into account local threat patterns, and which I will follow. My host institution also has regular check-in procedures (to keep in contact).</p> <p>I also have registered for security alerts from International NGO Safety Organisation (INSO) services in Afghanistan. The FCO Afghanistan advice specifically singles out INSO updates and advice as an essential precaution. I will also sign up to Travel Smart notifications.</p> <p>The FCO recommends avoiding western hotels and restaurants, which I will do. It also recommends having highly secured accommodation and transport which I have.</p>
<u>Accident - Travel and Personal</u>		
<p>Long haul flight to and from Afghanistan in winter</p>	<p>Risk of DVT Risk of flight delays in airports with poor facilities</p>	<p>I am not personally at high risk of DVT. I will move frequently and walk round the plane during the flight. I will carry permitted food and drink for travel in case of long delays.</p>
<p>Road/track – road traffic accident (RTA) when driving partner organisation vehicle or travelling in taxi/private car – poor road conditions in Afghanistan; unlicensed drivers;</p>	<p>High risk of death or injury from involvement in RTAs, especially when driven by unlicensed or non-local drivers or with vehicles in poor condition</p>	<p>For security reasons, travel (even within Kabul) will be limited to only essential travel. This limits road risks such as collisions. In addition, I will be travelling in host institution vehicles that are regularly maintained and certified, and by drivers that are well versed in security precautions and defensive driving. Seatbelts and all other normal safety precautions will be used.</p>

drivers from Pakistan may default to driving on the left side of the road		
Transport/travel - at risk of civil unrest, kidnapping, car bomb, suicide bomber and other terrorist attack by Taliban or Da'esh. Kidnapping most likely during transit in vehicle. FCO advice: travel outside Kabul extremely dangerous, and in Kabul extra precautions needed on Airport road, Jalalabad road, and Darulaman road (past attacks)	Risk of death or serious injury if kidnapped or affected by terrorist attack/bombing	<p>I will limit transit and travel in Kabul to only what is essential. [International institution] has a joint office/residence in office in Kabul, which is an office by day and serves as the international guesthouse at night preventing additional exposure during morning commute.</p> <p>My host has two armoured vehicles for staff to use when conducting interviews, and appropriate rules and restrictions on staff movement, including to certain locations, hours, and transit patterns. Any trip must be accompanied with two staff guards (the driver and another), as an additional precaution against kidnapping risk. I will be using these vehicles and guards during the course of my visit, from pickup at the airport through any research interviews. My alternate host, [name given], has multiple armoured vehicles and full-time armed guards who accompany staff on any trip (2 guards per trip).</p> <p>Alternate routes than Airport road, Jalalabad road, and Darulaman road are generally possible and will be used.</p>
<u>Authorities</u>		
The trustworthiness, capabilities, and responsiveness of police & security services in Afghanistan are very poor	Risk of injury, imprisonment and other issues with police or security services	<p>I will always report crimes to the British embassy in addition to local law enforcement. Police officers are typically unable to speak foreign languages.</p> <p>I will seek advice from the embassy.</p>
<u>Environment</u>		
Afghanistan is a major earthquake zone, with risk of earthquakes, aftershocks, landslides and flooding; risk of items falling on me when asleep or at work	Death or serious injury from any of these conditions	To prepare for these risks, I will apprise myself of the particular safety protocols and precautions at my guesthouse. I will clarify meeting points outside of the guesthouse (but still in the secure perimeter yard) in case of earthquake. I will check that there are no objects on shelves or other heights near where I sleep or work.
Cold weather during February, becoming warmer at the end of the month	Risk of hypothermia/being caught in snow, especially in freak cold spells	<p>Weather in Kabul is generally warming during mid to late February.</p> <p>In the event of inclement weather, I will consult with my host institution to ensure that there are sufficient stocks of electricity, food and water.</p>
<u>Health (mental and physical)</u>		
Poor public health standards, open sewers, high incidence of some	High risk of becoming ill (potentially to the point of death) from:	Prepare fruits and vegetables or other fresh food with additional care (using bottled water) and cleaning at home.

<p>illnesses in the population (e.g. respiratory tuberculosis) Contaminated food/water, poor sanitation and preparation, lack of refrigeration Dry dusty conditions in summer and winter Malaria in regions outside Kabul</p>	<ul style="list-style-type: none"> - Contracting tuberculosis and not being treated properly - Contracting serious gastroenteritis and becoming very dehydrated <p>Also- irritation to eyes, nose, throat and skin from dust</p>	<p>Avoid uncertified restaurants, street food, or other food that may not be clean.</p> <p>Do not drink tap water – use bottled water including for brushing teeth and also even when boiling the water.</p> <p>Not travelling outside Kabul therefore Malaria not a problem.</p> <p>Will check symptoms of tuberculosis and seek medical help if these are noticed at any time.</p>
<p>Poor treatment due to lack of familiarity with local medical facilities, inadequate or poor communication in local language; inaccessibility of medical facilities; poor standard of facilities in Afghanistan</p>	<p>Failure to receive timely and appropriate treatment could result in worsening of conditions and serious illness or even death</p>	<p>For most routine visits, the German Medical Clinic (3 Street of Ansari Square / House 138 Kabul 1003, Afghanistan; +93 70 606 0141) or the Blossom Hospital (Street 4, Ansari, Shar-e-Now, +93 70 009 1000) provide excellent coverage. They employ mixed staff of international and Afghan doctors, have adequate health standards, and an ample range of treatments. These facilities will tend to refer more serious illnesses that are beyond their level of care to one of the military hospitals or (depending on the treatment), or to a facility in Dubai in some circumstances.</p> <p>FCO advice: for emergency assistance, dial 112 or 020 112 from mobile (in Kabul only) and ask for an ambulance. I have additional medical insurance that will extend for comprehensive medical coverage. I would be required to pay any expenses up front, and to claim back any appropriate reimbursement. Payment will likely only be possible in cash. Additional medevac and emergency coverage from my host institution would be provided in the event of a more serious emergency. I will take a personal first aid kit and ask about essential first aid at the accommodation I would stay in.</p>
<p>Other issues</p>		
<p>Local laws and customs – FCO advice: Afghanistan is an Islamic country with a conservative position in many areas. Homosexuality is illegal, as are pork products. Sensitivity about perceived offence to Islam leading to riots and reprisals, including</p>	<p>Potential for oral or physical attacks on female researcher if offending local customs</p>	<p>I have been worked in Kabul intermittently from 2010 to 2016. This has helped me to familiarise myself with the cultural norms and expectations. The holy month of Ramadan starts in April, a few months after my trip. I have sought and will continue to follow guidance and information obtained from my host organisation and other research partners and colleagues. The staff at my host institution include locals and internationals with an average of 20 years of experience in Afghanistan.</p> <p>I will observe the importance of dressing modestly across Afghanistan, with a head scarf, long sleeves and long tunics over loose-fitting trousers, even in hot weather. If I am interviewing individuals who come from more socially conservative areas of Afghanistan, I may take additional measures of wearing a head-to-toe black abaya over my other dress,</p>

<p>against Western guesthouses. Between the sexes direct eye contact, physical contact (including shaking hands) may be considered offensive</p>		<p>in order to show respect to their customs and ensure that they are at ease during the interview. I will also wear appropriate shoe and hand covering as necessary. I will not taking alcohol or pork products with me and will not be involved in any but professional relationships.</p>
<p>Power – heating/cooling/ internet Poor infrastructure leads to frequent cuts in electricity or internet Heating during the winter is unreliable, depending either on wood or gas stoves</p>	<p>Overheating in summer/ cold in winter Living conditions more difficult Lack of internet affecting security measures Health risks from using wood or gas stoves - Carbon monoxide poisoning and death are possible</p>	<p>My host institution’s guesthouse and office are fully equipped with backup generators and chargers, in order to be prepared for power cuts. They also have power stabilisers to prevent equipment being shorted out.</p> <p>They have a range of heating in the winter, and also detectors to ensure there is no malfunction that would cause a health incident (e.g. with gas heaters). I am accustomed to operating these heaters.</p>
<p>Security at Accommodation The FCO suggests a high risk of bombing, attack or other targeting of known Western-frequented hotels.</p>	<p>Potential for injury/death from attacks and assault (including rape) and kidnapping of international visitors</p>	<p>My accommodation is located in what is currently considered the secure area of Kabul (inside the ‘Ring of Steel’ checkpoint system), equipped with the full measure of safety precautions – standoff from the road, high compound walls, double door entry system, blast-proof windows, a safe room, regular health and safety precautions (first aid kit, fire safety materials, etc.), guards/staff at the door, and staff well versed in security protocols.</p> <p>If for any reason these facilities are unavailable or unsuitable, I have a secondary institutional option in Kabul. The [REDACTED] has one of the largest and longest operating international offices and has offered to host me as part of its team. Its housing compound for international staff is adjacent and internally connected with its office to reduce any risk during transit.</p> <p>Both are located within the emerging ‘international zone’ area of Kabul, with a short access and evacuation route to the airport. The compound has standoff from the road and is on a street that is closed off to any passing traffic by a boom and security guard. It has high compound walls, armed guards at multiple entrance doors, blast-proofed windows, safe rooms in the office and housing compound, standoff from the road, double door entry system, and other regular health and safety precautions (first aid kit, fire safety materials, etc.). [REDACTED] organises and takes responsibility for all travel arrangements for any international staff or consultants, who must have cleared their [REDACTED] security protocols before a trip is authorised (including understanding of risks and mitigation strategies, evacuation patterns, fully considering risk of interviews, etc.). It also has daily check-in procedures for all visiting staff.</p>

Person working away: I am signing to indicate that I have read and will abide by the statements above and will carry out additional risk assessment where necessary.

Name: [REDACTED]	Date: 20/10/2019	Signature: [REDACTED]
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Department/Faculty Representative: I am signing to indicate that this constitutes a suitable and sufficient assessment of the risks of the proposed travel/work away.

Name: [REDACTED]	Signature: [REDACTED]
Role: Supervisor	Date: 11/11/2019

10. Management of Specific Risks if you feel you have already answered these questions within the hazard table please indicate this rather than duplicating answers. Please delete the guidance in the right hand column and add your own answers.

Preparedness

Have you travelled to this location(s) before? Detail previous experience/family links	Yes, I have been conducting research intermittently in Afghanistan since 2010. My most recent trip was in 2016, prior to beginning this PhD. During this past research, I was responsible not only for my own safety but the safety of other local and international researchers, making decisions that would impact my organisational employers' overall institutional liability and presence in country. This required attention not only to the security implications of any logistical choices (security profile of accommodation, of vehicles, of planned transport route, timing of trip, etc.) but also to the risks implicit in the interview questions and subjects – for me, partner research staff, and interviewees. I am conversant in Farsi and speak some Pashtu, which helps me to be better attuned to the risks in the environment. While it cannot prevent risks from arising, such training and past experience in understanding both personal and institutional exposure can be a way of controlling and mitigating the potential consequences of some risks. To update this background awareness, I would conduct interviews specifically related to raising my security awareness and knowledge immediately prior to any trip. I am also registered for the International NGO Safety Organization (INSO) services in Afghanistan, which provides real-time threat alerts, tracks all incidents in order to develop threat awareness briefings and publications, and may offer individual tailored advice to researchers and NGOs in planning stages of their research. The INSO services are specifically noted in the FCO's travel advice for Afghanistan.
Have you travelled to other similar locations before? Detail previous experience	N/A
Have you previously completed any health, safety,	I have had three full Hostile Environment Awareness Training courses with Safer Edge.

or security training? Please give details	
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Safety & Security Arrangements

If travelling to an existing project is there a health & safety plan, risk assessment and/or emergency plan in place?	My institutional partnership is jointly between [names of institutions given]. The reason for the dual institutional hosts is that both organisations are in a Consortium carrying out research related to my thesis. ■■■ provides full insurance and institutional cover for international researchers working on this project, which would be extended to me. ■■■ takes primary and full responsibility for my logistics, security, accommodation and other needs while in country, given their base. My host organisation in country, ■■■, is the leading think tank and research institution in Afghanistan, with a strong cohort of local staff and international researchers, each of whom have spent no less than 10 years working in Afghanistan (and many are approaching several decades of research). This provides advantages in terms of understanding the local security dynamics, and providing sound advice on safety, as well as in terms of substantive guidance. I have also identified a secondary potential host institution within Afghanistan, the ■■■. The reason for identifying two hosts is that depending on the security environment, different accommodation or office locations and modalities of travel may be better. In addition, given the higher security threat, having additional institutional support and resources to turn to may be useful. These institutions would have responsibility for arranging my security, housing, travel, translation, and other local logistical matters through their very well established and well-connected in-country offices and staff.
Are you being hosted by a partner organisation/local host?	Yes - already covered
Will you receive a briefing about the context and recommended safety & security procedure when you arrive?	Yes – already covered in hazard table and above
Are there any festivals, public holidays, or elections happening during your trip? If so, what additional considerations/provision are you making?	No
Are there any environmental issues/natural disasters that could arise during your trip? If so, what additional considerations/provisions are you making?	Afghanistan is in an active earthquake zone. I will familiarise myself with safety procedures in the event of an earthquake. During heavy rains and winter periods, significant flooding can occur – take advice as necessary from local host.

Personal and Cultural Considerations

What information sources do you intend to use to keep up-to-date with safety, security or political developments in country?	Already covered – host institution, INSO & FCO as well as Travel Smart/World Aware.
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Are there any cultural aspects or personal characteristics that you must consider to avoid risk to yourself? (E.g. dress, greetings, behaviour, sex, gender identification, religion, language skills?)	Already covered in hazard table – local laws and customs hazard
Is it necessary to have a curfew (latest time of return to your accommodation)?	Yes - The FCO recommends against travelling at night, especially on foot. I will not be walking anywhere outside a secured compound. My host institution also imposes a curfew at sundown so there will be no travel at night.
What specific measures will you put in place to reduce the chances of illness and/or injury?	I have no existing medical conditions. If permission is granted for this leave to work away, I will secure comprehensive insurance (through the university and further if deemed required). Given the cost involved in purchasing this separate insurance, I will wait to purchase this until my leave to work away permission is guaranteed. I will take a personal first aid kit and take precautions as in the health section of the hazard table. I will use secure transport (as above) to reduce the risk of an accident while travelling.
Do you require any specialist equipment for this trip (first aid kit, mosquito net etc.)?	No

Communications

How widespread and reliable are internet and mobile phone communications in your location(s) of travel?	Channels of communication can sometimes be unreliable due to poor power sources however my host institution has good back up power supplies so it is unlikely this will cause problems. My host institution has enforced check in times so in the event that I am unable to contact my Supervisor I will still be conducting face to face check ins. The host institution will be provided with a record of my emergency contacts who will be called if I do not check in on time.
What contingency options do you have for communications if normal options are not available?	<i>Consider access to alternative methods of communication (e.g. a second local sim card, access to a radio network, or carrying a satellite phone) or who else might be able to help with communications if needed</i>

Transport

What arrangements are in place for transport when you arrive at the destinations (e.g. airports)?	Secure vehicles and additional protection: My host [REDACTED] has two armoured vehicles for staff which will pick me up from the airport. My alternate host, [REDACTED], also has multiple armoured vehicles and full-time guard staff (armed) who accompany staff on any trip (2 guards per trip).
Which international and national airlines will you be travelling with? ¹ If not flying, give details of how you will arrive in the country.	[REDACTED]
What transport will you use for the rest of your trip?	As above

¹ http://ec.europa.eu/transport/modes/air/safety/air-ban/doc/list_en.pdf

Will you be accompanied for all/part of your trip? If so, by whom and when?	As above
What limits will you place on the times of travel?	I will not be travelling on foot or at night.
Have you checked whether it is safe for you to travel on foot? Is it safe to do this at night or by yourself?	As above

Accommodation

Where will you be staying during you trip? (if not included in itinerary above)	See above.
Has this accommodation been recommended/approved by your host/someone else?	████ accommodation is located within what is currently considered the secure area of Kabul (inside the 'Ring of Steel' checkpoint system), equipped with the full measure of safety precautions – standoff from the road, high compound walls, double door entry system, blast-proof windows, a safe room, regular health and safety precautions (first aid kit, fire safety materials, etc.), guards and staff at the door, and staff well versed in security protocols.
What other venues will you be visiting? What safety/security arrangements will you put in place?	Nowhere else.

11. Contingency plans

If your plans to deal with specific hazards are not effective what are your contingency (back up) plans? Only add contingency plans for the most severe risks

Risks	Contingency plans
Theft of valuables, including all passports, phone and laptop	Emergency contacts will be stored with the project partners at my host organisation. Host will assist with police report for insurance purposes; the host holds spare mobile phones so I can reconnect to my contact at University of Cambridge; British Embassy will assist with an emergency travel document.
Car accident or other personal injury	Emergency contacts will be stored with the project partners at my host organisation. Host will assist with immediate medical help, including evacuation to hospital in neighbouring countries if necessary. The British Embassy may help with medical evacuation.
Political violence or conflict	If violence erupts I will immediately seek and follow British Embassy advice, and get to a secure location, which would in the first instance be my host organisation, or in second instance any Embassy or UN compound. I would then follow British Embassy advice, including evacuation protocols.

Additional Contingency Information

List medical facilities that you could use in case of an emergency:	For most routine visits, the German Medical Clinic (3 Street of Ansari Square / House 138 Kabul 1003, Afghanistan; +93 70 606 0141) or the Blossom Hospital (Street 4, Ansari, Shar-e-Now, +93 70 009 1000) provide excellent coverage. They employ mixed staff of international and Afghan doctors, have adequate
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	<p>health standards, and an ample range of treatments. These facilities will tend to refer more serious illnesses that are beyond their level of care to one of the military hospitals or (depending on the treatment), or to a facility in Dubai in some circumstances.</p> <p>The FCO notes that for emergency assistance, I could dial 112 or 020 112 from mobile (in Kabul only) and ask for an ambulance.</p>
What are your in-country emergency contact points?	Local contact [REDACTED] Or British Embassy in Kabul, Afghanistan, 15th Street, Roundabout Wazir, Akbar Khan, P.O. Box 334, Kabul, Afghanistan
If you need to leave your location of travel where will you relocate/evacuate to?	Detail which alternative locations you will travel to, which routes you will use and what methods of transport
Who is the first person at the University of Cambridge you will contact?	My Supervisor - [REDACTED]
Who will be your back-up UoC contact?	Graduate office [tel given]

Person working away: I am signing to indicate that I have read and will abide by the statements above and will carry out additional risk assessment where necessary.

Name: [REDACTED]	Date: 20/10/2019	Signature: [REDACTED]
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Department/Faculty Representative: I am signing to indicate that this constitutes a suitable and sufficient risk assessment for the proposed work away.

Name: [REDACTED]	Signature: [REDACTED]
Role: Supervisor	Date: 11/11/2019

Head of Department/Faculty comments and recommendations:

<p>Comments:</p> <p>This proposed research in Afghanistan involves a degree of risk that has required the careful attention of [REDACTED]. [REDACTED] plans mitigate this risk to a degree by integrating [REDACTED] research into the wider programmes of existing organisations that work within those Kabul. These are organisations</p>	<p>Signature: [REDACTED]</p> <p>Date: 11/12/2019</p>
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which have a recognised status within the country and internationally. They also have the personnel and resources to facilitate ██████ work and provide on-the-ground advice and facilities. For this research, ██████ has teamed up with Afghanistan's most well-known and highly regarded group of researchers, the ██████. The ██████ has a strong record of providing logistics, travel advice and secure accommodation to researchers working throughout the country, and in Kabul in particular. ██████ has also secured the ██████ as an additional host, so as to provide a secondary source of advice and practical help. ██████ will provide insurance and institutional cover for ██████ time in Afghanistan. ██████ is a highly experienced researcher, who has worked in a non-academic capacity in Afghanistan before. Although there is an element of risk in travel to and research within difficult security environments, ██████ has the experience and the training to conduct such research successfully. ██████ plans are thorough and sensible. I strongly recommend that ██████ is given permission for this work, in line with the self-imposed limitations on travel and time within them.

Also obtained is a report from travel risk experts Safer Edge. Recommendations from this report have already been taken into account and the trip will be reassessed 1 month before travel with a second report being obtained 2 weeks before travel.