

Standard Travel Risk Form

1. Contact details

Student Contact Details

Full name	CRSid	Contact number while away	Email address while away
REDACTED			

Emergency Contact

Please note that your emergency contact may be called or emailed if you do not respond to contact.

Name of emergency contact	Contact number (include local area code)	Email address	Language spoken
REDACTED			

Local Contact e.g. onsite Supervisor

Name	Contact number (include local area code)	Email address	Language spoken
REDACTED			

2. Travel Itinerary

If you are planning to visit more than one country then you should complete separate risk assessments

Travel start date	08/09/2018
Travel end date	08/01/2019
Location of working away (town and country)	Novosibirsk, Russia
Address	REDACTED

Type of working away	Term of Year Abroad
Detailed description of proposed activities including sites you will work across (if there are multiple)	One term's study at Novosibirsk State University, studying in the philosophy faculty. Arranged through the foreign students office [Details redacted]
Lone working	No
Supervised	Yes

3. Foreign and Commonwealth Office Travel advice rating

Please indicate below the FCO rating for the area that you will be **staying and working in**

No specific rating given	See our travel advice before travelling
	X

Please select the date that you checked the FCO rating	01/07/2018
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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

Sign	Date
	01/07/2018

4. Personal Vulnerabilities, Local Laws and Customs

Please sign here to indicate that you have read and understood advice about the local laws and customs of the area you are visiting and that you will seek advice on matters relating to your personal wellbeing from your Supervisor and/or College Tutor.

Sign	Date
	01/07/2018

5. Insurance

In order to ensure that your work away is fully authorised you MUST purchase travel insurance if leaving the UK (and not visiting your home country). Please agree that you will buy insurance if applicable and include details of policy e.g. University insurance	REDACTED
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6. Hazard Table

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. Control measures should be specific to you and the work you are proposing.

More detailed descriptions of the hazard and suggested control measures can be found through clicking on the hazard or through visiting the Safeguarding site at <https://www.safeguarding.admin.cam.ac.uk/>

Hazard specific factors in the environment which may cause you harm	Hazard Description and Personal Vulnerabilities If known: include frequency of such incidents, when the threat may occur, for example, when travelling, visiting a remote region, during religious festival, in a crowded space etc.	Control Measures (actions to reduce risk level) Include action that may be taken to eliminate risk entirely
Safety and Security	<p>Risk of petty crime, e.g. mugging, pickpocketing, theft, particularly as Nobosibirsk is a large city. FCO suggests that risk may be more elevated in main tourist areas and in railway stations.</p> <p>Possibility of anti-British sentiment or harassment due to heightened political tensions between the UK and Russia.</p> <p>FCO website references unlicensed taxis which are very common in Russia; but these carry various risks as they are unregulated.</p> <p>Small chance of organised crime, FCO cites instances of fake police officers.</p> <p>Underlying risk of terrorism: according to FCO, terrorists are very likely to try to carry out attacks in Russia. These usually occur in unstable regions in the North Caucasus, but have also taken place in Moscow and St Petersburg. Previous attacks have targeted transport infrastructure.</p> <p>Transport: Road safety in Russia is poor. Due to Russia's size, much travel is undertaken on night trains, which pose risks to personal safety and provide an opportunity for theft.</p> <p>Political rallies and demonstrations occur in large cities across Russia. Particularly where these are unauthorised, they may lead to violence.</p>	<p>Avoid openly carrying expensive items or anything that may easily indicate that I am a tourist. Avoid walking alone late at night. Be wary of groups of women and children who beg. Look after passport at all times, especially in major transport hubs.</p> <p>FCO advises to remain vigilant, avoid any protests or demonstrations, and avoid public comments on political developments.</p> <p>FCO advises the use of taxi apps as a useful way to contact reputable taxi companies directly. Avoid flagging down taxis on the street, don't share a taxi with strangers. I have already arranged for an airport transfer upon arrival provided by my host university.</p> <p>If stopped by a police officer, insist on seeing identification.</p> <p>FCO advises vigilance in all public places, particularly transport hubs, tourist sites and crowded areas. I will not be travelling to the North Caucasus. Follow advice from security forces in the event of an attack, and stay informed from local news sources.</p> <p>I do not drive, but must ensure that any drivers that I enter cars with are licensed and competent. If on an overnight train, the FCO advises storing valuables in provided containers. Do not agree to look after a fellow traveller's luggage. Do not leave the compartment unoccupied, use all locks available.</p> <p>Following FCO travel advice, I will avoid political demonstrations.</p>

<p>Health</p>	<p>European Health Insurance Card is not valid in Russia, so any medical treatment can be expensive.</p> <p>Illnesses that can be prevented with vaccinations, e.g. MMR, DTP, Hepatitis A & B.</p> <p>It is usually considered unsafe to drink tap water in Russia, which can cause diarrhoea. Food prepared with unclean water may be unsafe.</p>	<p>Ensure that I have comprehensive travel insurance that includes cover in Russia before leaving the UK. Insurance must include cover for accidents, emergency medical treatment and repatriation.</p> <p>NHS Fitfortravel website recommends ensuring primary courses and boosters are up to date. I have travelled to Russia very recently so this is unlikely to be a problem.</p> <p>NHS Firfortravel provides guidelines to avoid illness caused by poor quality water and food. It advises to wash hands regularly, carry hand wipes or sanitizer at all times. Ensure that clean dishes, cups and utensils are used. Be wary when purchasing food from street vendors, and ensure that food is cooked to a high temperature and consumed while still hot. I am vegetarian so unlikely to consume meat and fish. The NHS advises against the consumption of unpasteurized milk. It is safest to use sealed, bottled water. In case of illness, follow guidelines widely provided on the NHS Fitfortravel website and by the National Travel Health Network and Centre.</p>
<p>Housing</p>	<p>Arrival at the university and in allocated room. I will be arriving in Novosibirsk late at night (10pm) so it is important that I know exactly where I am going. My suitcases will potentially make me a target for theft, or for unlicensed taxis.</p> <p>Financial issues make continued stay in accommodation difficult for some students.</p> <p>Health and safety standards in Russian student accommodation are often lower than in British university accommodation. In some cases, fire safety is inadequate.</p>	<p>I have arranged a transfer from the airport to the university upon arrival for 10USD. My accommodation is in a university-owned student housing block.</p> <p>This is unlikely in my case, as rent is approximately 12USD per month. If upon arrival I choose to make private arrangements for accommodation, my rent will be higher (though cheap in comparison to UK rent prices). There is also a risk of inadequate safety and fraudulent landlords in private accommodation, so it is important to visit any flat before making any commitment, and not to make private accommodation arrangements from abroad. I will continue paying 12USD per month for my student room, however, so would be able to move back in if circumstances made this necessary.</p> <p>Inspect room upon arrival, ensuring that there are smoke and carbon monoxide alarms. If I am not satisfied, I will first contact the university's accommodation office. If the situation persists, I will have to move into private accommodation.</p>
<p>Natural Disasters</p>	<p>Extremes of cold, snow, and ice in the winter. These can be dangerous in any circumstances, particularly for travelers not yet used to the cold conditions. There is a risk of hypothermia if stranded outdoors. The FCO cites cases of drink spiking where victims have been left outside overnight.</p>	<p>Ensure that all winter clothing is adequate for conditions. I will be sourcing winter clothing locally, ideally with the advice of friends who are familiar with local weather conditions. I should avoid excessive alcohol consumption, and never leave drinks unattended or accept drinks from strangers, and never drink alone. If I begin to feel unsafe and stranded in the cold, I must contact somebody: a friend, the university, or if necessary, the police.</p>

	FCO suggests potential for forest fires in Siberia, and flooding in spring.	My current plans involve no intention to be in Siberia in the spring or summer when these risks are highest. In the unlikely event of these problems, I will follow all advice given by the university and by relevant authorities.
Travel	<p>Local travel: FCO maintains that certain areas of Russia are unsuitable for foreign travel: areas within 10km of the border with the Ukrainian Donetsk and Lugansk Oblasts, Chechnya and surrounding areas according to the map on the FCO website. Risks in these regions include civil unrest, terrorist attacks, and kidnapping.</p> <p>Visa requirements in Russia are strict. I will not be allowed to enter the country with an incorrect visa. I need to register with local authorities on arrival. It is obligatory for foreign visitors to produce their passport upon request, and random checks are carried out by the police.</p>	<p>I will not visit any of these regions. When planning my return travel, I will avoid all travel through these areas. I will follow local and foreign news sources, and the FCO website to keep updated on any changes to regional travel advice and act according to FCO guidelines.</p> <p>I will ensure that I have the appropriate 3-month student visa before leaving the UK, even if this means delaying my departure until I have one. Upon arriving in Russia, I will have to extend my visa, and if I make plans to leave the country during my stay I will have to convert my visa to a multi-entry one. I will ensure that the host university correctly registers me. I will carry my passport with me at all times. In the event that my passport is lost or stolen, in accordance with the FCO guidelines, I will obtain a police report and get an Emergency Travel Document.</p>
Loss of passport	<p>FCO notes that: You should carry your passport with you at all times. A copy will not be sufficient. Police carry out random checks, especially during periods of heightened security. Failure to produce your passport when asked can lead to a fine.</p> <p>This will place me at higher risk of losing or having my passport stolen.</p>	I have taken colour copies of my passport. I will leave one with my family and will keep one in my accommodation – in a secure place.
Photography	<p>Photographing any military establishment or site of strategic importance (including airports) is banned. There may not be warning signs in locations where prohibitions are in place. You are likely to be detained for questioning or arrested if you are caught.</p> <p>You'll need to get official permission from the Russian aviation authority (in Russian) before using any unmanned aircraft systems (drones) in Russian airspace. You must inform them of the flight route at least 24 hours in advance and keep in regular contact with them before and during the flight. Failure to do so will result in a fine.</p>	I will not have need to take any photographs of these establishments and will avoid doing so.
Local laws and customs	Public attitudes towards LGBT+ issues are less tolerant than in the UK, and can vary depending on location. Government officials have made derogatory comments about LGBT+ individuals. Public displays of affection may attract negative attention.	I have noted this and will follow all advice.
Communication	Russia's cybersecurity laws are changing. Restrictions have been placed on some social media platforms, such as LinkedIn and Telegram, and access to other internet sites can be unreliable. More information is	I will ensure that I am familiar with all acceptable forms of communication and social media when contacting family, friends and the University

	available from the Federal Service for Supervision of Communications, Information Technology and Mass Media (in Russian). You can find further advice on the website of the UK's National Cyber Security Centre.	
Entry requirements	You'll need to register with the local authorities if you're staying anywhere for more than 7 working days.	I will register on arrival – the host University has assured me that they will assist with this.

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: 05/09/2018	Signature: [REDACTED] [REDACTED]
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Department/Faculty: I am signing to indicate that this constitutes a suitable and sufficient assessment of the level of risk identified.

Name: [REDACTED] Role: Year Abroad Coordinator	Signature: [REDACTED] Date: 01/07/2018
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