

International travel tips: Cultural considerations

Traveling outside of one's home country is exciting – learning about a new country or city, meeting new people, and new experiences. When visiting other countries, it is important to remember there may be different cultural norms from a traveler's home country.



Pre-travel research

- Review safety and security threats in the destinations
- Know who to contact in an emergency in the destination, like the emergency phone number for the country, addresses and contact information for embassies
- Locate hospitals and other medical facilities in case of illness or injury



Gender-based laws

- Gender-based segregation in work and public spaces
- Public transportation or queues may be differentiated by gender
- Research the destination's workforce and whether any gender-based sensitivities exist
- Learn about which laws or customs will affect you directly as a foreign traveler



Local holidays and customs

- Western-style clothing may be perceived by locals as inappropriate and affect how one is treated
- Try to follow the lead of locals with appropriate apparel in professional and social settings
- Holidays and celebrations, greetings and personal interactions, mealtimes and bedtimes all vary across cultures
- Customs, special events and anniversaries at your destination may impact your travel. Be prepared for any national holidays during your stay and how they may affect your personal safety.



Health considerations

- Ensure food is fully cooked and avoid foods that are hard to clean, such as lettuce
- Milk-based products in many countries around the world are often unpasteurized, if this is different from a traveler's home country, these products should be avoided



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This document is intended as general information and some recommendations may not be appropriate for all situations. It is strongly recommended that you contact the proper department within your organization for specific policies, procedures, and/or advice. This list is not complete, and is intended as information for travelers, not as advice.

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