

# Cultural Exchange Travel Program Safety Guidelines

Dear [Participants/Students],

Welcome to the Cultural Exchange Travel Program! As we embark on this journey together, it is essential to prioritize safety. Below are the guidelines that all participants are required to follow:

## General Safety Guidelines

- Always travel in groups of at least three.
- Stay aware of your surroundings and trust your instincts.
- Keep emergency contact numbers accessible at all times.

## Health and Wellness

- Consult a healthcare provider for necessary vaccinations before traveling.
- Carry a personal first-aid kit and any required medications.
- Stay hydrated and eat healthily during the program.

## Emergency Protocols

- In case of emergency, dial [local emergency number].
- Report any incidents to the program coordinator immediately.
- Know the location of the nearest hospital or clinic.

By adhering to these guidelines, we can ensure a safe and enjoyable experience for everyone involved. Thank you for your cooperation!

Sincerely,  
[Your Name]  
[Your Title]  
[Organization Name]