

Dear Participants,

We look forward to welcoming you to Brazil for the FOBAI Annual Meeting and want to make sure your stay is safe and enjoyable. To help you make the most of this event and enjoy Brazil thoroughly, allow us to share some safety and health tips:

- 1) **Be vigilant:** Always keep alert wherever you go, especially when visiting busy areas and tourist attractions. Avoid displaying valuables, such as jewelry or electronic devices so to minimize the risk of being a theft target. Prefer purses or backpacks properly secured and keep your personal belongings tucked away when visiting busy areas.
- 2) **Safe transportation:** Preferably use taxi services from trusted companies, transportation apps, or the transportation services offered by the hotel or SBB. Alphaville is known to be reasonably safe, but like anywhere else, it's important to take precautions when using public or private transportation. Make sure the vehicle is officially identified accordingly.
- 3) **Hiking:** Whereas Alphaville is known as a safe place, it's important to keep vigilant when strolling around on the streets, especially after dark. Avoid poorly lit or secluded areas and prefer well-lit and busy routes.
- 4) **Personal Documents:** Carry a copy of your identification, such as your passport and visa, as you explore the city and keep your original documents in the safe box back at the hotel. Make sure the copies you carry along are legible. Losing important documents is always stressful, and it is important to guarantee proper identification throughout the entire journey.
- 5) **Cash and cards:** If you need cash, help yourself from ATMs located in safe places, such as banks branches or malls. Avoid showing large amounts of money in public, as this can attract unwanted attention. And preferably use credit cards at known and reputable establishments.
- 6) **Health:**
 - a. **Water and food:** Do not consume tap water and restrict yourself to consuming only food from trusted sources. Avoid consuming food from street vendors in areas with a high concentration of tourists, for quality may vary.
 - b. **Medications:** Consider that it may be difficult to find specific medications you normally need when you are away traveling. Therefore, check with your doctor

before you travel and pack along in your luggage any medicines you may eventually need during your journey.

- c. Packaging medications:** Be sure to pack your medications according to the manufacturer's instructions and keep in the original packaging and package inserts. In the case of prescription drugs or drugs of restricted use, take your doctor's prescription with you. This is critical to avoid mishaps at customs and ensure that you have the necessary medications handy during your trip. In doubt, contact the airline to check out for any restrictions on certain substances and for information on the guidelines of the Brazilian customs authority.
- d. Health documentation:** Always keep your identification documents ready, including personal contact information, blood type, and information about allergies, diabetes, or other medical conditions that may require special attention. This can be crucial in emergency situations, and it may facilitate any medical attention should it be needed.
- e. International Travel Insurance:** It is advisable that each participant hires some type of international travel insurance that guarantees good coverage in case of medical emergencies, or if the luggage goes missing, or any other eventualities.

May you all have a smooth and safe travel experience.

Fraternally,



Erní Walter Seibert (Rev. Dr.)

Executive Director
Bible Society of Brazil