

10 TIPS FOR WOMEN WALKING TO AND FROM A PLACE OF WORSHIP



01

Be Alert! Scan the area as you walk. Be aware of your surroundings



02

Avoid walking alone!



03

If walking by yourself and are in danger hold your phone and be ready to make an emergency call.



04

Observe people in front and behind you



05

During the night avoid walking in poor-lit areas



06

Ping Your Location by using your smartphone



07

Self Defence

Be aware on the restrictions present in your country. For instance in Switzerland, Germany, and Portugal, pepper spray is **only** permitted with a license.



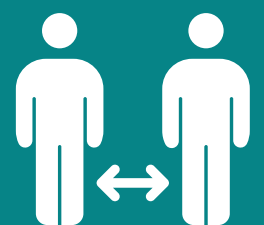
08

Tell someone where you are going and if you reached the place



09

Keep distance between yourself and others if suspicious or worried



10

Don't be afraid to be vocal

