



# GLOBAL BENEFITS

INTERNATIONAL INSURANCE FOR EXPATS,  
TRAVELERS & ORGANIZATIONS

## HAVE MORE FUN AND BE SAFER: BLEND IN WITH THE LOCALS

When traveling abroad, the benefits of blending into the local culture can't be underestimated. Doing so gives you a closer look at the local culture while also keeping you safe in places where tourists are targets for pickpockets and possibly more dangerous crimes.

**[Buy travel insurance](#)**. When a medical or travel crisis hits you, it may be your only lifeline to safety

- 1. Don't wear white running shoes.** It's common knowledge that only Americans wear white running shoes in public, non-exercise related situations.
- 2. Wear muted clothes. No logo clothing.** Muted clothing is always the way to go when traveling.
- 3. Pack clothes you can wear anywhere.** Pack clothes that are versatile. Neither flash nor trash. You have a better chance of being able to blend in in many different situations. No cargo shorts, or pant legs that zip off to become shorts.
- 4. Tone down the camera and other tourist accouterments.** Blending in requires that you be subtle with taking photos. Don't leave your camera hanging from your neck. Keep it under wraps until needed. No fanny packs. Keep your guidebook hidden.
- 5. Buy clothes at your destination.** Pick up some clothes at your destination. Buy what the locals wear. This will also mean fewer bags to check at the airport.
- 6. Do an internet image search before departure.** See how the locals dress.
- 7. Have your money and passport under control.** Familiarize yourself with the value of the local currency and various denominations. Carry it in a normal manner (wallet, purse). Make transactions competently. Fumbling with money targets you as a foreigner and tips off the thieves. Carry only what you need for a single day. If you take a lot of money, use a money belt under your clothes or keep it at the hotel.
- 8. Be courteous but act "normal".** Yes, locals want your tourist money but there can be a love-hate relationship with obvious tourists with money to burn. Americans can come off as obnoxious. Locals want neither to be treated like they live to please you, nor to be treated like you are doing them a favor by saying hello. Take your cues from them and blend in.
- 9. Plan out your day and route.** Have a sense of what you're doing and where you're going. Do your trip planning in your room, not while you're wandering around outside looking befuddled.
- 10. Buy stuff at local stores.** Utilizing local stores and services is a great way to blend in and better understand the local culture.
- 11. Move opposite of the tourist crowds.** Avoid moving with the tourist crowds like cattle. It makes you a target. Locals avoid tourist crowds, so should you.



# GLOBAL BENEFITS

INTERNATIONAL INSURANCE FOR EXPATS,  
TRAVELERS & ORGANIZATIONS

**12. Learn and use some of the language.** You may not be fluent in the local language, but locals appreciate the effort and will cut you slack for trying. The more you practice, the better you get at the language, which can open doors that lead you deeper into the local culture.

**13. Don't be afraid to say hello.** You would do this at home so act normal and do it abroad.

**14. Lower your voice.** Americans are loud. Don't act like an American. Speak at half your usual volume. Also, if you don't speak the language, talking even louder in English is not going to make you understood.

**15. Be a prepared and attentive driver.** Nothing screams "outsider" like someone stopping and starting, going under the speed limit, gawking out the windows, and generally clogging up the streets and roads. Try to check your maps and route ahead of time, put someone in the copilot's seat who has a handle on it, and most of all watch the road ahead of you.

**16. Pay attention.** If you want to blend in with the locals, pay attention to how the locals act, what they do, where they congregate, how they dress — and follow suit. If you want to walk the walk, it's going to have to be *their* walk. Don't assume that your custom is their custom. Avoid prolonged direct eye contact or a giant smile. That may not go over well in some places.

**17. Carry yourself with confidence.** Locals don't walk wide-eyed around their own neighborhoods. Look like you know what you are doing and where you are going, and other people will think you do — even if you don't have a clue.

**18. Don't wear flashy sunglasses, watches and jewelry in public**

**19. Look for local events.** It's a great way to better understand the local culture.

**20. Be yourself and have fun...just tone it down**