

Does your job often take you away from home? Do you stay in hotels often at home and abroad? Are you a business lady or entrepreneur? If you answer yes, then you know all too well how stressful it is finding the right hotel and making sure your safety is top priority.

TopicUK caught up with Carolyn Pearson, Managing Director of Maiden Voyage, the business set up to advise the lady traveller on how to stay safe and choose the right hotel. They also offer the opportunity for you to meet up with one of their ambassadors, a welcome friendly face in a strange city.

Here Carolyn and her team share with us their top 10 tips when travelling alone:



Are you a business lady who travels alone?

1. Choose Your Hotel Room Wisely

It is a hotel's duty to ensure their guests are safe and secure. When booking a room, specifically request one that is not on the ground floor or at the end of a long corridor which can be isolating, especially if walking to your room alone in the dark.

2. Guard Your Privacy

Hotels should never announce your room number verbally as this makes it public to anybody else in the lobby. Instead, your room number should be written down and presented to you with your room key. If your hotel fails to disclose your room

3. Check and Check Again

You should have a minimum of two fully-functioning independent locks- if you don't, change rooms. Check the security of windows or balcony doors, and ensure they shut and open properly. If you are still concerned about the security of your hotel room door, pack a nifty DoorJammer for extra security to protect you from any persistent, unwanted visitors.

4. Save Calls for Later...

While it can be tempting to get pending business and personal calls ticked off while on the train, remember that fellow commuters are privy to anything you say. Be wary

of how much you are giving away about yourself as even your name and company are enough for the nosy parker next to you to Google you (as has happened to our CEO!). Unless You're in a Cab

5. Should your taxi driver

be overfamiliar with you or putting you at unease, feign a phone call to your spouse (real or imaginary!) casually mentioning your whereabouts and ETA. Use pet names liberally to throw the driver off the scent!

6. Walking between sites

can seem like the perfect time to catch up on podcasts or audiobooks, but having your headphones in not only puts you at higher risk of traffic accidents but also sends a message to potential pickpockets that you are an

easy target oblivious of your surroundings.

7. Text Your way to safety.

Save this number: 61016. If you experience harassment or untoward behaviour on the train, you can text the British Transport Police directly with your whereabouts. If required, they'll send security to help you out.

8. Hotel Rooms are For Sleeping, not Meetings!

In light of recent news, it should come as no surprise that business meetings in hotel rooms are not advisable. Even if you know your contact well, keep meetings in office settings or open and public places. If meeting in the latter, maintain discretion around disclosure of private and personal details.

9. 'Tis The Season to Steal Luggage...

Suitcase theft on trains peaks during the festive season. Don't get caught out- store your luggage between two seat backs, under your own seat, or overhead. If you do leave your luggage in the luggage rack, check on it regularly. Attaching a padlock to the zipper acts as a deterrent to potential thieves.

10. Please Mind the Gender Gap

Sexual harassment on the tube is on the rise. If you are being targeted or feel uneasy, don't be afraid to call the perpetrator out. The bottom line is that your safety comes before politeness in every scenario.