01 Hiring a moped is a brilliant way to travel around the Greek islands you’re visiting. You’re given helmets to wear but you notice all the locals leave the chin strap undone. It’s much cooler in 40 degree heat!

02 You’ve had a brilliant week in Kavos hanging out with some new friends. On the last night one of your new friends suggests getting matching tattoos - just tiny ones - and you find yourself handing over your last Euros to the tattooist.

03 You’ve been told that unwashed fruit and salad could give you a stomach bug and you’ve been really careful so far. You’ve just bought some fresh fruit from a roadside stall but you only have a couple of centimetres of bottled water left.

04 You’re in Amsterdam for the weekend and are looking forward to trying out the coffee shops and their marijuana menus. The notice on the door says ‘strictly over 18s only.’ You’re almost 18 so that counts doesn’t it? Anyway, the Dutch laws around weed are really relaxed.

05 You’ve hooked up with someone you really like and invite them back to yours. Things are going well but neither of you has condoms. You’d never have unprotected sex at home but home feels far away.

06 You had too many fishbowls last night and you feel like just two on the road. In the morning her ankle is really swollen and she can’t put any weight on it. She’s also got a nasty cut on her hand and you think she should probably get it seen to even though your friend says she’s fine.

07 You’ve been out clubbing with friends and you’ve hailed a taxi to take you back to the camp site. The taxi driver says he can take all six of you if you don’t mind squashing in. The seatbelts don’t seem to be working and you have to sit on each other’s laps.

08 You’ve been advised to get a licensed taxi from the airport to the camp site but the queue is massive. A man in a car pulls in and says he’ll take you and your friend for half the price.

09 You’d love to spend a couple of days trekking through the Colombian rainforest while you’re there. You meet a guy in a café who says he knows the rainforest like the back of his hand and he’ll take you on a two day trek for less than half the price you’ve been quoted.

10 The Australian outback is stunningly beautiful. You’ve been here long enough to get to know the area you’re staying in and fancy a stroll a bit further afield. You’ve got a litre of water and some factor 50.

11 You’re visiting family abroad and have loved being spoiled by relatives and meeting cousins you didn’t even know you had! The boyfriend of one of your cousins asks you to take a packet of saffron back to the UK for a friend. It’s so much cheaper here than in England.

12 You’ve been helping to build an orphanage in Tanzania and one of the local volunteers has invited you back to their village to meet their family. You get on really well and want to see the village so you agree to go and set a time and place to meet.

13 You’re out clubbing when you meet a really attractive man. He’s friendly and fun and when he suggests going on to another slightly quieter bar you agree. You nip to the loo while he looks after your drink and pays the bill.

14 The temples in Thailand are really beautiful and you’re dying to climb higher and take some photos of the baby monkeys at the top. No one else seems to be climbing.

15 You’ve been invited white water rafting with a group from the hostel you’re staying at. You’re not sure if your insurance covers this but they need you to sign up tonight in order to go out on the water in the morning.

16 You’re at the legendary Full Moon party in Thailand and someone hands you a spliff. Everyone is smoking so it seems fine and it’s not like it’s crack or anything.
| **01** | Greek law states you must wear a helmet and insurance won’t be valid without it. You’ll need a provisional license and appropriate insurance. If you have an accident you could be seriously injured if the helmet isn’t worn properly. |
| **02** | Think carefully before getting a tattoo. Will you regret it tomorrow? Next week? Next year? They’re painful and expensive to remove. If you decide to go ahead, check that the tattooist has a safety certificate and uses new needles, cord sleeves and sterilised equipment. A healing tattoo is a wound so use antiseptic cream and avoid swimming and sunbathing. |
| **03** | You could clean the fruit on your t-shirt or ask the stall holder to wash it. If you have a knife, peel the fruit. An upset stomach could incapacitate you for a day or two of your holiday - or worse, land you in hospital or lead to longer-term illness. |
| **04** | Dutch laws around marijuana use in coffee shops are very relaxed but you must be over 18 and have ID to prove it. If you’re under 18 and caught with marijuana then you could get into trouble. If you’re over 18 and have never smoked weed before, you’ll need to be aware of the associated risks - dizziness, lack of inhibition, falling asleep, possibly feeling / being sick. Keep an eye on your friends too. |
| **05** | There are the usual risks - STI’s, unwanted pregnancy. It’s not worth taking the risk. Try and find a late night pharmacy - even though it’s a bit of a passion-killer or stick to fooling around. Plan better for the next night! |
| **06** | You could go to the local pharmacy and buy bandages and disinfectant but it’s better to get your friend checked out at a clinic or doctor’s surgery. Take your insurance document or email and your EHIC card if in Europe otherwise you could face a huge bill. Even if your friend says she’s ok it’s best to get any injuries checked out by a medical professional. |
| **07** | Find another cab or ask the taxi driver to do two trips. Better still; find a cab that has seatbelts. Ask the club to ring one for you. |
| **08** | It’s better to wait for the licensed taxi. Take turns standing in the queue while the other person goes and sits in the shade. |
| **09** | Do you really know this man and can you trust him? Ask at your hotel or hostel for someone they recommend. They may cost more but it’s worth it in the end. If you do decide to go with the guy from the café, make sure you tell people where you’re going, when you’ll be back and who to contact in an emergency. |
| **10** | Always check with the locals. If you really want to go for a walk, plan a route, go with someone else and make sure people know where you are and what time you’ll be back. Check the weather forecast for cooler times of day and sunset. You don’t want to be stumbling around in the dark. |
| **11** | Check that the parcel is exactly what your cousin’s boyfriend says it is. Better still, suggest he posts it himself if it’s important. Never carry anything if you aren’t sure what it is. |
| **12** | Take someone with you and make sure people know where and when you’re going and how you’re going to get home. Bring a gift with you and act respectfully. |
| **13** | Never leave your drink and or bag unattended even if your new friend seems trustworthy. Check where the new bar is and make sure your friends know where you’re going. Better still, take a friend with you. |
| **14** | Check if you’re allowed to climb up and if not, don’t! It may be offensive to locals to clamber on religious buildings. The structure may not be safe and damage could be attributed to you. Baby monkeys might look cute, but they are wild animals and could carry diseases, the adults might not like you getting close to their young. |
| **15** | There’s no need to miss out. Go and check the insurance small print. If white water rafting isn’t included then go online and see if you can add it in. It may cost a bit more but better safe than sorry. Listen carefully to the instructor’s safety guidelines and enjoy the adventure. |
| **16** | Thailand has really strict drug laws. If you’re caught using drugs you could face time in jail. Weigh up the risks of a quick high over time in a Thai prison. Even if the spliff isn’t yours you could still get in trouble. |