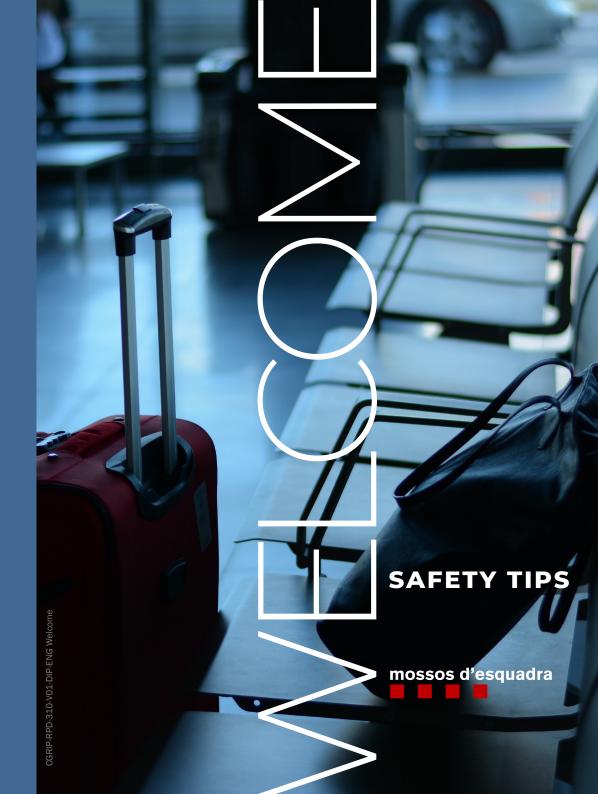
#### CATALAN POLICE

mossos d'esquadra





## **Catalan police**

There are various police forces in Catalonia. For maters of public safety, you can go to the **Mossos d'Esquadra**, which is the Catalonian Police, or to the municipal police forces around the territory.

The cities and towns of Catalonia are among the safest in Europe. Even so, some simple self-protection measures must be followed to have a good stay.

# **Before travelling**

The consulate is fundamental point of contact for help with solving any serious problems that may arise. Be sure to make a note of its address and telephone number.

Do not give any information that is not essential out over social networks. Should you wish to publish any photographs, do this once you have returned from your trip.

### **Accommodation**

When you leave your room, or when you go to sleep, lock the door and the windows.

We recommend you use safes to store any objects of value and documentation.

In common areas, keep an eye on your luggage and personal belongings.



During visits to tourist areas, you are advised to take only essential documentation and to avoid flashing money or valuable assets, such as jewels, cameras, etc....

When you go out, you must bring a document that accredits your identity and write down the address of the place where you are staying.

Keep your belongings under control at all times. Carry your handbag or backpack in front of you.

Avoid carrying wallets or any other valuable belongings in places that are easy to access.

Do not trust anyone who comes excessively close to you or offers you help if you have not asked for it. Do not trust strangers asking you the time or something about your watch

If you take money out from an automatic teller machine/cash point, make sure that nobody is watching you or distracting you.

You are advised to buy drinks, food and other items in legally-authorized shops that have the appropriate controls in place.

### On the road

Do not leave any valuable items in plain sight inside the vehicle.

If you travel in a vehicle, always keep the doors locked. If anyone warns you about a punctured tyre or calls for your attention while you are driving, it could be a trick.

If you decide to stop, do not do so in isolated places, and lock the vehicle immediately when you get out.

When you park the vehicle, choose places that are busy, well-lit and/or monitored.

## On the beach

Bring only what you need and avoid bringing any valuable objects with you.

Keep an eye on your personal belongings at all times.

## Congresses

Take your accreditation off when you are outside the premises to avoid drawing attention to yourself.