



**Caroline's Rainbow Foundation** is a registered UK charity, working to raise awareness of the importance of safer travel to anyone going travelling. We work with the education sector, the Foreign Office and other organisations to provide **easily accessible and helpful information about safe travel**.

We believe travel can broaden horizons. We always encourage people to '*follow their dreams*', but also to **recognise and prioritise life's values** every step of the way.

---

## Safer Travel

Our **Safer Travel App** is an easily accessible source of essential information about travel destinations around the globe. It's also free to download.

**Over 8 years of research** we have collected travel safety information for over **350 popular tourist and backpacker destinations**. The App provides; travel safety tips, useful contacts, areas to avoid, cultural insights and common crimes as well as suggesting must-see highlights and attractions. To make our valuable information more accessible we are adding all information to [safertravel.org](https://safertravel.org)

## Education

An important part of our work is to provide **educational materials to young people** and support teachers in raising awareness about **travelling safely**. We work to equip young travellers with the essential knowledge that they need to stay safe and enjoy fantastic adventures.

We have trained experienced travellers across the UK to facilitate some of these discussions in the form of talks and presentations with students. They use their travel experience to highlight some of the **benefits and pitfalls of world travel**.

Our presentations are offered primarily to Schools, Colleges and Universities in exchange for a donation so we are able to continue our work.

## Travel Stories

The most important part of any travelling adventure is returning safely. We have collected a selection of **inspirational travel stories**, highlighting some of the amazing experiences out there and obstacles other travellers might face.

## Safety Tips & Advice

Our website is packed with **safety tips and travel advice** from travellers who have all returned safely, but learnt a few important lessons along the way. Read safety advice and top tips from people who have kindly shared their knowledge from travelling.

---

## Find out more

If you have travel safety advice or would like to know more about Caroline's Rainbow Foundation please get in touch.

Please email [contact@carolinesrainbowfoundation.org](mailto:contact@carolinesrainbowfoundation.org)

Destination specific safety advice [www.safetravel.org](http://www.safetravel.org)

Main charity website [www.carolinesrainbowfoundation.org](http://www.carolinesrainbowfoundation.org)

Follow us on Social Media

[www.facebook.com/CarolinesRainbowFoundation](https://www.facebook.com/CarolinesRainbowFoundation)

[www.instagram.com/crfsafetravel](https://www.instagram.com/crfsafetravel)