Democratic Republic of the Congo: Information and advice on travel has been updated. General elections are scheduled to be held in the DRC on December 23, 2018. Previous elections have seen sporadic bouts of unrest and violence. Travelers should avoid any political rallies or demonstrations, monitor developments closely, and keep departure options under review. It is advised to limit all but essential travel to the DRC, including the capital city, Kinshasa.

Lebanon: Information and advice on travel has been reviewed in full and updated.

Russia: Information and advice on travel has been reviewed in full and updated.

Please be aware System Risk Management has asked all members to prohibit travel to extreme risk countries and regions. Please reference memorandum from the Chancellor regarding procedures relating to international travel to be followed by all System members found at this link:


Should you have any questions, please contact me directly. Thank you.

Henry Judah, AIC CPCU CLU ChFC | Director
System Risk Management
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# COUNTRY TRAVEL ADVISORY LIST

Any travel to the below listed Extreme Risk countries or countries with an Extreme Risk region requires an International Travel Questionnaire submission to System Risk Management for review.

## Extreme Risk

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## Extreme Risk Regions

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Country Travel Advisory Details by Risk Level

Afghanistan
Risk Level: **Extreme**

Country Overview:

The security situation in Afghanistan is extremely dangerous. It is advised to avoid travel to Afghanistan, if possible. Travel to all areas of Afghanistan is unsafe due the unstable security situation involving armed conflict, terrorism, crime, and civil unrest. There is an extreme risk to personal safety and security because of widespread military operations, terrorism and insurgent attacks, and high levels of kidnappings, hostage taking, suicide bombings, landmines, and vehicle-borne or other improvised explosive devices (IEDs).

It is advised not to travel to all districts in the following provinces of Afghanistan:

- Kapisa
- Kunar
- Nangahar
- Laghman
- Nuristan
- Ghazni
- Khost
- Paktika
- Paktiya
- Logar
- Wardak
- Kandahar
- Uruzgan
- Zabul
- Helmand
- Nimroz
- Farah
- Faryab
- Jowzjan
- Badakhshan
- Baghlan
- Kunduz
- Takhar

It is further advised not to travel to the following specific districts of Afghanistan:  
- Kabul (Surobi district)
- Parwan (Charikar City, Bagram, Ghorband/Siaghird, Jabal Saraj, Kohi Saraj, Salang, Sayed Khel and Shinwari districts)
- Daikundi (Gizab and Kajran districts)
- Ghor (Dolina/ Du Layna and Pasaband districts)
- Herat (Shindand district)
- Balkh (Chaharbolak, Chamtal/Chimtal, Daulet Abad/Dawalatabad, Hairatan Port, Kaldar and Shortipa/Shur Tapa/Shor Tepah districts)
- Sar-e-Pul (Sar-e-Pul City and Sayad districts)

It is advised to limit all but essential travel to all other provinces and districts of Afghanistan.
Central African Republic

Risk Level: Extreme

Country Overview:

The security situation in the Central African Republic (CAR) is extremely dangerous. It is advised to avoid travel to the CAR, if possible. Travel to all areas of the CAR is unsafe due to civil unrest and crime. There is an extreme risk to personal safety and security because of sectarian violence by armed groups and common criminal activities, such as armed robbery, aggravated battery, and homicide.

It is advised to limit all but essential travel to central Bangui between the Airport and the Oubangui River. It is further advised not to travel to the rest of Bangui and the Central African Republic.

Iraq

Risk Level: Extreme

Country Overview:

The security situation in Iraq is extremely dangerous. It is advised to avoid travel to Iraq, if possible. Travel to Iraq is unsafe due to armed conflict and terrorism. There is an extreme risk to personal safety and security because of active insurgent and terrorist groups, sectarian militias, and high levels of violence, kidnappings, suicide bombings, and vehicle-borne or other improvised explosive devices (IEDs). There have been protests and casualties in parts of Baghdad, Basra, and other southern governorates. Travelers should avoid large crowds and follow the advice of local authorities.

It is advised to avoid any travel to the following areas of Iraq: Anbar province, Ninewah province, Salah-Al-Din province, Diyala province, Tam'mim (Kirkuk) province, and in Erbil province, south of Road 80, and within 10km of the border with Ninewah province between Road 80 and Road 2. It is further advised to limit all but essential travel to the rest of Iraq, including the remainder of the Kurdistan region.
**Libya**  
Risk Level: **Extreme**

**Country Overview:**

The security situation in Libya is extremely dangerous. It is advised to avoid travel to Libya. Travel to Libya is unsafe due to armed conflict, terrorism, civil unrest, and crime. There is an extreme risk to personal safety and security because of high levels of terrorist activity and crime, including kidnapping for ransom, suicide bombings, and the use of vehicle-borne or other improvised explosive devices (IEDs).

It is advised to avoid all travel to Libya.

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**Mali**  
Risk Level: **Extreme**

**Country Overview:**

The security situation in Mali is extremely dangerous. It is advised to avoid travel to Mali, if possible. Travel to Mali is unsafe due to political instability, crime, and terrorism. There is an extreme risk to personal safety and security because of terrorist activity and violent crime such as kidnapping and armed robbery. There may be a heightened risk of demonstrations and terrorist attacks in the run up to the Presidential elections on July 29, 2018.

It is advised to avoid all travel to the provinces of Tombouctou, Kidal, Gao, and Mopti, as well as parts of the provinces of Kayes, Koulikoro, and Segou. It is further advised to limit all but essential travel to the rest of Mali.
**North Korea**  
Risk Level: **Extreme**

**Country Overview:**

The security situation remains volatile on the Korean peninsula, and political tensions involving North Korea can change with little notice and with no warning. This poses an extreme risk to visitors. It is advised to avoid all travel to North Korea, if possible. Travel to North Korea is unsafe due to the serious risk of arrest and long-term detention of foreign nationals. In addition, U.S. passports are not valid for travel to, in, or through North Korea without a specific validation from the Department of State.

It is advised to limit all but essential travel to North Korea.

**Somalia**  
Risk Level: **Extreme**

**Country Overview:**

The security situation in Somalia is extremely dangerous. It is advised to avoid travel to Somalia, if possible. Travel to Somalia is unsafe due to crime, terrorism, and piracy. There is an extreme risk to personal safety and security because of terrorist activity and violent crime, such as kidnapping and murder, which is common throughout the country.

It is advised to avoid all travel to Somalia, including Somaliland except for the cities of Hargeisa and Berbera to which it is advised to limit all but essential travel.
South Sudan
Risk Level: Extreme

Country Overview:

The security situation in South Sudan is extremely dangerous. It is advised not to travel to South Sudan, if possible. Travel to South Sudan is unsafe due to crime and armed conflict. There is an extreme risk to personal safety and security because of armed clashes, border disputes, ethnic violence, and crime, including carjacking, shootings, ambushes, assaults, robberies, and kidnappings.

It is advised to avoid all travel to South Sudan.

Syria
Risk Level: Extreme

Country Overview:

The security situation in Syria is extremely dangerous. It is advised to avoid travel to Syria. Travel to Syria is unsafe due to armed conflict, terrorism, and civil unrest. There is an extreme risk to personal safety and security because no part of Syria is considered safe from violence. Widespread military operations, involving the use of chemical warfare, shelling, and aerial bombardment, have significantly raised the risk of death or serious injury.

It is advised to avoid all travel to Syria.
Yemen

Risk Level: **Extreme**

**Country Overview:**

The security situation in Yemen is extremely dangerous. It is advised to avoid travel to Yemen. Travel to Yemen is unsafe due to armed conflict, terrorism, civil unrest, and health. There is an extreme risk to personal safety and security because of ongoing military conflict, heightened terrorist activity, kidnappings for ransom, and unlawful detentions by rebel groups.

It is advised to avoid all travel to Yemen.

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**Extreme Risk Regions**

Algeria

Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in some parts of Algeria is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Algeria due to terrorism. There is an overall moderate level of risk to personal safety and security because terrorists are very likely to carry out attacks, including kidnappings, and civil disturbances sometimes occur throughout the country.

It is advised to avoid all travel to areas within: 30km of the borders with Libya, Mauritania, Mali and Niger, and 30km of the border with Tunisia in the provinces of Illizi and Ouargla and in the Chaambi mountains area. It is also advised to limit all but essential travel to within 30km of the remainder of the border with Tunisia.
Azerbaijan
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Azerbaijan is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Azerbaijan due to the risk of terrorism and armed conflict. There is a moderate threat to personal safety and security because terrorist groups continue to plot attacks and casualties continue to occur in the Nagorno-Karabakh conflict with Armenia.

It is advised to avoid all travel to: Nagorno-Karabakh and the military-occupied area surrounding it; within 5km of the Line of Contact; and within 5km of the border with Armenia. Please note that anyone who has visited Nagorno-Karabakh without the permission of the Azerbaijani authorities will be refused entry to Azerbaijan.

Burkina Faso
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Burkina Faso is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Burkina Faso due to terrorism and crime. There is a high level of risk to personal safety and security because of terrorist activity and common violent crime. On September 18, 2018, purported members of Al Qaeda in the Islamic Maghreb (AQIM) posted an online video announcing their presence in the country. There have been regular attacks on police, military personnel, and civilians, particularly close to the borders with Mali, Niger, and Cote d’Ivoire as well as in the Eastern Region. Further attacks are likely.

It is advised not to travel at all to the following parts of Burkina Faso: within 40km of the eastern border with Niger; the south-eastern provinces of Gourma, Kompienga, and Tapoa. It is also advised to limit all but essential travel to the rest of Burkina Faso, including the capital Ouagadougou.
**Burundi**  
**Risk Level:** High Risk + Extreme

**Country Overview:**

The security situation in Burundi is highly dangerous, with certain areas of the country being extremely unsafe. It is advised to reconsider travel to Burundi. There is a high level of risk to personal safety and security because of ongoing political tensions, sporadic violence, clashes by armed groups, and serious crimes, such as armed robbery.

It is advised to avoid all travel to: Cibitoke and Bubanza provinces; areas of Bujumbura Rural province west of the Rusizi river towards the Democratic Republic of the Congo border, with the exception of the Rusizi Delta Nature Reserve; Ruvubu National Park; the road north of Bujumbura airport towards Cibitoke; and the main road running west from Kayanza through the Kibira National Park. It is also advised to limit all but essential travel to the rest of Burundi (excluding airside transit through Bujumbura International Airport).

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**Cameroon**  
**Risk Level:** Moderate Risk + Extreme

**Country Overview:**

The security situation in certain parts of Cameroon is extremely dangerous. It is advised to exercise increased caution in Cameroon due to crime, civil unrest, and terrorism. There is an overall moderate risk to personal safety and security because of terrorist activity in areas of northern and eastern Cameroon, as well as violent crime, such as kidnapping, armed robbery, assault, and carjacking, which is common. On October 22, 2018, Paul Biya was announced winner of the presidential election. Post-election protests are expected to continue. Travelers should be vigilant, avoid large gatherings, and monitor local media.

It is advised to avoid travel to: Far North Region; within 40km of the border with Nigeria; within 40km of the border with Chad; within 40km of the border with the Central African Republic (CAR); the Bakassi Peninsula; and Ndian division in South West Region. It is further advised to limit all but essential travel to: Koupé-Manengouba, Lebialem, Manvu, and Meme divisions in South West Region; and the rest of North, North West, and Adamawa regions.
Country Risk Summaries Cont.

**Chad**

Risk Level: **High Risk + Extreme**

Country Overview:

The security situation in Chad is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Chad due to crime, terrorism, and the existence of minefields. There is a high level of risk to personal safety and security because of widespread violent crimes, such as armed robbery and mugging, as well as terrorist attacks and minefields along the borders with Libya and Sudan. A state of emergency remains in place for the Lake Chad region.

It is advised not to travel at all to the following areas in Chad: areas within 30km of all borders, except for the capital N’Djamena (where it is advised to limit all but essential travel); within 30km of Lake Chad and the parts of Kanem and Lac regions to the west of the towns of Mao and Bol; the regions of Ennedi, and Tibesti; and the region of Borkou, except within 30km of the town of Faya Largeau (where it is advised to limit all but essential travel). It is further advised to limit all but essential travel to the remaining parts of the country, including the capital, N’Djamena, and the town of Faya Largeau.

**Colombia**

Risk Level: **Moderate Risk + Extreme**

Country Overview:

The security situation in some parts of Colombia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Colombia due to crime and terrorism, and reconsider travel to several departments throughout the country. There is an overall moderate risk to personal safety and security because the National Liberation Army (ELN) continues to plot possible attacks, and violent and organized criminal activities, such as homicide, assault, armed robbery, extortion, and kidnapping, are common.

It is advised to avoid all travel to: the port of Buenaventura in the department of Valle de Cauca and the port of Tumaco in the department of Nariño. It is also advised to limit all but essential travel to: the departments of Putumayo, Arauca, Caquetá, Guaviare, Guainía, Vichada, and Norte de Santander (except their capital cities); the department of Cauca (except Popayán and between the San Agustin ruins in Huila and Popayán city); the department of Chocó (except Quibdó, Nuquí and Bahía Solano, and Capurganá); the department of Nariño (except Pasto and the Ipiales border crossing); the department of Meta (except Villavicencio, and Caño Cristales); within 5km of the Venezuelan border in the departments of La Guajira, César and Boyaca; and rural areas in northern Antioquia, southern Cordoba, southern Valle de Cauca, and southern Bolivar.
Congo
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in specific parts of the Republic of the Congo is extremely dangerous. It is advised to exercise increased caution while in the country due to crime and civil unrest. There is an overall moderate risk to personal safety and security because violent crime, such as armed robbery and assault, is common. In addition, political demonstrations and armed clashes can be unpredictable.

It is advised to avoid all travel to: the southern and western districts of the Pool region, including the Boko, Kindamba, Kinkala, Mayama, and Mindouli districts; the Mouyondzi district of Bouenza region; and within 50km of the border with the Central African Republic in Likouala region. It is further advised to limit all but essential travel to: Brazzaville region, except for the city of Brazzaville; and the Ngabe district of Pool region.

Cuba
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in Cuba is relatively stable and characterized by a strong military and police presence. Although crime levels range from low to moderate, it is advised that travelers to the country be vigilant. American citizens should exercise increased caution in Cuba due to health attacks targeting numerous U.S. Embassy employees at diplomatic residences and at Hotel Nacional and Hotel Capri in Havana. The personal safety and security of travelers to Cuba may also be at risk. While there is no recent history of terrorism in Cuba, attacks cannot be ruled out.

If you are traveling to Cuba, it is advised to avoid Hotel Nacional and Hotel Capri in Havana.
Democratic Republic of the Congo (DRC)
Risk Level: High Risk + Extreme

Country Overview:
The security situation in some areas of the Democratic Republic of the Congo (DRC) is highly dangerous, with specific parts of the country being extremely unsafe. It is advised to reconsider travel to the DRC due to civil unrest and crime. There is a high level of risk to personal safety and security because of the activities of rebel and other armed groups, potential civil unrest, and outbreaks of violence, including killing, rape, kidnapping, and pillaging. On August 1, 2018, the Ministry of Health of the Democratic Republic of the Congo (DRC) declared an outbreak of Ebola virus disease in North Kivu province, originating in Béni territory. On September 24, 2018, a case was also confirmed in Tchomia, approximately 200km north of the current outbreak hotspot of Beni. General elections are scheduled to be held in the DRC on December 23, 2018. Previous elections have seen sporadic bouts of unrest and violence. Travelers should avoid any political rallies or demonstrations, monitor developments closely, and keep departure options under review. It is advised to limit all but essential travel to the DRC, including the capital city, Kinshasa.

It is further advised to avoid all travel to: the provinces of Kasai, Kasai Central, Kasai Oriental, Haut-Uele, Haut Lomami, Ituri, North Kivu (except the city of Goma), South Kivu (except the city of Bukavu), Maniema and Tanganyika; areas to the west and east of Kananga, including Tshikapa and Mwene-Ditu; and within 50km of the border with the Central African Republic and South Sudan.

Ecuador
Risk Level: Low to Moderate Risk + Extreme

Country Overview:
The security situation in some parts of Ecuador is highly dangerous, with specific areas being extremely unsafe. Travelers should be vigilant due to crime and terrorism. There is a heightened level of risk to personal safety and security in the northern border area with Colombia because it has a higher rate of crime, including kidnapping for ransom, than the rest of the country.

It is advised to avoid all travel within 20km of the northern border with Colombia, except for the official border crossing town of Tulcan in Carchi province. It is further advised to limit all but essential travel to the areas of Tarapoa and the Cuyabeno reserve outside the 20km exclusion zone in Sucumbios; the areas of El Angel Ecological Reserve inside the 20km exclusion zone in the province of Carchi; and all other areas of Esmeraldas province outside the 20km exclusion zone.
Egypt
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some areas of Egypt is highly dangerous, with a specific part of the country being extremely unsafe. It is advised to exercise increased caution in Egypt due to terrorism. There is an overall moderate risk to personal safety and security because there are a number of extremist organizations operating in Egypt.

It is advised to avoid all travel to the Governorate of North Sinai due to the significant increase in criminal activity and continued terrorist attacks on police and security forces.

It is also advised to limit all but essential travel to: the Governorate of South Sinai, with the exception of the area within the Sharm el Sheikh perimeter barrier, which includes the airport and the areas of Sharm el Maya, Hadaba, Naama Bay, Sharks Bay and Nabq (although travel by air to or from Sharm el Sheikh is not recommended); and the area west of the Nile Valley and Nile Delta regions, excluding the coastal areas between the Nile Delta and Marsa Matruh.

Eritrea
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some parts of Eritrea is extremely dangerous. It is advised to exercise increased caution in Eritrea due to travel restrictions, limited consular assistance, and political volatility. There is an overall moderate risk to personal safety and security because of ongoing instability, tensions with Ethiopia, and the presence of landmines.

It is advised to avoid all travel to within 25km of Eritrea’s land borders, with the exceptions of the towns of Senafe and Tessenei, and the border crossings at Deby Sima – Burre, Serha – Zalambessa, and Kesadika (Adi Kuala) – Rama, plus the main paved roads leading to those crossings. All foreign nationals, including diplomats, must apply in advance for a travel permit to leave Asmara.
Ethiopia
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Ethiopia is highly dangerous, with certain areas of the country being extremely unsafe. It is advised to exercise increased caution in Ethiopia due to the potential for civil unrest, crime, and terrorism. There is an overall moderate risk to personal safety and security because the country has been experiencing sporadic and spontaneous unrest, and the Somali Regional State, as well as other border areas, presents a significant threat of terrorism. In addition, there has been ethnic violence in various parts of Addis Ababa. Several people were killed in recent attacks. Travelers should exercise particular caution around Addis Ababa and anywhere where large crowds are gathering.

It is advised to avoid all travel to: within 10 km of the border with Sudan and the other parts of the Kenyan border, with the exception of principal roads/towns; within 10km of the border with South Sudan; the Nogob (previously Fik), Jarar (previously Degehabur), Shabelle (previously Gode), Korahe, and Dollo (previously Warde) zones of the Ethiopian Somali region; within 100km of the Ethiopian border with Somalia and Kenya in the Afder and Liben zones of Ethiopia’s Somali region; the four woredas (districts) (Akobo, Wantawo, Jikawo, and Lare) of the Nuer zone; and the Jore woreda of the Agnuak zone of the Gambella region.

It is further advised to limit all but essential travel to: within 10 km of the border with Eritrea, with the exception of: the main road through Axum and Adigrat, tourist sites close to the road (e.g. Debre Damo and Yeha), and the border crossings at Debay Sima - Burre, Serha – Zalambessa, and Kesadika (Adi Kuala) - Rama, plus the main roads to these border crossings; all other areas of the Ethiopian Somali Region, including Siti zone, Fafan zone (with the exception of the main road and railway line to Djibouti), and the areas of Liben and Afer zones more than 100km from the Somalia and Kenya borders; the woredas (districts) of Tsegede, Mirab Armacho, and Tach Armacho in North Gonder; and the two woredas (districts) of the Agnuak zone of the Gambella region that border on South Sudan (Dima and Goge), Etang Special Woreda, and the Gambella wildlife reserve.
Georgia
Risk Level: Low to Moderate Risk + Extreme

Country Overview:
The security situation in some areas of Georgia is highly dangerous, with specific parts of the country being extremely unsafe. It is advised to exercise increased caution in the Russian-occupied regions of South Ossetia and Abkhazia due to civil unrest, crime, and landmines. There is a heightened risk to personal safety and security in these parts of Georgia because Russian troops and border guards occupy both regions, and a number of attacks, criminal incidents, and kidnappings have occurred.

It is advised to avoid all travel to the breakaway regions of South Ossetia and Abkhazia, and limit all but essential travel to areas near the Administrative Boundary Lines with Abkhazia and South Ossetia.

India
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some parts of India is highly dangerous, with specific areas of the country being extremely unsafe. It is advised to exercise increased caution in India due to crime and terrorism. There is an overall moderate risk to personal safety and security because of terrorist and insurgent activity, civil unrest and the potential for armed conflict, and violent crime, such as sexual assault.

It is advised to avoid all travel to: the immediate vicinity of the border with Pakistan, other than at Wagah; Jammu and Kashmir with the exception of travel within the city Jammu, travel by air to the city of Jammu, and travel within the region of Ladakh; the tourist destinations of Pahalgam, Gulmarg, and Sonamarg; and Manipur. It is also advised to limit all but essential travel to: the city of Srinagar and travel between the cities of Jammu and Srinagar on the Jammu-Srinagar national highway; and Imphal, the state capital of Manipur.
Iran
Risk Level: High Risk + Extreme

Country Overview:

The security situation in some parts of Iran is highly dangerous, with specific areas of the country being extremely unsafe. It is advised that U.S. citizens not travel to Iran due to the risk of arbitrary arrest and detention. Overall, there is a heightened level of risk to personal safety and security because of the potential for widespread protests and terrorism. On September 22, 2018, there was an attack on a military parade in Ahvaz, capital of Khuzestan province. At least 29 people were killed, and more than 60 others were wounded. Terrorists are very likely to attempt to carry out more attacks in Iran.

It is advised that all visitors not travel to: within 100km of the entire Iran/Afghanistan border; within 10km of the entire Iran/Iraq border; the province of Sistan-Baluchistan; and the area east of the line running from Bam to Jask, including Bam.

Israel, The West Bank and Gaza
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in Israel, the West Bank and Gaza is fluid, and specific areas are extremely unsafe. It is advised to exercise increased caution throughout Israel, the West Bank and Gaza due to terrorism, civil unrest, and armed conflict. There is an overall moderate risk to personal safety and security because of clashes between Palestinians and Israeli authorities and settlers, as well as the significant threat of terrorism and regional hostilities. Travelers should note that there currently is a heightened risk of tension in the region. Israel announced that it carried out air strikes in Syria on May 10, 2018, in response to Iranian missile attacks against Israeli forces. In addition, there have been mass protests on the Gazan side of the Gaza/Israel perimeter fence since March 30, 2018. Rockets have been fired from Gaza towards Israel on several occasions, and Israel has responded with air strikes on targets in Gaza. Travelers should follow the instructions of local authorities and keep up to date with local media and travel reports.

It is advised not to travel to: Gaza; the Sheba’a Farms and Ghajar and within 500m of the border with Lebanon (the ‘Blue Line’) east of Metula, including the northern edge of the town; and east of Route 98 along the Syrian border.
Lebanon
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Lebanon is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Lebanon due to crime, terrorism, and armed conflict. There is a high level of risk to personal safety and security because of terrorist activity, armed clashes, kidnapping, and outbreaks of violence near Lebanon’s borders with Syria and Israel.

It is advised to avoid all travel to: Palestinian refugee camps; the Hermel Area, including the towns of Arsal, Ras Baalbek, Qaa, Laboué, and Nahlé; and within 5km of the border with Syria.

It is advised to limit all but essential travel to: the southern suburbs of Beirut—defined as: south of the sports stadium and the Adnan Al Hakim road, which heads west from the stadium to the Beirut-Saida (Sidon) road down to the airport. This includes the neighborhoods of Bir Hassan, Ghobeiry, Chuya, Haret Hraik, Burj Al Brajne, Mraiye, Er Rouais, and Laylake, but excludes the main airport highway, the Beirut-Saida (Sidon) road and west of there to the coast, and the area between the airport highway and the coast south of Abbas El Mousawi Road, including the Golf Club of Lebanon.

It is also advised to limit all but essential travel to: all other areas of Akkar district between 5km from the Syrian border and the Aabdeh, Halba, and Qoubaiyat highway, including the towns of Halba and Qoubaiyat; the city of Tripoli; the town of Brital, and the area around it up to 5km from the Syrian border, and south of Nahlé town, but excluding Baalbek town; the towns of Rachaiya, Hasbaya, and Khiam, and the area between these towns up to 5km from the Syrian border; within 500m of the Ain el Hilweh Palestinian refugee camp in Saida (Sidon); and south of the Litani River except the main Naqoura-Tyre-Saida (Sidon)-Beirut highway and all areas to the west of it.
**Mauritania**  
Risk Level: **High Risk + Extreme**

**Country Overview:**

The security situation in Mauritania is highly dangerous, and specific parts of the country are extremely unsafe. It is advised to reconsider travel to Mauritania due to crime and terrorism. There is a high level of risk to personal safety and security because of activities by terrorist groups and violent crimes, such as mugging, armed robbery, kidnapping, rape, and assault.

It is advised to avoid travel to: the province of Tiris Zemmour (except the town of Zouérat); the province of Adrar (east of Atar); the provinces of Tagant, Hodh el Chargui, Hodh El Gharbi, Assaba and Guidimaka; and within 25km of the Western Sahara border (except the Noukchott - Nouadhibou corridor).

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**Mexico**  
Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in some parts of Mexico is highly dangerous, with specific areas of the country being extremely unsafe. Travelers to Mexico should exercise increased caution due to crime. There is a high level of risk to personal safety and security in certain areas because of widespread violent crime, such as homicide, kidnapping, carjacking, and robbery.

It is advised to avoid all travel to: Colima state, Guerrero state, Michoacán state, Sinaloa state, and Tamaulipas state. It is further advised to limit all but essential travel to: Chihuahua state, Coahuila state, Durango state, Estado de Mexico state, Jalisco state, Morelos state, Nayarit state, Nuevo Leon state, San Luis Potosi state, Sonora state, and Zacatecas state.
Niger
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Niger is highly dangerous, with large parts of the country being extremely unsafe. It is advised to reconsider travel to Niger due to crime and terrorism. There is a high level of risk to personal safety and security because of terrorist attacks, kidnapping threats, and violent crime, such as armed robbery. On June 4, 2018, three suicide bombers killed at least 9 people at a mosque in the southeastern city of Diffa.

It is advised not to travel at all to the following parts of Niger: all areas of the country north of the city of Abalak, including the Air Massif region; the province of Agadez (including the road linking Assamakato Agadez and the city of Agadez); areas of Tahoua province north of the city of Tahoua, including the city itself; the area of Tillabéri province north of Niamey, including the road from Niamey to Gao and the road from Niamey to Menaka; areas within 40km of the border with Nigeria in Diffa, Zinder, and Maradi provinces; and the Parc du W, plus the contiguous Dosso and Tamou hunting zones. It is further advised to limit all but essential travel to the rest of Niger, including the capital city Niamey.

Nigeria
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Nigeria is highly dangerous, and specific parts of the country are extremely unsafe. It is advised to reconsider travel to Nigeria due to crime, terrorism, and piracy. There is a high level of risk to personal safety and security because of the threat posed by extremist organizations, kidnappings, and violent crime, such as armed robbery, assault, carjacking, and rape. Protests in Abuja and other Nigerian cities are becoming increasingly frequent as presidential elections in February 2019 approach. Travelers should exercise caution, monitor local media, and avoid crowds or demonstrations.

It is advised to avoid travel to: Borno State; Yobe State; Adamawa State; Gombe State; riverine areas of Delta, Bayelsa, Rivers, Akwa Ibom and Cross River States; and within 20km of the border with Niger in Zamfara State. It is also advised to limit all but essential travel to: Bauchi State; Zamfara State; Kano State; Kaduna State; Jigawa State; Katsina State; Kogi State; within 20km of the border with Niger in Sokoto and Kebbi States; non-riverine areas of Delta, Bayelsa and Rivers States; and Abia State.
Pakistan
Risk Level: High Risk + Extreme

Country Overview:
The security situation in Pakistan is highly dangerous, and a significant part of the country is extremely unsafe. It is advised to reconsider travel to Pakistan due to terrorism. There is a high level of risk to personal safety and security because terrorist attacks remain frequent and political demonstrations often become violent.

It is advised to avoid all travel to: the Federally Administered Tribal Areas; the districts of Charsadda, Kohat, Tank, Bannu, Lakki, Dera Ismail Khan, Swat, Buner and Lower Dir in Khyber-Pakhtunkhwa; the city of Peshawar and districts south of the city, including travel on the Peshawar to Chitral road via the Lowari Pass; northern and western Balochistan; and on the Karakoram Highway between Islamabad and Gilgit. It is further advised to limit all but essential travel to: the Kalesh Valley, the Bamoboret Valley and Arandu District to the south and west of Chitral in Khyber-Pakhtunkhwa; the city of Quetta; and the city of Nawabshah in Sindh Province, and areas of interior Sindh to the north of Nawabshah.

Philippines
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some parts of the Philippines is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution throughout the country due to crime, terrorism, and civil unrest. There is a high level of risk to personal safety and security because of occasional kidnappings and bombings, as well as widespread and common criminal activity, such as con games, pick pocketing, internet scams, and credit/ATM card fraud. On July 31, 2018, a vehicle-based IED exploded at a checkpoint in Lamitan City on the island of Basilan in western Mindanao causing a number of fatalities.

It is advised to avoid all travel to western and central Mindanao and the Sulu Archipelago (including the southern Sulu Sea) because of terrorist activity and clashes between the military and insurgent groups.

It is also advised to limit all but essential travel to the remainder of Mindanao (excluding Camiguin, Dinagat, and Siargao Islands) and to the south of Cebu province, up to and including the municipalities of Dalaguete and Badian, due to the threat of terrorism.
**Russia**  
Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in some parts of Russia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Russia due to terrorism, harassment, and the arbitrary enforcement of local laws. There is an overall moderate risk to personal safety and security because of terrorist groups continuing to plot attacks, the existence of civil unrest and occupying authorities in some areas, and the mistreatment and extortion of foreign nationals by law enforcement and other officials.

It is advised to avoid all travel to: parts of the North Caucasus region (including the Mount Elbrus area), such as Chechnya, Dagestan, Ingushetia, North Ossetia, and the southeast part of Stavropol bordering Chechnya, Kabardino-Balkaria, and Karachay-Cherkessia; and within 10km of the border with the Ukrainian Donetsk and Lugansk Oblasts. It is further advised to limit all but essential travel to: within 10km of the border with the Ukrainian Kharkiv Oblast.

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**Saudi Arabia**  
Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in some parts of Saudi Arabia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Saudi Arabia due to terrorism and armed conflict. There is an overall moderate risk to personal safety and security because terrorist groups continue plotting possible attacks in the country, and rebel groups operating in Yemen have fired long-range missiles into Saudi Arabia, specifically targeting populated areas.

It is advised to avoid all travel to within 10km of the border with Yemen. It is further advised to limit all but essential travel between 10km and 80km of this border, including the cities of Jizan and Najran.
**Sudan**

**Risk Level:** High Risk + Extreme

**Country Overview:**

The security situation in Sudan is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Sudan due to terrorism and civil unrest. There is a high risk to personal safety and security because of the possibility of violent civil unrest, armed conflict, and criminal activity, which is particularly present in the country’s contested regions, although kidnappings, armed robberies, and carjacking occur everywhere throughout the country.

It is advised to avoid all travel to the following parts of Sudan: the Darfur states; the Abyei region; South Kordofan and Blue Nile states; the southern area of West Kordofan state (previously part of South Kordofan); within 50km of the border with South Sudan in White Nile and Sennar states; and within 200km of the border with Libya. In addition, it is advised to limit all but essential travel to: within 100km of the border with Egypt in areas west of the Nile Valley; within 20km of the border with Eritrea; and areas of North Kordofan and West Kordofan states south of the Kost-El Obeid-En Nahud road.

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**Tunisia**

**Risk Level:** Moderate Risk + Extreme

**Country Overview:**

The security situation in some parts of Tunisia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Tunisia due to terrorism. There is an overall moderate risk to personal safety and security because terrorist groups that are active in the country pose a significant threat to travelers in the region.

It is advised to avoid all travel to: Mount Chaambi National Park area, including the town of Kasserine; within 30 kilometers of the border with Algeria; within 30 kilometers of the rest of the Libya border area north of Dhehiba, including the town of Ben Guerdane and the immediate surrounding area; and the militarized zone south of the towns of El Borma and Dhehiba.

It is also advised to limit all but essential travel to: areas south of, and including, the towns of Nefta, Douz, Medenine, and Zaris; and the Governorates of Kasserine, Le Kef, Jendoubia, and Sidi Bouzid.
**Turkey**  
Risk Level: **High Risk + Extreme**

**Country Overview:**

The security situation in some parts of Turkey is highly dangerous, with specific areas of the country considered extremely unsafe. It is advised to reconsider travel to Turkey due to terrorism and arbitrary detentions. There is a high-level risk to personal safety and security because terrorist groups continue to plot possible attacks in Turkey, and government security officials have detained individuals on scant or secret grounds that appear to be mostly politically motivated.

It is advised to avoid all travel to within 10km of the border with Syria and to the city of Diyarbakir. It is further advised to limit all but essential travel to the remaining areas of Sirnak, Mardin, Sanliurfa, Gaziantep, Diyarbakir, Kilis, and Hatay provinces, as well as the provinces of Siirt, Tunceli, and Hakkari.

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**Ukraine**  
Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in eastern Ukraine is highly dangerous, with some areas considered to be extremely unsafe. Overall, it is advised to exercise increased caution throughout Ukraine due to crime and civil unrest. There is an extreme risk to personal safety and security in specific parts of eastern Ukraine because of armed conflict with occupying authorities in non-government-controlled areas. On November 25, 2018, Russia seized 3 Ukrainian navy vessels in transit through the Kerch Straits into the Sea of Azov. As a result, from November 28 until December 26, 2018, Ukraine is imposing martial law in parts of the country bordering Russia, the Sea of Azov, the Black Sea, and the Transnistria region of Moldova. The oblasts affected are: Chernihiv, Donetsk, Kharkiv, Kherson, Luhansk, Mykolayiv, Odesa, Sumy, Vinnytsia, and Zaporizhia. In addition, on November 29, 2018, Ukraine announced that it will no longer permit foreigners to travel to Crimea. Ukraine has also imposed a ban on Russian males aged 16 to 60 from entering its territory. Travelers should remain vigilant throughout Ukraine and follow the advice of local authorities.

It is advised to avoid all travel to Donetsk oblast, Luhansk oblast, and Crimea.
**Venezuela**  
Risk Level: High Risk + Extreme

**Country Overview:**

The security situation in most parts of Venezuela is highly dangerous, with some areas being extremely unsafe. It is advised to reconsider travel to Venezuela due to crime, civil unrest, poor health infrastructure, and arbitrary arrest and detention of foreign nationals. There is a high risk to personal safety and security in Venezuela, as political marches and demonstrations, which occasionally become violent, are frequent in all areas, and crime, such as homicide, armed robbery, kidnapping, drug trafficking, and carjacking, is common.

It is advised to avoid all travel to: within 80 km (50 miles) of the Colombian border and 40 km (25 miles) of the Brazilian border. It is further advised to limit all but essential travel to the remaining areas of Venezuela due to ongoing crime and instability.