

ASSIST AMERICA

SUMMER

2026

WORLD CUP EDITION



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Innovative Assistance Solutions



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ABOUT US



assist america[®]
Innovative Assistance Solutions

Assist America operates emergency Operations Centers 24/7 from locations that are strategically located to provide services globally. Our members enjoy reliable support and freedom from dealing with complex decisions and financial considerations during travel emergencies.

They also gain security knowing that initiating Assist America services activates our network of resources.

Utilize the Assist America Travel App to gain access to travel assistance services when you need it. You can use the "Tap for Help" button anytime, anywhere to connect with our Operations Center and receive services.



Managing Risks at High-Volume Events



Attending high-volume events brings energy and excitement, but also requires awareness and preparation. Understanding crowd movement, planning ahead, and staying alert allows travelers to navigate busy environments confidently while focusing on the experience.

From festivals and concerts to major sporting events and cultural celebrations, high-volume gatherings offer travelers exciting opportunities to experience the energy of a destination in a unique and memorable way. These events often bring people together through shared interests, local traditions, and unforgettable moments. Whether attending a championship game abroad, exploring a seasonal street festival, or experiencing a world-renowned concert, these gatherings can become some of the most memorable parts of travel.

At the same time, large events often introduce challenges that travelers may not encounter during everyday sightseeing. Increased crowd density, transportation delays, communication difficulties, and opportunistic theft can quickly turn an enjoyable experience

into a stressful one if travelers are not prepared. Most of these risks are manageable with thoughtful planning, awareness, and practical precautions.

Pre-Event Planning

Preparation is one of the most effective ways to reduce stress and improve safety at large events. Before attending, review the venue layout if maps are available and identify key areas such as entrances, exits, restrooms, and security stations. Knowing where to go and how to leave quickly if needed, can improve confidence in unfamiliar environments.

If attending with friends or family, establish a clear meeting point in advance in case you become separated. Cell phone towers can become overloaded during large events, making real-time

communication unreliable. A pre-agreed location helps avoid confusion and ensures easier regrouping.

Transportation planning is also essential. Events often lead to heavy traffic, rerouted transit, and limited rideshare availability. Research transportation options in advance and consider backup routes to your accommodation. Allowing extra time before and after the event can help reduce unnecessary stress.

Understanding Crowd Dynamics

Crowds move differently than smaller groups, and congestion can build quickly when large numbers of people move toward entrances, exits, or popular areas. These bottlenecks are common in confined spaces and can escalate without warning.

Pay attention to movement patterns around you and avoid areas where crowd pressure is increasing. Narrow walkways, staircases, and entry points are particularly prone to congestion during peak times.

If you find yourself in a dense crowd, remain calm and avoid pushing against the flow. Keep your arms bent in front of your chest to maintain breathing space and balance. Gradually move toward the edges where density is lower.



If you fall, curl into a protective position, shield your head and chest, and stand up as soon as it is safe. Staying aware and adjusting your position early can significantly reduce risk.

Protecting Against Theft

High-volume environments often create opportunities for opportunistic theft. Pickpocketing is one of the most common risks at crowded events, particularly in tourist-heavy destinations.

Distractions are often used to create vulnerability, including sudden contact, staged incidents, or requests for help. These moments can divert attention long enough for valuables to be taken.

Carry only what you need and keep belongings secured in zipped compartments or interior pockets. Position bags in front of your body in crowded areas and avoid displaying cash, jewelry, or expensive electronics.

Stay alert during transitions such as entering venues, purchasing items, or checking schedules. If theft occurs, report it to local authorities immediately and notify your financial institutions. If a passport is lost or stolen, contact your nearest embassy or consulate.

Managing Transportation Challenges

Transportation disruptions are common at major events. Road closures, security checkpoints, and high demand for transit services can create delays before and after gatherings.

Arriving early helps avoid peak congestion, while leaving slightly before the event ends can reduce wait times for transportation. Alternatively, staying a short period after the event may allow crowds to disperse.

Keep your phone charged and consider carrying a portable charger to maintain access to maps, ride services, and communication tools. Bringing essentials such as water, snacks, and medications can also help during unexpected delays.

Staying Aware Throughout the Event

Situational awareness is one of the most effective tools for staying safe. Pay attention to crowd behavior, announcements, and any unusual activity around you.

Pace yourself, stay hydrated, and limit distractions that may reduce awareness. While events are meant to be enjoyable, staying alert helps ensure safety remains a priority. If attending in an unfamiliar destination, take a moment beforehand to familiarize yourself with local emergency contacts and resources.

Staying Connected

Tools like the Assist America Travel App can also support travelers during high-volume events. With access to travel alerts, emergency assistance, and key resources, travelers can stay informed and better prepared while navigating unfamiliar or crowded environments.

Conclusion

High-volume events offer travelers exciting and memorable ways to experience a destination. While they come with unique challenges, most risks can be managed with awareness and preparation.

By planning ahead, understanding crowd behavior, protecting belongings, managing transportation wisely, and staying alert, travelers can move through these environments with greater confidence. With the right approach, these events remain what they are meant to be, engaging experiences that become lasting travel memories.

Sources: Swoogo. (n.d.). *Crowd management at events: Best practices for safety and attendee experience.* <https://swoogo.events/blog/crowd-management-events/>

Faulton, A. (2018, March 9). *A modern survival guide interlude: How to walk through a crowd.* Medium. <https://allen-faulton.medium.com/a-modern-survival-guide-interlude-how-to-walk-through-a-crowd-b468e1f6c383>



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“Having Assist America there during such a stressful situation made a huge difference,” James shared during a follow-up call. “The communication, travel arrangements, and support for both my brother and I helped take a lot of pressure off while I was focused on recovering.”



Matchday Mishap

— In Miami —



James, a member from Texas, traveled to Miami with friends to attend an international soccer match. After leaving the stadium following the event, he became separated from his group in a crowded pedestrian area near the venue. While crossing a busy street filled with traffic and large crowds, James was struck by someone riding a scooter and fell, injuring his shoulder and head. Local emergency responders arrived quickly and transported him to a nearby hospital for treatment. Once James' friends learned what happened, one of them contacted Assist America for assistance. Upon receiving the members approval, Assist America's Operations Case Manager coordinated directly with the treating medical staff to

medically monitor the member's condition and kept his family informed throughout the process. Medical reports confirmed that James had sustained a concussion and fractured collarbone, requiring several days of observation before he could safely travel home. As James' friends needed to return home, Assist America arranged and paid for a Compassionate Visit for his brother to travel to Miami and remain by his side during recovery. Once medically cleared, Assist America coordinated James' return home, including airfare, wheelchair assistance, and ground transportation. During a follow-up call, James expressed gratitude for the support and communication provided throughout the experience.

**Names and situations substituted for privacy.*

NAVIGATING HURRICANE SEASON: STAYING READY WHEN CONDITIONS CHANGE

Traveling during the summer and early fall offers countless opportunities to explore new destinations, but it also overlaps with hurricane season in many parts of the world. While severe weather can feel unpredictable, understanding the risks and preparing in advance can help travelers navigate disruptions more confidently. With the right approach, it's possible to stay informed, flexible, and ready for changing conditions without losing sight of the overall travel experience.

Understanding the Season

Hurricane season typically runs from early June through late November in the Atlantic and central Pacific regions, and from mid-May through late November in the eastern Pacific. Storm activity often peaks in late summer and early fall, making this a particularly important time for travelers to stay aware of weather patterns.

While strong winds often receive the most attention, they are not the only concern. Flooding and storm surge are responsible for the majority of hurricane-related risks, even in areas not directly

along the coast. Heavy rainfall can lead to flash flooding, road closures, and disruptions far inland. For travelers, this means it's important to consider overall weather impact, not just storm category, when evaluating potential risks at a destination.

The Most Likely Disruptions

For most travelers, hurricanes are more likely to cause logistical challenges than direct danger. Flight delays, airport closures, canceled rail services, and extended hotel stays are among the most common issues. These disruptions can begin even before a storm makes landfall, as transportation providers adjust schedules in anticipation of worsening conditions.

Even after a storm passes, travel systems often take time to recover. Safety inspections, staffing limitations, and backlogged schedules can delay a return to normal operations for several days. Being mentally prepared for these delays, and building flexibility into travel plans, can help reduce stress if changes occur.

Planning Ahead

Preparation plays a key role in minimizing the impact of severe weather on travel plans. Before departure, take time to review important details such as flight schedules, accommodation policies, and transportation options at your destination.

It's also important to understand the terms of your travel insurance coverage, if applicable. Policies can vary widely, so knowing what is covered, such as trip cancellations, delays, evacuations, or weather-related incidents, can help you make informed decisions if plans need to change. Similarly, reviewing airline or rail rebooking policies in advance can save valuable time during disruptions, when systems may be overwhelmed.

Staying informed is equally important. Monitor weather forecasts in the days leading up to your trip and continue checking for updates while traveling. Many destinations provide local alerts through government websites or weather services, offering real-time information that can help you adjust plans as needed.

Preparing for Changing Conditions

If severe weather is forecasted during your trip, early decision-making is essential. Travelers may need to decide whether to adjust plans, evacuate, or remain in place depending on official guidance and local conditions. Waiting too long to act can limit available options, especially if transportation services begin to shut down.

Packing with flexibility in mind can also make a difference. Keep essential items easily accessible, including identification, medications, and important travel documents. It's also helpful to carry a small set of emergency supplies, such as a flashlight, portable charger, bottled water, and non-perishable snacks, in case of unexpected delays or temporary service interruptions.

Technology can be a valuable tool, but it's important not to rely on it entirely. Power outages and limited connectivity can occur during severe weather, so keeping devices charged and conserving battery life when necessary is key. Having offline access to important information, such as hotel addresses

or emergency contacts, can also be helpful.

For those traveling by car, maintaining a full tank of fuel during periods of active weather can prevent unnecessary challenges, as fuel shortages may occur in high-demand situations. If evacuation becomes necessary, leaving early can help avoid heavy traffic and limited availability of routes.

Staying Safe During the Storm

If you find yourself in an area affected by severe weather, following local guidance should always be the top priority. Authorities provide recommendations based on current conditions, and their instructions are designed to keep both residents and visitors safe. If sheltering in place, choose a secure location away from windows and exterior walls, and avoid unnecessary movement during the height of the storm. If staying in a hotel, familiarize yourself with emergency procedures and exits upon arrival so you are prepared if conditions change.

Travelers staying near coastal areas, rivers, or

low-lying regions should be especially mindful of flooding risks. However, it's important to remember that flooding can occur well beyond coastal zones, particularly after prolonged rainfall.

Post-Storm Considerations

Once a storm has passed, it may be tempting to resume travel plans immediately. However, conditions can remain hazardous even after skies begin to clear. Flooded roads, debris, and damaged infrastructure can pose ongoing risks.

Avoid driving through standing water, as even shallow flooding can disable a vehicle or conceal hidden hazards. Downed power lines, unstable surfaces, and contaminated water are additional concerns that travelers should be aware of in the aftermath of severe weather.

Continue monitoring official updates and allow time for transportation systems and local services to return to normal operations. Patience during this phase can help prevent unnecessary risks and ensure a safer continuation of your journey.

Staying Supported Along the Way

During hurricane season and other periods of severe weather, access to timely information can make a significant difference when travel conditions begin to change. Flight cancellations, transportation disruptions, flooding, and emergency situations can develop quickly, particularly in areas affected by tropical storms or hurricanes.

Assist America's AssistAlerts help travelers stay informed with important updates on global travel conditions, emergency situations, and travel-related developments around the world. From hurricanes and severe storms to transportation disruptions and other major incidents, these alerts provide travelers with relevant information that can help them make informed decisions, adjust plans when necessary, and stay better prepared throughout their journey.

Conclusion

Traveling during hurricane season doesn't mean putting plans on hold, it simply requires a more

thoughtful approach. By staying informed, preparing for potential disruptions, and remaining flexible, travelers can navigate changing conditions with greater confidence. With the right planning and awareness, even unpredictable weather can be managed, allowing you to focus on making the most of your journey.

Sources: National Oceanic and Atmospheric Administration. (2025). What to know about hurricane season. <https://www.noaa.gov/hurricane-prep>

American Red Cross. (n.d.). Hurricane safety checklist. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html>

**DOWNLOAD THE
ASSIST AMERICA
TRAVEL APP!**



Traveling the Railways

Essential Safety Tips for Train Travelers

Rail travel offers a convenient and comfortable way to explore new destinations, whether commuting between cities or crossing international borders. With scenic routes, centrally located stations, and fewer restrictions than air travel, trains remain a popular option for travelers worldwide. From short regional journeys to overnight routes, rail travel combines efficiency, flexibility, and the opportunity to experience more along the way. While train travel is generally safe, there are still important considerations travelers should keep in mind to help ensure a smooth and secure journey.

Planning Ahead

A successful rail experience often begins before arriving at the station. Taking time to plan ahead can help avoid common challenges and reduce unnecessary stress during travel. Whenever possible, purchase tickets directly through official rail operators or trusted booking platforms. In some regions, unauthorized sellers or fraudulent websites may advertise discounted fares that are not legitimate. Verifying website URLs and avoiding unusually low prices can help protect both your travel plans and personal information.

Staying connected abroad starts with planning beyond your phone.

Review your itinerary carefully before departure, including departure times, platform details, and any necessary transfers. In certain countries, train cars may split or follow different routes during the journey, making it important to confirm you are seated in the correct carriage.

Staying Aware in Stations

Train stations are often busy environments, especially during peak travel periods. Large crowds, multiple platforms, and frequent announcements can make it easy to become distracted, creating opportunities for opportunistic theft.

Keep your belongings secure and within reach at all times. Use bags with zippers or closures and avoid storing valuables in exterior pockets. When checking schedules, purchasing tickets, or managing luggage, remain mindful of your surroundings. Thieves may use distractions or moments of confusion to target unattended items.

Platform and Boarding Safety

Platforms can become crowded as trains arrive and passengers begin boarding. Maintain a safe distance from platform edges and remain alert for announcements and approaching trains.

When boarding, allow passengers to exit before entering and move carefully to avoid congestion. Once onboard, store luggage securely in designated areas or overhead compartments while keeping aisles and exits clear.



Managing Risks Onboard

Although trains provide a structured travel environment, it's still important to remain attentive throughout the trip. In crowded carriages, position bags where they remain visible and within reach. Avoid placing valuables out of sight, particularly in shared spaces.

If traveling alone, consider choosing well-lit and populated seating areas, especially during longer journeys. Trust your instincts—if a situation feels uncomfortable, move to another seat or carriage if possible.

Overnight and long-distance rail travel may require additional precautions. In sleeper cars, secure your belongings before resting and keep essential items such as identification, travel documents, and valuables nearby. If your compartment can be locked, use that feature whenever available.

Preparing for Delays and Disruptions

Like any form of transportation, rail travel can be affected by weather conditions, mechanical issues, or labor strikes. These disruptions may lead to delays or schedule changes, sometimes with little notice.

Checking schedules before departure and monitoring updates during your journey can help you stay informed and adjust plans if necessary. Allowing extra time for transfers or connections can also help reduce stress during unexpected delays.

Carrying a few essential items, such as water, snacks, medications, and a portable charger, can make extended wait times more manageable.



Keeping important contact information accessible also ensures you are prepared to make alternate arrangements if needed.

Cross-Border Travel Considerations

For travelers crossing international borders by rail, preparation is especially important. While rail travel may feel more relaxed than air travel, border control procedures and entry requirements still apply.

Keep passports, visas, and travel documents readily accessible throughout the journey. It's also wise to keep copies of important documents separate from the originals in case items are lost or stolen.

Travelers should also be aware that some countries restrict certain items, including fresh foods or agricultural products. Reviewing local regulations ahead of time can help avoid delays during inspections.

Conclusion

Rail travel offers a rewarding way to experience new destinations while enjoying the convenience and efficiency of train transportation. While there are risks to consider, most can be managed through awareness, preparation, and thoughtful planning.

By staying attentive in busy environments, securing important belongings, and preparing for potential disruptions, travelers can navigate the railways with greater confidence. With the right approach, rail travel remains a safe, comfortable, and enjoyable way to explore the world.



The Cities Behind the World Cup



1 Atlanta, U.S.A.

Atlanta blends Southern culture, major sports history, and modern attractions with walkable entertainment districts, renowned dining, and one of the world's busiest international airports for travelers year-round.



2 Boston, U.S.A.

Boston combines historic landmarks, passionate sports culture, waterfront scenery, and walkable neighborhoods with renowned universities, seafood restaurants, and easy access to iconic American Revolutionary history sites.



3 Dallas, U.S.A.

Dallas offers modern entertainment, diverse dining, major sports venues, and vibrant nightlife alongside world-class museums, expansive shopping districts, and a rapidly growing international cultural and business scene.



4 Guadalajara, Mexico

Guadalajara blends colonial architecture, mariachi traditions, and modern city life with lively plazas, regional cuisine, cultural festivals, and a strong reputation as Mexico's technology innovation hub.



5 Houston, U.S.A.

Houston features international cuisine, space exploration history, major sporting venues, and diverse cultural communities while offering visitors renowned museums, vibrant nightlife, and one of America's largest metropolitan areas.



6 Kansas City, U.S.A.

Kansas City is known for legendary barbecue, passionate sports fans, live jazz music, and welcoming Midwestern culture alongside historic districts, fountains, breweries, and growing entertainment destinations.



7 Los Angeles, U.S.A.

Los Angeles delivers iconic entertainment, beaches, diverse neighborhoods, and global dining experiences while combining celebrity culture, professional sports, outdoor recreation, and famous attractions across Southern California.



8 Mexico City, Mexico

Mexico City blends ancient history, modern culture, world-renowned cuisine, and energetic neighborhoods with impressive museums, historic landmarks, vibrant markets, and one of the largest urban populations globally.



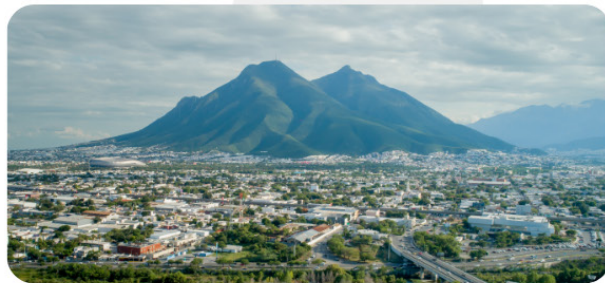
Miami, U.S.A.

Miami combines tropical beaches, vibrant nightlife, Latin American influences, and luxury travel experiences with colorful art districts, international cuisine, and energetic waterfront entertainment throughout the city.



San Francisco, U.S.A.

San Francisco offers iconic waterfront views, diverse neighborhoods, innovative culture, and famous landmarks alongside acclaimed dining, historic cable cars, and easy access to Northern California attractions.



Monterrey, Mexico

Monterrey offers modern urban development, mountain scenery, thriving business districts, and strong cultural traditions while featuring museums, outdoor recreation, and one of Mexico's most important industrial centers.



Seattle, U.S.A.

Seattle blends waterfront scenery, coffee culture, outdoor adventure, and technology innovation with fresh seafood, thriving music history, and nearby mountains that attract visitors throughout every season.



New Jersey, U.S.A.

New Jersey region offers iconic landmarks, unmatched entertainment, diverse cuisine, and major sporting venues connected through extensive transportation networks and nonstop city energy.



Toronto, Canada

Toronto offers multicultural neighborhoods, global cuisine, major sports venues, and modern city attractions while featuring vibrant arts districts, waterfront experiences, and one of Canada's most diverse populations.



Philadelphia, U.S.A.

Philadelphia combines American history, passionate sports culture, walkable neighborhoods, and renowned food markets with historic landmarks, vibrant arts communities, and easy access to major East Coast destinations.



Vancouver, Canada

Vancouver combines oceanfront scenery, mountain landscapes, outdoor recreation, and multicultural culture with walkable neighborhoods, thriving culinary experiences, and easy access to some of Canada's most beautiful nature.

Sources: ESPN. (2025, December 6). World Cup 2026 host cities confirmed: What you need to know about the 16 venues, ESPN. https://www.espn.com/soccer/story/_/id/37628821/need-know-16-venues

Roadtrips. (n.d.). Venues for the 2026 World Cup. <https://www.roadtrips.com/world-cup/2026-world-cup-packages/venues/>



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