## Is it safe to venture outside of Beirut?

Most areas in Beirut and around the country are safe. Current hot spots include Tripoli and the areas north of it (Akkar), and the northern half of the Bekaa valley (Baalbeck and the areas north of it).

In general, if you plan to venture outside the Beirut area, please inform the academy organizers by email of your plans at <a href="mdlab.center@gmail.com">mdlab.center@gmail.com</a> and include your contact information. It is always safer to travel with locals who know the country and in groups rather than individually.

If you will have mobile service in Lebanon, it's a good idea to download one of the breaking news apps that can keep you informed of potential dangerous areas. We recommend one of the following:

- ? Elnashra (Arabic)
- ? Al-Jadeed ?New TV? (Arabic)
- ? Bulbul News (Arabic)
- ? LBCI News (English)