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## Foreign Office Issues 'Do Not Travel' Advisory for 31 High-Risk Destinations

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The UK Foreign, Commonwealth & Development Office (FCDO) has issued a clear and uncompromising warning to British travellers: avoid visiting 31 countries and regions deemed too dangerous due to ongoing conflict, civil unrest, terrorism, or extreme instability. Travelling against this guidance could not only put lives at risk but also invalidate travel insurance, leaving tourists unprotected should things go wrong.

While millions of Britons travel safely each year, the FCDO continues to stress the importance of checking up-to-date travel advice before departing. Destinations on the “do

not travel” list are considered so unsafe that the UK government may be unable to offer any meaningful consular support to citizens who get into trouble. In some instances, the advice is more limited, cautioning against “all but essential travel” to certain regions within a country rather than the whole nation.

Across Europe, the countries under full travel bans include Belarus, Russia, and Ukraine, reflecting the ongoing conflict and geopolitical instability in the region. Kosovo also faces partial warnings due to unrest in specific areas.

The Middle East sees a concentration of restrictions, with Iraq, Iran, Israel, Lebanon, Syria, Yemen, and the Occupied Palestinian Territories all flagged for full or partial avoidance. These advisories reflect heightened security threats and ongoing military activity in several parts of the region.

Africa has the highest number of countries on the list, including Burkina Faso, Cameroon, Chad, the Central African Republic, Ethiopia, Libya, Mali, Mauritania, Niger, Nigeria, Somalia, South Sudan, Sudan, and Western Sahara. Many of these countries face sustained violence from militant groups or suffer from near-total breakdowns in governance and law enforcement.

In the Americas, Haiti and Venezuela are currently listed. Haiti’s spiralling gang violence and Venezuela’s economic collapse have created conditions too dangerous for tourism, according to British officials.

In Asia, Afghanistan, Myanmar, Pakistan, and North Korea are all under full or partial travel advisories. North Korea, in particular, remains closed to foreigners since the pandemic and maintains strict internal controls. Myanmar and Pakistan are under scrutiny due to military crackdowns and terrorism risk.

The FCDO has made clear that ignoring this advice comes with serious consequences. Travellers who venture into red-listed areas may find themselves without any cover under standard travel insurance policies, an often-overlooked detail that could result in devastating financial and legal consequences. In addition, should emergencies arise, British embassies or consulates may not be able to intervene or provide timely assistance.

The government urges all travellers to check the FCDO’s official travel guidance online before planning any trips, especially to regions with political instability or civil conflict. While

the vast majority of global travel remains safe and enjoyable, understanding and respecting these warnings is a vital part of responsible travel.

In a world increasingly shaped by regional tensions, terrorism threats, and fragile state institutions, staying informed is no longer optional; it's essential.