



PHYTOVENTURES / GLOBAL INTELLIGENCE

# Melon Daily Brief

Country Risk . Health & Disease . Terrorism . Flight Alerts . Leadership

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**Wednesday, 17 June 2026**

Composite open-source assessment. Not official travel advice.

EDITION 104 . VERSION 2.0.104 . BUILT 10:29 UTC

## 00 Introduction

The Melon Daily Brief is an automated, open-source intelligence report covering global country risk, health and disease, terrorism, live flight emergencies and changes in national leadership. It is rebuilt continuously through the day so the edition you are reading reflects the world at the build time printed on the cover and in the footer of every page.

Each country carries a composite posture band from 1 (Low) to 5 (Extreme), set from six weighted dimensions and nudged by live news and seismic activity. Read the band as a planning signal, not a guarantee.

### POSTURE BAND SCALE

LOW	1 / 5	Normal precautions
MODERATE	2 / 5	Increased caution
HIGH	3 / 5	Reconsider travel
SEVERE	4 / 5	Avoid travel
EXTREME	5 / 5	Do not travel

### IN THIS EDITION

- 01 Executive summary and global posture distribution
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- 03 Health and disease watch
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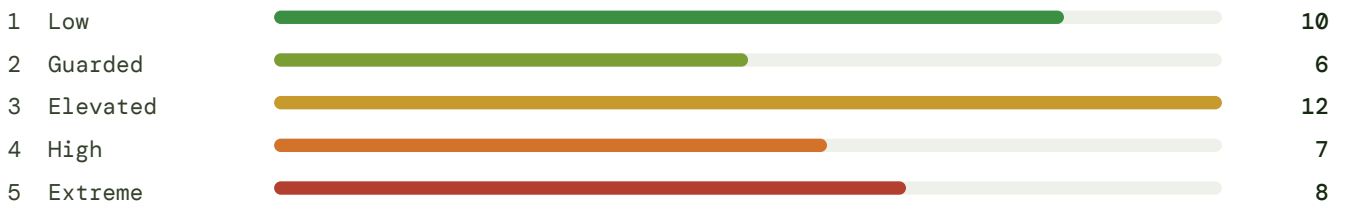
#### DOCUMENT CONTROL

Edition: 104 | Version: 2.0.104 | Built: 17 Jun 2026 at 10:29 UTC  
Engine: Melon Intelligence Engine v2.0 | Coverage: 43 countries  
Classification: OPEN / composite open-source assessment / not official travel or medical advice

## 01 Executive summary

Melon tracks 43 countries on a composite risk model spanning armed conflict, terrorism, violent crime, civil unrest, health-system capacity and natural hazard. As of this edition 15 sit at high or extreme posture (8 at extreme), 9 carry a severe or critical terrorism threat, and 3 show a rising trend versus baseline. The live intelligence feed is carrying 140 active story clusters, 34 of them conflict or security related. Flight monitoring shows 458 aircraft flagged for anomalous behaviour, including 0 emergency squawks. Figures below are generated automatically from open sources at build time.

### GLOBAL POSTURE DISTRIBUTION



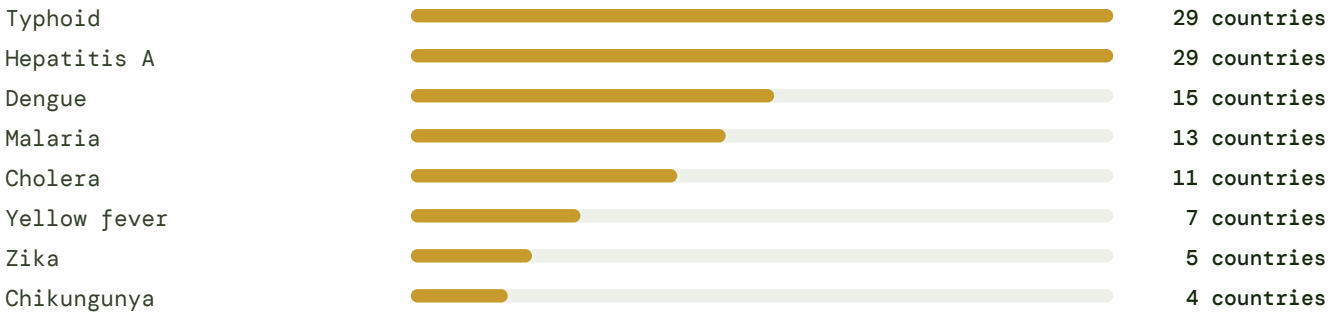
02 Highest-risk countries

<b>EXTREME</b>	<b>Afghanistan</b> Asia	ISIS-K, Tehrik-i-Taliban (TTP), al-Qaeda	terror Critical
<b>EXTREME</b>	<b>Somalia</b> Africa	al-Shabaab, ISIS-Somalia	terror Critical
<b>EXTREME</b>	<b>Syria</b> Middle East	ISIS remnants, Hayat Tahrir al-Sham	terror Severe
<b>EXTREME</b>	<b>Yemen</b> Middle East	factions, Iran-aligned militias	terror Severe
<b>EXTREME</b>	<b>Palestine</b> Middle East	al-Qaeda in the Arabian Peninsula (AQAP), ISIS-Yemen	terror Substantial
<b>EXTREME</b>	<b>Sudan</b> Africa	Hamas, Palestinian Islamic Jihad	terror Substantial
<b>EXTREME</b>	<b>Ukraine</b> Europe	Extremist cells, Armed militias	terror Moderate . rising
<b>EXTREME</b>	<b>Haiti</b> Americas		Sabotage cells
<b>EXTREME</b>	<b>Haiti</b> Americas		terror Low
<b>SEVERE</b>	<b>Mali</b> Africa	JNIM (al-Qaeda affiliate), Islamic State	terror Critical
<b>SEVERE</b>	<b>DR Congo</b> Africa	Allied Democratic Forces (ISIS-aligned)	Sahel Province terror Severe

### 03 Health & disease watch

A composite read of health-system capacity and disease exposure across 43 tracked countries. 10 have limited or collapsed health systems, 13 carry a malaria risk, and 15 show a high-risk disease or active-outbreak signal. Planning context only; not a substitute for a travel health consultation.

#### MOST WIDESPREAD DISEASE RISKS



#### ACTIVE OUTBREAK & HIGH-RISK WATCH

<b>SYS 4</b>	<b>Afghanistan</b>	Typhoid
<b>SYS 4</b>	<b>Somalia</b>	Cholera, Malaria
<b>SYS 5</b>	<b>Yemen</b>	Cholera
<b>SYS 4</b>	<b>Sudan</b>	Cholera, Malaria
<b>SYS 4</b>	<b>Haiti</b>	Cholera
<b>SYS 4</b>	<b>Mali</b>	Malaria
<b>SYS 4</b>	<b>DR Congo</b>	Malaria
<b>SYS 3</b>	<b>Myanmar</b>	Dengue
<b>SYS 4</b>	<b>Venezuela</b>	Dengue
<b>SYS 3</b>	<b>Nigeria</b>	Malaria
<b>SYS 3</b>	<b>Pakistan</b>	Dengue, Typhoid
<b>SYS 3</b>	<b>Colombia</b>	Dengue
<b>SYS 3</b>	<b>Brazil</b>	Dengue
<b>SYS 3</b>	<b>South Africa</b>	HIV, Tuberculosis
<b>SYS 3</b>	<b>India</b>	Dengue, Typhoid

#### HEALTH NOTICE

Disease and vaccination information is a composite open-source summary and may be incomplete or out of date. Consult a travel health clinic or your doctor 6 to 8 weeks before travel, check your national health authority, and confirm any mandatory vaccination certificates (for example yellow fever) for your destination. This is not medical advice.

## 04 Country profiles

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Full per-country assessment: posture, the six risk dimensions, terrorism profile, key risks and an area-level safe / avoid breakdown. Each country also has its own one-page PDF, downloadable from the Daily Brief page.

# Afghanistan

**EXTREME**

Asia

Advice: Do not travel

Taliban-controlled; frequent militant attacks, no consular support and severe humanitarian strain.

## RISK DIMENSIONS

Conflict		4/5	Terrorism		5/5
Crime		3/5	Unrest		3/5
Health		4/5	Hazard		4/5

## TERRORISM

Threat Critical (5/5). Regular suicide and IED attacks with high casualties; no reliable emergency response. Groups: ISIS-K, Tehrik-i-Taliban (TTP), al-Qaeda remnants. Targets: Religious minorities, mosques, government and aid workers.

## KEY RISKS

- No consular support or evacuation route
- High kidnap-for-ransom risk for foreigners
- Landmines and unexploded ordnance nationwide
- Sectarian mass-casualty bombings

## AREAS - SAFE / AVOID

- B4** Kabul                      Mass-casualty bombings target crowds, minorities and officials; movement restricted.
- B5** Southern provinces (Helmand, Kandahar)                      Active militancy and unexploded ordnance.
- B5** Eastern border with Pakistan                      Cross-border militant activity and clashes.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Polio (One of the last endemic reservoirs); Cholera; Leishmaniasis; Typhoid (high); Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Argentina

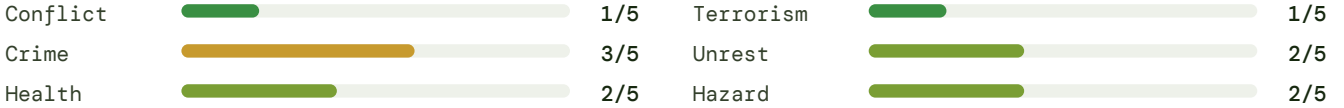
MODERATE

Americas

Advice: Increased caution

Safe by regional standards; petty and street crime in cities.

**RISK DIMENSIONS**



**TERRORISM**

Threat Low (1/5). Historic attacks in the 1990s; current organised threat is low.

**KEY RISKS**

- Street robbery and distraction theft
- Economic volatility
- Occasional large protests
- Express kidnapping (rare)

**AREAS - SAFE / AVOID**

**B2** Buenos Aires Pickpocketing and robbery.

**HEALTH**

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Australia

LOW

Oceania

Advice: Normal precautions

Low risk; bushfire and flood seasons.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		2/5	Unrest		1/5
Health		1/5	Hazard		2/5

### TERRORISM

Threat Moderate (2/5). Threat level is possible; lone-actor incidents have occurred. Groups: ISIS-inspired lone actors. Targets: Public places.

### KEY RISKS

- Bushfires and floods
- Lone-actor attacks (occasional)
- Dangerous wildlife and surf
- Petty theft in cities

### AREAS - SAFE / AVOID

**B1** Cities Normal precautions.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Belarus

MODERATE

Europe

Advice: Increased caution

Authoritarian; risk of detention and proximity to the war.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		1/5
Crime		2/5	Unrest		3/5
Health		2/5	Hazard		2/5

## TERRORISM

Threat Low (1/5). No significant organised terrorism threat.

## KEY RISKS

- Arbitrary detention of foreigners
- Militarised border with Ukraine
- Crackdowns on dissent
- Limited consular support

## AREAS - SAFE / AVOID

- B2 Minsk                      Orderly; political risk for foreigners.
- B4 Ukrainian border            Militarised.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Brazil

HIGH

Americas

Advice: Reconsider travel

High urban violent crime; favelas and highways are the main risk.

## RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		4/5	Unrest		2/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Low (1/5). No significant organised terrorism; risk is violent crime.

## KEY RISKS

- Armed robbery and carjacking
- Stray gunfire in favelas
- Highway and ATM crime
- Land conflict on the frontier

## AREAS - SAFE / AVOID

- B3** Rio de Janeiro and Sao Paulo      Armed robbery; avoid favelas.
- B3** Amazon frontier                      Lawlessness and land conflict.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Dengue (high); Yellow fever (Amazon and rural areas); Zika; Malaria (Amazon basin); Chikungunya; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# Canada

LOW

Americas

Advice: Normal precautions

Low risk; extreme winter weather and wildfires.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		2/5	Unrest		1/5
Health		1/5	Hazard		2/5

### TERRORISM

Threat Moderate (2/5). Low but non-zero lone-actor threat. Groups: Lone actors. Targets: Public places.

### KEY RISKS

- Wildfires and smoke seasons
- Extreme winter cold
- Lone-actor incidents (rare)
- Wildlife in remote areas

AREAS - SAFE / AVOID

**B1** Cities Normal precautions.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Colombia

HIGH

Americas

Advice: Reconsider travel

Improved cities but armed groups persist in rural and border zones.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		2/5
Crime		4/5	Unrest		2/5
Health		3/5	Hazard		3/5

## TERRORISM

Threat Substantial (3/5). Guerrilla groups bomb pipelines and target security in rural areas. Groups: ELN, FARC dissidents. Targets: Infrastructure, security forces, rural communities.

## KEY RISKS

- Armed-group control of rural zones
- Pipeline and infrastructure bombings
- Kidnapping near borders
- Drink-spiking and robbery in cities

## AREAS - SAFE / AVOID

- B3** Bogota and Medellin Watch for robbery and drink-spiking.
- B4** Venezuelan border Armed groups.
- B4** Pacific coast Drug-trafficking violence.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Dengue (high); Zika; Chikungunya; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# DR Congo

SEVERE

Africa

Advice: Avoid travel

Conflict in the east, disease outbreaks and weak infrastructure.

## RISK DIMENSIONS

Conflict		4/5	Terrorism		2/5
Crime		4/5	Unrest		3/5
Health		4/5	Hazard		3/5

## TERRORISM

Threat Severe (4/5). The ADF carries out massacres in the east under an ISIS banner. Groups: Allied Democratic Forces (ISIS-aligned). Targets: Villages, churches, displaced camps.

## KEY RISKS

- Massacres by armed groups in the east
- Ebola and mpox outbreaks
- Kidnapping in conflict zones
- Poor roads and medical access

## AREAS - SAFE / AVOID

- B3 Kinshasa                      Petty and violent crime; protests.
- B5 Eastern provinces              Armed groups and frequent massacres.  
(Kivu, Ituri)

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Malaria (high); Yellow fever; Dengue; Typhoid; Hepatitis A; Cholera (Crisis-linked).

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Egypt

Middle East

HIGH

Advice: Reconsider travel

Stable core, but Sinai militancy and desert risks.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		2/5	Unrest		2/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Substantial (3/5). Insurgency is largely contained to North Sinai but cells persist. Groups: ISIS Sinai Province (Wilayat Sinai). Targets: Security forces, Coptic Christians, tourists historically.

## KEY RISKS

- Insurgency in North Sinai
- Occasional attacks on minorities
- Desert smuggling routes
- Heavy security and checkpoints

## AREAS - SAFE / AVOID

- B2 Cairo and Nile valley      Tourist areas well secured.
- B5 North Sinai                      Active counter-insurgency; off-limits.
- B4 Western desert                      Restricted; smuggling routes.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Hepatitis C; Typhoid; Schistosomiasis (Freshwater contact); Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Ethiopia

HIGH

Africa

Advice: Reconsider travel

Recurring regional conflicts and ethnic tensions.

### RISK DIMENSIONS

Conflict		3/5	Terrorism		2/5
Crime		3/5	Unrest		4/5
Health		3/5	Hazard		3/5

### TERRORISM

Threat Moderate (2/5). Mostly ethnic conflict; cross-border al-Shabaab incursions in the east. Groups: al-Shabaab (cross-border), Local militias. Targets: Border areas, security forces.

### KEY RISKS

- Ethnic conflict and militia violence
- States of emergency and curfews
- Cross-border incursions
- Communications shutdowns

### AREAS - SAFE / AVOID

- B3** Addis Ababa Generally calm; watch for unrest.
- B4** Tigray and Amhara Conflict and instability.
- B4** Somali region Insecurity near the border.

### HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Malaria; Cholera; Measles; Yellow fever; Dengue; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# France

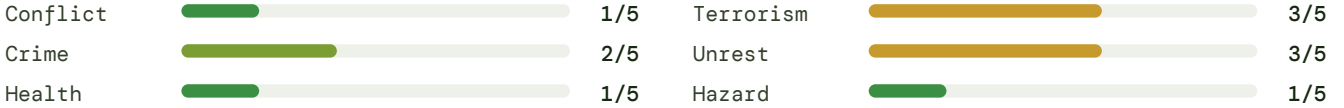
MODERATE

Europe

Advice: Increased caution

Safe; a high terrorism alert and periodic protests are the main factors.

### RISK DIMENSIONS



### TERRORISM

Threat Substantial (3/5). Sustained high alert; lone-actor knife and vehicle attacks. Groups: Islamist lone actors, ISIS-inspired individuals. Targets: Crowded places, transport, schools, places of worship.

### KEY RISKS

- Lone-actor knife and vehicle attacks
- Pickpocketing in tourist hubs
- Large protests and strikes
- Occasional riots

### AREAS - SAFE / AVOID

**B2** Paris and major cities Pickpocketing; occasional unrest.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Germany

LOW

Europe

Advice: Normal precautions

Low risk and strong services.

## RISK DIMENSIONS

Conflict		1/5	Terrorism		2/5
Crime		2/5	Unrest		2/5
Health		1/5	Hazard		1/5

## TERRORISM

Threat Substantial (3/5). Lone-actor and vehicle attacks at public gatherings are the main threat. Groups: Islamist lone actors, Far-right and far-left extremists. Targets: Markets, events, transport.

## KEY RISKS

- Lone-actor attacks at events and markets
- Pickpocketing
- Occasional political extremism
- Large demonstrations

## AREAS - SAFE / AVOID

**B1** Major cities and transport hubs Pickpocketing; otherwise low risk.

## HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Haiti

EXTREME

Americas

Advice: Do not travel

Armed gangs control much of the capital; kidnapping and breakdown of order.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		1/5
Crime		5/5	Unrest		4/5
Health		4/5	Hazard		4/5

## TERRORISM

Threat Low (1/5). Violence is gang-driven organised crime, not ideological terrorism.

## KEY RISKS

- Mass kidnapping for ransom
- Gang control of roads, port and airport
- Collapse of police and hospitals
- Hurricane and earthquake exposure

## AREAS - SAFE / AVOID

- B5 Port-au-Prince      Gang-controlled districts and routine kidnappings.
- B4 Rest of country      Roadblocks and limited emergency services.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Cholera (high); Dengue; Malaria; Zika; Chikungunya; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Hungary

LOW

Europe

Advice: Normal precautions

Low risk.

## RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		2/5	Unrest		2/5
Health		1/5	Hazard		1/5

## TERRORISM

Threat Low (1/5). Low organised terrorism threat.

## KEY RISKS

- Pickpocketing in tourist areas
- Taxi and currency scams
- Occasional protests

## AREAS - SAFE / AVOID

**B1** Budapest Normal precautions.

## HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# India

MODERATE

Asia

Advice: Increased caution

Vast and mostly safe; pockets of insurgency and disputed borders.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		3/5	Unrest		3/5
Health		3/5	Hazard		3/5

## TERRORISM

Threat Substantial (3/5). Militancy concentrated in Kashmir; Maoist insurgency in central forests. Groups: Lashkar-e-Taiba, Jaish-e-Mohammed, Maoist (Naxalite) insurgents. Targets: Security forces, transport, crowded places.

## KEY RISKS

- Militant attacks in Kashmir
- Naxalite ambushes in central states
- Communal unrest
- Road accidents and crowd crushes

## AREAS - SAFE / AVOID

- B2** Most major cities Crowd and scam awareness.
- B4** Jammu and Kashmir Militancy and military tension.
- B3** Northeast states Localised insurgency.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Dengue (high); Typhoid (high); Malaria; Japanese encephalitis (Rural risk); Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Japanese encephalitis (rural or long stays); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# Iran

SEVERE

Middle East . posture rising

Advice: Avoid travel (multiple breaking stories)

Risk of arbitrary detention of dual nationals; regional tensions.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		2/5	Unrest		3/5
Health		3/5	Hazard		3/5

## TERRORISM

Threat Substantial (3/5). Baluch militants attack security in the southeast; ISIS has struck shrines. Groups: Jaish al-Adl, ISIS cells. Targets: Security forces, shrines, public gatherings.

## KEY RISKS

- Arbitrary detention and hostage diplomacy
- Crackdowns on protests
- Militant attacks in the southeast
- Regional missile exchanges

## AREAS - SAFE / AVOID

- B3** Tehran Protest crackdowns and surveillance.
- B4** Sistan-Baluchestan (southeast) Militancy and smuggling.
- B4** Border regions Armed groups.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Iraq

SEVERE

Middle East

Advice: Avoid travel

Residual militancy, militia activity and regional spillover.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		4/5
Crime		3/5	Unrest		3/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Severe (4/5). IS sleeper cells stage rural attacks; militias strike bases and convoys. Groups: ISIS remnants, Iran-aligned militias. Targets: Security forces, Shia pilgrims, infrastructure.

## KEY RISKS

- Sleeper-cell bombings and ambushes
- Militia rocket and drone attacks
- Kidnapping risk
- Unexploded ordnance

## AREAS - SAFE / AVOID

<b>B3</b>	Baghdad	Improved but periodic attacks.
<b>B4</b>	Northern Iraq / Mosul	IS remnants and security operations.
<b>B5</b>	Syrian border	Militant movement.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Israel

HIGH

Middle East

Advice: Reconsider travel (elevated security reporting)

Periodic rocket fire and regional escalation; sheltering is routine.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		3/5
Crime		2/5	Unrest		3/5
Health		2/5	Hazard		2/5

## TERRORISM

Threat Substantial (3/5). Rocket barrages and lone-actor stabbings/ramming attacks occur with little warning. Groups: Hamas, Palestinian Islamic Jihad, Hezbollah. Targets: Civilians, public transport, border communities.

## KEY RISKS

- Rocket and missile barrages
- Lone-actor stabbing and ramming attacks
- Border-area military operations
- Sudden regional escalation

## AREAS - SAFE / AVOID

- B2 Tel Aviv and centre Normal life punctuated by alerts.
- B3 Jerusalem Flashpoint for unrest and stabbings.
- B5 Gaza periphery and northern border Active military zones.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Italy

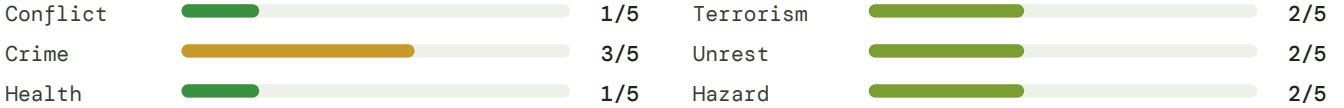
Europe

LOW

Advice: Normal precautions

Low risk; pickpocketing in tourist hubs and seismic zones.

## RISK DIMENSIONS



## TERRORISM

Threat Moderate (2/5). No recent major attack; lone-actor risk in line with the rest of Europe. Groups: ISIS-inspired lone actors. Targets: Tourist sites, transport.

## KEY RISKS

- Pickpocketing and bag-snatching
- Earthquakes and volcanic zones
- Tourist scams
- Organised crime in the south

## AREAS - SAFE / AVOID

**B2** Rome, Naples tourist areas Pickpocketing and scams.

## HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Japan

LOW

Asia

Advice: Normal precautions

Very safe; the main risk is earthquakes and typhoons.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		1/5	Unrest		1/5
Health		1/5	Hazard		3/5

### TERRORISM

Threat Low (1/5). Organised terrorism is extremely rare. Groups: Domestic lone actors (rare). Targets: Public figures (rare).

### KEY RISKS

- Major earthquakes and tsunamis
- Typhoons in season
- Volcanic activity
- Very low crime otherwise

### AREAS - SAFE / AVOID

- B1** Nationwide Exceptionally low crime.
- B3** Seismic and coastal zones Earthquake and tsunami exposure.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Lebanon

HIGH

Middle East

Advice: Reconsider travel

Economic collapse and cross-border conflict in the south.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		3/5
Crime		3/5	Unrest		3/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Substantial (3/5). A heavily armed Hezbollah operates as a state-within-a-state; cells persist. Groups: Hezbollah, ISIS / Sunni extremist cells. Targets: Security forces, rival factions, border zones.

## KEY RISKS

- Cross-border strikes in the south
- Economic collapse and fuel shortages
- Sectarian clashes
- Weak state security

## AREAS - SAFE / AVOID

- B3 Beirut      Functioning but fragile; periodic strikes.
- B4 South Lebanon      Hezbollah-Israel exchanges.
- B4 Bekaa and Syrian border      Smuggling and armed groups.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Libya

Africa

SEVERE

Advice: Avoid travel

Rival administrations and militias; kidnapping and unexploded ordnance.

## RISK DIMENSIONS

Conflict		4/5	Terrorism		3/5
Crime		4/5	Unrest		4/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Substantial (3/5). Reduced from its 2015 peak but cells persist, especially in the south. Groups: ISIS cells, Militia networks. Targets: Officials, oil infrastructure, migrants.

## KEY RISKS

- Militia turf wars in cities
- Kidnapping and arbitrary detention
- Unexploded ordnance and landmines
- Migrant-smuggling violence

## AREAS - SAFE / AVOID

<b>B4</b> Tripoli	Periodic militia clashes.
<b>B4</b> Benghazi	Heavy security presence; volatile.
<b>B5</b> Southern desert	Lawless; smuggling and armed groups.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Mali

Africa

SEVERE

Advice: Avoid travel

Jihadist insurgency spreading south; kidnapping of foreigners.

## RISK DIMENSIONS

Conflict		4/5	Terrorism		5/5
Crime		3/5	Unrest		3/5
Health		4/5	Hazard		3/5

## TERRORISM

Threat Critical (5/5). Among the world's deadliest jihadist theatres; expanding toward the capital. Groups: JNIM (al-Qaeda affiliate), Islamic State Sahel Province. Targets: Military, foreigners, transport routes.

## KEY RISKS

- Kidnapping of Westerners for ransom
- IEDs on rural roads
- Spreading insurgency from the north
- Withdrawal of international forces

## AREAS - SAFE / AVOID

- B3** Bamako Heightened caution; occasional attacks.
- B5** Northern and central regions Active insurgency; off-limits.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Malaria (high); Yellow fever; Dengue; Typhoid; Hepatitis A; Cholera (Crisis-linked).

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Mexico

HIGH

Americas

Advice: Reconsider travel

Cartel violence varies sharply by state; resorts mostly insulated.

## RISK DIMENSIONS



## TERRORISM

Threat Low (1/5). Threat is cartel organised crime, not ideological terrorism.

## KEY RISKS

- Cartel shootouts and roadblocks
- Express kidnapping
- Highway robbery between cities
- Disappearances in contested states

## AREAS - SAFE / AVOID

- B2** Mexico City Normal urban precautions.
- B4** Northern border states Cartel turf wars.
- B2** Tourist resorts (Cancun, Los Cabos) Heavily policed but occasional spillover.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Dengue; Zika; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Myanmar

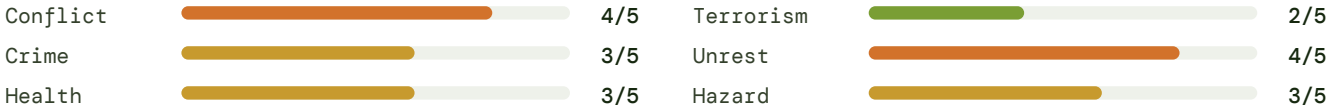
SEVERE

Asia

Advice: Avoid travel

Post-coup civil conflict, conscription and arbitrary detention.

### RISK DIMENSIONS



### TERRORISM

Threat Moderate (2/5). Violence is insurgency and civil war rather than transnational terrorism. Groups: Ethnic armed organisations. Targets: Military, infrastructure.

### KEY RISKS

- Arbitrary arrest and forced conscription
- Active armed conflict in border states
- Landmines
- Communications blackouts

### AREAS - SAFE / AVOID

- B3** Yangon Tense; surveillance and curfews.
- B5** Rakhine and border states Active armed conflict.

### HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Dengue (high); Malaria; Japanese encephalitis (Rural); Typhoid; Hepatitis A. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Japanese encephalitis (rural or long stays); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# Nigeria

HIGH

Africa

Advice: Reconsider travel

Insurgency in the northeast, banditry and kidnapping for ransom.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		4/5
Crime		4/5	Unrest		3/5
Health		3/5	Hazard		2/5

## TERRORISM

Threat Severe (4/5). Mass abductions and village raids continue in the northeast. Groups: Boko Haram, ISWAP. Targets: Communities, places of worship, schools, security.

## KEY RISKS

- Mass kidnapping and village raids
- Banditry on highways
- Attacks on churches and mosques
- Communal and farmer-herder clashes

## AREAS - SAFE / AVOID

- B3** Lagos and Abuja      Urban crime; generally accessible.
- B5** Northeast (Borno)      Boko Haram / ISWAP insurgency.
- B4** Niger Delta      Kidnapping and militancy.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Lassa fever (Seasonal outbreaks); Malaria (high); Yellow fever; Cholera; Dengue; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# Pakistan

HIGH

Asia

Advice: Reconsider travel

Militant attacks concentrated in the west; sectarian violence.

## RISK DIMENSIONS

Conflict		3/5	Terrorism		4/5
Crime		3/5	Unrest		3/5
Health		3/5	Hazard		3/5

## TERRORISM

Threat Severe (4/5). Frequent suicide bombings and ambushes, rising since 2022. Groups: Tehrik-i-Taliban (TTP), ISIS-K, Baloch separatists. Targets: Security forces, minorities, Chinese nationals.

## KEY RISKS

- Suicide bombings and ambushes in the west
- Sectarian attacks on minorities
- Targeting of foreign workers
- Kidnapping in tribal areas

## AREAS - SAFE / AVOID

- B3** Islamabad                      Secure enclave but national risk.
- B5** Khyber Pakhtunkhwa /        Active militancy.  
tribal areas
- B4** Balochistan                    Insurgency and kidnapping.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: Polio (Endemic transmission); Dengue (high); Typhoid (high) (Drug-resistant strains); Malaria; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# Palestine

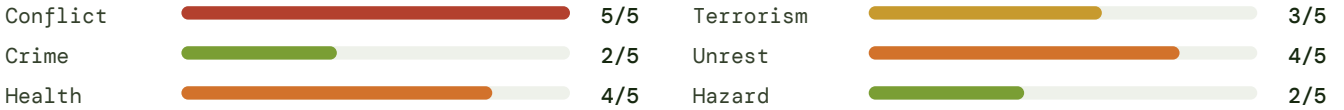
EXTREME

Middle East

Advice: Do not travel

Gaza devastated by war; the West Bank sees raids and clashes.

## RISK DIMENSIONS



## TERRORISM

Threat Substantial (3/5). Designated militant groups operate amid an active military conflict. Groups: Hamas, Palestinian Islamic Jihad. Targets: Israeli civilians and security forces.

## KEY RISKS

- Active war and air strikes in Gaza
- Military raids and clashes in the West Bank
- Collapsed services and shortages
- Crossings frequently closed

## AREAS - SAFE / AVOID

- B5** Gaza Strip Active conflict and humanitarian catastrophe.
- B4** West Bank Raids, checkpoints and settler violence.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Typhoid; Hepatitis A; Cholera.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Poland

LOW

Europe

Advice: Normal precautions

Low risk; calm despite proximity to the war.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		2/5	Unrest		2/5
Health		1/5	Hazard		1/5

### TERRORISM

Threat Low (1/5). Low organised terrorism threat.

### KEY RISKS

- Spillover risk from the Ukraine war
- Petty theft in transport hubs
- Occasional border tension
- Air-defence incidents (rare)

### AREAS - SAFE / AVOID

**B1** Warsaw and cities      Normal precautions.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Russia

HIGH

Europe

Advice: Reconsider travel (elevated security reporting)

War footing, drone incidents and arbitrary detention of foreigners.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		3/5	Unrest		2/5
Health		2/5	Hazard		2/5

## TERRORISM

Threat Substantial (3/5). ISIS-K staged a mass-casualty attack on a Moscow venue; cells remain active. Groups: ISIS-K cells, North Caucasus insurgents. Targets: Concert halls, transport, public venues.

## KEY RISKS

- Arbitrary detention of foreign nationals
- Drone strikes near the Ukrainian border
- Limited consular access
- Soft-target attacks on public venues

## AREAS - SAFE / AVOID

- B2** Moscow and St Petersburg Generally orderly; political risk for foreigners.
- B5** Regions bordering Ukraine Shelling and incursions.
- B4** North Caucasus Militancy and heavy security.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Saudi Arabia

MODERATE

Middle East

Advice: Increased caution

Low crime; the main risks are the Yemen border and regional missiles.

### RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		1/5	Unrest		1/5
Health		2/5	Hazard		2/5

### TERRORISM

Threat Substantial (3/5). Drone and missile attacks on infrastructure; residual cell activity. Groups: AQAP (cross-border), ISIS cells. Targets: Security forces, oil facilities, Shia minority.

### KEY RISKS

- Drone/missile attacks near the Yemen border
- Strict laws with severe penalties
- Residual extremist cells
- Extreme heat

### AREAS - SAFE / AVOID

- B2** Riyadh and Jeddah      Orderly; observe local law strictly.
- B4** Southern border with Yemen      Cross-border fire.

### HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Somalia

EXTREME

Africa

Advice: Do not travel

Al-Shabaab insurgency, kidnapping risk and weak state control.

## RISK DIMENSIONS

Conflict		4/5	Terrorism		5/5
Crime		4/5	Unrest		3/5
Health		4/5	Hazard		3/5

## TERRORISM

Threat Critical (5/5). Large vehicle bombs and commando-style raids are routine in the capital. Groups: al-Shabaab, ISIS-Somalia. Targets: Hotels, government, African Union forces, airports.

## KEY RISKS

- Vehicle-borne bombings in urban centres
- Kidnap-for-ransom of foreigners
- Piracy off the coast
- Famine and disease

## AREAS - SAFE / AVOID

- B5** Mogadishu Frequent complex attacks on hotels and government.
- B5** South-central regions Insurgent-held; no-go for visitors.
- B3** Somaliland (north) Comparatively stable but still cautious.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Cholera (high); Malaria (high); Measles; Yellow fever; Dengue; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# South Africa

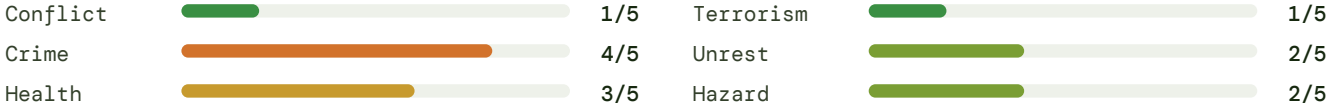
HIGH

Africa

Advice: Reconsider travel

Among the world's highest violent-crime rates.

## RISK DIMENSIONS



## TERRORISM

Threat Low (1/5). No significant organised terrorism; risk is violent crime.

## KEY RISKS

- Carjacking and armed home invasion
- Mugging and smartphone theft
- Power blackouts (load-shedding)
- Protest-related unrest

## AREAS - SAFE / AVOID

- B3** Johannesburg Carjacking and armed robbery.
- B3** Cape Town Safe centre; risky townships.

## HEALTH

System: Adequate in cities, limited in rural areas (3/5). Tap water is unsafe in many areas; drink bottled or boiled water.

Disease risks: HIV (high); Tuberculosis (high); Malaria (Northeast, seasonal); Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; carry a personal medical kit and comprehensive health insurance.

# South Korea

LOW

Asia

Advice: Normal precautions

Very safe; underlying tension with the North.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		1/5
Crime		1/5	Unrest		2/5
Health		1/5	Hazard		2/5

## TERRORISM

Threat Low (1/5). Low organised terrorism threat.

## KEY RISKS

- Tension with North Korea
- Occasional large protests
- Typhoons and flooding
- Very low street crime

## AREAS - SAFE / AVOID

- B1** Nationwide Low crime.
- B3** DMZ / northern border Military zone.

## HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Spain

LOW

Europe

Advice: Normal precautions

Low risk; street theft in tourist cities.

## RISK DIMENSIONS

Conflict		1/5	Terrorism		2/5
Crime		3/5	Unrest		2/5
Health		1/5	Hazard		1/5

## TERRORISM

Threat Moderate (2/5). A 2017 Barcelona attack aside, current organised threat is moderate. Groups: Islamist lone actors. Targets: Tourist areas, transport.

## KEY RISKS

- Pickpocketing and distraction theft
- Lone-actor risk at landmarks
- Heatwaves and wildfires
- Protest activity in Catalonia

## AREAS - SAFE / AVOID

**B2** Barcelona and Madrid High pickpocketing rates.

## HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Sudan

EXTREME

Africa

Advice: Do not travel

Civil war between rival forces; mass displacement and collapse of services.

## RISK DIMENSIONS

Conflict		5/5	Terrorism		3/5
Crime		4/5	Unrest		4/5
Health		4/5	Hazard		3/5

## TERRORISM

Threat Substantial (3/5). Conflict-driven; organised terrorism is secondary to militia and army violence. Groups: Extremist cells, Armed militias. Targets: Civilians, aid convoys.

## KEY RISKS

- Open warfare between armed forces
- Ethnic cleansing in Darfur
- No functioning healthcare in much of the country
- Looting and roadblocks

## AREAS - SAFE / AVOID

- B5** Khartoum Active urban combat and looting.
- B5** Darfur Ethnic violence and atrocities reported.
- B4** Port Sudan Main evacuation hub; tense but functioning.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Cholera (high) (Conflict-driven); Malaria (high); Dengue; Yellow fever; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Yellow fever (entry certificate may be required); Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Syria

Middle East

EXTREME

Advice: Do not travel

Fragmented control after years of civil war; air strikes, kidnapping and shifting front lines.

## RISK DIMENSIONS

Conflict		5/5	Terrorism		4/5
Crime		3/5	Unrest		4/5
Health		4/5	Hazard		3/5

## TERRORISM

Threat Severe (4/5). Insurgent cells stage bombings and assassinations; detention risk for foreigners. Groups: ISIS remnants, Hayat Tahrir al-Sham factions, Iran-aligned militias. Targets: Security forces, minorities, displaced civilians.

## KEY RISKS

- Arbitrary detention and disappearance
- Chemical-weapons legacy contamination
- Kidnapping of foreigners and aid staff
- Indiscriminate air and artillery strikes

## AREAS - SAFE / AVOID

- B4** Damascus Calmer but subject to sudden security incidents.
- B5** Idlib and northwest Active front line and air strikes.
- B4** Northeast Sporadic clashes and IS sleeper-cell attacks.

## HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Typhoid; Hepatitis A; Cholera.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Turkey

MODERATE

Middle East

Advice: Increased caution

Generally safe for visitors; the southeast and quake zones are exceptions.

## RISK DIMENSIONS

Conflict		2/5	Terrorism		3/5
Crime		2/5	Unrest		2/5
Health		2/5	Hazard		3/5

## TERRORISM

Threat Substantial (3/5). Past mass-casualty attacks in cities; PKK militancy in the southeast. Groups: ISIS, PKK / TAK. Targets: Public venues, transport, security forces.

## KEY RISKS

- Earthquakes in the active fault zone
- Militancy near the Syrian border
- Occasional soft-target attacks
- Protest crackdowns

## AREAS - SAFE / AVOID

- B2** Istanbul and Aegean coast Normal precautions.
- B4** Southeastern border with Syria Militancy and spillover.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Disease risks: Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Ukraine

EXTREME

Europe . posture rising

Advice: Do not travel (multiple breaking stories)

Active war with Russia; missile and drone strikes nationwide, worst near the front.

## RISK DIMENSIONS

Conflict		5/5	Terrorism		2/5
Crime		2/5	Unrest		2/5
Health		2/5	Hazard		2/5

## TERRORISM

Threat Moderate (2/5). Risk is wartime missiles and sabotage rather than organised terrorism. Groups: Sabotage cells. Targets: Infrastructure, officials.

## KEY RISKS

- Nationwide missile and drone strikes
- Landmines across reclaimed areas
- Martial law and curfews
- Damaged power and water infrastructure

## AREAS - SAFE / AVOID

- B3** Kyiv and western cities    Functioning but subject to air raids.
- B5** Eastern and southern front oblasts    Active combat zone.
- B4** Black Sea coast    Strikes on ports and infrastructure.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# United Kingdom

LOW

Europe

Advice: Normal precautions (elevated security reporting)

Low risk; usual urban precautions.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		2/5
Crime		2/5	Unrest		2/5
Health		1/5	Hazard		1/5

### TERRORISM

Threat Substantial (3/5). Official threat level sits at substantial; lone-actor attacks are the main concern. Groups: Islamist lone actors, Extreme right-wing individuals. Targets: Crowded places, transport, public events.

### KEY RISKS

- Lone-actor terror attacks
- Phone-snatching and pickpocketing
- Occasional public-order unrest
- Knife crime in some areas

### AREAS - SAFE / AVOID

**B2** London and cities      Pickpocketing and moped theft.

### HEALTH

System: High-quality healthcare widely available (1/5). Tap water is generally safe to drink. Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# United States

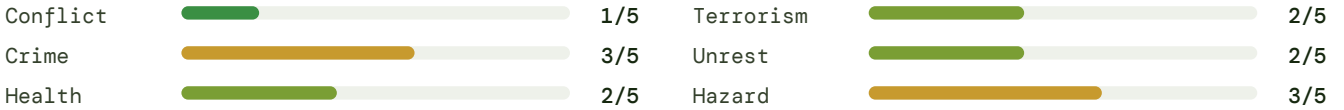
HIGH

Americas . posture rising

Advice: Reconsider travel (multiple breaking stories)

Stable; localised violent crime, mass-shooting risk and frequent natural hazards.

## RISK DIMENSIONS



## TERRORISM

Threat Moderate (2/5). Threat is dominated by lone actors and domestic extremism. Groups: Domestic violent extremists, ISIS-inspired lone actors. Targets: Public events, places of worship, transport.

## KEY RISKS

- Mass shootings and gun crime
- Hurricanes, tornadoes and wildfires
- Lone-actor attacks at events
- Expensive emergency healthcare

## AREAS - SAFE / AVOID

- B1** Most of the country Normal precautions.
- B3** Some inner-city districts Elevated violent crime.
- B3** Tornado / hurricane belts Seasonal severe weather.

## HEALTH

System: Good care in urban centres; travel insurance advised (2/5). Tap water is safe in most areas.

Disease risks: Lyme disease (Seasonal, northeast and midwest); West Nile virus (Summer).

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis B for longer stays. carry a personal medical kit and comprehensive health insurance.

# Venezuela

SEVERE

Americas

Advice: Avoid travel

Economic collapse, violent crime and arbitrary detention.

### RISK DIMENSIONS

Conflict		1/5	Terrorism		1/5
Crime		5/5	Unrest		3/5
Health		4/5	Hazard		2/5

### TERRORISM

Threat Low (1/5). Threat is violent crime and armed colectivos, not ideological terrorism.

### KEY RISKS

- Express kidnapping and armed robbery
- Arbitrary detention of foreigners
- Collapsed healthcare and shortages
- Armed groups near the Colombian border

### AREAS - SAFE / AVOID

- B4** Caracas High rates of armed robbery and express kidnapping.
- B5** Colombian border region Armed groups and lawlessness.

### HEALTH

System: Limited facilities; serious cases need evacuation (4/5). Do not drink tap water; high risk of waterborne disease.

Disease risks: Dengue (high); Zika; Chikungunya; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Rabies (limited treatment access); Hepatitis B for longer stays. arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

# Yemen

EXTREME

Middle East

Advice: Do not travel

Ongoing war and one of the worst humanitarian crises; landmines, disease and blockade.

## RISK DIMENSIONS

Conflict		5/5	Terrorism		4/5
Crime		3/5	Unrest		4/5
Health		5/5	Hazard		3/5

## TERRORISM

Threat Severe (4/5). One of AQAP's most active theatres; bombings and targeted killings. Groups: al-Qaeda in the Arabian Peninsula (AQAP), ISIS-Yemen. Targets: Government, security forces and foreigners.

## KEY RISKS

- Active war zone with shifting front lines
- Cholera and famine conditions
- Sea-mines and drone strikes on shipping
- High kidnap risk

## AREAS - SAFE / AVOID

- B5** Sanaa                      Houthi-controlled; air strikes and detentions.
- B4** Aden                        Relatively accessible but volatile.
- B5** Marib front                Active fighting.

## HEALTH

System: Healthcare largely collapsed; medical evacuation essential (5/5). Water and sanitation are severely compromised; strict precautions essential.

Disease risks: Cholera (high) (Large recurrent outbreaks); Malaria; Dengue; Diphtheria; Typhoid; Hepatitis A.

Vaccinations: Routine (MMR, diphtheria-tetanus-pertussis, polio); Hepatitis A; Typhoid; Cholera (relief and aid workers); Rabies (limited treatment access); Hepatitis B for longer stays. malaria prophylaxis advised for affected areas; arrange medical evacuation cover before travel; carry a personal medical kit and comprehensive health insurance.

## 05 Global headlines

- 
- BREAKING** **UK's Starmer says Russian warship's warning shots in Channel 'reckless'**  
United Kingdom . verified . 100% conf . [object Object],[object Object],[object Object],[object Object],[object Object] sources
- 
- BREAKING** **Vietnam police rescue hundreds of cats stolen for meat by crime ring**  
Vietnam . verified . 100% conf . [object Object],[object Object],[object Object],[object Object] sources
- 
- BREAKING** **Live Updates: G7 Leaders Praise Trump for U.S.-Iran Deal**  
Iran . corroborated . 72% conf . [object Object],[object Object] sources
- 
- BREAKING** **Israel launches fresh strikes on Lebanon despite Trump criticism**  
Israel . verified . 100% conf . [object Object],[object Object] sources
- 
- BREAKING** **Norway's Crown Princess Has Lung Transplant**  
Norway . corroborated . 72% conf . [object Object],[object Object] sources
- 
- BREAKING** **UN chief visits Haiti ahead of new gang suppression force deployment**  
Haiti . verified . 100% conf . [object Object],[object Object] sources
- 
- BREAKING** **Trump expected to face questions about Iran war as he wraps up G7 summit**  
Iran . corroborated . 72% conf . [object Object],[object Object] sources
- 
- BREAKING** **Zelenskyy says G7 leaders pledge more vital help for Ukraine against Russia**  
Ukraine . corroborated . 56% conf . [object Object] sources
- 
- BREAKING** **DR Congo Ebola outbreak could become worst in history as thousands not being traced**  
DR Congo . verified . 100% conf . [object Object] sources
- 
- BREAKING** **Bluey to be dubbed in Indigenous Australian language for first time**  
Australia . corroborated . 56% conf . [object Object] sources
- 
- BREAKING** **Group planned to attack White House UFC event using snipers and drones, FBI says**  
United States . verified . 100% conf . [object Object] sources
- 
- BREAKING** **Manhunt ends with arrest of suspect in deadly Delaware hospital shooting**  
corroborated . 56% conf . [object Object] sources
- 
- BREAKING** **Putin meets with ASEAN leaders in Russia as G7 vow 'unwavering' support for Ukraine**  
Russia . verified . 100% conf . [object Object] sources
- 
- BREAKING** **Trump's Iran agreement dominates G7 but big questions remain**  
Iran . corroborated . 72% conf . [object Object] sources
-

## 06 Flight alerts

Aircraft currently flagged by the melon detection engine for emergency squawks (7500 hijack / 7600 radio failure / 7700 emergency) or anomalous behaviour (rapid descent, circling, steep climb).

ANOMALY	PGT56HA	Rapid descent . 30,049 ft . Turkey
ANOMALY	MDA372	Circling / holding . 5,151 ft . Taiwan
ANOMALY	DIFLD	Circling / holding . 276 ft . Germany
ANOMALY	OEDYU	Circling / holding . 2,326 ft . Austria
ANOMALY	VLG36DV	Circling / holding . 17,526 ft . Spain
ANOMALY	SPRBM	Circling / holding . 1,276 ft . Poland
ANOMALY	SPGIT	Circling / holding . 899 ft . Poland
ANOMALY	NAK399A	Circling / holding . 1,499 ft . France
ANOMALY	SPKOG	Circling / holding . 1,850 ft . Poland
ANOMALY	ASD7188	Circling / holding . 1,175 ft . Tunisia
ANOMALY	BB75	Circling / holding . 3,425 ft . Denmark
ANOMALY	PHKFR	Circling / holding . 974 ft . Kingdom of the Netherlands
ANOMALY	OECCL	Circling / holding . 1,175 ft . Austria
ANOMALY	44cd73	Circling / holding . 1,677 ft . Belgium
ANOMALY	N911TG	Circling / holding . 774 ft . United States
ANOMALY	KAL2133	Circling / holding . 12,726 ft . Republic of Korea
ANOMALY	OECSP	Circling / holding . 2,999 ft . Austria
ANOMALY	DMYRB	Circling / holding . 1,001 ft . Germany

## 07 Leadership watch

Tracking 39 heads of state and government across 7 regions. 22 took office within the last five years; 16 face an election or succession question on the assessment horizon; 10 hold power by means other than a competitive vote. Each dossier blends a live Wikipedia profile with a curated standing, approval and change-risk read.

### RECENT TRANSITIONS (LAST 5 YEARS)

vote	United States: Donald Trump succeeded Joe Biden	2025
vote	Germany: Friedrich Merz succeeded Olaf Scholz	2025
vote	Poland: Karol Nawrocki succeeded Andrzej Duda	2025
snap election after impe...	South Korea: Lee Jae Myung succeeded Yoon Suk Yeol	2025
party leadership and ele...	Canada: Mark Carney succeeded Justin Trudeau	2025
death then conclave	Vatican City: Pope Leo XIV succeeded Pope Francis	2025
armed takeover (offensive)	Syria: Ahmed al-Sharaa succeeded Bashar al-Assad	2024
vote	Mexico: Claudia Sheinbaum succeeded Andrés Manuel López Obrador	2024
vote	United Kingdom: Keir Starmer succeeded Rishi Sunak	2024
death (helicopter crash)...	Iran: Masoud Pezeshkian succeeded Ebrahim Raisi	2024
ouster (mass protests) t...	Bangladesh: Muhammad Yunus succeeded Sheikh Hasina	2024
vote	Indonesia: Prabowo Subianto succeeded Joko Widodo	2024
coalition vote	Pakistan: Shehbaz Sharif succeeded Anwaar-ul-Haq Kakar (caretaker)	2024
party vote	Japan: Shigeru Ishiba succeeded Fumio Kishida	2024
vote	Nigeria: Bola Tinubu succeeded Muhammadu Buhari	2023
vote	Argentina: Javier Milei succeeded Alberto Fernández	2023
vote	Brazil: Luiz Inácio Lula da Silva succeeded Jair Bolsonaro	2023
vote	Australia: Anthony Albanese succeeded Scott Morrison	2022
vote	Israel: Benjamin Netanyahu succeeded Yair Lapid	2022
vote	Philippines: Bongbong Marcos succeeded Rodrigo Duterte	2022
vote	Italy: Giorgia Meloni succeeded Mario Draghi	2022
armed takeover	Afghanistan: Hibatullah Akhundzada succeeded Ashraf Ghani	2021

### CHANGE ON THE HORIZON

HIGH	Syria . Ahmed al-Sharaa Transitional authority; no fixed timeline to elections
HIGH	Venezuela . Nicolás Maduro Clinging on after a disputed 2024 result; legitimacy crisis
HIGH	Japan . Shigeru Ishiba Minority government; vulnerable to a leadership challenge
SCHEDULED	United Nations . António Guterres Second term ends Dec 2026; successor selection under way
SCHEDULED	Bangladesh . Muhammad Yunus Caretaker; general elections expected 2026

- MEDIUM
 Iran . Ali Khamenei  
 Lifetime post; succession is the open question given his age
- MEDIUM
 Israel . Benjamin Netanyahu  
 Election due by 2026; coalition under strain
- MEDIUM
 Nigeria . Bola Tinubu  
 Election 2027
- MEDIUM
 Philippines . Bongbong Marcos  
 Single term to 2028; feud with the vice-president
- MEDIUM
 South Africa . Cyril Ramaphosa  
 Term to 2029; governs by a fragile unity coalition
- MEDIUM
 Argentina . Javier Milei  
 Depends on shock-therapy results and 2027 cycle
- MEDIUM
 Brazil . Luiz Inácio Lula da Silva  
 Election due 2026; may seek re-election
- MEDIUM
 Spain . Pedro Sánchez  
 Term to 2027; survival depends on small partners
- MEDIUM
 Pakistan . Shehbaz Sharif  
 Term to 2029; PTI street pressure persists
- MEDIUM
 Hungary . Viktor Orbán  
 Election 2026; a new opposition (Tisza) is closing the gap
- MEDIUM
 Ukraine . Volodymyr Zelenskyy  
 Wartime elections suspended; vote expected only after a ceasefire

**DISPUTES & RIVALRIES**

- Ahmed al-Sharaa (Syria): Benjamin Netanyahu - Israeli strikes and buffer zone
- Alexander Lukashenko (Belarus): The West - sanctions and election disputes
- Ali Khamenei (Iran): Benjamin Netanyahu - Israel
- Ali Khamenei (Iran): Donald Trump - sanctions and nuclear file
- Benjamin Netanyahu (Israel): Ali Khamenei - Iran confrontation
- Benjamin Netanyahu (Israel): Ahmed al-Sharaa - strikes inside Syria
- Bongbong Marcos (Philippines): Xi Jinping - South China Sea
- Claudia Sheinbaum (Mexico): Donald Trump - tariffs, migration, cartels
- Donald Trump (United States): Xi Jinping - tariffs and trade war
- Donald Trump (United States): Volodymyr Zelenskyy - pressure over a Ukraine settlement
- Donald Trump (United States): Claudia Sheinbaum - border and tariffs
- Donald Trump (United States): Ursula von der Leyen - EU trade friction
- Hibatullah Akhundzada (Afghanistan): International community - non-recognition
- Kim Jong Un (North Korea): Lee Jae-myung - inter-Korean tension
- Kim Jong Un (North Korea): Donald Trump - nuclear standoff
- Lee Jae Myung (South Korea): Kim Jong Un - North Korea
- Mark Carney (Canada): Donald Trump - tariffs and sovereignty rhetoric
- Narendra Modi (India): Xi Jinping - border standoff
- Narendra Modi (India): Shehbaz Sharif - Kashmir and cross-border tension
- Nicolás Maduro (Venezuela): Donald Trump - sanctions and recognition
- Nicolás Maduro (Venezuela): The opposition - disputed mandate
- Shehbaz Sharif (Pakistan): Narendra Modi - India tensions
- Ursula von der Leyen (European Union): Viktor Orbán - rule of law

- Ursula von der Leyen (European Union): Donald Trump - trade and tariffs
- Viktor Orbán (Hungary): Ursula von der Leyen - rule-of-law funds dispute
- Vladimir Putin (Russia): Volodymyr Zelenskyy - full-scale war in Ukraine
- Vladimir Putin (Russia): NATO and the West - sanctions and confrontation
- Volodymyr Zelenskyy (Ukraine): Vladimir Putin - Russian invasion
- Volodymyr Zelenskyy (Ukraine): Donald Trump - friction over settlement terms
- Xi Jinping (China): Donald Trump - trade war
- Xi Jinping (China): Narendra Modi - Himalayan border
- Xi Jinping (China): Bongbong Marcos - South China Sea

LEADER DOSSIERS BY REGION


AMERICAS

**Javier Milei** CONTESTED MEDIUM  
 President of Argentina . Argentina  
 La Libertad Avanza . since 2023-12 . approval mixed  
 Radical austerity has cut inflation but tests social patience.

**Luiz Inácio Lula da Silva** CONTESTED MEDIUM  
 President of Brazil . Brazil  
 Workers' Party . since 2023 . approval mixed  
 Governs a divided country; a 2026 rematch with the right looms.

**Mark Carney** STRONG LOW  
 Prime Minister of Canada . Canada  
 Liberal Party . since 2025-03 . approval favourable  
 Former central banker who revived Liberal fortunes on a trade-defence platform.


**Claudia Sheinbaum** STRONG LOW  
 President of Mexico . Mexico  
 Morena . since 2024-10 . approval strong  
 Inherited a dominant movement; among the world's most popular leaders.

**Donald Trump** STRONG LOW  
 President of the United States . United States  
 Republican Party . since 2025-01 . approval mixed  
 Highly polarising; commands a unified government but governs against deep opposition.


**Nicolás Maduro** CONTESTED HIGH  
 President of Venezuela . Venezuela  
 PSUV . since 2013 . approval repressed  
 Holds power by force despite an opposition claim to victory.


EUROPE

**Alexander Lukashenko** ENTRENCHED LOW  
 President of Belarus . Belarus  
 Independent . since 1994 . approval repressed  
 Survives on repression and Russian backing.

**Emmanuel Macron** WEAK LOW  
 President of France . France  
 Renaissance . since 2017 . approval low  
 Lame-duck at home; a hung assembly forces fragile cohabitation.


**Friedrich Merz** CONTESTED LOW  
 Chancellor of Germany . Germany  
 CDU . since 2025-05 . approval mixed  
 Leads a CDU-SPD coalition; pressured by a rising AfD on the right.


**Viktor Orbán** ENTRENCHED MEDIUM  
 Prime Minister of Hungary . Hungary  
 Fidesz . since 2010 . approval mixed  
 Europe's longest-serving leader faces his toughest challenger in years.

**Giorgia Meloni** STRONG LOW  
 Prime Minister of Italy . Italy  
 Brothers of Italy . since 2022-10 . approval favourable  
 Unusually stable for Italy; a durable right coalition.

**Karol Nawrocki** CONTESTED LOW  
 President of Poland . Poland  
 Independent (PiS-backed) . since 2025-08 . approval mixed  
 A conservative president checking the centrist Tusk government.

**Vladimir Putin** ENTRENCHED LOW  
 President of Russia . Russia  
 United Russia . since 2000 . approval repressed  
 Entrenched through repression and a wartime economy; succession is opaque.

**Pedro Sánchez** WEAK MEDIUM  
 Prime Minister of Spain . Spain  
 PSOE . since 2018 . approval mixed  
 Governs by a thin, fractious coalition amid corruption probes.


**Volodymyr Zelenskyy** CONTESTED MEDIUM  
 President of Ukraine . Ukraine  
 Servant of the People . since 2019 . approval mixed  
 Wartime legitimacy is strong abroad but his mandate is legally stretched at home.

**Keir Starmer** STRONG LOW  
 Prime Minister of the United Kingdom . United Kingdom  
 Labour Party . since 2024-07 . approval low  
 Huge majority but approval has fallen sharply amid fiscal squeeze.

MIDDLE EAST

**Ali Khamenei** ENTRENCHED MEDIUM  
 Supreme Leader of Iran . Iran  
 Office of the Supreme Leader . since 1989 . approval repressed . DECEASED  
 Ultimate authority in Iran; the succession contest is intensifying.

**Masoud Pezeshkian** WEAK LOW  
 President of Iran . Iran  
 Reformist . since 2024-07 . approval mixed  
 A reformist president boxed in by the clerical establishment.

**Benjamin Netanyahu** CONTESTED MEDIUM  
 Prime Minister of Israel . Israel  
 Likud . since 2022-12 . approval mixed  
 Governing through war and an ongoing corruption trial; polarising.

**Mohammed bin Salman** ENTRENCHED LOW  
 Crown Prince of Saudi Arabia . Saudi Arabia  
 House of Saud . since 2017  
 Consolidated power; driving Vision 2030 and regional realignment.

**Ahmed al-Sharaa** VOLATILE HIGH  
 President of Syria . Syria  
 Transitional (HTS-led) . since 2024-12  
 Led the offensive that toppled Assad; now managing a fragile transition.

**Recep Tayyip Erdoğan** ENTRENCHED LOW  
 President of Turkey . Turkey  
 AKP . since 2014 . approval mixed  
 Dominant but stretched by inflation and a jailed opposition rival.

AFRICA

**Abdel Fattah el-Sisi** ENTRENCHED LOW  
 President of Egypt . Egypt  
 Independent (military-backed) . since 2014  
 Firm control amid economic strain and IMF dependence.

Bola Tinubu

CONTESTED MEDIUM

President of Nigeria . Nigeria
All Progressives Congress . since 2023 . approval low
Reforms have stoked a severe cost-of-living backlash.

Cyril Ramaphosa

WEAK MEDIUM

President of South Africa . South Africa
African National Congress . since 2018 . approval mixed
Weakened after the ANC lost its majority and entered a coalition.

ASIA

Hibatullah Akhundzada

ENTRENCHED LOW

Supreme Leader of Afghanistan . Afghanistan
Taliban . since 2021 . approval repressed
Rules a diplomatically isolated emirate by decree.

Muhammad Yunus

INTERIM SCHEDULED

Chief Adviser of Bangladesh . Bangladesh
Interim (non-party technocrat) . since 2024-08 . approval mixed
Nobel laureate steering a caretaker government toward a fresh vote.

Xi Jinping

ENTRENCHED LOW

President of China . China
Chinese Communist Party . since 2013
Most powerful PRC leader in decades; managing a property and growth slowdown.

Narendra Modi

STRONG LOW

Prime Minister of India . India
Bharatiya Janata Party . since 2014 . approval favourable
Dominant but more constrained after losing his outright majority in 2024.

Prabowo Subianto

STRONG LOW

President of Indonesia . Indonesia
Gerindra . since 2024-10 . approval favourable
Former general governing a broad coalition; continuity with Jokowi-era policy.

Shigeru Ishiba

WEAK HIGH

Prime Minister of Japan . Japan
Liberal Democratic Party . since 2024-10 . approval low
Fragile after the LDP lost its majority; survival is uncertain.

Kim Jong Un

ENTRENCHED LOW

Supreme Leader of North Korea . North Korea
Workers' Party of Korea . since 2011 . approval repressed
Total control; deepening alignment with Russia.

Shehbaz Sharif

CONTESTED MEDIUM

Prime Minister of Pakistan . Pakistan
PML-N . since 2024-03 . approval low
Leads a fragile coalition while Imran Khan remains jailed.

Bongbong Marcos

CONTESTED MEDIUM

President of the Philippines . Philippines
Partido Federal . since 2022 . approval mixed
A bitter split with the Duterte camp dominates his second half.

Lee Jae Myung

STRONG LOW

President of South Korea . South Korea
Democratic Party . since 2025-06 . approval favourable
Fresh mandate after his predecessor was removed; consolidating.

OCEANIA

Anthony Albanese

STRONG LOW

Prime Minister of Australia . Australia
Labor Party . since 2022 . approval favourable
Strengthened by a 2025 re-election win.

INTERNATIONAL

Ursula von der Leyen

President of the European Commission . European Union  
 European People's Party . since 2019 . approval mixed

Steering EU trade defence and enlargement; clashes with Budapest.

STRONG LOW

António Guterres

Secretary-General of the United Nations . United Nations  
 n/a . since 2017

Final year as Secretary-General; succession race is opening.

STRONG SCHEDULED

Pope Leo XIV

Bishop of Rome . Vatican City  
 Catholic Church . since 2025-05 . approval favourable

First American pope; continuity-with-reform tone after Francis.

ENTRENCHED LOW

RECENT RECORDED ACTIVITY

Automated change log from the live watchlist sweep (newest first).

- Donald Trump: biography updated.
- Pope Leo XIV: biography updated.
- Emmanuel Macron: biography updated.
- Emmanuel Macron: biography updated.
- Volodymyr Zelenskyy: biography updated.
- Pope Leo XIV: biography updated.
- Narendra Modi: biography updated.
- Pope Leo XIV: biography updated.
- Benjamin Netanyahu: biography updated.
- Benjamin Netanyahu: biography updated.
- Vladimir Putin: biography updated.
- Vladimir Putin: biography updated.
- Mohammed bin Salman: biography updated.
- Hibatullah Akhundzada added to the watchlist as Supreme Leader of Afghanistan since 2021.

## 08 Methodology & disclaimer

### HOW THE ASSESSMENT IS BUILT

Melon scores each country on a 1 to 5 composite band from open reporting across six dimensions: armed conflict, terrorism, violent crime, civil unrest, health-system capacity and natural hazard. A terrorism profile (threat level, active groups, typical targets) is maintained separately. The live overlay nudges posture using current intelligence reporting and seismic activity. Area-level breakdowns flag where within a country is comparatively safe or should be avoided.

The health and disease picture is derived from each country's health-system band, region and tropical latitude, with curated outbreak overrides for notable cases. Disease, vaccination and water-safety notes are general planning guidance compiled from open sources; they are not medical advice and do not replace a travel health consultation.

#### IMPORTANT . PLEASE READ

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