**Context dependent fitness consequences of exploratory, risk-avoidance and arousal behaviours in the long-billed hermit hummingbird**

High, inter-individual variation in foraging behaviour is hard to explain solely based on food**–** and predation–based arguments. Another explanation could be fitness consequences of various behaviours associated with foraging that vary across the context. We explored this possibility using the context of a trade-off between food resource exploitation and risk avoidance, always present in the long-billed hermit hummingbird (LBH, *Phaethornis longirostris*) due to its extreme energy demands and high predation vulnerability. Considering foraging efficiency as a proxy for the fitness we quantified it in regards to three behaviours: a) exploration b) risk-avoidance c) arousal in two conditions of different level of perceived predation risk (low/high). Overall we found that foraging efficiency of LBHs was lower in high risk conditions. However, behavioural performance of individuals in regard to exploration, risk-avoidance and arousal additionally affected foraging efficiency, interestingly in condition-dependent manner. More exploratory individuals had also overall higher foraging efficiency in low risk conditions, though a reversed pattern was observed for high-risk conditions. Risk-avoidance and arousal, both positively correlated with foraging efficiency regardless of the conditions. Importantly, exploratory behaviour and risk-avoidance were quite repeatable behaviours. All these results together highlight the importance of behavioural variability in shaping evolution of foraging strategy.