HOW TO BE A SAVVY TRAVELER

Whether this is your first time traveling outside the United States/California, or you consider yourself a world traveler, being a SAVVY traveler requires a lot of experience and listening to other travelers’ adventures and recommendations. It is essential to have a balance of preparedness and embracing ambiguity in order to have a successful journey—this is great advice to keep in mind during your travels and life in general.

Airport Advice

- Read this website to prepare: [www.tsa.gov/travelers/index.shtm](http://www.tsa.gov/travelers/index.shtm)
  - Weight restrictions, what time to arrive at airport, security process and restrictions, liquid rules, COVID 19 protocol, etc.
- Clothing:
  - Wear layers - air conditioning/heating is unpredictable and you can save room in your luggage
  - Be prepared for weather in your destination
  - Slip-on shoes make it easy to move through the TSA check and slide them off in-flight
- Carry-on baggage:
  - Should be light and manageable
  - Neck pillows, earplugs and/or headphones might be useful when trying to rest
  - It’s possible your luggage won’t arrive when you do—bring a change of clothes and basic toiletries (i.e. toothbrush, face wash & small towel)
  - Airport food is expensive—bring snacks and an empty water bottle for long layovers

Plane Advice

- Avoid caffeine & alcohol (creates lethargy & physical stress)
- Know the time zone you’re going to and plan your sleep accordingly
- Eat well—don’t arrive hungry in the host country
- Get up & walk around the plane from time-to-time
- “Must haves”: headphones, a book, journal, socks, sweater, snacks, phone charging cable

Upon Arrival

- Avoid tight connections if you can (causes stress)
- Listen to instructions on the plane upon arrival
  - Which carousel will your luggage be on?
  - Listen for transfer info—especially because signs are different
- Expect ambiguity—Things can & will go wrong
  - Have the address of the host institution and phone number of the RD at hand/accessible
  - Have a few hostel options in your area, just in case
  - Pre-Map out the city & metro or taxi system – know the route before you get there
  - Lost Luggage: Report it – don’t leave it!
  - Don’t panic
### How to Avoid Pick-Pocketing

- Keep your wallet in your front pocket, and keep purses and backpacks in front of you in crowded areas
- Don’t carry all credit cards with you – take out cash if needed
- Safer to leave most stuff you cherish at home & travel light
- Don’t carry passport with you – bring a photocopy
- Try not to look like you’re “hiding” your things—this draws attention
- Don’t advertise the fact that you’re a tourist—do as the locals do, and dress like a local
- Don’t be LOUD when speaking in English
- Keep your wits about you in unfamiliar locations (don’t be “too” anything—hungry, tired, or intoxicated)
- Use common sense—if something seems too good to be true, it probably is

### Avoid “Ugly American” Behavior

- Dress appropriately, as per the customs of the host country
- Attempt to speak at least a few words in the host language—challenge yourself to improve and enjoy connecting with locals
- Use body language with people who don’t speak English—avoid the temptation of speaking English more loudly or slowly
- Avoid pushy and aggressive behavior in order to get your needs met
- Avoid getting too intoxicated—this can been be seen as very disrespectful and can risk unfortunate situations

### General Advice

- Show your appreciation with smiles and thank you’s (in host language)
- Keep your voice down in public places
- Ask more questions about your hosts, and talk less about yourself
- Expect and embrace ambiguity! Inevitably, things can and will go wrong at least some of the time, and that is part of the experience
- Don’t be afraid to make mistakes and get lost from time-to-time—that’s how you learn and grow
- Keep a spirit of adventure, step outside your comfort zone and get off the beaten track
- Keep a city map on you at all times for the first month or so