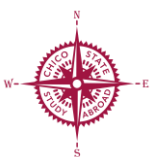




HOW TO BE A SAVVY TRAVELER

Whether this is your first time traveling outside the United States, 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
 - Weight restrictions, what time to arrive at airport, security process and restrictions, liquid rules, etc.
- Clothing:
 - Wear layers (*air conditioning/heating unpredictable*).
 - Be prepared for the weather of your destination.
- Carry-on baggage:
 - See “Very Last Minute Checklist” in this handbook for tips.
 - Should be light and manageable.
 - 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*) just in case. Also handy on long flights.
 - Airport food is expensive! Bring snacks for long layovers.

Plane Advice

- Avoid caffeine & alcohol (create lethargy & physical stress).
- Set your watch to host country time & sleep accordingly.
- Eat well—don't arrive hungry in the host country.
- Get up & walk around the plane from time-to-time.
- “Must haves”: IPOD, headphones, one book on country, journal, socks, sweater.

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 & phone number of the RD at hand & accessible. Also, 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.

