

TOP 10 TIPS FOR SMART TRAVEL



Travel Warnings

Most government websites provide up to date information and travel warnings including security advisories, local laws and visa requirements. They may also have information on health and weather issues affecting the country you are visiting.



Have The Right Visas

Depending on your nationality, you may need a visa to visit Russia, China, U.S.A., Australia, Brazil, and Italy just to name a few countries. Some, you need to get beforehand and others you buy at the airport on your way in. Check with your travel agent or conduct a search online.



Travel Plans

Let some one back home know your travel plans, and keep them updated of any changes. No one likes to be disturbed on vacation, but if you are needed for an emergency, you will be glad some one knows how to contact you.



Documents

Make a copy of all important documents and contact numbers, including your passport, visa, travel tickets and bookings, embassy phone numbers, insurance policy, bank contact number, and your travel agent. Also email this information to yourself so you can access it from any internet kiosk anywhere in the world. And lastly, leave a copy with some one back home.



Passport Expiry

Make sure you will have at least six months validity left on your passport when you travel. Many countries require you to have at least six months left on your passport before they allow you into their country.



Money Matters When Traveling OS

Don't get stuck in a foreign country with no money and no means of getting any. For added security, many banks put a freeze on bank cards when used internationally. A simple phone call to the bank before you leave home is all it takes. Call the customer service number written on your card during business hours. Always carry enough cash to pay for meals, taxis and incidentals while traveling. Getting money from an ATM in a foreign country is often harder than you think. Some countries use different names for different bank accounts. For example, a checking account in the U.S. may be called something different in Japan. Using traveler's checks is another option while traveling.



Travel Insurance

Buy travel insurance that covers hospital treatment, medical evacuation, travel disruptions from weather, terrorism, lost luggage and other unexpected circumstances. If you have medical insurance, you are more likely to visit a doctor if you are sick. And, depending on the illness, a delay in treatment could have dire consequences. Read the fine print so you are aware of all inclusions before leaving home. Like all insurance, peace of mind is very comforting when things go wrong.



Obey Local Laws & Customs

Here are just a few:

- In Scotland, it is against the law to be drunk and in possession of a cow
- In Switzerland, a man may not relieve himself while standing up after 10pm
- In the UK, placing a postage stamp with the Queen's head on it upside down is considered treason
- In France it is illegal to kiss on railways
- Chewing gum is illegal in Singapore
- In Dubai, it is an offence to swear, make rude gestures, or show public displays of affection. Homosexuality is also illegal
- When receiving your hotel key or business cards in Japan, it is polite to use two hands with a subtle bow
- In many Asian and Middle Eastern countries, you must remove your shoes when entering a temple
- In Thailand, it is considered rude to point your foot at another person, therefore, when sitting opposite anyone, avoid crossing your legs. It is also rude to touch someone on top of their head



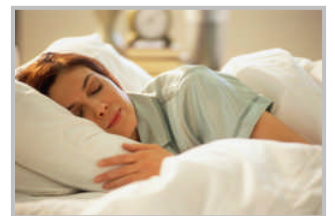
Protect Your Passport

Taking your passport in and out for check-in, security checkpoints, immigration and boarding procedures, makes it easy for it to be misplaced. Prevent losing your passport by having a dedicated place where you always keep it. When you take it out from this spot, make sure it goes straight back in.



Beating Jetlag

Jetlag is an unnatural disruption to your body clock and is caused by traveling through several time zones at once. It can cause side effects like fatigue, headaches, insomnia, and digestive problems just to name a few. Enjoy your vacation right from the get go with these common jetlag beating tips.



1. Upon arrival, try not to sleep until night time.
2. Drink plenty of water while flying and limit the alcohol.

3. Book a red-eye flight and sleep on the plane, or book a flight that lands in the late afternoon or early evening so you will not have to stay awake for too long before going to bed.
4. Talk yourself out of it. The psychology of telling yourself you do not have jetlag can help minimize its effects.
5. Eat well and avoid fat laden junk food while traveling.
6. When flying overnight, wear ear plugs to block the surrounding noise, and wear a blind fold.
7. If you are struggling to stay awake while getting yourself on the correct time zone, take a cool shower to wake yourself up.



Disclaimer: The Perfect Postcard (or the supplier of the material), assumes no responsibility for losses or damages of any kind you may suffer as a result of the information given herein. In no way does this information prevent you from becoming a victim of crime or travel scams. The information contained within, is for information purposes only, with the onus of responsibility on the reader. The Perfect Postcard (or the supplier of the material), may not be held responsible for any pain, suffering, injury or wrongdoing of any kind. Use of this information is at your own discretion.