

TOP 10 TIPS FOR SAVE 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. Some, you need to get before hand and others you buy at the airport on your way in. Check with your travel agent or conduct a simple 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 back home knows how to get hold of 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 any where in the world. And lastly, leave a copy with some one back home. You never know when you might need it.



Passport Expiry

Look now to 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 will put a freeze on your bank card if used internationally. A simple phone call to the bank before you leave home is all it takes. The number is printed on the back of your card and usually needs to be 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 then you think. Some countries use different names for different kinds of bank accounts. For example, a checking account in the U.S. may be called something different in Japan. Using traveler's checks is another popular option when 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 fall sick, you are more likely to visit a doctor if you have medical insurance. And, depending on the illness, a delay in treatment could have dire consequences. Make sure you 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 some one on the top of the head



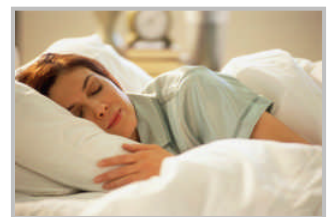
Protect Your Passport

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. It can be a real downer on your trip, with 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 tips for beating jetlag.



1. Upon arrival try not to sleep before bedtime
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 out 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

