

Travel Tips

Whether you are traveling alone or in a group, we have put together the best tips to help you on your travels!



Pack Well

- Check the expiry date on your passport
- Make a list of everything you need
- Take the right plug adapter along with an extension lead
- Look up how cabin crew pack and fold their clothes



Save Money

- Set a realistic budget
- Best time to book flights that will save money is on average 5 weeks in advance
- However book well in advance if booking at a peak season
- Best time to travel around the world is mid April-June

Be Respectful & Kind

- Avoid offence by learning key phrases
- Follow the lead of the locals e.g removing shoes, covering up
- Be aware of hand gestures as some might be offensive
- Spend your money so it gives back to the community



Keep Safe

- Before you travel see if there is any recommended injections
- Take a first aid kit, be prepared for common ailments
- Give yourself time to adjust to the local food
- Avoid food places that the locals don't seem to be eating in



Enjoy your time

- Don't let the weather disappoint, theres plenty to do if the rain appears, look up local activities
- Disconnect and allow yourself time to experience your trip
- Try the local food
- Don't put pressure on yourself to do every single thing. Just relax and enjoy yourself



Avoid Disappointment

- Check the weather and microclimates of your destination
- Get clued up on local scams, so you don't fall into a trap
- Get good travel insurance
- Don't walk around with camera, phones, cards on show, take a bag with interior pockets for valuables



Travel Guide Ideas

CO Houle



Travel Guide Ideas:

The Everything Travel Guide to Italy Kim Gavin, 2010-02-18 From the fashionable beaches of Capri to the awe inspiring ruins of ancient Rome Italy has something for everyone This guide will help you get the most out of your trip to this beautiful country Whether you want to discover the rural beauty of Tuscany take a gondola ride through Venice or admire the glory of the Sistine Chapel in Vatican City this all new guide shows you how Here you ll find the latest on The best places to stay and dine in every region of Italy Sample itineraries for trips ranging from a day to two months Must see ruins museums and natural wonders Useful Italian words and phrases to make the trip go smoothly A guide to world famous Italian wine and cuisine Filled with practical tips and exciting travel suggestions this guide contains all the information you need to plan the Italian vacation of your dreams

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scene by offering examples from Victorian novels that reveal the rise of the woman doctor as a fictional trope Similarly medical advice manuals by Victorian doctors aimed at families traveling overseas emphasized how women should maintain and manage healthy bodies in colonial locales For Lucie Duff Gordon Isabel Burton Anna Leonowens among others doctoring natives secured them access to their private lives and cultural traditions Medical texts and travel guides produced by practicing women doctors like Mary Scharlieb illustrate the relationship between medical progress and colonialism They also helped support women s medical education in Britain and the colonies of India and the Middle East Colonial subjects themselves produced texts in response to colonial and medical reform and Hassan shows that a number of New Indian women including Krupabai Sathianadhan participated actively in the public sphere through their involvement in health reform In her epilogue Hassan considers the continuing tradition of women s autobiographical narrative inspired by travel and medical knowledge showing that in the twentieth and twenty first century memoirs of South Asian and Middle Eastern women doctors the problem of the Woman Question as shaped by medical discourses endures *Better Homes and Gardens* ,1997 A Reader's Guide Book May Lamberton Becker,1924 **A Travel Guide Through Children's Literature** Hope Blecher-Sass,Catherine Waddington,Merry Law,2001 Lists books that can be used for travel activities with children and includes annotations and activities for each title such as songs story mobiles and shoebox dioramas Croft's Trans-continental Tourist's Guide ,1875 **Mobil Travel Guide Hawaii** Mobil Travel Guide Staff,Mobil Travel Guides,2005-12 The newest in the Mobil Travel Guides Regional Travel Plannerseries the Hawaii book brings to life the unique character of each of the six major Hawaiian islands along 299 recommendations of where to stay eat and play **Travel** ,1973 *Uniform Trade List Annual* ,1977 **The Publishers Weekly** ,1953 **Rand McNally Boston Guide to the City and Environs with Map Illustrations** ,1916 Talking Book Topics ,1988 *West Michigan Tourist Association's Vacation Guide* ,1983 **World Travel Guide** Media House,2004-05

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web you can find templates for making a safety plan online for example this students against depression safety plan template is a safety plan the same as a crisis plan

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web many healthcare providers require patients to create a crisis plan and may suggest that it be shared with friends and family ask your loved one if he has developed a plan a wellness recovery action plan can also be very helpful for your loved one to plan his overall care and how to avoid a crisis

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