



Tips for Travelers

What to Pack?

- Dress in layers.
- Coordinate outfits around a central color so you can mix & match.
- Take things you wouldn't mind tossing at the end of your trip to make room for souvenirs etc.

Remember...

- To be prepared for more formal occasions.
- To dress appropriately for the attractions you want to see. (temples, cathedrals, etc.)
- To bring comfortable shoes.
- Shorts, sweats and flip flops are not as common abroad and can make you stand out.



Side Notes on Packing

- Most products are available abroad.
You can buy items like shampoo, toothpaste, or drinks when you get to your destination.
- Bring pre-filled prescriptions.
- Pack all liquids/gels in Ziploc bags in case anything leaks or breaks
- Have extra copies of all important paperwork such as passport and flight itinerary.
- Check out the rules for liquids, gels and aerosols in your carry-on at www.tsa.gov



More on Packing

- Be smart with laptops & iPods
 - They can make you stand out
 - They can attract thieves
- For expensive items & things you absolutely cannot live without, pack them in your carry-on...
- **LOST OR STOLEN LUGGAGE IS A REALITY!**



Money Tips

- Paying by credit card may not be as common abroad as in the U.S.
 - MasterCard and Visa are most popular
 - American Express and Discover not accepted everywhere.
 - Check for the cirrus or star logos



- ATMs: transaction fees in host country
Inform your bank before you go!



Money Tips

Cash

- Carry just enough.
- Easiest way to pay.
- Know exchange rates.
- Convert some money before you go:
airports, banks, large hotels, travel agencies,
railroad stations, and more.



Consider...

Carrying extra change. Not all countries offer free public restrooms

Airfare

- Check airline prices right away!
- Student rate travel sites to check:
 - STATravel.com
 - Studentuniverse.com
- Search engines offering cheaper flights:
 - Kayak.com
 - Cheaptickets.com
 - Edreams.com
- Look for discount airlines:
 - Europe: [Ryanair](#) & [Easyjet](#)
 - South America: [Mexicana](#) & [LAN Airlines](#)
 - Asia: [Asia.com](#)



Transportation

Research the different types of public transportation in your host country:

Trains

Buses

Metro

Find out where, how and when you can buy tickets

If you take a Taxi, make sure it is officially licensed!



Accommodations

- Inexpensive motel or hotel chains are not as common abroad
- Hostels are cheap and convenient for backpackers
 - Rates are usually less than \$50 per night
- Check for YHA or HI symbols for safety
- Share a room with other travelers
- Consult travel guides like Rick Steves
- www.hostels.com



www.lonelyplanet.com



Homestay



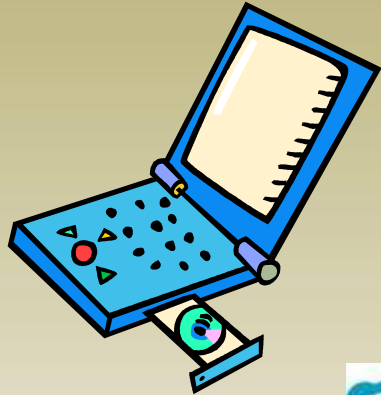
- Contact your family before you arrive
- Bring a meaningful gift.
 - Something from your culture or country
 - OU branded souvenir
- Be courteous and respectful of their rules (watch length of showers, light use).
- Use the local language. If you're unsure of something, ask your family.
- If your homestay becomes uncomfortable, speak to the host university's International Office or your faculty director.

Keeping in Touch

- Can you use your cell phone abroad?
 - Check with your provider
 - Search online for information on prepaid cell phones and calling cards
- Consider purchasing a cell phone in host country
- Payphones
 - The old fashioned option but in some places it may be the only one
- Internet cafes
 - Pay for internet access



Keeping In Touch



If you have computer access:

- **Skype** - Create an account. Buy a webcam and headset. Make free calls to other Skype users.
- You can also use Skype and your computer to make cheap calls to landlines.

- **Instant messaging** - MSN, Yahoo Messenger, icq.
- Various other **FREE** online phone services: eg www.freecall.com.

Electronics Abroad

- Adapters

- Used for the actual sockets you will plug into
- Several types - region specific.
- Google “**electricity around the world**” to find the type that’s right for your country.
- Usually sold in multi-country packs.
- Order online or buy in stores like Radio Shack, Target, Walmart, or travel specialty stores.
- **In general, Ecuador, Canada, China, Brazil and Japan are the same as the U.S.**

Adapter



UK, Uganda,
Ghana, Hong Kong

Universal Europe



France



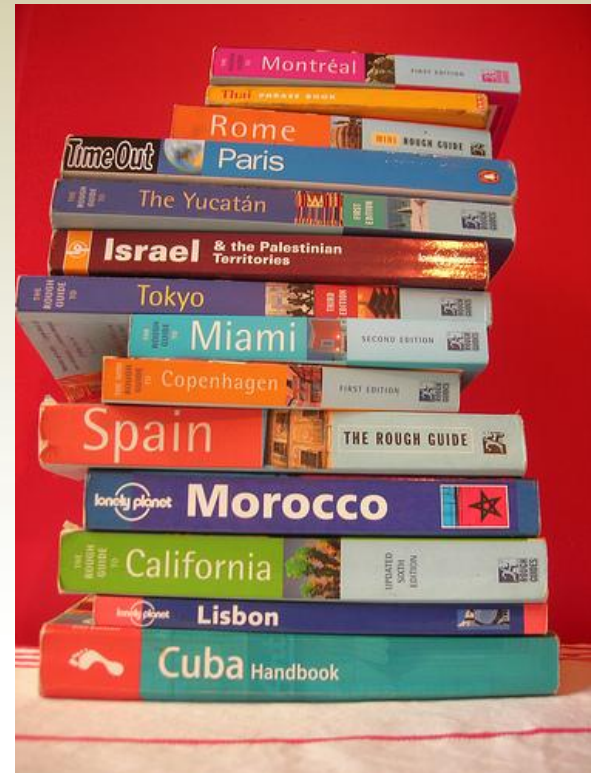
Electronics Abroad

- Converters (voltage)
 - Check the voltage of your country before you go
 - Buy the correct converter in US
 - Consider what you will use the converter for – iron, hair dryer, etc.
 - Consider buying hairdryer in host country



Helpful Hints

- Be familiar with taboos, inappropriate behavior and gestures in your host country (do some online research)
- Consider purchasing a travel guide or check out sites like wikitravel.org
- Keep a journal to record little things you might forget, like the names of restaurants or funny stories.
- Stay flexible!!! Some of the most memorable events are unplanned.





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Thanks for Coming!

If you have any questions, feel free to ask today, or anytime by contacting the Office of Education Abroad in
185 Lindley Hall.

Additional flyers on health and safety available here.

Have a wonderful trip, be safe, and make wonderful memories!

PLEASE FILL OUT THE EVALUATION!