

TRAVEL TIPS

Passports: When traveling overseas, you are required to have a passport. If you do not have one, please visit www.travel.state.gov on how to apply. If you have a passport that expires within 6 months after your departure date, you will need to renew your passport, which can also be found at the same website for more details. ** Passport costs are not included in the trip cost.

Visas: Some countries require visas to enter. If you signed up for a trip that you will need a visa for, we will guide you through this process prior to your departure for the trip. ** All visas costs are included in the trip budget.

Notifications: Prior to you leaving the country, we suggest that you notify your bank, & cell phone provider of your travels. This will allow you to know what restrictions or fees you will incur if you use these items internationally.

Luggage: Prior to departure, you will receive a thorough packing list with everything you will need for your trip. Each airline has specific weight limits for carry-on/checked bags Due to this, we suggest packing no more than 15lbs for carry-on, & 40lbs for checked baggage. This allows room for any souvenirs or extra weight you may add to your bags upon your return. **We highly recommend you leave all valuables, expensive jewelry at home, for safety reasons.

Airport drop-off/pick-up: Each team member will be responsible for arranging their own rides to & from the airport for departure & return, unless instructed otherwise.

Airport Security & Customs: If you are not a frequent flyer, you may not be familiar with the security & customs process. Here are a few things that you should know while traveling through airports.

- Ticketing/Baggage: At the ticket counter, the team leaders will show all passports in order to receive tickets for our flights to our final destination. We do our best to request seating together, & to make our traveling time as comfortable as possible. At the same time, we will be checking our bags in. ** Team leaders will hold onto all everyone's bag tags until we pick them up at baggage claim upon our arrival, in case any get lost, or delayed.
- Security checkpoints: After receiving our tickets, we will proceed through a security checkpoint all together. Have your passport & boarding pass in hand when approaching security & custom zones. You will be required to place all carry-on & personal bags on the conveyer belt at this time, so make sure your water bottle is empty and you remove any liquids, & electronic devices from your bag so it can be checked. **Be sure to wait for all team members to pass through security before proceeding to gate to board the flight.
- Layovers: Most likely, every team will have one or a few layovers before reaching our final destination. Each team leader will guide you through this process, as every layover, & airport is different.
- Customs: Before landing at your destination & also for your return home, you will receive travel forms handed out by a flight attendant prior to arrival. Fill them out before de-boarding flight, & place it with your passport in order to go through customs.

**At the custom gate, you may be asked the following questions, so here is how to respond to some of them.

- o Where are you headed/ where did you go? (Your final destination)

- What will you be doing there/ what did you do while you were there? Touring the country / Service projects (safe answer for when entering non-Christian nations)
 - How long will be staying/ how many days were you there? (length of days on the ground)
 - Are you traveling with anyone/ were you traveling alone? With a group.
 - How many of you are there? (number of team members)
 - For arrival back into the U.S: Do you have any items to claim (referring to purchased souvenirs/food items)? (Typically the answer should be no, unless you purchased an excessive amount of something.)
- Baggage Claim: Our Bags will be the last thing that we pick up before leaving airport. **Remember to grab all your belongings.

**Do not throw any forms or boarding passes away unless instructed otherwise.

EN-ROUTE

Here are some helpful tips while traveling long distances, & to make your flights as comfortable as possible.

Passports: While on the plane, it is never a good idea to put your passport or other important documents in the seatback in front of you, as we've had many people leave these items on the plane after de-boarding. We recommend you put these items in a safe compartment in your personal bag, & always in the same place, so you know where to find them when needed.

Long flights: Long flights can take a toll on your body, & blood circulation. So, we recommend getting up to walk regularly to reduce swelling in your feet & keep your body from becoming stiff.

Rest: While flying, it's important to get as much sleep/rest as possible during your flight; especially if you arrive at your destination in the morning or afternoon, and don't have the ability to rest until that night. **Here are some items that I find helpful in order to make my flights as comfortable as possible: a travel pillow, eye mask, headphones/earplugs, a warm hoodie, slip-on shoes, melatonin/sleeping aids.

Hydration: Staying hydrated while flying is key to recovering from travel & jet lag. FYI... your body loses much more fluid in the air, than on the ground, because of the lack of humidity in airplanes. It's important to make sure that you have electrolytes with you, to keep on top of this. **The flight attendants are more than willing to refill your water bottles at any time; so don't be afraid to ask.

Currency exchange: Depending on the country, this will determine how we will go about exchanging funds for your own personal spending. Please see team leader for more info.

Receiving Gifts: In some countries, you may receive very odd gifts from the natives as a blessing; such as, a goat or chicken. We generally except these gifts, as rejecting them would be an even greater offense. Team leaders will determine the best option of what to do with these gifts afterwards.

POST-TRIP

Trip photos/testimonies: We work towards collecting photos & testimonies from each trip, in order to use for future trip advertisements & to show the impact that we're making. We will send you details on how to submit this content when you've returned from your trip.

Trip surveys: Shortly after each trip, we send out a team survey on how your trip experience went. This helps us to make changes to improve each trip for the future.