

## Book your Flight

The best time to book a domestic flight is between 112 and 21 days before you depart to secure the lowest fare. 54 days before is considered the perfect time. However, even booking 54 days before your trip is not guaranteed to get you the lowest fare.

If you are booking an international plane ticket, you should book as far in advance as possible, if you are flying to a popular destination during a popular time, you should book as far in advance as possible, it is unlikely that the fare will be lowered.

1. Book your flight as soon as possible.
2. Inform the program NGO about your arrival day and hour.

## Visas

When planning a trip, it is essential to find out what you need to secure your visa for travel to that country and how to get it. The rules vary hugely from country to country about who requires a visa, what sort and for how long.

1. Check your visa requirements and how to apply in **ivisa.com**.
2. In case you need a support letter, contact your program manager.

## Insurance

Your safety and security are the priorities, travel insurance is important if something unexpected happens such as a personal injury, a flight issue or a related scenario. Your health insurance must cover care received in the country and the dates you will be traveling.

Our ambassadors were insured by the WorldNomads, a travel Insurance designed for independent and adventurous travellers, with coverage for overseas medical expenses, cancellation, baggage and other expenses.

Buy while away from home  
Available to people from 150 Countries travelling worldwide  
Extend & Claim online  
Cover your adventure, including over 100 sports & activities

## Visas

Research if your destination requires vaccinations and make sure you are up to date on routine vaccines before every trip. You should ideally arrange an appointment with your travel clinic at least four to six weeks before travel, some vaccines take a while to kick in or require multiple doses. In case you have pre-existing health problems, an earlier appointment is strongly recommended.

1. Check the destination vaccination required here <http://services.masta.com/VaccineChecker>
2. Book an appointment with your travel clinic.

# TRAVEL TIPS

## 1. Documents & Credit cards

Leave all irrelevant cards at home. They distract your focus from the few cards you really need. And their information can cause problems if it falls into the wrong hands.

The cards you really need to travel with are:

- Two credit cards
- Two ATM cards
- Driver's license and/or passport
- Insurance card

For the cards you are taking, notify the companies of your trip's dates and locations. This way, they're on alert for suspicious activity and the cards are not denied when used in usual places. Get their international contact numbers in case of theft.

Be quick and discreet using ATMs. Those at banks are more secure. Use your other hand for cover when entering your PIN. Watch for loitering strangers. Put your card and money away asap. Loose, scratched, blocked or bulky card insert slots can indicate tampering. Use caution from the suburbs to subtropics.

While traveling, consider leaving one credit card in your room in a secure location.

## 2. Documents Security Copy's

Copy important documents like your passport, itinerary, driver's license and insurance. Make two sets of copies to stash in different bags. And send them to someone back home in case of emergency. Carry vital contact information on your person. This includes the name, address and phone number of where you're staying.

## 3. Stash & cash

Organize your money for quick access and avoid revealing large wads of cash. Keep small sums close at hand for tips so you're not whipping out your wallet as much. Leave some cash in a secure place in your room to carry less on your person.

## 4. Secure your valuables

Only bring what you truly need on your trip and out of your room, and leave other valuables behind. Don't tempt anyone by leaving money or expensive items unattended in plain sight.

Secure any cash, cards or forms of identity left in your room. If your room lacks a safe or has one that's easy to walk out with, use a lock on your largest suitcase.

In transit, keep backpacks on your lap, between your feet or worn on your front. Don't pack valuables in outer pockets. Women should wear cross-body purses in the front and keep a hand on them in crowds. Men can keep a hand on your back pocket to mind your wallet in crowds, or move it to a front pocket if concerned.

In taxis, keep bags with valuables between your feet or in the middle seat. Find out if cab fares are flat rates or metered. For flat rates (both firmly established and negotiable), agree on a price with the driver before you or your bags get in the car.

## 5. Pickpocket & robbers

Be aware of your surroundings, and especially vigilant in crowds places and at night. Trust your instincts if something feels unsafe. If you are ever robbed, comply and do not risk life and limb. Don't attract attention with expensive jewelry or electronics.

## 6. Extra Medication

One of the first rules of travel is to carry additional prescription medications, glasses and/or contact lenses. Pack these and other critical items in your carry on.

Research if your destination requires vaccinations and whether your activities or locations warrant additional immunizations. Start early, some vaccines take a while to kick in or require multiple doses. Consult the Centers for Disease Control and Prevention or a travel medicine doctor.

If you need medical care while away, contact your doctor back home for advice or a second opinion.

## 7. Objects & Stuff

Only bring the electronics you need, so there are less items and information to secure. Back up any devices you're bringing before departure.

Staying connected outside of your network is easy with the global availability of Wi-Fi. Make sure your cellular data is turned off if you don't have coverage abroad.

If you want to make calls or access associated networks overseas, be sure you completely understand roaming and data charges. It may be worth using the wifi only for calls and communications to avoid a billing shock.

## 8. Be Aware Of Your Clothing

When it comes to travel, the wrong clothes scream "TOURIST" and make you a target for scammers, thieves and worse. The less obviously a visitor you look, the less attention you'll get from the wrong kind of people.

Wearing the right clothes is a sign of respect. Many Islamic countries have specific dress code guidelines that are often strictly enforced – and other destinations have laws that may catch you out (for example, walking topless through the streets could be illegal in many countries).