Stockton College Study Tour
Germany and the Netherlands, March 10-20, 2013

MAKING THE TRIP ENJOYABLE

We have done everything possible to make this trip as fun, educational, and as safe as possible. However, you are the person who will have the greatest influence over how much you get out of the trip. As experienced travelers, we offer the following suggestions to enhance your own experience as well as everyone else’s.

**BE A TRAVELER, NOT A TOURIST.** A tourist goes to observe a foreign destination, while a traveler goes to experience it. Be open to experiencing new things, sampling the local cuisine, and taking part in a different way of life. If it is different, try to understand it rather than assume it is wrong or inferior. After all, isn’t one of the reasons why we travel abroad to expose ourselves to things that are different than that with which we are familiar?

**PACK LIGHTLY.** Do not take more than you need when packing for the trip. You must keep your luggage to one check-through suitcase and a carry-on bag, and leave room for the souvenirs you will accumulate along the way. See the sheet on “Packing and Luggage.”

**BE PUNCTUAL.** Traveling in a group is different than traveling alone. Every participant depends on everyone else for the smooth and enjoyable functioning of a group tour. During the ten days we will spend together, there are many sites to see, places to go, and people to meet. The bus cannot leave, and our scheduled activities cannot begin, until everyone is present and prepared. If one person is late for a rendezvous, the rest of the group may be left standing around, or we might miss a scheduled appointment altogether. We recommend that you take a small travel alarm clock. If you are worried that you might oversleep, you can also leave a wake-up call or ask a fellow traveler to wake you up early enough to make it to the meeting point on time.

**GET SUFFICIENT REST.** There is always the temptation to “burn the candle at both ends” by staying out late. However, this can also cause fatigue that makes it difficult to fully enjoy the next day’s activities, or even nodding off and missing something altogether. Fatigue can also reduce your resistance to minor illnesses. Especially when an early departure is scheduled the next day, be sure to get to bed at a reasonable hour.

**EAT REASONABLY.** It is never a good idea to skip meals, especially breakfast, when traveling. This can sap your energy and resistance to annoying minor illnesses.

**PACK THE NIGHT BEFORE.** In order to expedite departures to the next town and hotel, pack your bags the night before, leaving toiletries and the next day’s clothes ready for the morning.