

Safe Travel

Many travelers feel nervous about going to a new and unfamiliar place. If you plan your trip carefully and learn to take **precautions**, you can relax and enjoy yourself.

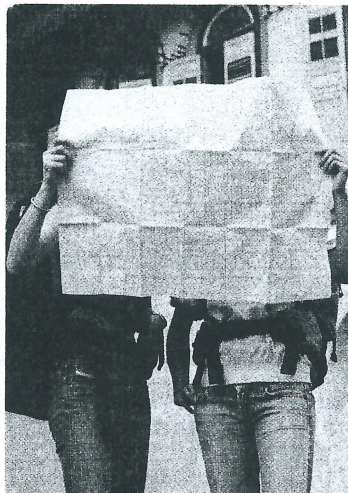


Check Your Paperwork¹

- 5 While you prepare for your **departure**, make sure your paperwork is organized. You'll want to check the dates on your visas and passport. Having an important document **expire** before or during your trip is the last thing you want to happen. Be sure to get an international driver's license if you plan to drive while you are abroad. Also, do some research on the local currency. Some countries—
- 10 like Jamaica—use more than one currency. It's best to know how and when to use each.

Mind Your Health

- If you need to take medication along, keep it in its original container. If you are carrying prescription² drugs, bring a letter from your doctor in case customs officials question you at your destination. Also, make sure that you travel with proper medical insurance so that if you are sick
- 15 or injured while traveling, you will be able to get treatment.



Pay Attention

As a tourist, you'll probably stand out on the street. Unlike local people, you'll carry guide books, refer to maps, take photos, and look up at buildings. Because of this, you may appear **vulnerable**. Stay safe by keeping one eye on the amazing sights and the other on your personal items.

When you get into a taxi, make sure there is a meter³ and that it is turned on. If there is no meter, agree on a price before starting out. Tour guides recommend protecting your luggage in busy transportation areas by always keeping it in front of you or between your legs. Also, if you are going anywhere that requires **purchasing** tickets, be sure to buy them at an **authorized** location. Never purchase tickets on the street, as these are often overpriced, fake, or expired.

Learn About the Locals

- It's always a good idea to buy a guide book and a map, and read about the local culture of the country you will be visiting. For example, it's important to know that in India you should use the right hand to eat, or to give and accept things. In Thailand, it's rude to point with your feet at someone or something. Also, try to learn a few basic words and phrases of the local language.
- 30 Don't **assume** that everyone will speak your language or that they will understand English.

If you have trouble communicating, look for students and young people who might speak a foreign language. And remember to smile. It's the friendliest and most **sincere** form of communication, and is understood everywhere in the world!

¹ Official documents like forms and reports are all **paperwork**.

² A **prescription** is a medicine that a doctor has told you to take.

³ A **meter** is a machine that measures and records the amount of something.