

INTERNATIONAL!

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United States
State Department
1-202-501-4444

Local emergency
numbers similar to
911

112: European
Union (universal),
and many other
countries globally.

911: USA, Canada,
and many coun-
tries in the Ameri-
cas (e.g., Bahamas,
Mexico).

999: UK, Hong
Kong, Singapore,
Malaysia, and oth-
ers.

000: Australia

Japan: 110
(Police), 119
(Ambulance/Fire)

India: 112

Vacation Preparation Checklist

Wandering Wahine World

Essentials

Around the house

- ☐ Hold mail
- ☐ Cancel any regular deliveries
- ☐ Turn off water
- ☐ Unplug any non -essential elec-
tronic devices
- ☐ Arrange for pet care
- ☐ Self watering plant devices
- ☐ Empty all trash
- ☐ Remove food that will perish
while you are out

Financial

- ☐ Notify credit card companies
(very important for interna-
tional travel)
- ☐ Exchange or order currency
- ☐ Schedule bill payments while
you will be travelling

Documents and Research

- ☐ Secure and verify passport
expiration date (*Should be
minimum six months from end
of travel date*)
- ☐ Make copies of all travel docs
- ☐ Download offline maps
- ☐ Setup international cell phone
service
- ☐ Purchase travel insurance
- ☐ Refill prescriptions needed

My stuff

- ☐ _____
- ☐ _____

Day(s) before

- ☐ Prepare a travel day bag with snacks, magazines, etc
- ☐ Download movies and maps
- ☐ Charge all devices
- ☐ Check in for flights and review travel documents



Plan for a fantastic
getaway!

*“Not all cities
have the same
travel options, so
plan for no
surprises”*



Your first international trip?

How exciting! You are planning your first international trip and but you are a bit nervous, that's to be expected. You've travelled domestically several times but you are worried that you will miss something big. We have your back!

Lets start with your destination. Special trips like these should be chosen with intention. Maybe you have family that you've always wanted to visit?

Here's a few topics to consider:

- Can I speak the language?
- What's your budget?
- Travel advisories?
- Transportation?
- Visa requirements?
- Power 110 or 220 volts?
- Time of year?
- Itinerary— cities you will visit?

Here are some great choices to consider:

1. Portugal – Affordable, safe, beautiful, and English is widely spoken.
2. Japan – Extremely safe, efficient transport, unique culture, very tourist-friendly.
3. Costa Rica – Nature lovers' paradise, easy flights from the U.S., English widely spoken.
4. Italy – Rich in culture, food, and history with good infrastructure.

Getting around on your trip

Great, you have picked your dream destination, now what? You want to maximize your time there without stressful complications. Lets start at the beginning.

Itinerary– Before you can plan transportation, you have to know where and when you will need logistics. Start by having a detailed timeline of your trip. Once you have your destinations planned out, here's some

options:

- Rental car? A great option but make sure you are comfortable driving in this country & check requirements.
- Trains– Many countries have a robust high speed train system that's very affordable, but not all.
- Subway– If you're in an urban area, the subway can be

a great way to get around.

- Hop on, hop off bus– a great option for both transportation & touring. Hit all the hot spots and learn about the city at the same time.
- Taxis– Not all countries have Uber FYI
- Airports– Usually far away from the city for plan this well.

All the comforts of home?

You want the full experience of the country you are traveling in, but lets face it, we all want the comforts of home, so here are a few things to be aware of:

- Cell phone service– Plan to either setup service in the destination country or buy a SIM card and know how to

use it.

- Download favorite shows– plan to see little to no America or English TV overseas, so if there's a show you cant live without, download it.
- Nutrition– Any diet specific snacks or medication should be taken with you. Food

options and pharmacy vary from country to country so if its important to you, bring it along.

- Power– what voltage and what type of plug does this country use? Its almost guaranteed that your destination country does not use American plugs.

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