



WHAT TO BRING AND WHAT TO KNOW!

Please read carefully!!

HIGHLIGHTS FOR LEADERSHIP CONFERENCE:

1. Don't forget your leadership workbook. And bring your pen!
2. Please use the included backpack that was sent to you prior to your trip.
3. Don't forget to set aside some money in advance for a tip for our bus driver and to purchase postcards and stamps for our "postcard" project. (I suggest about \$15 for bus driver trip and \$5-10 for postcard project, including stamps.)
4. You **MUST** bring an umbrella. We won't stop any activity for rain.
5. Your leadership workbook will have a journal section included, but you may also choose to bring an additional journal with you.
6. Bring an alarm clock as a back up to "wake-up calls." Leaders prepare for every possibility and do not make excuses.
7. Wear a watch! (Or make sure that your cell phone works internationally if you use your phone instead of a watch.)
8. If you're taking this for high school credit, please read over the course requirement information. It can be found at a link at the bottom of each online itinerary. (www.globalnext.org) If there are any questions, please contact Global Next at info@globalnext.org.
9. Some airlines charge for checked baggage. Usually this does not apply to international flights, but please check with your airline to prepare for this expense if it applies.
10. **YOU MUST BRING A STUDENT ID CARD FOR THIS TRIP.**

Packing Tips:

- Traveling abroad is best experienced if you travel light. **This cannot be stressed enough!** You can only bring one suitcase (no more than 50 pounds or 23 kg) and one carry-on. One **medium-sized** suitcase and a backpack or small duffle bag to carry on the plane is sufficient. **Super-sized suitcases are a bad idea!** Unquestionably, you are better off packing light, and having to purchase something you need overseas, than over-packing.
- Since airline regulations continue to change, make certain that you double-check all details regarding your flight requirements including luggage limitations. **(For example, currently you can carry liquids on planes as long as they do not exceed 3 ounces and fit into a quart-sized bag.)**
- Allow extra room in your luggage for any gifts or souvenirs you purchase abroad. Airlines are now strict regarding carry-on luggage.
- Due to the new security measures regarding checked luggage implemented on January 1, 2003, film may be damaged by the machines used to scan luggage. It is best to keep film in your carry-on bag.
- We suggest that you write your name and address inside of your suitcase. A lock is a good idea for additional security; as is keeping a record of your suitcase's contents.
- Put things you might need on the first day into your carry-on. Make sure to keep your money and passport with you during the entire trip. Passports are required to enter any of our international conferences. (According to your group leader, passports may be collected and kept in a safe place in the hotel until the conclusion of our conference.) **Make a copy of your passport to put into your suitcase and another copy to give to your school group leader.**

- In the weeks before departure, check the online weather site for your destination cities and pack accordingly. **Weather can be unpredictable.** (www.weather.com)
- Pack comfortable and light clothes so you can dress in layers. Bring comfortable shoes for shopping and sightseeing. There will be considerable walking on your trip, so make sure that your shoes have been broken in.
- Bring at least two shirts with sleeves and two pants. You cannot wear shorts, sleeveless shirts, low-cut shirts or anything remotely immodest inside most of the churches, cathedrals or on the Temple Mount in Jerusalem. Consider sweaters, jackets and layering your clothes, depending on the season of your travel. Some days begin cooler and then warm up, but evenings can get cool again, even in spring.
- Pack a washcloth, since some European hotels do not provide one.
- A rain parka and collapsible umbrella are also good items to pack.
- Most European countries, including the UK have a current of 220 or 230 volts AC. Israel's voltage is also 230. But not all countries have the same electrical outlet type. This website will be helpful: <http://electricaloutlet.org>. Most hardware or large chain retail stores carry sets of adapters for international travel. Since bathroom appliances tend to be bulky, you may want to share them. Many European/Israeli hotels have hairdryers in the rooms, so make sure you check your room for one before using the one you bring along. In some countries (the UK, for instance), you may also need a converter to use your hairdryer, or it will burn out upon use.
- Don't forget toiletries, camera and film, hat or a cap, and sunscreen SPF-20 or more. (Sunscreen applicable for summer trips and those with very fair skin.)
- If you take a prescribed medication, you must provide your group leader with a copy of the prescription. (For minors only) Do not mix medicines in the same bottle. It is very important to check with your doctor regarding your medication and any health concerns you may have prior to your trip. Be certain that medication is clearly marked and appropriately prescribed!
- Bring a travel alarm clock as a backup to the hotel "wake-up call."
- Bring and wear a watch.
- Don't forget your Bible, a pen and your leadership workbook.
- **Please bring your student ID Card. This will allow our guides to take advantage of discounts to many attractions. (High school and college students)**

Money Matters:

- You might consider bringing a money-belt. Travelers must be aware of pickpockets. They are very good!
- Extra money is recommended for soft drinks (water is provided with your meal), snacks, souvenirs, and a tip for the bus driver (about \$15). Do not take any unnecessary valuables!
- **ATM's and bank/credit cards are unquestionably the best way of money exchanging and making purchases.** (Bank cards must be associated with a checking account, not a savings account) ATM's are all over Europe, UK and Israel and usually give the best exchange rate. Be certain to visit with your bank or credit card company to make sure that you will be able to use your card while traveling. Banks and credit card companies sometimes block cards if they notice that they are being used in a far-off location. And don't forget your PIN! Other options are to take U.S. dollars and exchange them (don't carry very much cash) or American Express Travelers Checks. (which can be difficult to use from time to time - be aware.)
- It's a good idea to have a few Euros, British Pounds or Israeli Shekels in your pocket before the trip - depending on your trip destination. You can exchange some money at the airport before you leave. But the best exchange rates are always found in our destination country.
- There will be a few opportunities to keep in contact with home via the Internet and telephone while on the trip. Most travelers bring and make limited use of cell phones. Please be aware that

data roaming fees and international calling rates can be high. It is a good idea to check with your cell phone provider prior to departure. Most of our hotels have WiFi available for your use and hotel phones can be used - but charges to each individual will be applied.

Miscellaneous Matters:

- Make certain that your bill is paid in full no later than 45 days prior to departure. Late fees and possible trip cancellation policies will be in effect. Call the Global Next office at 214.733.6577 if you have any questions.
- Remember that Global Next behavioral standards include the following:
 - No alcohol or tobacco purchase or consumption for anyone during the trip.
 - No profanity.
 - Boys and girls are not allowed in opposite sex rooms.
 - No students are allowed in any other room other than the one on their rooming list.
- It will be the responsibility of the school leaders to provide student discipline on the trip. School representatives must know the whereabouts of students at all times. Students not abiding by Global Next's policies and/or school rules may be sent home by the school group leader at the student's expense.
- During free time, students must be in groups of three or more. Free time will be limited to no more than 2 hours at any given time and will generally include your lunch break.
- Participation in all educational and group activities is required by all conference participants, including adult chaperones and travelers.