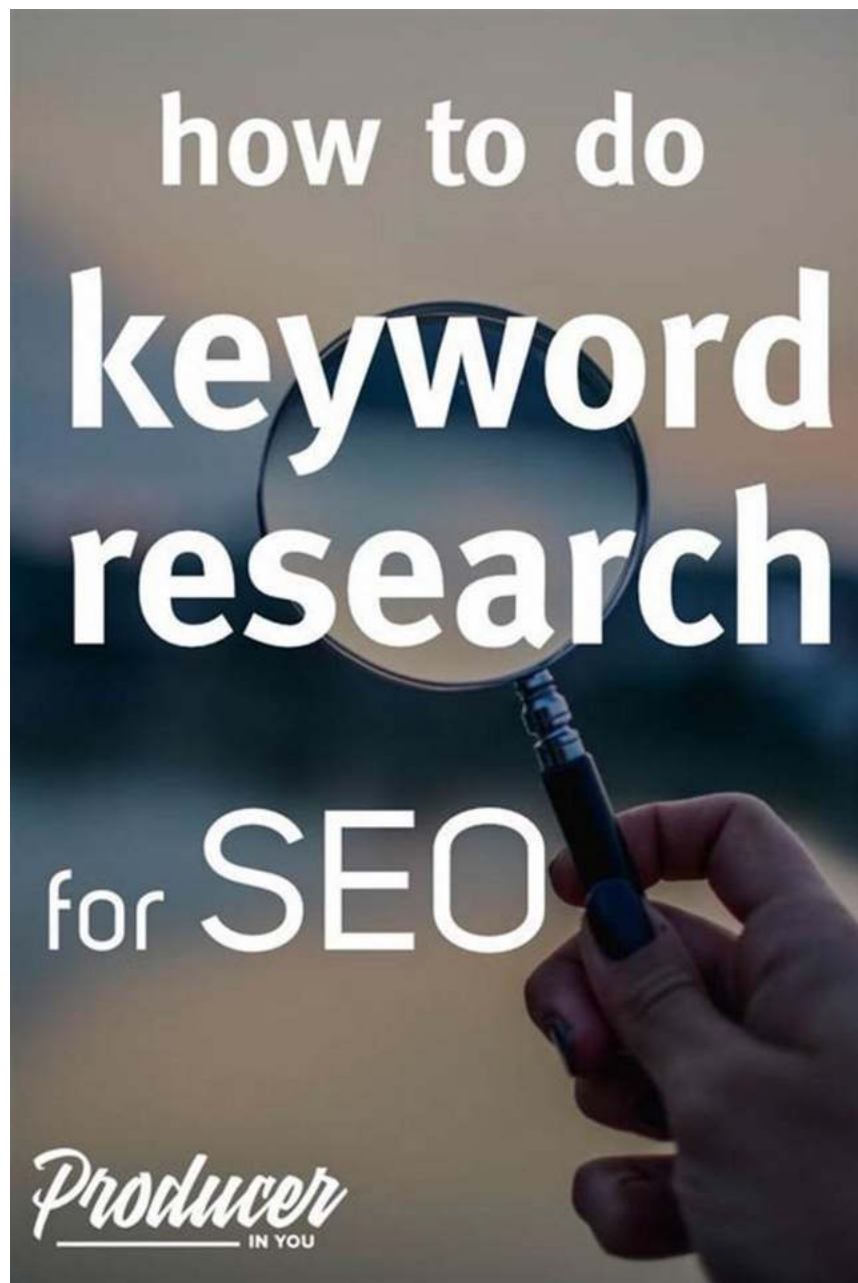


# What To Know Before You Go And When You're There

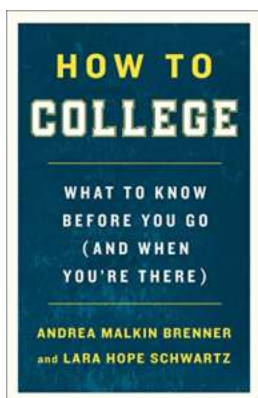


Planning a trip can be an exciting and overwhelming experience. Whether you're jetting off to a tropical paradise or exploring a new city, there are certain things you should know before you go and while you're there. In this article, we'll discuss

some essential tips to help ensure your travel experience is smooth and enjoyable.

## Research Your Destination

One of the first things you should do before embarking on any trip is to research your destination thoroughly. Find out about the local customs, traditions, and etiquette to avoid unintentionally offending the locals. Additionally, research the local laws and regulations to stay on the right side of the law while you're there.



### How to College: What to Know Before You Go (and When You're There) by Andrea Malkin Brenner (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English  
File size : 4059 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 292 pages



## Check Travel Advisories

Before you book your trip, it's crucial to check travel advisories for your destination. These advisories provide important information about safety and security concerns in specific countries or regions. You can find travel advisories from official sources such as your government's travel department or international organizations like the World Health Organization. By being aware of any potential risks, you can make informed decisions about your travel plans.

## Get the Right Travel Insurance

Travel insurance is essential for any trip, no matter how short or long. It provides financial protection in case of unforeseen events such as medical emergencies, trip cancellations, or lost luggage. Compare different insurance options and choose the coverage that suits your needs best. Remember to read the policy carefully, understanding what is covered and any exclusions or limitations.

## **Learn Basic Phrases**

While many people around the world speak English, knowing a few basic phrases in the local language can go a long way. Simple greetings like "hello," "please," and "thank you" can help you connect with the locals and show your respect for their culture. Additionally, learning phrases like "where is the bathroom?" or "how much does this cost?" can be beneficial in everyday situations.

## **Take Necessary Health Precautions**

Before you travel, consult your doctor or a travel medicine specialist to ensure you have the necessary vaccinations and medications for your destination. Additionally, research any potential health risks, such as Zika virus or malaria, and take appropriate preventive measures. Remember to pack a basic first aid kit with essential supplies for any minor injuries or illnesses that may arise during your trip.

## **Plan Your Itinerary**

While it's good to leave room for spontaneity, having a rough itinerary can help you make the most of your time in a new destination. Research and prioritize the sights, attractions, and activities that interest you the most, but also allow for flexibility in case you discover hidden gems along the way. A well-planned itinerary can ensure you don't miss out on must-see attractions or experiences.

## **Respect Local Customs and Traditions**

When you arrived at your destination, it's important to respect the local customs and traditions. Dress modestly if required, behave in a respectful manner, and follow any cultural norms. It's also advisable to learn about the local tipping customs to avoid any unintentional offense. By showing respect for the local culture, you can have a more immersive and enjoyable travel experience.

### **Stay Safe and Alert**

While traveling, it's essential to stay safe and remain alert to your surroundings. Be cautious of your belongings, especially in crowded tourist areas or public transportation. Avoid displaying signs of wealth that may attract pickpockets or thieves. Additionally, familiarize yourself with emergency contact numbers and know the nearest embassy or consulate in case of any emergencies.

### **Immerse Yourself in the Local Cuisine**

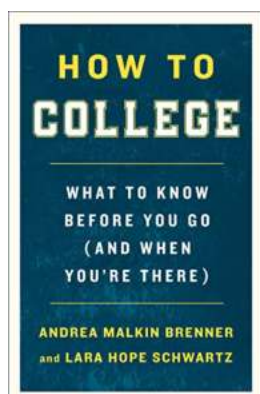
Part of experiencing a new destination is trying the local cuisine. Step out of your comfort zone and indulge in the local dishes and flavors. Ask locals for recommendations on where to eat and try popular authentic dishes. Food can be a gateway to understanding a culture, so don't miss out on this delicious opportunity.

### **Capture Memories but Be Present**

While documenting your travel experiences is important, it's equally crucial to be present and immerse yourself in the moment. Take photos and videos to cherish the memories, but don't forget to put the camera away and engage with the surroundings. Enjoy the beauty, the sounds, and the scents of your destination without being too focused on capturing the perfect shot.

Traveling can be an enriching and transformative experience, but proper preparation is key to making the most of your journey. By researching your

destination, staying informed, and being respectful of the local culture, you can ensure a memorable and safe travel experience.



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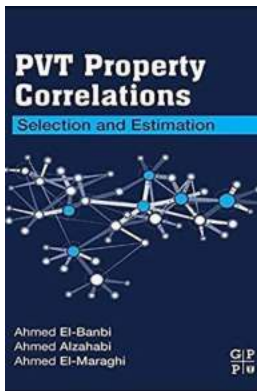


The first practical guide of its kind that helps students transition smoothly from high school to college

The transition from high school—and home—to college can be stressful. Students and parents often arrive on campus unprepared for what college is really like. Academic standards and expectations are different from high school; families aren't present to serve as “scaffolding” for students; and first-years have to do what they call “adulthood.” Nothing in the college admissions process prepares students for these new realities.

As a result, first-year college students report higher stress, more mental health issues, and lower completion rates than in the past. In fact, up to one third of first-year college students will not return for their second year—and colleges are reporting an increase in underprepared first-year students.

How to College is here to help. Professors Andrea Malkin Brenner and Lara Schwartz guide first-year students and their families through the transition process, during the summer after high school graduation and throughout the school year, preparing students to succeed and thrive as they transition and adapt to college. The book draws on the authors' experience teaching, writing curricula, and designing programs for thousands of first-year college students over decades.



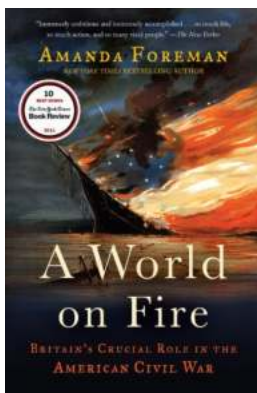
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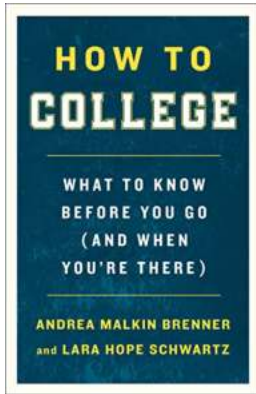
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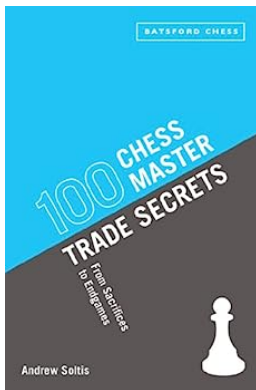
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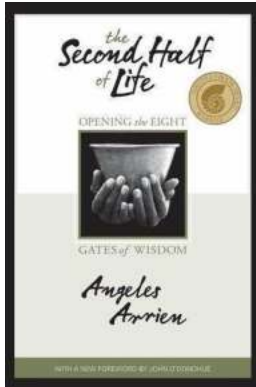
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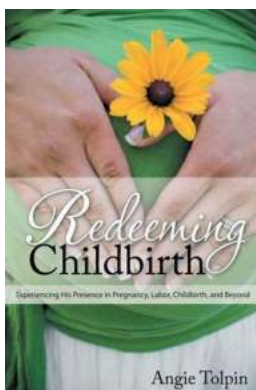
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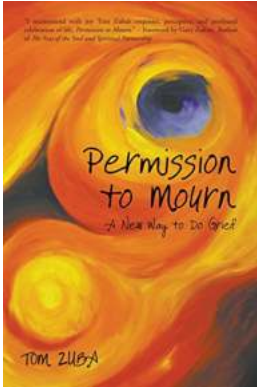
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