



# Global Sports Academy

## Helpful Travel Tips

**We want your tour to be a memorable one - here are some pointers:**

Here are some helpful pointers for all teams about to embark on a great sport adventure. Global Sports Academy offers you a short list of items not to forget before you get on the plane!

- Well in advance of your trip, make sure that your passport is valid and current (it should not expire less than 6 months AFTER your return home)
- Check to ensure that you have all necessary visas to enter the countries that you intend to visit
- Ensure that you have appropriate travel and medical insurance for the duration of your trip and that you carry the appropriate documents with you on your person
- Some countries may require inoculations – make sure that you have them well in advance
- Arrange to have some local currency for each country that you are going to visit on your trip. If you have a layover between connecting flights, it is a good idea to carry a small amount of that country's currency as well.
- Carry credit or debit cards for larger purchases; Traveller's Cheques are not always welcome or easy to use.
- Before leaving, inform your credit card company that you are travelling, the length of your trip and the countries that you will visit
- Check climate conditions of the countries that you intend to visit; pack accordingly
- Pack lightly. This allows you more room to bring back souvenirs
- Ask before you drink the water in your destination country. It is generally advised to buy bottled water unless otherwise discussed
- For those planning an extended visit or plan on renting a car, ensure that you have the proper international driver's license
- Make sure that your team representative has your emergency contact numbers
- Carry prescription medication in your carry-on luggage in its original container
- Make two copies of your passport and other travel documents (i.e. your itinerary). Leave one at home and carry one with you – separate from your passport

We encourage you to learn some foreign words in order to say a friendly “hello” to the local people. Although English has become a worldwide language, people see it as common courtesy when foreigners try to speak their language. It is fun to interact with the people!