



TIPS AND TRICKS FOR TRAINERS: GLOBETROTTING WISDOM

1 TRAVEL PLANNING

- Explore environmentally friendly transportation modes instead of flying when possible.
- Secure reasonable flight prices by booking in advance.
- Use private browsing mode to avoid dynamic pricing on flight tickets.
- Statistically, Mondays and Tuesdays are ideal for flight bookings.



2 SMART PACKING

- Create a checklist for your travel essentials.
- Include work items (markers, tools) and "Me Time" items (books, yoga mat).
- Simplify packing by using a dedicated toiletries bag for travel.
- Choose durable luggage that withstands frequent travel.

3 HAND LUGGAGE

- Minimize the weight of your hand luggage to ease strain on your back.
- Pack essentials for a couple of days in case checked luggage is delayed.



4 THINK LIKE A LOCAL

- Carry a small amount of local currency for immediate expenses.
- Carry a small phrasebook or use translation apps.
- Identify attractions, friends, and opportunities for leisure activities beyond work commitments.



5 CULTURAL AWARENESS

- Familiarize yourself with cultural norms and etiquette.
- Greet locals in their language.
- Approach new experiences with respect and an open mind.