College of Architecture Planning & Design
Kansas State University

2018-2019
Education Abroad
Travel Planning
The best education I have ever received was through travel.

- Lisa Ling
Success doesn’t just happen. It’s planned for.

- Anonymous
Travel Planning

Before Travelling

While Travelling

After Travelling
Before Travelling

1. Health

While Travelling

After Travelling
Before Travelling

1. Health

Prepare before you go:

- Have medical and dental check-ups.
- Consider region-specific health issues.
- Be aware of health problems you may have.
- Plan to bring prescription medications, in their original container.
- Plan to bring an extra part of and/or eye glasses and contacts.

1. Health

Before travelling
Before Travelling

1. Health
2. Map out Important Locations
Before Travelling

1. Health
2. Map out Important Locations

• Research where you are going.

• Have a good map of the country/region/city to take with you and study it before arriving.

• Know where you are arriving relative to the city-proper.

• Have a prioritized list of what to see and how you are going to get there.

• Be flexible, willing to adjust and interested in surprises.
Before Travelling

1. Health
2. Map out
3. Packing
Before Travelling

1. Health
2. Map out
3. Packing

- Consider travel plans during and after the program.
- Consider baggage limits etc.
- You will have to handle your luggage and carry everything so travel simply and lightly. Do trial packing before trip and carry/move the luggage at least half a mile.
- Choose luggage, first, then pack what will fit.
- Check out packing tips on-line-rolling clothes, using vacuum bags, folding clothes together and bundling.
- Can ship clothes home but may cost you a lot.
Before Travelling

1. Health
2. Map out
3. Packing

• Carry on
• Day Bag
Before Travelling

1. Health
2. Map out
3. Packing

• Carry on
  • Day Bag

• Need carry-on for essentials on the trip over and back for:
  1. Medicines
  2. Electronics
  3. Change of clothes
  4. Small size of toiletries
  5. Etc.
Before Travelling

1. Health
2. Map out
3. Packing

- Carry on
- Day Bag
Before Travelling

1. Health
2. Map out
3. Packing

• Carry on
• Day Bag

• Need a day bag for field trips for:

1. Water bottle
2. Snacks
3. Sketchbook
4. Guidebook
5. Maps

Before Travelling

1. Health
2. Map out
3. Packing
4. Clothes
   • Codes
   • Fabric
   • Laundry

Before Travelling

1. Health
2. Map out
3. Packing
4. Clothes
   - Codes
   - Fabric
   - Laundry

- Consider the range of weather and know that you will be outside even if it is not nice.
- Layers for warmth both inside and outside.
- Rain gear.
- Comfortable shoes/boots.
- Consider travel plans for after the program. Need for summer clothing depends on post-program travel plans.
- Modesty is important ... no shorts, tank tops, leggings etc. in public places.
- No baseball hats.

Before Travelling

1. Health
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4. Clothes
   • Codes
   • Fabric
   • Laundry

Before Travelling

1. Health
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• Avoid cotton.
• Consider athletic clothing/gear.
• Good fabrics include wool, polartec, nylon, coolmax, thin silk, gore-tex etc.
• Sources: Pathfinder, Target, Cabela's, REI, Gander Mountain, Magellan's, Travelsmith and LLBean.
Before Travelling

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Before Travelling

1. Health
2. Map out
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4. Clothes
   • Codes
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   • Laundry

- Consider laundry situation in your destination.
- Select quick drying, easily cared for fabrics.

Before Travelling

1. Health
2. Map out
3. Packing
4. Phone

While Travelling

After Travelling
Before Travelling

1. Health
2. Map out
3. Packing
4. Phone

Before Travelling

1. Health
2. Map out
3. Packing
4. Phone

1. **Use you own Simcard**: Check with your provider.

2. **Rent or buy** a phone.

3. **Use free online applications** for making free phone calls/text message. Need to access to internet connection.
Before Travelling

1. Health
2. Map out
3. Packing
4. Phone

Some examples of free online applications for free phone calls/text message.

- Skype
- Messenger
- WhatsApp
- Viber
- Telegram
Before Travelling

1. Health
2. Map out
3. Packing
4. Phone
5. Budget

Before Travelling

1. Health
2. Map out
3. Packing
4. Phone
5. Budget

- Make a Budget. Have a daily budget plan.
- You can use:
  1. Cash
  2. Debit/Credit Cards
  3. Pre-paid Travel Card
  4. ATM

Before Travelling

1. Health
2. Map out
3. Packing
4. Phone
5. Budget
6. Safety & Security

- Consult the State Department country specific information for information on general crime and security issues.

- Check for world-wide cautions.


- Register your travel plans with the State Department through the Smart Traveler Enrollment Program (STEP).

- Establish points of contact for your family.

- Make a list of card numbers, important phone numbers, passwords, etc.

- Make a small travel medical/first aid kit.
While Travelling

1. Safety & Security

- Use a money belt or pouch.
- Passport, credit, debit & travel cards: Keep a hard copy elsewhere and have a scanned back-up.
- Operate with discretion.
While Travelling

1. Safety & Security
2. Accommodation

- Options:
  1. Hotels
  2. Hostels
  3. B&B
  4. Air BNB

- Accommodations may not have towels, soap, hairdryers etc.

- You will be expected to present your passport.
While Travelling

1. Safety & Security
2. Accommodation
3. Hours of Operation

- Research hours of operation on-line or in guidebooks.
- Military time is often used.
- Check to see if reservations are necessary.
- Most museums in Italy are closed on Monday.
- Most museums open at 9:00am and close at 1:00pm and may not reopen until 4:00pm.
While Travelling

1. Safety & Security
2. Accommodation
3. Hours of Operation
4. Weekend Travels
5. Travel Means
   • Flight
   • Train

- Inexpensive Airlines (Ryan Air).
- Usually arrive at smaller airports. Check local transportation into the city.
- Make money on charging fees for everything.
- Limited carry-on and checked luggage allowance (weight and size).
While Travelling

1. Safety & Security
2. Accommodation
3. Hours of Operation
4. Weekend Travels
5. Travel Means
   • Flight
   • Train

- Study train schedule.
- Be aware of different classes of trains.
- Identify location of the train for departure.
- If traveling in a group, have a back up plan for travel should someone miss the train.
- Pay attention to strikes.
While Travelling

1. Safety & Security
2. Accommodation
3. Hours of Operation
4. Weekend Travels
5. Travel Means
   • Flight
   • Train
   • Europe Train
   Time & Cost
   Map
Train Cost and Time Estimates Across Europe

First number between cities: approximate cost in $US for a one-way, second-class ticket. For first-class rail fares, add 50 percent.

Second number between cities: number of hours the trip takes.

Important: Times (and fares) are for express trains where applicable.

While Travelling

1. Safety & Security
2. Accommodation
3. Hours of Operation
4. Weekend Travels
5. Travel Means
6. After the Program

• Consider how long and what kind of travel will impact your packing.

• Consider mode of travel...plane vs train

• Keep in mind safety and security issues.
Before Travelling

While Travelling

After Travelling
• Organize the documents collected during travel: Photos, maps, etc.

• Make a back-up of your photos for future reference.

• Stay in touch with the friends you made.

• Make the most of the ways you’ve changed.

• Seek a new challenge.
Plan

Prepare

Enjoy
TRAVEL PLAN:
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2018-2019
APDesign Italian Studies Program
Travel Planning