

SUGGESTIONS ON WHAT TO BRING & ANSWERS TO FAQ'S

CLIMATE

The climate in Greece, Southern Italy and throughout the Aegean Region in June is usually warm and dry. The average temperatures range from lows in the mid 60's and highs in the upper 80's. Expect cool and breezy conditions in the evenings on the Island of Samos and while traveling via water craft.

PERSONAL ITEMS

Lightweight, breathable cottons and linens are recommended for clothing. Avoid synthetic fabrics that don't breathe. Dress code requirements to enter into cathedrals, churches and holy shrines include long pants or long skirts, short sleeved or long sleeved shirts. No sleeveless shirts are allowed. A light scarf/shawl for women can be used to cover shoulders.

3 pairs shoes: light hiking, sandals and casual dress	socks
3-4 sport shirts with collars or blouses for ladies	underwear
2 pairs of slacks	sleepwear
1 sweater	belt
1-collared & long sleeved sun protection shirt	*swim suit / beach towel
3 pairs of shorts	t-shirts / shirts
1 water-resistant jacket/windbreaker	sun hat
1 business casual outfit	

* Swimsuits for FOF Participants: Men can wear board shorts.
Ladies can wear modest two-pieces (like tankinis) or one-piece suits.

GENERAL ITEMS

photocopy of passport (in case passport is lost)	battery operated alarm clock
extra passport photos (3) (in case passport is lost)	diary or trip log book
destination maps	anti bacterial towelettes & or gel
toiletries	insect repellent
writing materials and address book	camera and film
washcloth (not provided by many hotels)	small first aid & sewing kit
aspirin or aspirin substitute	plastic bag for wet items
extra glasses or contact lenses	stretch clothesline
medical prescription(s) (medicine/drugs in original containers)	Kleenex
sunglasses	ear plugs (for light sleepers)
sun block with protection factor over 15	pocket calculator
umbrella	small bottle of Woolite
destination guidebooks	Bible
extra collapsible bag for souvenirs	

FOF PARTICIPANTS: WHAT NOT TO BRING

- MEN: no white tanks and no saggy pants (we don't want to see your boxers!), no T-shirts with inappropriate logos or phrases on them.
- LADIES: no tanks with spaghetti straps, halter tops or mid-riff tops, no shirts with inappropriate logos or phrases on them and no short shorts or rolled shorts.
- Don't bring expensive jewelry and electronics – you are responsible for your own items!

FAQ's REGARDING INTERNATIONAL TRAVEL

The following information is an attempt to provide international travelers with answers to some of the most "Frequently Asked Questions" we receive from our clients. This in no way is an attempt to provide answers to all questions you may have. If you have further questions or would like to provide us with some additional recommendations, we would look forward to hearing from you!

Baggage: Baggage allowances vary among the airlines, and between domestic and international destinations. To avoid delays with airport check-in and coach transfers, we ask that participants bring one carry-on bag and one checked bag. **Please note there is a range of baggage allowances among carriers and destinations and most carriers now charge a fee to check one bag or more bags. These fees are the responsibility of the traveler. Please do not exceed the following restrictions: Carry-on bags not to exceed 17.6 lbs. and 45 linear inches (Length+Width+Height); Checked bags not to exceed 44 lbs. and 62 linear inches (L+W+H).** There will be times when you will be responsible for the transfer of your luggage (back packs or bags with wheels are recommended) so the lighter you travel, the happier you will be. Put your name, address and phone number on the inside of your suitcase, in the event your outside address tag is torn off. Do not lock your luggage. Due to higher security levels at airports worldwide, the list of restricted carry-on articles still includes: knives and cutting instruments of any kind and butane lighters. For liquids and gels in your carry-ons, follow the 3-1-1 rule. Each container of liquid or gel must be in a 3 ounce bottle or less. The containers must be placed in 1 quart-sized, clear plastic, zip-top bag and only 1 bag per traveler is allowed. If in doubt, pack it in your checked bag or leave it at home. For the most up-to-date policy on U.S. security and screening procedures **especially relating to liquids and gels**, please visit www.tsa.gov. For more information on the most up-to-date baggage policy specific to each airline, visit the Seminars International web site (www.semint.com) and click on the "[Travel Links](#)" page. Select your airline under "[Transportation](#)."

Electricity: The electrical current in many foreign countries differs from that of the U.S., which operates at 110 volts alternating at 60 cycles. In much of the rest of the world the standard current is 220 volts at 50 cycles. In addition, plug prongs are often different. If you don't use the proper converter or transformer, and plug adapter, you risk burning out your device and causing an electrical short. If an electronic device (such as a hair dryer) is vital, we recommend you purchase one with a built in converter. For the type of electrical current provided in the country you will be visiting see the Seminars International web site (www.semint.com) and click on the "Travel Links" page. Listed under "Magellan's", click on the country you will be visiting.

Passports: Generally passports must be valid at least 6 months after your return date. Make two photocopies of the information page. Leave one behind with family or friends and keep the second copy with your belongings while traveling but not in the same place as your passport. In case your passport is lost or stolen while traveling, it is recommended you pack three extra passport photos to expedite the reissuing process at any U.S. Embassy or Consulate. For more information on passport renewal visit the Seminars International web site (www.semint.com) and click on the "Travel Links" page.

Communication Abroad: Communication options via e-mail and phone are readily available at most international destinations. Internet cafes are available in most destinations. Travelers should identify how to access their e-mail off-site with their Internet provider before departing. If you are planning to take a laptop computer along please be advised of possible airport screening delays. Also, have your Internet service provide you with the needed information on how to connect while traveling in the countries you will be visiting.

International phone cards are available through many different sources including local and international services. It is advised to check with your current cell phone service provider to see what type of plans they may be able to offer. Seminars International, Inc. has a link on our web site (www.semint.com and click on the Travel Links page) to a service called Global Phone, which provides a worldwide calling service at

economical rates and another service called Travel Cell which provides rental phones specific to the destination you are traveling.

Money: Currency exchange is normally not recommended prior to arrival in an international destination. Taking some U.S. cash in small denominations (\$50-\$100 total) is recommended. Using a credit card (Visa, Master Card and American Express most commonly accepted) on purchases will usually provide the best exchange rate and security for your purchase. Using ATM cards will usually provide the best exchange rate when exchanging for the local currency. Try to use your ATM card at a bank during open hours. That way if the ATM machine keeps the card in error, the bank staff can retrieve it right away. You may consider asking your bank for a back-up ATM card to travel with in case one is destroyed while traveling. For each credit card and ATM card you will be carrying abroad, please contact the bank or credit card company before departure to inform them of your travel plans, confirm how to use the card in other countries and identify any fees that may be associated with using the card internationally. Please make photocopies of the front and back of all your credit and ATM cards. The back should have the number to call to cancel your card if it is lost or stolen. Leave one copy at home with your parents or guardians and store a second copy with your belongings but not in the same place as your credit and debit cards.

Travelers checks are a good idea for back-up purposes. Travelers checks normally have the highest fees and the least favorable exchange rates but in a pinch, you can exchange a travelers check at your hotel if no other means of currency exchange is available. Please keep your receipts with your belongings but not in the same place as your checks.

One final note on money, don't carry more cash than you need!

Health: It is recommended to communicate with your personal physician prior to departure to inform him/her of your travel plans. Your personal physician will be able to advise if you should have any updated medical inoculations or medical treatments based on your medical history. Please see the CDC Travel Information web site linked through the Seminars International web site (www.semint.com) on the "Travel Links" page. This web site will give you up-to-date information on inoculations and medical treatments recommended or required for the destinations you will be visiting.

Please keep all personal prescription drugs in the original labeled containers and pack in your carry-on luggage only. It is also advised to have copies of your important prescriptions in case you may need to have one filled while traveling.

Traveler's diarrhea is one of the most common ailments suffered by travelers. Being careful about what you eat, only drinking bottled water and having medication with you that will stop diarrhea, are all highly recommended.

Security: In regard to your passport, credit cards and cash it is recommended that you only carry with you what you need at the time. To carry these items securely, a thin waist pouch or an around-the-neck pouch, worn under your outer clothing, is recommended. When not carrying your passport or other important items with you, it is recommended they be locked in a safe in your hotel room or in a safe at the hotel office.

Don't take expensive or showy jewelry. Don't walk around alone at night. Talk to hotel staff or your guide about where you are going for smart directions and advice. Watch for scams and pick pockets when in crowded public areas.

And finally...the following statements listed on the back are good international travel reminders and can apply in any destination. These were developed by the Christian Conference of Asia in 1998.

Travelers Code of Ethics:

- Travel in a spirit of humility and with a genuine desire to meet and talk with the local people.
- Be aware of the feelings of other people, thus preventing what might be offensive behavior. Remember, especially with photography.
- Cultivate the habit of listening and observing rather than merely hearing and seeing.
- Realize that people in the country you visit often have time concepts and thought patterns different from your own. Not inferior, just different.
- Discover the enlightenment that comes from seeing another way of life.
- Acquaint yourself with local customs & respect local customs; people will gladly help you.
- Cultivate the habit of asking questions instead of knowing all the answers.
- Remember that you are one of thousands of visiting tourists.
- Do not expect special privileges. If you really want a home away from home, why travel?
- Spend wisely. Remember when shopping, that the bargain you obtain is only possible because of the low wages paid to the maker.
- Make no promises to local people unless you are certain you can fulfill them.
- Reflect daily on your experiences and seek to deepen your understanding.

SEMINARS INTERNATIONAL, INC.
33 WEST MONROE STREET, SUITE 1160
CHICAGO, IL 60603-5600
(800) 541-7506 OR (312) 332-7027
TRAVEL@SEMINT.COM · WWW.SEMINT.COM

