



getting upset when plans have to be changed. Just find a way to enjoy the new plan. Sometimes it is a lot better than the old one!

#### Be Respectful-

Each culture has its own way of doing things. Disrespecting the cultural values of others by, for example, making negative comments or dressing inappropriately is offensive and sets us apart from them. When we are guests in another culture, respecting the culture and asking about the reasons behind cultural differences are a great way to learn. You will return home with a deeper understanding of that culture.

#### Be Thankful-

All travelers rely on others to help them: ticket agents, flight attendants, hotel staff, host families, restaurant workers, people who give you directions, store employees, etc. Thanking them for their assistance, even if you are paying for it, brightens their day and shows that you are an honorable person.

#### Be a Communicator-

Speak clearly, with no idioms or slang. People who have only studied English for a few years will not know phrases such as, "What's up?" or "This weather is messed up." and be really confused. Let people know how you are feeling, that you are enjoying the food, feeling sleepy, having fun, or if you need help. It's easy to become silent when you don't know the local language, but don't fall into that habit. It shuts out your new friends. Try to learn a new word every day, and communicate with gestures and your smile!

#### Be Healthy-

Travel is more fun when you are feeling well. Get enough sleep, drink lots of water, eat healthy food, wash your hands or use sanitizer, and if you are a somewhat picky eater, take vitamins.

#### Be Aware of Yourself-

Boredom and discomfort can be avoided if you think about what you will need in various situations. For example, if you bore easily and don't like airplane movies, you may want to bring some books or audio books for the jet ride to Japan. If you like to eat every hour or so, you might want to bring snacks for the plane, to eat between the airplane meals. If you know that you don't do well in heat, pack lightweight clothing. If you are cold on planes, bring a shawl or blanket. If you have trouble falling asleep, bring an iPod to

