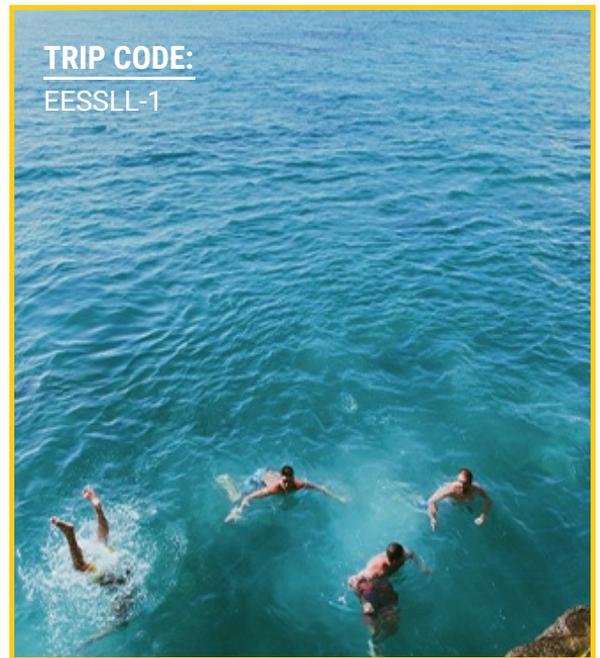


# Topdeck

## SUMMER FUN & SAILING



## TOPDECKER, meet Europe

Is this trip for you? SUN-SOAKED. LIVELY. TRENDING.

Let's face it. You're heading to Europe for the SUN, the FUN and, well if there's sailing in Greece thrown in the mix - how the hell could you say no? From getting horizontal on beaches of the French Riviera, Kefalonia and Dubrovnik to the cultural icons of Rome, Paris and Berlin (plus some pretty hot Balkan destinations), prepare yourself for the most fun in the sun you've ever had. Guaranteed.

### WORTH NOTING...

While the predominant currency throughout Europe is the euro (€), there are still many European countries that sit outside the Eurozone for which you will need to use local currency (or rely on your credit/debit cards). It is generally always possible to exchange money into local currency after arriving in the country, but the easiest way is to make a withdrawal from a local ATM/cashpoint.

### WHAT YOU NEED TO KNOW



Hostel Plus



Nights



Android/iPhone  
app download  
info



This is a principal  
package.

Below is a list of all the other currencies you will use on your trip:

Switzerland - Swiss Franc (CHF)

Albania - Lek (ALL)

Croatia - Kuna (HRK)

Czech Republic - Koruna (Crown) (CZK)

# Hi, and thanks for choosing to holiday with Topdeck

You can rest assured that we'll pull out all the stops to make your trip unforgettable.

Now it's time to get excited about your holiday...

## ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – including where to meet and what to bring. We recommend that you read these notes thoroughly so you know what to expect on your trip of a lifetime. Also, you can easily download and print this document off so you can bring it with you when you travel.

Please bear in mind that some points should be taken as a guide only – after all, everyone's different! For example, daily spending money and clothing lists can vary from one person to the next, so don't be alarmed if you don't expect to spend (or even wear) so much!

**PLEASE NOTE:** We strongly urge you to refresh this document as close to the time of your departure as possible to ensure you have the most up-to-date accommodation list and information available.

### ON THE BUCKET LIST (INCLUDED)

- + Driving tour of Paris
- + Walking tour of Monaco
- + Visit Pisa and see the famous Leaning Tower
- + Walking tour of Florence with a local guide
- + Walking tour of Rome
- + 3 nights sailing in Greece
- + Driving tour of Tirana with a local guide
- + Walking tour of Dubrovnik with a local guide
- + Orientation tour of Zadar
- + Walking tour of Venice
- + Vaporetto ride on the Grand Canal in Venice
- + Walking tour of Munich
- + Visit former concentration camp Dachau
- + Walking tour of Prague
- + Orientation tour of the restored city of Dresden
- + Driving tour of Berlin

### MORE INCLUSIONS

- + Driving tour of Paris
- + Walking tour of Monaco
- + Visit Pisa and see the famous Leaning Tower
- + Walking tour of Florence with a local guide
- + Walking tour of Rome
- + Rome Metro tickets
- + Overnight ferry
- + Driving tour of Tirana with a local guide
- + Walking tour of Dubrovnik with a local guide
- + Dubrovnik Metro tickets
- + Orientation tour of Zadar
- + Venice bus tickets
- + Venice shuttle train tickets
- + Walking tour of Venice
- + Vaporetto ride on the Grand Canal
- + Walking tour of Munich
- + Visit former concentration camp Dachau

- + Walking tour of Prague
- + Prague Metro tickets
- + Orientation tour of the restored city of Dresden
- + Driving tour of Berlin

## YOUR TRIP WILL START

### PICK UP:

London  
United Kingdom

## YOUR TRIP WILL FINISH

### DROP OFF:

Amsterdam  
Netherlands

## TRIP CURRENCIES

- + France - EUR
- + Switzerland - CHF
- + Monaco - EUR
- + Italy - EUR
- + Vatican City - EUR
- + Greece - EUR
- + Albania - ALL
- + Montenegro - EUR
- + Croatia - HRK
- + Slovenia - EUR
- + Germany - EUR
- + Czech Republic - CZK
- + Netherlands - EUR

# YOUR ITINERARY



AWESOME  
TRIP  
LEADER

## DAY 1 | LONDON, ENGLAND TO PARIS, FRANCE (OR MEET IN PARIS)

Give Queenie a wave, meet the crew and grab some supplies - we're hitting the road early to jump across the channel. Or catch up with us in Paris tonight. It's up to you. The home of Coco Chanel, the Mona Lisa and world's craziest roundabout - Paris deserves its rep as the European capital for all things culture, fashion and food. We'll get to know the City of Love better with a driving tour before tonight's first dinner together.



### MEALS:

+ Dinner



### INCLUDED TODAY:

+ Driving tour of Paris

## DAY 2 | PARIS

This is your day, your way. So, make every second count. Create a solid dent in your bucket list with a visit to the Louvre (get your tix in advance!). Snap a pic of the Arc de Triomphe. Wander the Champs Elysées. Or discover the hidden back-streets on your own. Walking not your thing? Stretch out those legs on an optional bike tour. Or jump aboard an optional river cruise down the Seine. Tonight, dress to impress for an optional cabaret show. Or head up the Montparnasse observation tower to see why they call this place the City of Lights.



### MEALS:

+ Breakfast



### OPTIONAL ACTIVITIES:

+ Parisian cabaret show: from  
€65

+ Seine river cruise: from €10

+ Bike tour of Paris: from €30

## DAY 3 | PARIS TO SWISS ALPS, SWITZERLAND

Trade in Parisian streets for snowy peaks. Warm up those vocal cords, we'll be blasting some banging tunes on the ride into the mountains - stopping for a few pics on the way of course. Home to the 'Top of Europe', 72 waterfalls and one of the largest nature conservations in Switzerland - tonight we're bunking down in the lush valley of Lauterbrunnen. After dinner, sit back in the fresh Alpine air with a cold beverage. This is livin'.



### MEALS:

+ Breakfast

+ Dinner

## DAY 4 | SWISS ALPS

If the Swiss Alps had a Tinder bio it would read: fun-filled outdoor enthusiast - looking for a fellow adrenaline junkie to share adventures with. And we'd swipe right. Hiking. Biking. Skydiving. Helicopter-ing. It's all here. If you're wanting something a bit more low key - strap on the Nikes and walk the valley floor. Or hop on board the Jungfraubahn railway for an optional visit to the Jungfrau Mountain summit. Expect plenty of fairytale villages en route! Haven't had cheese fondue yet? Go. Now.



### MEALS:

+ Breakfast



### OPTIONAL

#### ACTIVITIES:

- + Scenic excursion to Jungfrau ('The Top of Europe'): from 161.80 - 189.60 CHF
- + Skydiving in the Swiss Alps: from 390 CHF (plus €50 deposit)
- + Scenic helicopter ride: from CHF 195 (plus €20 deposit)

## DAY 5 | SWISS ALPS TO FRENCH RIVIERA, FRANCE

Trade in your gruezi for bonjour as we head to the GLAM French Riviera. After dumping your stuff at the accommodation, this afternoon is totally up to you! Indulge in a bit of celeb spotting as you explore the world's most lavish waterfront property (no judgement here). Head to the beach for a dip. Or find a local haunt for some seriously good seafood. Tonight, it's happy hour with the gang (happiness guaranteed, discounted cocktails are not).



### MEALS:

+ Breakfast

## DAY 6 | FRENCH RIVIERA INCLUDING MONACO

This morning, you do you! Sleep in. Laze on the beach. Go wild in the designer boutiques in Nice's Old Town. Try all the decorative pastries your elastic waistband can handle - then work them off with a walk up Castle Hill for all the views. Later: roll with the jet set on a walking tour of Monaco and see how the 1% live (hint: it involves Ferraris and bathing in caviar). Feeling lucky? Hit the tables at the Monte Carlo Casino and make it rain (or not).



### MEALS:

+ Breakfast



### INCLUDED TODAY:

+ Walking tour of Monaco

## DAY 7 | FRENCH RIVIERA TO FLORENCE, ITALY VIA PISA

Squeeze in one last swim. Down your coffee. And wave goodbye to France - we're heading for the land of the long boot. First stop is Pisa, so think up a good pose for THAT photo. After, make your food baby sing as we roll into the capital of Tuscan cuisine and birthplace of gelato. Before our included dinner tonight, take a stroll along the Arno River and watch the sunset. Then: it's time to sample a scoop (or two) of the good stuff. Did someone say karaoke? If you're feeling it, join the gang in a battle of the classics at the bar later.



### MEALS:

+ Breakfast

+ Dinner



### INCLUDED TODAY:

+ Visit Pisa and see the famous Leaning Tower

## DAY 8 | FLORENCE TO ROME

Before we hit the road, we'll delve deeper into this artistic capital with a local guide. Uffizi Gallery. Ponte Vecchio. Piazza della Signoria. The Duomo. See it all. Then? The history lesson continues - only this one isn't boring. Trust us. We'll pass by the Pantheon, throw our two cents in the Trevi Fountain, sit on the Spanish Steps and check out the mighty Colosseum before the day is done. Tonight, you're in Disneyland for foodies - so wear your fat pants to dinner tonight.



### MEALS:

- + Breakfast
- + Dinner



### INCLUDED TODAY:

- + Walking tour of Florence with a local guide
- + Walking tour of Rome
- + Rome Metro tickets

## DAY 9 | ROME

Time to live out those Roman Holiday fantasies - today is all about Vespas, espresso, two-cheeked kisses and pizza the way it's supposed to taste. Count your blessings on an optional tour of Vatican City (if that's your thing). Or head up to Capitoline Hill for awesome views of the Roman Forum and Colosseum. Then, do as the locals do and indulge in a little dolce far niente (delicious idleness) at a local cafe or piazza. Tonight, shake out those fat pants for round two.



### MEALS:

- + Breakfast



### OPTIONAL ACTIVITIES:

- + Guided tour of Vatican City:  
from €45

## DAY 10 | ROME TO SAILING IN GREECE VIA OVERNIGHT FERRY

Truth bomb alert: you've got a bit of a drive from Rome to Ancona today (where we'll swap the coach for a ferry). BUT once we're on board you're gonna' have a twin room with an ensuite for the ride. Plus you've got your awesome AF trip mates to keep you entertained. And when you wake up? You're in Greece - heck, yes!



### MEALS:

- + Breakfast



### INCLUDED TODAY:

- + Overnight ferry

## DAY 11 | SAILING IN GREECE

After a short drive along the Greek coastline, it's on to our flotilla of yachts for three days of sun, sand and sailing on the Ionian Sea. By night, flaunt those European tan lines as we drop anchor and hop between authentic Greek tavernas for a mixed bag of feasting, table dancing and ouzo. You know the saying 'too much of a good thing'? It's a lie.



### MEALS:

- + Breakfast
- + Lunch

## DAY 12 | SAILING IN GREECE

Sail. Swim. Eat. Sleep. Repeat.



### MEALS:

- + Breakfast
- + Lunch

## DAY 13 | SAILING IN GREECE

This one is pretty straight forward. More diving. More splashing. More sunsets. More ouzo. Better make the most of it - tonight's your last night aboard our valiant vessel.



### MEALS:

- + Breakfast
- + Lunch

## DAY 14 | SAILING IN GREECE TO TIRANA, ALBANIA

What happens when you paint a former communist capital in vivid colours? According to Tirana's artist-turned-mayor-turned-TED speaker Edi Rama, people start paying taxes and crime rates plummet. True story. Say hello to our local guide when we tick off the main sights on a driving tour. Then: make sure you check out the crazy number of old bunkers here. Later, we'll quiz each other's newfound historical knowledge at tonight's included dinner.



### MEALS:

- + Breakfast
- + Dinner



### INCLUDED TODAY:

- + Driving tour of Tirana with a local guide

## DAY 15 | TIRANA TO DUBROVNIK, CROATIA

Press your nose to the window and soak up all the stunning views racing past the coach window as we make our way to the most famous walled city in Europe. Thanks Game of Thrones. This afternoon, we'll take a wander around Dubrovnik's tiny cobblestoned streets with a local guide - before tucking into an included dinner with the gang. Later, you can head to Buža Bar for some relaxed cliffside bevies. Or check out the acrobatic antics at Revelin nightclub. Did we mention it's in a 16th-century fortress?



### MEALS:

- + Breakfast
- + Dinner



### INCLUDED TODAY:

- + Walking tour of Dubrovnik with a local guide
- + Dubrovnik Metro tickets

## DAY 16 | DUBROVNIK

Don't be fooled. Dubrovnik is so much more than snapping a selfie on some steps. Although, you can totally get your fill of GOT with an optional Cersei-themed tour today. Rather take to the water? Sign up to a sea kayaking excursion - swim stops at the island of Lokrum included. Get your fix of awesome views with a stroll along the ancient city walls or take the cable car up Mt Sr?. Then tonight: hit the d-floor for round two. Or find a local wine bar to sample Croatia's delicious grape-juice.



### MEALS:

+ Breakfast



### OPTIONAL ACTIVITIES:

- + Sea kayaking around the ancient City Walls of Dubrovnik: from 230 HRK
- + Game of Thrones tour in Dubrovnik: from €15

## DAY 17 | DUBROVNIK TO ZADAR

Ready for something a bit...quirky? It's called the Sea Organ. And we'll discover this unique art installation - along with the Zadar's eclectic mix of Roman ruins and public art on an orientation tour with our Trip Leader. Bearings establish, the rest of the day is ours for the taking. Explore the Old Town, check out the city walls or sit back with a cocktail at the Garden Lounge. 100% up to you.



### MEALS:

+ Breakfast



### INCLUDED TODAY:

+ Orientation tour of Zadar

## DAY 18 | ZADAR TO VENICE, ITALY VIA POSTOJNA CAVE

Starting to have gelato-shaped dreams, again? DW - you've got another chance to get your fill when we arrive in Venice later today. But first: an optional round of stalagmite spotting at the beautiful Postojna Cave. Fun fact: this all-natural maze of tunnels and caverns was hollowed out by the Pivka River around two MILLION years ago. When we get to Venice, it's time to see what all the fuss is about. Centuries old architecture. Inventive cuisine. And a bucket-load of culture. Dinner is up to you tonight but we've got the inside scoop on where to go.



### MEALS:

+ Breakfast



### INCLUDED TODAY:

- + Venice bus tickets
- + Venice shuttle train tickets



### OPTIONAL ACTIVITIES:

- + Visit Postojna Cave: from €25
- + Get a personalised trip T-shirt or hoodie: from €21

## DAY 19 | VENICE

You know it as The Floating City, but this place is actually sinking (slowly). Today we'll check out the who's who of Venice's usual suspects on a walking tour with our Trip Leader - ticking off the likes of St Mark's Square, Doges Palace and Accademia Bridge. Then: take an optional gondola ride down the Grand Canal. You're in Venice after all. Need some suggestions for your free time this afternoon? Insider tip: spend some time seeking out the epic Libreria Acqua Alta bookshop or head off the tourist trail with a trip to Guidecca Island.



### MEALS:

+ Breakfast



### INCLUDED TODAY:

- + Walking tour of Venice
- + Vaporetto ride on the Grand Canal



### OPTIONAL ACTIVITIES:

- + Gondola ride: from €20

## DAY 20 | VENICE TO MUNICH, GERMANY

Next up? A country where beer is officially considered an essential food group (right next to sausage and sauerkraut). Say hello to Germany! We'll kick things off with a walking tour of Munich then it's the moment you've been waiting for - an appropriate occasion to wear lederhosen. Head to the 428-year-old Hofbräuhaus for a royal Happy Hour experience or find the Chinese beer garden (or any beer garden for that matter) for a stein-sesh with your trip mates. Prost!



### MEALS:

+ Breakfast



### INCLUDED TODAY:

+ Walking tour of Munich

## DAY 21 | MUNICH TO PRAGUE, CZECH REPUBLIC

First today: a visit to former concentration camp Dachau for a lesson in the resilience of humanity. Then: on to Prague. Our Trip Leader will help us get acquainted with this picture-perfect city - complete with a quirky clock tower - and point out all the must-dos for our free day tomorrow. Tonight? We'll tuck into a delish dinner together before hitting the town to try some local Czech beer. It'd be rude not to.



### MEALS:

+ Breakfast  
+ Dinner



### INCLUDED TODAY:

+ Visit former concentration camp Dachau  
+ Walking tour of Prague  
+ Prague Metro tickets

## DAY 22 | PRAGUE

How you spend your day is 100% up to you. And trust us, there's plenty to Czech out (ha!). Seek out the John Lennon wall. Soak up some history at the Communist Museum. Take the funicular up Petrin Hill for alllll the views. Or grab a delish roast pork roll at one of the street vendors lining Old Town Square. Fancy yourself as a bit of a beer connoisseur? Don't miss the beer tasting optional this afternoon. 11 different Czech beers + tapas = good times all around.



### MEALS:

+ Breakfast



### OPTIONAL ACTIVITIES:

+ Local beer tasting in Prague:  
from 800 CZK

## DAY 23 | PRAGUE TO BERLIN, GERMANY

Another day, another food-obsessed European city. But first: get acquainted with 800 year-old Dresden - a city virtually destroyed in WWII and then rebuilt - before we make tracks to Berlin. Prep yourself for currywurst and more hipsters per capita than anywhere else. We'll drive you around to see the main sights including (what's left of) the Berlin Wall, Zoo Gardens, the Holocaust Museum, Charlottenburg Palace and Alexander Platz. Then: another group dinner to test how far your jeans really stretch.



### MEALS:

+ Breakfast  
+ Dinner



### INCLUDED TODAY:

+ Orientation tour of the restored city of Dresden  
+ Driving tour of Berlin

## DAY 24 | BERLIN

You've got 24hrs here. Make the most of it. Our advice? Opt in for a historic walking tour that's, you know - not boring. Get a local insight into what the city was like under Nazi rule and tick off the likes of the Reichstag, Checkpoint Charlie and Brandenburg Gate. Or put those taste buds to the ultimate test on an awesome AF food tour. We're talking kebabs, pastries, currywurst, pierogi and local beers (you're in Germany after all). Tonight, it's time to see whether this city's nightlife really lives up to the hype.



### MEALS:

+ Breakfast



### OPTIONAL

#### ACTIVITIES:

+ Third Reich walking tour:  
from €12

+ Berlin food tour: from €35

## DAY 25 | BERLIN TO AMSTERDAM, NETHERLANDS

The trip may be coming to a close, but it's not over yet! We've got our eye on Amsterdam today. It's time to hit the cobblestones and explore - check out the likes of the Dam Square, the Royal Palace and the National Monument. Then, this place is a foodie's haven - so you'll have no trouble finding somewhere to settle in for dinner. Later, there's an option to experience a show in the Red Light district. Or for a more local experience - head to a canal-side wine bar or brewery.



### MEALS:

+ Breakfast



### OPTIONAL

#### ACTIVITIES:

+ Red Light District show: from  
€30

## DAY 26 | AMSTERDAM

This is our last full day together. So, don't hang about - get on your bike! Check out Amsterdam's iconic canals, bridges and parks on an optional bike tour. Or for the culture fiends - delve a bit deeper with a visit to the Anne Frank House (don't forget to book in advance!) or the Van Gogh and Rijksmuseum. Whatever you get up to, make sure you're back in time to toast the final night of our European adventure at tonight's group dinner.



### MEALS:

+ Breakfast

+ Dinner



### OPTIONAL

#### ACTIVITIES:

+ Bike tour of Amsterdam: from  
€14

## DAY 27 | AMSTERDAM TO LONDON, ENGLAND

After all the Amster-damage has been done, it's time to hit the road back to ol' Blighty. Blast the Trip Song one last time and swap Insta handles - you'll need them to organise next year's reunion trip!



### MEALS:

+ Breakfast

## MEALS

Your included meals are detailed in the 'Included Essentials' section of this document.

Breakfasts (usually continental breakfasts) are included every day, except on the first morning of your trip. A typical continental breakfast may consist of cereals with milk or yogurt, bread, croissants, cold meats, and cheese – with fruit juice, tea or coffee to drink. It is rare to get a hot breakfast in continental Europe, though on some occasions some hot food may be available.

Included meals will be provided at local restaurants and the accommodations in which we stay. In most cases, table water is provided with meals. If you wish to purchase additional drinks, you can do so at your own expense.

If you have any dietary requirements, we'll make every effort to cater to your needs – as long as you advise your travel agent or Customer Service Consultant when you book. You can also make a note of dietary requirements in the Topdeck app when you check-in.

**PLEASE NOTE:** Although we'll do everything in our power to cater to your needs, we cannot guarantee this will be possible in every restaurant we visit. We also cannot cater to tastes or dislikes, as most of our included evening meals feature a set menu.

## TIPPING

Your Topdeck Trip Leaders and Drivers never expect tips, and they won't ask for any either. We also know how much tipping can cost you. So go ahead – spoil yourself with the money you save travelling with us (just don't forget Mum's souvenir).

## TOPDECK TRAVEL APP

Our app is available to download before you travel. With a range of cool features including a currency converter, budget planner, check-in tool and group chat, it'll help you plan your trip like a pro. Think of it as your very own Topdeck Trip Leader in the palm of your hand.

### TRIP GROUP CHAT

Connect with your fellow Topdeckers before you depart and begin your magical friendship in the flash of a winking face emoji.

### ITINERARY VIEWER

Get the lowdown on where you'll be going and what activities you'll be doing on each day of your trip with this handy little tool.

### CHECK-IN

Plug in all your vital deets and we'll keep them safe for when you really need them. Making your life easier, one swipe at a time.

### BUDGET TRACKER

Keep an eye on your holiday spending, leaving you with more FUN-ds to play with. Think: elaborate Spanish feasts (not questionable supermarket sandwiches).

### MAPS

Navigate your way to meeting points and lesser-known local gems using pins dropped by your Trip Leader, seek out your own bucket list sites and take to the streets like a pro.

Once the trip is over, you'll need the app to give us feedback about your trip experience. We love to hear what you thought about your trip, as it helps to give us an idea of the things we're doing well and the things we could be doing better.

**PLEASE NOTE:** The Topdeck Travel App should only be downloaded once you have booked your trip. You will not be able to log in unless you have a Topdeck booking reference number.

[GET IT FOR IPHONE](#)

[GET IT FOR ANDROID](#)



## PASSENGER SAFETY

### NIGHTS OUT

One of the best parts of travelling is experiencing the nightlife and entertainment each city has to offer. However, amidst the fun and excitement, it's important to be aware of your surroundings and personal safety as well. Before you hit the road with us, be sure to familiarise yourself with the following safety information.

When you're on a night out, remember to avoid walking alone, particularly through deserted areas like beaches and back streets. Always stick together, take a registered taxi where possible, and keep a note of your accommodation details so you can find your way back to your fellow Topdeckers if you become separated. It's also a good idea to get your Topdeck trip mates' mobile numbers in case you need to get hold of them while out and about.

In some countries, alcoholic measures can be considerably larger than what you may be used to. Try to keep track of what you're drinking, and if you see one of your trip mates looking a little worse for wear, take them back to your accommodation. Never leave your drink unattended.

It's also important to be aware that what you might consider harmless flirting may be interpreted differently in some countries. Be yourself and have fun, but stay savvy – you don't want to find yourself in an uncomfortable situation.

### RESPECTING FELLOW PASSENGERS

Here at Topdeck, we're all about inclusivity. We want to make sure that everyone has a great time on our trips, and that everyone feels like they're part of one happy Topdeck family.

What we're not about is excluding people or making them feel like they don't belong – that's just not what families do. That's why we always encourage Topdeckers to be kind and courteous to their fellow passengers. The golden rules? Always remember to respect each other's space, be mindful of causing excessive noise in shared accommodation and treat others how you'd wish to be treated yourself. Easy!

### DRUG USE

Topdeck has a strict zero-tolerance drug policy. Passengers should not bring any illegal substances onto the Topdeck coach or into any of the accommodation we stay in on our trips. This includes marijuana, even if it is legal in some of the states your trip passes through. If you are found in possession of drugs, you will be removed from the trip. All instances of drug possession will be reported to Topdeck Head Office, who may consider alerting the relevant authorities.

**REMEMBER** – if you are found in possession of drugs, not only could you risk getting in trouble with the local police, but our Driver will also be held responsible if drugs are found on the Topdeck coach. Trust us, you wouldn't want that to happen to any of our Drivers – they're awesome.

### MENTAL HEALTH AND WELLBEING

Culture shock, homesickness, random periods of feeling down – these things happen and are totally normal. You can rest assured that if you're feeling low, your Topdeck crew will do their utmost to cheer you up again.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- + Call home. Sometimes it's nice to hear a familiar voice and have a good old-fashioned catch up with your loved ones
- + Eat well. Never underestimate the power of a good, wholesome meal. Nobody feels at their best when they're hungry!
- + Drink responsibly. Not only will you swerve the dreaded hangover, but by keeping an eye on what you drink, you could also avoid getting into any potentially uncomfortable situations
- + Talk to your Trip Leader. Don't forget, they're probably far from home, too – so they're sure to know of some tried-and-tested ways to beat the blues
- + Integrate with your fellow Topdeckers. This one is key! The more fun you're having on your trip, the less likely you are to feel homesick (trust us).

## HOW TO BE A RESPONSIBLE TRAVELLER

Responsible travel isn't difficult to achieve. With a little conscious thought and preparation, you can have an awesome holiday AND have a positive impact on the places you visit. Sweet!

Here are five things you can do to ensure you're travelling responsibly:

- + Conserve water. You know the drill – reuse your hotel towels, take short showers and remember to turn off the tap when you're brushing your teeth
- + Reduce your waste. Ditch the plastic bag, refuse unnecessary packaging, dispose of your waste responsibly and recycle as much as possible
- + Go local. Hunt down locally owned and operated restaurants and bars, shop in local markets and book tours and activities run by local guides
- + Consider the wildlife. Avoid any attractions that involve closely engaging with wild animals
- + Respect local people and culture. Obeying local laws is a given – but also remember to dress and behave in a manner appropriate to the community. Be polite and keep an open mind!

# OTHER INFORMATION

## INSURANCE

Before your trip departs, it's compulsory for all passengers to take out comprehensive travel insurance covering cancellation, medical expenses (including repatriation), loss or damage to baggage and personal belongings, money and personal liability.

World Nomads provides comprehensive travel insurance for people from over 140 countries. For more information, visit [www.topdeck.travel/travel-insurance](http://www.topdeck.travel/travel-insurance).

## PASSPORTS AND VISAS

Please make sure your passport is valid for at least six months after the last day of your trip. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your trip departure. To determine which visas you'll need, you can

consult either your own government's website or the government websites of the countries in which you will be travelling.

**PLEASE NOTE:** Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure, as requirements do change periodically.

## WHAT TO BRING

Based on our experience, these items are key. Everyone's different though – so if you want to bring more or less, go for it! (As long as you don't exceed your 20kg allowance, that is.)

- 1 pair of comfortable walking shoes
- 1 pair of smart casual shoes
- 1 pair of thongs/jandals/flip-flops
- 2 pairs of jeans/trousers
- 2 pairs of shorts/skirts
- 4 shirts/T-shirts
- 2 sweaters/jumpers
- Smart casual evening wear
- 1 rainproof jacket
- 1 warm jacket
- Underwear and socks
- Swimwear
- Snow gear
- Towel
- Toiletries
- Hat and sunscreen
- Basic medical kit (including plasters, aspirin etc)
- Insect repellent
- Conversion plug
- Reusable water bottle



**THAT'S IT!**

