

Topdeck

WINTER SPIRIT



TRIP CODE:
EEWSSL-1

TOPDECKER, meet Europe

Is this trip for me? ADVENTUROUS. DAZZLING. MAGICAL.

Take 12 countries in 24 days. Add all those bucket-list sights, jaw-dropping Alpine scenes and off-the-beaten-track discoveries. Wrap it in a woolly scarf, dip it in hot chocolate and throw a bunch of twinkly lights on top - what do you get? One glorious, spirit-filled Euro trip to last a lifetime. Dodge the crazy summer crowds. Meet your people. And soak up all the seasonal vibes this winter trip has to offer. This is your chance.

WHAT YOU NEED TO KNOW



Hostel Plus



Nights



Android/iPhone
app download
info



This is a principal
package.

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
- + Visit Pisa and see the famous Leaning Tower
- + Walking tour of Florence with a local guide
- + Walking tour of Rome
- + Walking tour of Venice
- + Vaporetto ride in Venice
- + Walking tour of Salzburg
- + Driving tour of Vienna
- + Orientation tour of Bratislava
- + Budapest Driving Tour
- + Danube River Cruise
- + Walking tour of Kraków
- + Walking tour of Prague
- + Orientation tour of the restored city of Dresden
- + Driving tour of Berlin

MORE INCLUSIONS

- + Driving tour of Paris
- + Visit Pisa and see the famous Leaning Tower
- + Walking tour of Florence with a local guide
- + Rome Metro tickets
- + Walking tour of Rome
- + Venice bus tickets
- + Venice shuttle train tickets
- + Walking tour of Venice
- + Vaporetto ride
- + Walking tour of Salzburg
- + Driving tour of Vienna
- + Orientation tour of Bratislava
- + Budapest Driving Tour
- + Danube River Cruise
- + Walking tour of Kraków
- + Kraków Metro tickets
- + 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
- + Italy - EUR
- + Vatican City - EUR
- + Austria - EUR
- + Slovakia - EUR
- + Hungary - HUF
- + Poland - PLN
- + Czech Republic - CZK
- + Germany - EUR
- + Netherlands - EUR

YOUR ITINERARY



AWESOME
TRIP
LEADER

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

Get ready to leave the routine behind and uncover extraordinary. We'll hit the road early and drive across the English Channel. Use the ride to brush up on your bonjours and s'il vous plaît – and get to know your awesome AF trip mates. This is what it's all about! The home of Coco Chanel, the Mona Lisa and world's yummiest macarons – Paris has earned its rep as the European capital for all things fashion, culture and drool-worthy food. Tick off all the showstoppers on a driving tour before wrapping your lips around a REAL French meal at tonight's included dinner. Thank us later.



MEALS:

+ Dinner



INCLUDED TODAY:

+ Driving tour of Paris

DAY 2 | PARIS

Yep, you're finally here – make the most of it! Get your fill of warm pastries at your Trip Leader's recommended spot. Catch a glimpse of Mona with a visit to the Louvre (top tip: get your tix in advance!) Snap a pic of the Arc de Triomphe. Spend some of your hard-earned along the Champs Élysées. Or head out solo to explore the hidden back-streets and charismatic local cafés. Feeling the chill? Warm up those legs on an optional bike tour. There's even an optional river cruise down the Seine to jump on. Tonight, dress to impress for the cabaret. You're in Paris after all. 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

Banging tunes and scenic views – we'll be trading in Parisian streets for snowy peaks as we head to the mountains. Unlike the Toblerone box, the Swiss Alps aren't all lined up perfectly, so it's gonna be a bit of a drive. BUT you'll be too busy squishing your face against the window to notice. Home to the 'Top of Europe', 72 waterfalls and one of the largest nature conservations in Switzerland – tonight we're bunking down in the inCREDIBLE Jungfrau region. After dinner, sit back in the crisp (note: freezing) Alpine air with a mug of creamy hot chocolate. This is what we came for.



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 adrenalin junkie to share adventures with. Swiping right? Heck yes! Hop aboard the Jungfrau railway for an optional visit to the 'Top of Europe'. Make like Arnie, and get to the chopper for all the picture-perfect views. Or for the more adventurous (read: crazy) – why not throw yourself out of a plane at 14,000 ft? Fun. Tonight, head back down to earth for an included dinner with the gang – then head into town and get to know locals over a steaming cup of glühwein.



MEALS:

- + Breakfast
- + Dinner



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 FLORENCE, ITALY VIA PISA

Today, we're off to see one of the most famous screw-ups in history (no, we're not talking about Fyre Festival) – Pisa's famous Leaning Tower. Snap a photo (you know the one), then prep your fat pants for Florence: the home of gelato and drool-worthy Tuscan cuisine. Before dinner tonight, stroll along the Arno River for all those frosty-this-is-what-I-came-here-for vibes. Then: did someone say karaoke? If you're feeling it, join the gang in a battle of the classics at the bar later. Or seek out a cosy candle-lit wine bar to sample the region's famous vino rosso.



MEALS:

- + Breakfast
- + Dinner



INCLUDED TODAY:

- + Visit Pisa and see the famous Leaning Tower

DAY 6 | FLORENCE TO ROME

This morning, we'll delve deeper into this capital of culture. Walk through centuries of history with a local guide – soaking up all the artistic charm and dazzling architecture only Florence can deliver. We're talking: Uffizi Gallery. Ponte Vecchio. Piazza della Signoria. And the showstopping Duomo. Then? La bella Roma awaits. Dinner tonight is up to you, but you're in Disneyland for foodies. Meaning? EVERYTHING is good.



MEALS:

- + Breakfast






INCLUDED TODAY:

- + Walking tour of Florence with a local guide


DAY 7 | ROME

What you do this morning is 100% up to you. But if you need some suggestions, we've got your back. Rise early and count your blessings on an optional tour of Vatican City. Head up Capitoline Hill for awesome views of the Roman Forum and Colosseum. Then, perch in a picture-perfect piazza with your espresso and indulge in a little dolce far niente (delicious idleness). Later, we'll rendezvous with ancient architecture's biggest players on a walking tour to end all walking tours. Pass by the Pantheon, (don't) sit on the Spanish Steps, check out the mighty Colosseum and throw your two cents in the Trevi Fountain before the day is done. Thought this place couldn't get better looking? Watch two-and-a-half-millennia of ancient history light up like Christmas – and think again.

 MEALS:	 INCLUDED TODAY:	 OPTIONAL ACTIVITIES:
+ Breakfast	+ Rome Metro tickets + Walking tour of Rome	+ Guided tour of Vatican City: from €45




DAY 8 | ROME

This is your adventure, so here's 24 hours of freedom to get out there and do your thing. Create the ultimate Roman Holiday in one day with a whirlwind of Vespas, espresso, two-cheek kisses and pizza the way it's supposed to taste. Shop till you drop on Via Condotti. Hunt down the Knights of Malta Keyhole for an alternative view of the city. Battle the lunchtime rush for a slice at Pizzarium Bonci. Or stop and take it all in at Piazza Nuova (hot chocolate in hand, obvs). Tonight, shake out those fat pants and seek out the world's best pasta alla carbonara. It's from here, so it's gotta be good.

 MEALS:
+ Breakfast




DAY 9 | ROME TO VENICE

No lies – we have a long drive today. Now is the chance to share snaps with your new mates, catch up on some zzzzs and text the 'rents (trust us, you'll be too busy later). Later, we'll park up in the Floating City – home to over 400 bridges and birthplace of Vivaldi. Throw on your beanie and acquaint yourself with the who's who of Venice's usual suspects on a walking tour – we're talking: St Mark's Square, Doge's Palace and Accademia Bridge. Tonight, you're free to get lost amongst the misty alleyways and shimmering piazzas of this romantic city. What delicious carb-laden Italian meal haven't you tried yet? Order two.

 MEALS:	 INCLUDED TODAY:	 OPTIONAL ACTIVITIES:
+ Breakfast	+ Venice bus tickets + Venice shuttle train tickets + Walking tour of Venice	+ Get a personalised trip T-shirt or hoodie: from €21

DAY 10 | VENICE

You wanted the freedom to do your own spontaneous-this-is-what-I-came-here-for thing. So here's a full day to do just that. Need some suggestions? Float past the famous Rialto Bridge on an optional gondola ride. Spend your time seeking out the epic Libreria Acqua Alta bookshop. Then find yourself next to a roaring fire with a mug of hot vin brulé. Later, score a cheap meal at Osteria Al Portego or fill up on alllll the drool-worthy Italian pastries (no judgement here).

 MEALS:	 INCLUDED TODAY:	 OPTIONAL ACTIVITIES:
+ Breakfast	+ Vaporetto ride	+ Gondola ride: from €20

DAY 11 | VENICE TO SALZBURG, AUSTRIA

Today: we're setting a course for Salzburg. So much more than strudel and The Sound of Music – this place has got elegance written on every grand Baroque building. We'll tick off the likes of the Mirabell Gardens, Mozart's birthplace, Fortress Hohensalzburg and the Cathedral on a walking tour with our expert Trip Leader. What you get up to tonight is 100% on you. Getting hungry? Pull up a pew at a local restaurant and dig into a weiner schnitzel, washed down with a pint of Ottakringer for good measure.



MEALS:

+ Breakfast



INCLUDED TODAY:

+ Walking tour of Salzburg

DAY 12 | SALZBURG

Rise and shine – the Austrian Alps await! This place is a snow-fanatic's ultimate fantasy and you'll have a full day to shred to your heart's content. Whether you're a first-timer or a seasoned pro, ask your Trip Leader for the best slopes for you – then hit the powder! Or just sit back and enjoy a day sipping hot chocolate surrounded by gob-smacking Alpine scenery. It's 100% up to you. Rather stay put in Salzburg? Take the funicular up to the Castle. Check out Mozart's birthplace. Visit St Peter's Catacombs. Or organise a Sound of Music tour. Disclaimer: you'll be 'doe-a-deer-ing' for the rest of the trip. Make sure you try a mozartkugel before the day is done. Trust us.



MEALS:

+ Breakfast



OPTIONAL ACTIVITIES:

+ Skiing in the Alps: from €150

DAY 13 | SALZBURG TO VIENNA

Ten points if you can guess what Vienna is famous for. Musicians. Grand coffee houses. And strudel (duh!). Prepare to have your heart captured as we drive by the likes of the Opera House, Hofburg Palace, Museum Quarter and Ringstrasse. Then: the afternoon is yours. Explore the Museum Quarter in depth. Head to Cafe Central where the likes of Freud, Trotsky and Lenin used to hang out. Or enjoy the sweet sounds of Mozart and Bach played by the Viennese Chamber Orchestra at an optional concert. Look at you, so cultured.



MEALS:

+ Breakfast



INCLUDED TODAY:

+ Driving tour of Vienna



OPTIONAL ACTIVITIES:

- + Tickets to the Sound of Vienna Orchestra: from €40
- + Tickets to the Sound of Vienna Orchestra (dinner included): from €62

DAY 14 | VIENNA TO BUDAPEST, HUNGARY VIA BRATISLAVA, SLOVAKIA

First up today: a pit stop in Slovakia. Check out all the panoramic views from Bratislava Castle, wander through the Gothic Old Town and grab lunch. Tip: warm up with a serving of kapustnica (cabbage soup) or bryndzové pirohy (Slovak dumplings). Then? The twin cities of Buda and Pest. We'll be chauffeured past the Chain Bridge, Castle District, Heroes' Square and House of Terror on a driving tour of the city. Later, we'll turn it up a notch with an included dinner cruise down the Danube – Buda Castle and House of Parliament look even better lit up like Christmas. Trust us.



MEALS:

- + Breakfast
- + Dinner



INCLUDED TODAY:

- + Orientation tour of Bratislava
- + Budapest Driving Tour
- + Danube River Cruise

DAY 15 | BUDAPEST

You wanted freedom to explore – here it is. Check out the Central Market Hall. Explore the Jewish Quarter. Play pinball at the Flippermúzeum. Get a harrowing education at the House of Terrors. Hunt down the Anonymous Statue. Soak in the warm therapeutic waters of the Széchenyi Thermal Baths. Or head to Buda Castle and check out all the views from Fisherman's Bastion. Tonight, get stuck into some local fare: goulash, chicken paprikash, langos, dobos cake. Hopefully you like paprika, they're kinda obsessed with it here. Or hang with the hipsters at one of the original ruin bars. Our suggestion? Try pálinka (traditional fruit brandy) – it's like a warm hug for your insides.



MEALS:

- + Breakfast

DAY 16 | BUDAPEST TO KRAKÓW, POLAND

As the legend goes, a dragon had to be defeated for Kraków to be built – bit tougher than the usual council approvals emmiright? Get acquainted with Poland's beating heart and the largest medieval town square in Europe on today's walking tour. Then? Take Fleetwood's advice and go your own way. Top up your history knowledge at Wawel Castle, explore the quirky cafes and boutiques in the Jewish Quarter, head to Schindler's Museum (be prepared to queue) or find a local haunt and tuck into a piled-plate of pierogi.



MEALS:

- + Breakfast



INCLUDED TODAY:

- + Walking tour of Kraków
- + Kraków Metro tickets

DAY 17 | KRAKÓW

It's your day to delve deeper – need some suggestions? Head to Hamsa in the heart of the Jewish Quarter for some 'Hummus and Happiness', shop for amber in the UNESCO-listed Cloth Hall. Or do as the locals do and head to Okraglak for some drool-worthy street food – Zapiekanki is a must! Then: it's vodka time. On an optional tasting tour, wander the cobblestoned streets with a local guide – learning the history behind Polish vodka and sampling a few flavoured varieties as you go. This stuff is not for mixing with cranberry juice. Trust us. Feeling buzzed? Przepiecek is a 24-hour pierogi place with your name on it.



MEALS:

- + Breakfast



OPTIONAL ACTIVITIES:

- + Vodka tasting: from PLN 149

DAY 18 | KRAKÓW TO PRAGUE, CZECH REPUBLIC

Onwards to the spire-filled skyline and mysterious streets of Prague! Get acquainted with this picture-perfect city as our Trip Leader takes us on a wander through Wenceslas Square, past the largest ancient castle in the world and across the medieval Charles Bridge. Try catch the quirky show the 600-year-old Astronomical Clock puts on every hour before tucking into a delish dinner with the gang. Tonight, head to a traditional pub to sample some of that famous Czech beer or (if you're here in December), warm up with some mulled wine under the ginormous Christmas tree in Old Town Square.



MEALS:

- + Breakfast
- + Dinner



INCLUDED TODAY:

- + Walking tour of Prague
- + Prague Metro tickets

DAY 19 | PRAGUE

That's right folks – it's your day, your way. So, make like Dora and get exploring. Check 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 hops connoisseur? Don't miss the beer tasting optional this afternoon. Or delight your inner-fat kid with a sugar-filled serving of trdelník. Think: fire-roasted pastry coated in cinnamon sugar – add Nutella and you've got the stuff of dessert dreams. *wipes drool from chin*



MEALS:

- + Breakfast



OPTIONAL ACTIVITIES:

- + Local beer tasting in Prague:
from CZK 800

DAY 20 | PRAGUE TO BERLIN, GERMANY VIA DRESDEN

From one beer capital to the next. 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, Museum Island, the Holocaust Museum and Alexanderplatz. Then: tonight dinner is on us. Prost!



MEALS:

- + Breakfast
- + Dinner



INCLUDED TODAY:

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

DAY 21 | 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. Plus, get the in-the-know tips on where to spend your free time later. Or put those taste buds to the ultimate test on an awesome AF food tour. We're talking kebabs, pastries, more 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 22 | BERLIN TO AMSTERDAM, NETHERLANDS

Our trip may be coming to a close, but it's not over yet! We've got our eye on Amsterdam today. Dump your stuff and hit the cobblestones – Dam Square, the Royal Palace and the National Monument are waiting. For dinner tonight, you're gonna be spoilt for choice – Dutch steakhouses, trendy vegan haunts, fancy à la carte menus and the best take-away hot chips you've had in your life. Guaranteed. Later, there's an option to experience a show in the Red Light district. Or for a realer Dutch experience – head to Proeflokaal Arendsnest for a selection of over 100 local beers and unique crowd.



MEALS:

+ Breakfast



OPTIONAL ACTIVITIES:

+ Red Light District show: from
€30

DAY 23 | AMSTERDAM

And just like that, this is our last full day together. FFS don't hang about! Join the locals and 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!). Then: there's 51 museums here but the Van Gogh Museum and Rijksmuseum should be top of your list. Or get lost amongst backstreets of this city's diverse districts – each one's got a distinct vibe. Whatever you get up to, make sure you're back in time for tonight's included dinner – we'll be going out with a bang!



MEALS:

+ Breakfast
+ Dinner



OPTIONAL ACTIVITIES:

+ Bike tour of Amsterdam: from
€14

DAY 24 | AMSTERDAM TO LONDON, ENGLAND

You tried the food. You met the locals. You said yes to culture. Yes, to history. Yes, to the new and the exotic. You embraced it. all. But now it's time to hit the road back to ol' Blighty. Who's saying yes to the next adventure? Start planning.



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](#)



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.

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!