



# PLAY & PAUSE: GREAT SOUTHEAST ASIA



**TRIP CODE:**  
TSEBB4

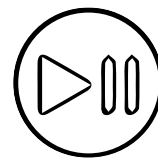
## TOPDECKER, meet Asia (TD)

TRIP VIBE = the perfect mix of group activities and all important YOU time. Four all-star countries. 17 awesome AF destinations. One amazing travel fam. Ready to do Southeast Asia the right way? There's more to it than snapping selfies next to big golden Buddhas. We're talking incred temples, mist-filled jungles, heaps of droolworthy food. And don't forget all those beaut islands perfect for chill time. Ready to play hard AND pause hard? This trip's gonna be \*chef's kiss\* EPIC.

### WORTH NOTING...

New trip alert! Book one of our first departures and you'll get a sweeet price.

### WHAT YOU NEED TO KNOW



Play & Pause



Nights



Download app



Meals

# Thanks for choosing to holiday with Topdeck

Ready for the time of your LIFE?

The countdown's on...

## ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – from where to meet your Topdeck fam to what we suggest you bring.

Read them on the train, in the supermarket queue or on the loo – we don't mind, just look through them carefully so you know what to expect on your trip. We recommend you download this document so it's with you when you travel (and give a copy to your MVPs so they know what you're up to).

**IMPORTANT:** please refresh this doc as close to your departure as possible. This means you'll have the most up-to-date info available.

### INCLUDED EXPERIENCES

- Visit Mae Kachan Hot Spring and the White Temple
- Visit the Golden Triangle, including the Golden Buddha viewpoint
- Visit the House of Opium museum
- Cruise along the Mekong River with traditional village stops
- Cruise along the Mekong River (continued) with stops at Whiskey Village and Pak Ou Caves
- Evening street food tour in Luang Prabang
- High-speed train to Vang Vieng
- Visit Tham Phu Kham and Tham Jang caves
- High-speed train to Vientiane
- City tour of Vientiane with a local guide
- Flight to Hanoi
- Walking tour of Hanoi with Trip Leader
- Overnight cruise in Halong Bay
- Overnight train to Hoi An
- Flight to Ho Chi Minh City
- Walking tour of Ho Chi Minh City with Trip Leader, including War Remnants Museum
- Visit Cai Be Floating Market
- Boat trip through the Mekong Delta, including lunch
- Local cookery demo in the Mekong Delta
- Return speedboat to Koh Rong
- Return speedboat from Koh Rong
- Half-day tour of Killing Fields and S21 Museum in Phnom Penh
- Full-day tour of Angkor Wat temple complex

### YOUR TRIP WILL START

#### PICK UP:

Bangkok

### YOUR TRIP WILL FINISH

#### DROP OFF:

Bangkok

## TRIP CURRENCIES

- Thailand - THB
- Laos -
- Vietnam - VND

Thailand

Thailand

- Cambodia - KHR



# YOUR ITINERARY

## DAY 1 | BANGKOK (THAILAND)

Hungry for a Southeast Asian adventure? Of course, you are! Meet us in Bangkok: Thailand's high-energy, temple-filled, market-brimming, food-loving capital. Say sawasdee (sah-wah-dee) to your new travel fam before your first group dinner at a local eatery in Chinatown. Cue: stuffing your face with alllll the noodles. Afterwards, the evening is yours for the taking. Grab dessert at Chinatown Market. Get to know your group better over a few cool ones at a rooftop bar. Or chill out at your hotel. Your trip = your vibe.



### MEALS:

- Dinner

## DAY 2 | BANGKOK – CHIANG MAI

Ready to explore one of Asia's most action-packed cities? Experience local life on an optional bike tour around Bangkok's historic centre. Or brush up on your boxing skills during a half-day Muay Thai class. Need a good lunch rec? Check out Wang Lang Market for some out-of-this-world (and amazingly cheap) street food. Tonight, you'll be catching your very first overnight train. Stock up on snacks and get cosy. When you wake up, we'll be in a brand-new city: Chiang Mai.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Muay Thai boxing class in Bangkok: prices available locally
- Half-day historic Bangkok bike tour: prices available locally

## DAY 3 | CHIANG MAI

First overnight train = completed. We'll head straight to a local restaurant for an included brekkie. Then, you've got the rest of the day to explore Chiang Mai at your own pace. Eye-popping architecture. Awesome night markets. A fascinating fusion of cultures and traditions. This city's got it going on. After getting your bearings, there are a few awesome optional activities up for grabs. Show off your chef skills during a Thai cooking class. Prefer to have your food prepped for you? Tuck into a traditional Khantoke dinner complete with lively music and dancing.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Evening Khantoke dinner with show in Chiang Mai: prices available locally
- Thai cooking class: prices available locally

## DAY 4 | CHIANG MAI

Bad news = today's your last day in Chiang Mai. Good news = we've got heaps more optionals lined up for you. Early riser? Experience a spiritual morning almsgiving ceremony with the city's resident monks. Then, hop between some of Chiang Mai's INCREDible temples. Alternatively, pull on your hiking boots and head out into the surrounding countryside. Trek up to a tinkling waterfall in Doi Inthanon National Park: aka 'the roof of Thailand'. Or venture off the beaten path with a guided walk through Chiang Dao's pristine landscape. This evening: track down a piping-hot dish of pad thai, grab a satay skewer and end the day on a high.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Almsgiving and temple walking tour in Chiang Mai: prices available locally
- Trekking in Doi Inthanon with waterfall visit: prices available locally
- Trekking in Chiang Dao: prices available locally

## DAY 5 | CHIANG MAI – CHIANG RAI REGION

After another included breakfast, we'll wave goodbye to Chiang Mai. Press your nose to the coach window and soak up all the stunning mountain views racing past as we enter the Chiang Rai region. We'll break up the journey with a stop at Mae Kachan Hot Spring (keep your eyes peeled for locals boiling eggs in its bubbling waters). Next, marvel at the White Temple - a huge Buddhist temple made from white concrete and mirrored glass. We'll continue to the Golden Triangle: the former heart of Thailand's illegal opium trade. Soak up 360-degree views of the lush scenery from the Golden Buddha viewpoint before diving into the area's fascinating history at the House of Opium museum.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Visit Mae Kachan Hot Spring and the White Temple
- Visit the Golden Triangle, including the Golden Buddha viewpoint
- Visit the House of Opium museum

## DAY 6 | CHIANG RAI REGION – HOUAYXAY (LAOS) – PAKBENG

Rise and shine! Pack your bags and fuel up with an early breakfast. Today, we're setting off on a cruise down the majestic Mekong River. Sit back, relax and soak up the majestic jungle scenery as we crossover into Laos. We'll drop into a couple of tiny riverside villages to say hi to the locals before reaching our final destination: Pakbeng. The traditional village is the halfway point of the cruise and where we'll bunk down for the night.



### MEALS:

- Breakfast
- Lunch



### INCLUDED TODAY:

- Cruise along the Mekong River with traditional village stops

## DAY 7 | PAKBENG – LUANG PRABANG

Today, we'll continue to meander down the Mekong - and there are a few more awesome stops on the cards. First up is Whiskey Village where you'll have a masterclass in how to turn sticky rice into Lao Lao whiskey. Then, explore the cool (in both senses of the word) Pak Ou Caves which are filled with hundreds of Buddha statues. When we dock in Luang Prabang, you'll have time to chill at your hotel before enjoying a guided food tour around the city's night market. The highlight? Sin Dat - finger-licking good Laos BBQ.



### MEALS:

- Breakfast
- Lunch
- Dinner



### INCLUDED TODAY:

- Cruise along the Mekong River (continued) with stops at Whiskey Village and Pak Ou Caves
- Evening street food tour in Luang Prabang

## DAY 8 | LUANG PRABANG

Today = options. See Luang Prabang's main attractions on an optional city cycling tour. Fill your camera roll with dreamy snaps of Kuang Si Waterfall (don't forget your swimmers). Level up your chef skills with a local cooking class. Or go temple-hopping around the city - there are over 30 stunning structures to explore. Later, check out Luang Prabang's Food Street for grub. It's brimming with hawker stalls selling everything from namchuen (crispy spring rolls) to khao nom kok (coconut pancakes).



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Half-day cycling tour in Luang Prabang: prices available locally
- Half-day tour to Kuang Si Waterfall: prices available locally
- Local cooking and dinner experience in Luang Prabang: prices available locally

## DAY 9 | LUANG PRABANG – VANG VIENG

Wave goodbye to Luang Prabang as we speed (literally) to Vang Vieng on the high-speed train. This former party town turned adventure hub is the full package. We're talking lush rice fields, dramatic karst mountains, the winding Nam Song River. Ready to get stuck in? Begin with a short hike up to Tham Phu Kham - an absolute stunner of a cave. Check out the golden Buddha in the main chamber, explore some of its tunnels (just don't get lost) and take a dip in the Blue Lagoon on your way out. We'll then continue our subterranean adventure with a trip to Tham Jung: Vang Vieng's most famous cave system which locals have historically used as a hiding spot during various wars.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- High-speed train to Vang Vieng
- Visit Tham Phu Kham and Tham Jang caves

## DAY 10 | VANG VIENG

Fancy another day in Laos's adventure capital? Don't say we never spoil you. Need some more recs? Tick off the town's major players on an optional guided tour. Jump in a kayak and weave your way towards yet another amazing cave. Or admire Vang Vieng's breathtaking scenery on a guided circular cycling tour. Tonight, regroup with your travel fam for food. Relaxed riverside dining or cheap eats on Main Street? The choice is yours.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Discover Vang Vieng tour: prices available locally
- Kayaking and visit to Vang Vieng caves: prices available locally
- Cycle tour of Vang Vieng: prices available locally

## DAY 11 | VANG VIENG – VIENTIANE

Pack your bags, grab your snacks and head for the station. Today, we're making tracks for Vientiane - Laos' sleepy yet stunning capital. When we arrive, we'll jump straight in with a guided tour to see its best bits. Count the thousands of Buddha statues at the serene Wat Sisaket Monastery (we bet you can't). Check out the ancient art at Hor Phra Keo: a former temple turned museum. Be dazzled by the glittering golden Buddha at Pha That Luang. You'll also go past Patouxai: Vientiane's answer to the Arc de Triomphe.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- High-speed train to Vientiane
- City tour of Vientiane with a local guide

## DAY 12 | VIENTIANE – HANOI (VIETNAM)

This morning, you've got a few more hours to explore Vientiane before we catch a flight to Vietnam's second-biggest city. Blaring horns. French Colonial buildings. Picturesque lakes. And the smell of incense in the air. Welcome to historic Hanoi! Our in-the-know Trip Leader will take us to a local eatery for our first taste of Vietnamese grub - trust us, it's tasty. Then: gather your crew and head to Bai Hoi (aka Beer Corner). No need to guess how this place got its name. Pull up a roadside stool and get ready to relax over a few cold ones.



### MEALS:

- Dinner



### INCLUDED TODAY:

- Flight to Hanoi

## DAY 13 | HANOI

Ready to dive into this incredible city? We thought so. Slip on the Birks and explore with your Trip Leader - ticking off the likes of One Pillar Pagoda, Lenin Park, Northern Gate, Cua Bac Church, B52 Lake and Ho Chi Minh Mausoleum (you can visit later, if you like). The rest of the day is 100% up to you. History buffs should check out Hoa Lo Prison. You could also catch a water puppet show at Thang Long theatre. Or stroll around Hoan Kiem Lake. Tonight, there's an optional street food tour on offer \*wipes drool from chin\*.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Walking tour of Hanoi with Trip Leader



### OPTIONAL ACTIVITIES:

- Evening street food tour in Hanoi: prices available locally

## DAY 14 | HANOI – HALONG BAY

Halong Bay: World Heritage Site. The jewel in Vietnam's crown. One of the 'New 7 Wonders of Nature'. Whichever way you look at it, Halong Bay is pretty damn special. So, today we're gonna do it justice with an overnight cruise. Spend the day swimming in glittering turquoise water, exploring limestone islands, digging into freshly made meals, and watching the sunset with your travel buds. This? This is what makes the memories.



### MEALS:

- Breakfast
- Lunch
- Dinner



### INCLUDED TODAY:

- Overnight cruise in Halong Bay

## DAY 15 | HALONG BAY – HOI AN

Rise and shine, sailors! Kick off the day with a refreshing dip and a hearty brunch. Then: we're dropping anchor and heading for the station in Hanoi. Why? Because we'll be moving on to ancient Hoi An the traditional way - by overnight train! This is your chance to catch up on some zzzs and swap tales with your trip mates. Shotgun top bunk!



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Overnight train to Hoi An

## DAY 16 | HOI AN

Hop off the train and wave to the locals - after a short drive from Da Nang, prepare to be SERIOUSLY charmed by the lantern-filled city of Hoi An. This stunner is a patchwork of all the civilisations that have left their imprint here. Expect: rustic Chinese shophouses, multi-coloured French Colonial villas, and one helluva spectacular Japanese bridge. Want help discovering this gem of a place? We got you. Soak up views of the forest and surrounding villages on a sunset paddleboarding adventure along the river. Or get a custom piece made by the city's famous tailors. There's also an optional street food tour to sink your teeth into. Cue = stuffing your face with local bites like white rose (dumplings) and banh xeo (crispy pancakes filled with shrimp and beansprouts).



### OPTIONAL ACTIVITIES:

- Sunset paddleboarding in Hoi An: prices available locally
- Evening street food tour in Hoi An: prices available locally



## DAY 17 | HOI AN

You wanted more free time to explore. So, here it is. Need some suggestions? Opt for a cooking class and local market visit - your mad new gastro skills are sure to impress the Tinder matches back home. Rather do your own thing? Explore the buzzing Central Market. Or set off on an optional cycle tour followed by a lantern-making workshop. Hoi An souvenir = sorted. Tonight, we'll have free time to explore the magic of Hoi An Old Town and tuck into a bowl of cao lau (a Hoi An speciality) along the river. This is what you came for.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Cooking class in Hoi An: prices available locally
- Half-day cycling tour of Hoi An with lantern-making workshop: prices available locally

## DAY 18 | HOI AN – HO CHI MINH CITY

After brekkie, we'll make tracks to the airport and hop on a flight to Ho Chi Minh City. Home to nearly 9 million people, HCMC is a bubbling pot of energy, excitement and hidden gems. And you've got the whole afternoon to explore. Wanna pull on your history hat? There's an optional visit to the Cu Chi Tunnels up for grabs. Surrounded by jungle that was once a stronghold of the Viet Cong, take a guided tour of the area and learn all about how this underground network was used by guerilla fighters during the Vietnam War. Afterwards: it's time to return to HCMC for shellfish, rice paper pizza, and the city's speciality - com tam \*wipes drool from chin\*.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Flight to Ho Chi Minh City



### OPTIONAL ACTIVITIES:

- Half-day Cu Chi Tunnels tour from Ho Chi Minh City: prices available locally

## DAY 19 | HO CHI MINH CITY

Today = options. First though, we'll jump straight in with a morning tour with your Trip Leader. Soak up allll the city's highlights, including Saigon Central Post Office (designed by the same guy as the Eiffel Tower), Dong Khoi Street, Gia Long Palace and the Old Central Market. You'll also visit the sobering War Remnants Museum to learn more about a key part of modern Vietnamese history. Then, the rest of the afternoon is yours. Chill out at a local coffee shop, shop for bargains at the massive Ben Thanh Market, or soak up epic sunset views from the Saigon Skydeck. Evening plans? Easy. Grab the whole group for dinner at a rooftop restaurant. Or get lost in the streets and find yourself along the way.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Walking tour of Ho Chi Minh City with Trip Leader, including War Remnants Museum

## DAY 20 | HO CHI MINH CITY – MEKONG DELTA

Today's all about the wet stuff as we set our sights on the 'rice bowl' of Vietnam: the Mekong Delta. This tropical maze of rivers and swamps looks like it's dropped straight outta The Jungle Book. For real. Wanna know how to make markets more fun? Put them on boats, obvs. First, we'll check out the world-class pineapple tossing skills of the traders at the traditional floating market in Cai Be. Then: time to take to the waterways with a pit stop in Vinh Long for lunch. And tonight? We're hunkering down in a traditional homestay where our host will give us a masterclass in Vietnamese cooking. Heads up: rooms are shared here, so settle in and swap notes on the adventure so far.



### MEALS:

- Breakfast
- Lunch
- Dinner



### INCLUDED TODAY:

- Visit Cai Be Floating Market
- Boat trip through the Mekong Delta, including lunch
- Local cookery demo in the Mekong Delta

## DAY 21 | MEKONG DELTA – CHAU DOC

Wake to the sounds of the village stirring to life. After a group brekkie at the homestay, we'll say chào to the locals and jump back on the boat. Our next port of call? Chau Doc. This waterfront city on the Hau River is surrounded by miles of leafy forest. It's also one of the most culturally diverse spots in the region, so expect an awesome mix of architecture and food. You'll have the rest of the day to chill before regrouping with your travel buds for dinner. Ready to stuff your face (again)?



### MEALS:

- Breakfast
- Dinner

## DAY 22 | CHAU DOC – KOH RONG (CAMBODIA)

No lies, today's a bit of a travel day. But you'll have plenty of time to catch up on some zzzs and update the fam back home as we roll into Cambodia! Ancient wonders. Serene landscapes. And a fascinatingly diverse history - Cambodia delivers on all fronts. We'll hop off the bus at Sihanoukville and take a speedboat across to Koh Rong: Cambodia's very own paradise island. Cocktails at sunset, anyone?



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Return speedboat to Koh Rong

## DAY 23 | KOH RONG

Fancy a free day in the sunshine? Course you do. Today, Koh Rong is your oyster - whether you want to laze around on the sand or dive into some pretttty awesome optional activities. Live your best #boatlife with an island-hopping tour around Koh Rong's dreamy white-sand bays, including a stop at the peaceful floating village of Prek Svay. Channel your inner sea turtle snorkelling around rainbow corals. Or test your rowing skills on a kayaking adventure down the Mangrove River. Wanna see something that's out of this world? Don't skip this evening's optional outing to view Koh Rong's glowing bioluminescent plankton.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Island hopping tour from Koh Rong: prices available locally
- Snorkelling tour in Koh Rong: prices available locally
- Kayak tour along Koh Rong's Mangrove River: prices available locally
- Evening plankton tour in Koh Rong: prices available locally

## DAY 24 | KOH RONG – PHNOM PENH

48 hours in paradise = completed. Take one last look at Koh Rong's pristine shores before we speedboat back across to Sihanoukville on the mainland. We'll then make tracks to Phnom Penh, whizzing past some of Cambodia's most idyllic rural scenes as we go. When we roll into the Cambodian capital, you'll have a few hours to relax before catching up with the group over an included dins. You might wanna wear your elasticated pants. Just saying.



### MEALS:

- Breakfast
- Dinner



### INCLUDED TODAY:

- Return speedboat from Koh Rong

## DAY 25 | PHNOM PENH

Warning: today's set to be an emotional rollercoaster. We'll begin with a sobering visit to the Tuol Sleng Genocide Museum which documents the atrocities of the Khmer Rouge during their 'revolution'. Then, we'll head just beyond the city limits to the Choeung Ek Killing Fields. There's a lot to take in, but learning about this devastating period of the country's history is important to fully understand modern Cambodia. Later on, you can do some temple-hopping around Phnom Penh during an optional tour. Or why not quiz your expert Trip Leader on the best bargains to sniff out at the iconic art deco Central Market? The evening's yours to sample some sizzling street food along Sihanouk Boulevard.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Half-day tour of Killing Fields and S21 Museum in Phnom Penh



### OPTIONAL ACTIVITIES:

- Temple tour of Phnom Penh: prices available locally

## DAY 26 | PHNOM PENH – SIEM REAP

Stock up on snacks and dig out that inflatable neck pillow. Today's a big travel day as we swap Phnom Penh for Siem Reap. When we arrive, you'll have some free time to settle in and get your bearings. Wanna experience the local entertainment? There's an evening under the big top with the Cambodian Circus on offer. Afterwards, immerse yourself in the neon jungle that is Angkor Night Market or experience the crazy of Pub Street. Go steady - tomorrow is packed with memory-makers that you're not gonna want to miss.



### MEALS:

- Breakfast



### OPTIONAL ACTIVITIES:

- Evening at the Phare Circus: prices available locally

## DAY 27 | SIEM REAP

Ready for a real-life temple run? This is it. First up: we'll explore the Angkor Thom complex with our local guide. Venture through statue-lined South Gate, the intricately decorated Bayon Temple and check out the Elephant Terrace. Then it's onto Ta Prohm - a ruin filled with crumbling towers and overgrown tree roots. Think: Tomb Raider. Refuel and rehydrate - next we're headed for Angkor Wat temple. The biggest temple complex in the world, 'otherworldly' doesn't even come close to describing this place. Once you're all temple-d out, gather your mates for dinner. Suggestions? Try coconutty Khmer red curry (it's less spicy than the Thai version, promise). Or get stuck into sizzling Cambodian BBQ. You won't regret it.



### MEALS:

- Breakfast



### INCLUDED TODAY:

- Full-day tour of Angkor Wat temple complex

## DAY 28 | SIEM REAP – BANGKOK (THAILAND)

Ok, nobody panic - it's almost time to say your goodbyes \*tries not to cry\*. First, though, we'll be up bright and early to begin our journey back to Bangkok. Coach essentials: snacks, ear pods, a comfy 'fit. When we arrive, we'll settle in for our final group dinner at a local eatery. WHAT an adventure it's been.



### MEALS:

- Breakfast
- Dinner

## DAY 29 | BANGKOK

And just like that, your Southeast Asia trip is over. 29 days of awesome adventures. A bunch of new mates. And a lifetime of mems. Get down to breakfast and swap those socials - you'll need them for next year's reunion trip. Wait, what's that? You're gonna keep the adventure going on our Delve Deep: Southern Thailand trip? We love your style.



### MEALS:

- Breakfast

## MEALS

Breakfasts are included each day (except on the first morning). A typical breakfast consists of cereals with milk or yoghurt, bread, a range of spreads, and fruit juice, tea or coffee. It is rare to get a hot breakfast, though on some

occasions it may be available.

Included evening meals will be combination of those prepared by the Topdeck Road Crew, local restaurants and places in which we stay.

If you have any dietary requirements we will make every effort to cater to your specific needs as long as you advise your travel agent or Topdeck Trip Consultant when you book. But please be aware that although we will do everything in our power to arrange it, we cannot guarantee that every restaurant we use will be able to cater to all dietary needs. We also cannot cater for tastes or dislikes, as most of our included evening meals feature a set menu.

# OTHER INFORMATION

## TOPDECK APP

Feeling appy? Download the Topdeck app and get PUMPED for the adventure ahead. Best bit is: from 45 days before departure you'll be able to chat with your soon-to-be tripmates.

Plus, get your itinerary at your fingertips – so you know where you'll be going and what you'll be doing on each day of your trip. Nice!

Links:

Apple <https://apps.apple.com/gb/app/topdeck/id994727866>

Android <https://play.google.com/store/apps/details?id=com.FlexiTechSolutions.TopDeck&hl=en>



## YOUR SAFETY

### NIGHTS OUT

We love a good night out – experiencing the nightlife and entertainment places have to offer is a big part of travelling. But alongside the fun it's important to be aware of your surroundings and personal safety.

When you're out late, 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 so you can find your way back to your fellow Topdeckers if you become separated. Make sure you have your 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.

### DRUG USE

Topdeck has a strict zero-tolerance drug policy. Customers 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 immediately. 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 do you risk getting in trouble with the local police, but our Driver will also be held responsible if they are found on the Topdeck coach. Trust us, you don'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.

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 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 (fact!)

## **TRAVEL SINCE COVID-19**

Travel looks a bit different since COVID-19. That's why we've put some new procedures in place to help keep you safe on the road.

What remains the same? Your Topdeck trip will be run hygienically, responsibly, and with your safety at the forefront of everything we do. End of.

Here's the info: <https://www.topdeck.travel/resources/travel-safely>

# **RESPECT ON THE ROAD**

## **RESPECTING FELLOW TRAVELLERS**

Our trips are for everyone. We're a family – and we want every Topdecker to have an incredible time.

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

## **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 adventure AND 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 room 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!

# **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.

Head to our FAQ for more info: <https://www.topdeck.travel/resources/faqs-0>

Got more Qs? Chat with our Customer Service team: <https://www.topdeck.travel/about-us/contact>

## 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's 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. Check out our handy interactive map showing global visa requirements:

<https://www.topdeck.travel/resources/latest-border-restrictions>

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.

## TIPPING

Basically: it's not necessary.

Your Trip Leader and Driver don't expect tips, and they won't ask for any either. Meaning? More dollar to spend on optional activities (and a souvenir for your nan).

## 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!).

Off to Japan? Your luggage must be no bigger than 160cm in total (height x width x length). So maybe leave the hairdryer at home.

Psst: this is a packing list for Topdeck trips in general. Obv you'd look silly splashing around the Greek islands in a snowsuit.

- 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 warm jacket + 1 rainproof jacket



- Underwear and socks + swimwear
- Towel
- Toiletries
- Hat and sunscreen
- Basic medical kit (including plasters, aspirin etc)
- Adaptor plug
- Reusable water bottle
- Snow gear



**THAT'S IT!**