



Travel Smart: Tips for Your Trip



Discovery



A positive attitude is everything when it comes to having a great trip!
Getting the most out of your educational travel experience requires having an open and inquisitive mind. Approaching your trip with attitude of acceptance will go a long way towards creating the best possible experience.

Be Open & Respectful of Others' Beliefs and Cultures

Just because beliefs or practices differ from your own doesn't mean they are wrong. Keeping options open and avoiding judgmental behavior helps everyone get along better and have a more enjoyable trip. Don't let others get on your nerves - your attitude is your choice. Even if you don't understand why people say something or do a particular thing, be careful not to jump to conclusions.

Expect Things To Be Different

Don't expect to find things as you have them at home. We travel to leave behind our routines and everyday life. Dropping your expectations will set you free to embrace new experiences as they come.

Be On Time

You don't like it when you have to wait for other people, so remember that the reverse is true as well.

Get Enough Sleep

Being well-rested will enhance your ability to be positive, be patient and have lots of fun!

Be Present

Be present. Listen, ask questions, and keep your eyes on the speaker, not your smartphone. Enjoy the destination and take everything in - who knows when and if you will ever get a chance to return? Try everything. And remember, new foods are part of the adventure too!

Ask Questions

Curiosity is key to learning new things, understanding people and history, and enjoying your travels. Go with anticipation, immerse yourself in the experience, and practice listening and observing, rather than merely seeing or hearing.

Be Patient

When you "go with the flow" and keep a positive attitude, your whole traveling experience changes. Why create additional mental stress, when instead you can choose to take a deep breath, relax, and just let things be? Particularly when traveling with a group, things can take longer than expected. So expect it, and take it in stride. Learning to go with the flow instead of complaining is possibly one of the best kept secrets for successful travel.

Be Flexible

Things can and often do change quickly on trips, and your ability to tolerate the ambiguity of new situations is very important. With the right mindset, instead of trying to control or change things, you can find excitement and enjoy changes as they happen. Not everything can be controlled. Not everything can be to your liking. So learn to let it go, laugh and move on. You may learn something new. You will become a better traveler and a happier person. And in the end, you will probably have a great story to tell for years to come!

Be Thankful

So many positive things happen during our day, but we often ignore them while letting one negative comment or event ruin our mood. When you are away from home and out of your comfort zone, your emotions tend to be magnified. To maintain a positive attitude, it helps to keep a little perspective. Does it really make sense to complain about things that won't matter in a week!? Take a few moments each day to appreciate the people and places around you, and then smile - you will start a positive chain reaction. Travel, like life, is a blessing and too short to waste!

*Cultivating a positive attitude benefits you in every aspect of life.
As you become a better traveler, you will come to enjoy life more!*