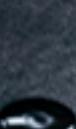


# Zuro

Lifestyle blog by momal zahid

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5 min read

Travel

## THINGS TO KNOW BEFORE TRAVELING

BY ZURO FEB 16, 2022

People who travel are happier and less anxious. They learn about various countries and customs while also enjoying new adventures and food. Traveling opens your mind to what the world has to offer and broadens your perspectives. You grow more grounded as a person, have a greater understanding of other people and their ways of life, and meet fascinating new individuals along the road. With so many advantages to travel, you'd be crazy not to start planning your next vacation. It is critical to travel to a different nation with the proper mentality. In this post, we'll go over a few topics that can help you prepare for your trip.

Before you begin to plan a vacation, there are a few things you should consider and contemplate about.

### How Much Does It Cost to Travel?

Before you even think about booking flights and accommodation, do a bit of research on your destination.

- When is the ideal time to visit (weather, festivals)?
- When should you leave and return?
- How much money do you need to go there and back?
- Are flights included in the price?
- Does the price apply per individual or per group?
- How much of your money will you spend only on meals and transportation?
- Is travel insurance required?
- How much money can you save each month, and how much will it cost after everything is said and done?
- What is the cheapest feasible lodging that yet allows you to have a pleasant time?

### Do Your Research

After you've selected where and when you'll be travelling, the following step is to conduct some research about your location. From understanding what to pack and what not to take, we now get at our needs and insights into our valuable demands when it comes to travelling.

#### 1. Keep an open mind

First and foremost, when visiting a new location, it is critical to retain an open mind. You will have to cope with new cultures and customs, and you may be startled at how different things are from what you are accustomed to.

#### 2. The right dressing

Keep in mind that how you dress might either attract or repel locals. It's advisable not to dress too provocatively if you want to make new acquaintances and meet new individuals. Wear casual clothes in neutral colours that do not have any brands or insignia on them if at all feasible.

#### 3. Knowledge of their language

Learning and comprehending the language will provide you with additional opportunities throughout your vacation. There are several methods to learn a new language, ranging from attending lessons at a local high school or university to purchasing books and viewing movies in that language; there are even apps available now that can teach you any language in just 10 minutes each day!

#### 4. Visa requirements

It is usually a good idea to investigate visa requirements before travelling overseas. The globe is made up of around 193 countries. A little more than one-third of them need Americans (and Canadians) to get a visa before travelling. The remaining countries either give visas on arrival or do not require a visa at all.

It's infuriating to be turned away at the border because you didn't have the right documentation, so keep the following in mind as you plan your trip:

Visa requirements vary often. Before scheduling your trip, make sure you have the most up-to-date information, and try to apply for your visa at least 30 days ahead of time.

Citizens of the United States can visit 165 countries without a visa or with one issued upon arrival.

Other nations' nationals may not be as fortunate; consult Visa HQ for a comprehensive list of visa requirements by nationality. If you have dual citizenship and want to travel often between countries with different visa requirements, you may need to apply for numerous visas.

If you intend to visit many countries in a single trip, check out if they are all part of the same visa-free zone (the Schengen Zone in Europe, for example). If so, you'll just need one visa (or none at all) for the duration of your trip; otherwise, you'll need separate visas for each nation you visit that needs one. It's a lot less difficult!

#### 5. Vaccinations and medications

We know how much they hurt! However, they are necessary for staying healthy on your trips. Also, keep in mind that certain nations refuse admission until an immunisation card is shown. Most African nations, for example, may refuse entry until proof of Yellow Fever vaccine is provided.

Check with your doctor before leaving to ensure that you have all of the necessary vaccines for the country you're visiting. Once you've had all of your immunizations, check with them to see if there are any further medications you might need. In our experience, you'll commonly need to get malaria medication, antibiotics, and Imodium (a lifesaver!) but that info is best left to the experts.

While you can obtain medication practically anywhere in the globe, you don't want to be caught off guard, so fill your prescriptions before you go. Always have an emergency stockpile somewhere in your suitcase, and remember to store your medication in zip lock pouches.

#### 6. Expect Difficulties

You're on a journey. Perhaps this is your first vacation, or perhaps you travel frequently. The particulars are unimportant. You've arrived somewhere new. You're ecstatic; the world is your oyster!

Don't get too worked up over minor situations like this. If a hotel room is filthy, request a change or stay somewhere else the following time. If your flight is delayed or cancelled, call the airline's customer service and request compensation or reschedule possibilities.

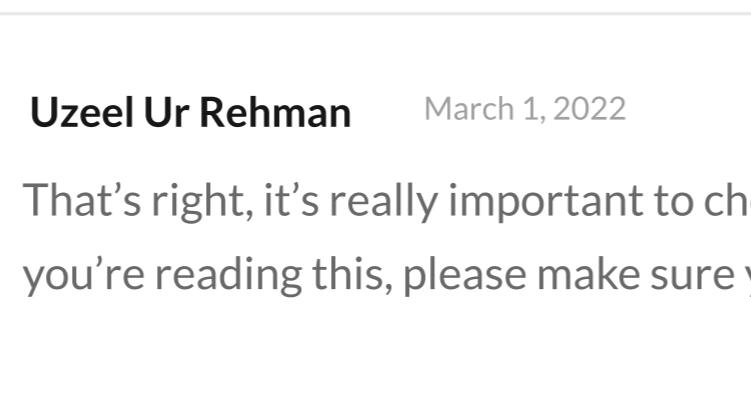
Traveling may be difficult at times, particularly if it is your first trip. But, whatever happens, be cool and smile! Smile at people, smile at problems, and they will leave you alone!

I hope you found this guidance useful and that you will be able to arrange your vacation well. I wish you the best of success on your journey and hope you have a wonderful time discovering the wonders of our lovely globe! Now is your chance to shine brightly and enjoy your vacation to the best.

2 Comments

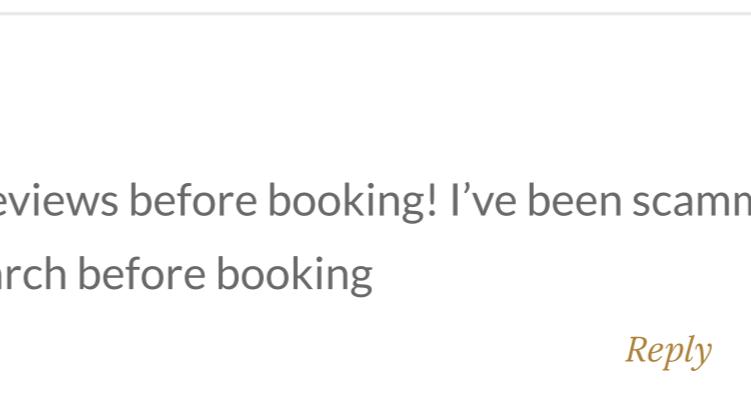


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Uzeel Ur Rehman March 1, 2022

That's right, it's really important to check up on hotel reviews before booking! I've been scammed once, if you're reading this, please make sure you do your research before booking

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Ayan Sohail Feb 29, 22

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This is so true! I think trying to be optimistic is the first step of self esteem and a step to a healthy life

*Uzgel Rehman*

# OPTIMISM

BY MOMAL ZAHID  
17 OCT 2021

268  
PEOPLE VIEW



What happens when a person is confined in a dark room? It perplexes him, and if the exposure is prolonged, it renders him slightly blind and progressively tarnishes him alive. Similarly, if we allow this darkness to stay within us and take over our existence and spirit, we will eventually decay without dying.

Our inner self would scream as the darkness surrounding us gradually took over our senses and consciousness, leaving us anguished and in irreparable shards. It would not be an exaggeration to suggest that after a while, it would become stifling to breathe and go about our daily lives while this emptiness grows within us. This is what a negative approach and thinking do to a mind. Its vibe dangerously and seductively manoeuvres with the strings of our soul, hauntingly playing a destructive melody.

This is why there is a sheer need for optimism. Instead of leaving you stranded in the winds of despair, it tends to shield you with the wisdom of positivity. It makes you visible to the optimistic fragrance of life. Unlike a pessimist, an optimistic person is not bound by limitations. He doesn't fret if one endeavour doesn't prove fruitful to him; instead, he opens up his mind to the horizons of other possibilities and how they can benefit him, even if the previous one only welcomed him with enormous rocky rocks.

Positivity does wonders for a person's life. It mends him so well that, despite being in any crucial situation that echoes with impossibilities, he tends to step over them and make room for possibilities. And this is when a bright life stands before him, all conquered with positive lights and no shred of darkness.

For instance, if a person is stranded on stumbling blocks and is in constant agony because he fails every job interview, eventually negativity will stumble upon him and gradually make its way inside. He was left with nothing but despair and misery. This would only thrust him further into agony. But if he decides to stand firm and fight whatever comes his way, he'll eventually be able to open the right door for himself. This also concludes the fact that negativity and positivity decide and shape our lives.

It is accepted that a positive approach might require a lot of patience and a strong heart, but it also promises a well-lived life if the person sustains all the damage and fights the hurdles well with buoyant determination.

# “SWEET REGRET”

It was drizzling. The soft wind tickled my being. I could see her right before me, occupied in her own world, unaware of the surroundings. Today is another day of the many days I have been seeing her from the shadows. Another year, yet it feels like yesterday. The girl before me, standing in the shade while her fingers run across the canvas in an indescribably fragile way, is the girl who loved me with all she had. The girl in front of me, who has a slight frown etched across her face and appears to be having a difficult day, is the same girl whose day begins and ends with all smiles and beaming laughter. Her eyes used to inhabit tremendous dreams, and they used to ignite with immense life and purpose. But now all I see are dull ones, too hollow, too drained. The girl who would surpass all her bounds only to envelop me with bliss is the girl I am watching right now, while my eyes leak and my heart feels too heavy to bear. I make a fist so tight that my hands burn with pain. My lips tremble as I see her. It's raining heavily now, as if soaking me in its wrath, reminding me of what a fool I have been all along.

My head churns as I think of those days, which makes me desire to tarnish my existence. Everyone experiences dark days, and we are all ripped, but life continues to move on. Yet, the way I reacted during those glooming episodes of my life will always bring me to my knees. So remarkably, I gave away my light, my girl, and entered into a forever hell. My head bows, while a sigh escapes my mouth, and once again, I am drenched in my silent tears.