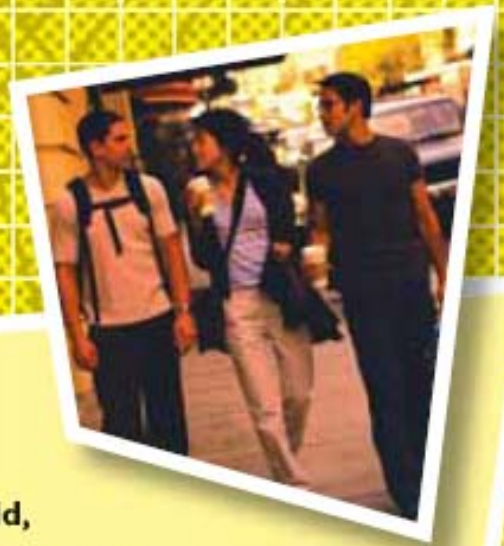


# getting the **most** from this guide



Travelling abroad is a wonderful opportunity to discover more about how people live around the world, to learn at first hand about different cultures and to see some extraordinary sights. Every year, millions of young people go abroad, perhaps as part of a school exchange trip, or as part of an organised group, or perhaps to study a foreign language. Some stay in youth hostels or campsites, while others stay in a family home.

If you are planning to travel to another country, this book will give you some valuable information on what you need to think about before you go, as well as some useful advice when you're there. It is not necessarily designed for you to read from cover to cover in one sitting. You may find it better to 'dip in and out' of the various sections as and when you need help in particular areas. Make sure that you fill in your **Personal Safety Plan** before you go (see pages 22/24) and take copies to leave at home with family and friends. Then complete the details on your **Personal Safety Card** so that you can carry the really important information with you at all times – you will find it in the back inside cover of this book.

This book will help you to plan ahead of your trip so that you are well prepared and well protected before you set off. It will help you to think in advance of all of the things that you might need, such as travel documents, passport, contact numbers etc. so that you can avoid any last minute panics before you go.

It will also encourage you to find out about the country you are visiting, e.g. its customs and lifestyle, as you will find this valuable when you are in unfamiliar surroundings.

Most of all, we want you to enjoy your experience and feel safe at all times – **wherever**

**U-Go have a great trip!**

