

DREAM WITHOUT BORDERS

TRAVEL TIPS GUIDE



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REDES
cooperativa

ACCOMODATION

SUGGESTIONS AND TIPS

SAFETY.

- neighborhood (f.e. sometimes railway station neighbourhood are not so safety)
- lockers (money, wallet, documents...)
- Contact the owner to check if it is reliable
- Check the official website and opinions

INCLUSION

- ramps-> reduced mobility people
- elevator
- escalator
- bus stop (blind people)

SOCIAL LIFE

- common spaces
- hostels (usually young and solo travellers)

POSITION

- public transport links
- central position
- possibility to join attractions and locations by feet

AFFORDABILITY.

- couchsurfing
- housesitting
- workaway
- monastery
- students' residents → empty in summer

RULES

- Luggage storage
- when guests have to be silent
- curfew
- leave spaces clean

ESSENTIALS

- read what you can find in the venue and what is missing (towels, laundry, hairdryer)
- check if you have to leave a deposit

SUSTAINABILITY.

- reduce airconditioning, heater, and water
- ecolodge options
- refill the same bottle (canteen)
- reuse towels
- avoid oneuse amenities

SUSTAINABILITY

- Prefer efficient routes (fewer stopovers = less impact)
- Avoid airplane if possible
- Consider transport alternatives when available (interrail, carsharing, bike...)

BUDGET

- Cheapest flight \neq best option
- Prices can be lower on Tuesday afternoons
- Visit official airlines webs to avoid risks
- Look for promotions and last-minute deals
- Compare different platforms, not just one

SCHEDULES

- Avoid overlapping flights (risk of missing connections)
- Plan enough time for stopovers
- Choose same airline for smoother transfers (it reduces risks if delayed)
- Check delays or strikes on official websites

SECURITY

- Check necessary documents (visa, validity passport, other documents needed)
- Antitheft money belt
- Check duty and borders rules

TRANSPORTS SUGGESTIONS AND TIPS

INSURANCES

- Get travel insurance covering delays, cancellations, and damage
- Use European Sanitary Card or Privat Sanitary Insurances
- Check coverage for rental cars, sports...
- Some credit cards have transports insurances associated

OVERBOOKING

- Airlines may sell more tickets than seats
- You can be denied boarding if flight is full
- You have rights (compensation or alternative flight)
- be soon at airport

CAR RENTAL

- Review conditions, insurance, deposits, and warranties
- Take photos of the car before and after rental
- If the car breaks, the company must provide a replacement
- Vehicle choice depends on environment (city, rural, etc.)

ACTIVITIES/GASTRONOMY

SUGGESTIONS AND TIPS

ENJOY THE CULTURE

- visit cultural places (museums, galleries, theatre, concerts)
- try different dances, clothes, games and habits
- avoid tourist traps
- better to feel the experience that to share it in social media
- read some novel, biography, etc... related to the visit place

INCLUSION

- look for free entry hours, different food options...
- check route difficulty and don't go over your limits
- be mindful of other people's needs and wants

TIPS AND TRICKS

- use apps (Tripadvisor, Mapy)
- check rules and weather of the country you're visiting
- learn basic phrases

EXPLORE THE CULTURE

- explore on foot to get the most out of your visit
- respect cultural differences
- visit underrated places (e.g. local art) but stay safe
- borrow a travel guide in your home library

EAT LIKE A LOCAL

- be open-minded to different dishes and ingredients
- be aware of different meal schedules of specific countries

ASK LOCALS

- ask for suggestions
- visit tourist information office
- avoid overuse places (normally recommended on viral posts)

ACTIVITIES IN NATURE

- visit protected nature areas
- bring appropriate clothing
- explore using green travel options (bikes, trains, walk)
- go birdwatching, photograph nature, snorkeling, kayaking...

RESPECT NATURE

- leave the place you visit as you found it (or better)
- don't disturb wildlife
- avoid going off track
- check rules of a specific area
- bring reusefull watter bottle

PRACTICALITIES

SUGGESTIONS AND TIPS

HEALTH

- Travel with your usual medicins
- For some medicaments you need the doctors prescription
- Take in mind if you need vaccines to visit some country
- Check the cover of the insurance, just if something happens.
- Investigate if you can drink tap watter and other recomendations regarding to food

SHARE YOUR PLANS

- Share your travel programm with some friends or with some relative. If something happens they could find you.
- Avoid to show that you are not at home in social media, just in case

ENJOY

Traveling is a way to connect with other people, other countrys but also with ourselves. Enjoy the experience

SAFETY

- check the External Minitry Affairs of your country to see the situation, recomendation and requirements to travel to each country

THINGS CAN CHANGE

- Try to book accomodations and transport with cancel possibilities
- Check everything one week before going abroad

AIRPLANES CONDITIONS

Some airplanes company cancell your returs flight if you haven,t shwoned in the first flight

DON,T DEPEND ON DIGITAL GADGETS

- Share your flight tickets, accomodation confirmation, passports images... with travell colleagues
- Or pick a paper copy.
- Your mobile could "leave" you suddenly

ENERGY MANAGEMENT

- Check if you need some power adaptaters
- Take a powerbank
- Don,t spent all mobile battery