

**Appendix F**  
**Travel Guide**  
**Travel Guide (wallet-size version)**  
**& Safety Tips and Precautions**

## **Travel Guide**

(A reminder for students)

To make your travel experience safe and successful, communication is important. Make sure that you have your family and friend's phone and pager information with you at all times while traveling.

It is your responsibility to get written permission from your parent/guardian when you plan to go to a friend's home or when you make changes to your plan to go home.

Always have extra cash with you in case of an emergency. You never know if your trip takes longer than you expect or if your bus, train or plane is delayed, cancelled or your schedule changes. With extra cash, you can buy food or have money to pay for a cab if necessary.

Know your schedule and travel times. Write them down and keep them with you all the time. Do not keep them in your suitcase.

If you seem lost or unsure of what to do while traveling, please ASK for help from ticket agents, bus, train or airport staff, and security officers. Have your pen and paper ready to write down what kind of help you need.

Remember to relax while traveling so you can enjoy yourself. Know whom to ask for help and what kind of help you need from others.