



CONTACT US:

#DMUglobal
Portland Building
De Montfort University
The Gateway
Leicester
LE1 9BH, UK

T: +44 (0) 116 257 7613
E: dmuglobal@dmu.ac.uk
W: dmuglobal.com

 @DMUglobal



**#DMUGLOBAL
TRAVEL GUIDE**



TWENTY YEARS FROM
NOW YOU WILL BE MORE
DISAPPOINTED BY THE
THINGS YOU DIDN'T DO THAN
BY THE ONES YOU DID DO. SO
THROW OFF THE BOWLINES.
SAIL AWAY FROM THE SAFE
HARBOUR. CATCH THE TRADE
WINDS IN YOUR SAILS.
EXPLORE. DREAM. DISCOVER.

Mark Twain



WELCOME

As you are about to embark on an overseas #DMUglobal opportunity, we want to ensure that you have an enjoyable and educational experience. To help, we have created the '#DMUglobal Travel Guide' which contains tips and information to help you make the most of your time overseas, wherever you are travelling to around the world.

The information sessions you have attended, combined with the information in this Guide and on the #DMUglobal website, will assist you

with your departure and while you are overseas. Good preparation is the key to a successful trip!

If you have any problems or queries please do not hesitate to contact the #DMUglobal team and we will be happy to help.

We hope you thoroughly enjoy your overseas experience.

#DMUglobal Team

PACKING LIST

There are a number of important documents that you must take with you when travelling overseas, so make sure to tick these off when packing your bags:

- ✓ Valid passport
- ✓ Visa (if applicable)
- ✓ Photo ID
- ✓ EHIC card (Europe only)
- ✓ DMU student card
- ✓ #DMUglobal Travel Card
- ✓ Itinerary
- ✓ Travel insurance documentation
- ✓ List of medication (including Doctor's note)
- ✓ Credit card/cash in pounds and foreign currency

Also to make your time abroad run smoothly we recommend that you take these useful items with you:

- ✓ Travel adapter
- ✓ Electronics chargers
- ✓ Destination guidebook
- ✓ Sealable plastic bag (for carry-on liquids)
- ✓ Ear plugs/eye mask
- ✓ Inflatable pillow
- ✓ Empty water bottle (fill post-security)

REMINDERS FOR AIR TRAVEL

- **Liquid restrictions** - There are restrictions on what items you can take in your hand luggage. Liquid containers must hold no more than 100ml and all contents must fit into a single, transparent, resealable plastic bag. Maximum amount of liquid is 1L in total.

- **Hand luggage rules** - If you are travelling for a short amount of time it is recommended to only take hand luggage. With low-cost airlines it is likely that checked-in luggage will cost you extra. Check that the dimensions of your hand luggage are within the permitted guidelines given by your airline.
- **Hold luggage rules** - Even if you have hold luggage included, think carefully about how much you pack and whether you can carry your suitcase.



TRAVEL TIPS

International travel can be both an exciting and daunting prospect, so we have put together some top tips to help you relax and ensure that you arrive at your destination refreshed and ready for your #DMUglobal experience.



Stay hydrated - The air pressure can dehydrate you. Drink plenty of water before and during the flight.



Dress comfortably - Wear loose-fitting clothes and avoid anything that could restrict circulation.



Move around - Stand up and walk around regularly to improve your circulation.



Avoid alcohol - Try not to drink alcohol before or during the flight as this will dehydrate you. Diuretics such as coffee are also to be avoided.



Entertainment - Pack some things to keep you entertained whilst travelling, whether that be a book, a tablet with movies and games, or some music.



Rest and relax - It may be worth investing in some earplugs, neck support, and an eye-mask to create a personal bubble in which you can relax.



ORIENTATION

When you arrive at your destination, go for a short walk. It is always better to go exploring in daylight hours, for your own safety and so that you can recognise key landmarks. We recommend that you should do the following:



- **Get a map** - If you didn't get a travel guide before leaving, it is worth picking up a free city map. You can usually find these in the reception at your accommodation or at the Tourist Information point. This will help you navigate your way around the city without relying on your phone's GPS, and may also provide some useful tips about what to see and where to go.



- **Write down your accommodation details** - On arrival make sure to write down the hotel address, location and phone number on your #DMUglobal Travel Card. Pick up a business card from the reception which should hold the same information and you can always show this to a taxi driver or local if you need directions.



- **Get to know the city's transport network** - Check that you have a map or app that details the transport network for the city. Ask at the hotel reception about recommended modes of transport for getting home late at night, such as night buses, trams and reliable taxi companies (that speak English).



- **Look for a convenience store** - Locate a convenience store or supermarket close to your accommodation where you can buy essentials that you may have forgotten to bring. Also, depending on the country, you may need to drink bottled water and it is worth buying a supply for your stay. The shop may be a cheap way of buying some local food and snacks to avoid extra expense at lunchtime.



- **Find an ATM** - In the daytime, locate an ATM that is close to your accommodation and in a well-lit and secure area. It is worth checking that your credit or debit card is accepted.



EXPERIENCING THE LOCAL CULTURE

The beauty of going to a new country is the opportunity to experience their culture, traditions, history, people and food. The differences are something that we encourage you to celebrate. Being open-minded about trying new things and learning will ensure you have a more enriching and immersive experience.

Whilst abroad why not explore these aspects of culture:



- **Food** - Local restaurants serving food that is typical of the region or country. See what is on the local people's plate and order the same.



- **Drink** - All countries will have drinks (alcoholic and non alcoholic) that they will be fiercely proud of and keen for you to try. Ask for recommendations. It is also a good conversation-starter.



- **Language** - Try to use some basics of the language. Simple things such as 'please' and 'thank you' will be really appreciated by the local people.



- **History** - A great way to gain insight into the history of any destination is by joining a city tour. Often you can join a tour for free or for a small fee and with a local expert you will learn lots in an interactive manner.



- **The Arts** - Whether this means going to museums or art galleries, listening to local music or seeing a performance, you will become culturally enriched as a result. Check online and in local newspapers and magazines for festivals or cultural events.



And perhaps most importantly, interact with locals! Talking to a local can provide invaluable information that cannot be found in a guide book, be it anything from history and politics or even just a great place to eat. Below are a few conversation starters:

- Who is the most famous person from this area and why?
- What local food must I try whilst I am here?
- Which sports team is the most popular?
- What is the hot topic right now that everyone is talking about?

Lastly, if you are having problems, we recommend that you speak with your Trip Lead or you can call the #DMUglobal Office and we will be happy to help and offer advice.

In some cases culture shock can even have physical symptoms like extreme tiredness, headache, stomach ache, dizziness or insomnia. Give yourself enough time to adjust and do not feel like culture shock is any kind of failure on your part. Each person can react in different ways.

CULTURAL DIFFERENCES

When visiting a new country it is worth bearing in mind that there will be cultural differences. Below you will find some brief information about the issues that you may encounter related to these differences while overseas:

- **Race** - Racial and ethnic relations vary by culture, meaning that while you're abroad you may be treated in a different way by locals. If you feel uncomfortable or unsafe at any point we recommend that you speak to your Trip Lead.
- **Gender** - Your host country's cultural attitude towards gender may differ from what you are used to and you may be treated differently based on these factors. It is an opportunity to reflect on how you were raised and what your own core values are.
- **Religion and belief** - Remember to stay open-minded about different beliefs you may encounter and consider how your own beliefs will be received abroad. Additionally, you may have religious practices that you would like to observe abroad. Be sure to talk with the #DMUglobal Office if you have specific questions.
- **Disability** - Provision for individuals with disabilities abroad may not be at the same level as in the UK. If you have any concerns or questions about your own access needs, contact the #DMUglobal team and we will refer you to The Disability Advice and Support service.
- **Sexual Orientation** - It is important to be aware that attitudes and understanding of sexual identities will vary by country. Do your research and be aware of the legal restrictions regarding same-sex relationships, as well as the general attitudes of the population in the country you are visiting.



STAYING SAFE

Looking after your personal safety whilst overseas is extremely important. Remaining aware of your surroundings and avoiding taking any unnecessary risks will help you to enjoy your #DMUglobal experience safely. Below is some advice to help you avoid difficult situations:

- Comply with the local laws and customs - make sure to do some research before you travel
- Look after your passport and make your Trip Lead aware immediately if it gets lost or stolen
- Avoid going out alone - if you do always let someone know where you are going and when you will be back
- Plan your journey back to the hotel in advance, particularly at night
- Always carry a small amount of cash on you in case of emergency
- Remain alert of pickpockets and bag snatchers
- Only use licensed taxis
- Keep your #DMUglobal Travel Card in your pocket so that you have key phone numbers with you at all times
- Avoid using an ATM after dark
- Use a safe in the hotel/hostel for your belongings
- Stay alert on public transport
- Keep your bag zipped, against your body
- Do not flash expensive jewellery or equipment whilst out on the street
- Ignore all street scammers

And lastly a simple rule... If you wouldn't do it at home - don't do it abroad!

DEVELOPING SKILLS

Currently only 6% of all students studying in the UK have an overseas experience while they study, and you can stand out from the crowd by going on a #DMUglobal opportunity.

In addition to the academic and professional knowledge gained through course-related activities, travelling overseas will help you develop other skills valued by employers. During your trip try to:

- Use your organisational and time-management skills to make travel arrangements and other plans to successfully complete your journey
- Should your plans go wrong – do not stress. Use your problem-solving skills and the support from the #DMUglobal Team and the Trip Lead to find a solution
- Use phrases in the local language to improve your confidence and foreign language skills
- Observe and talk to locals to improve your global awareness
- Finally, define your own academic and professional goals and think how you can achieve them using your #DMUglobal experience

I OVERCAME ANXIETIES WITH TRAVELLING,
BELIEVING IN MY OWN WORK AND
BUILDING UP THE COURAGE TO PRESENT
MY RESEARCH, CHALLENGING MYSELF IN
WAYS THAT I WAS NOT EXPECTING.

Madeleine Kerslake
MA Arts
on her Academic-led trip to Rome, Italy

BUILDING ON YOUR EXPERIENCE

If you enjoyed your #DMUglobal experience you may be eligible to go on another! We offer the following academic and extra-curricular opportunities overseas and in the UK:

- **Academic-led trips** – gain a new perspective on your studies by taking part in a short-term visit to another country organised by an academic and linked to your course
- **Erasmus+ study and International exchange** – you can study for a semester or a year at one of our partner universities in Europe and beyond



- **International work placements** - spend a semester or year doing an Erasmus+ Traineeship in Europe or an International Placement outside of Europe
- **Summer schools** - study at a partner university overseas learning about a new culture and meeting students from all over the world
- **Internships** - spend your summer doing a short-term supervised work experience overseas
- **Volunteering** - undertake voluntary work overseas to benefit the environment or the local community
- **Student-led trips** - as a student society or sports club you can organise a trip overseas linked to your area of interest or activity
- **Language learning** - say hello to a new language through taster days and non-credit bearing classes at DMU

USEFUL CONTACT DETAILS

#DMUglobal:

T: +44 (0) 116 257 7613

E: dmuglobal@dmu.ac.uk

DMU Security 24/7:

T: +44 (0)116 257 7642

E: security@dmu.ac.uk

Travel Insurance:

Name of insurer:

Policy No:

T:

Hotel:

Address:

T:

Trip Lead:

Name:

T:

Remember to keep a copy of your **#DMUglobal Travel Card** with you at all times with these phone numbers in case of emergencies.

Whilst abroad if you have any other serious issues such as:

- Lost or stolen passport
- You've been attacked and a victim of crime
- You've been arrested
- National emergencies

The Embassy or Consulate for your country is likely to be able to offer advice and support. A useful resource for travellers from the UK is the Government travel advice - **gov.uk/foreign-travel-advice**. This website provides accurate information about the situation in all countries worldwide.

#DMUglobal recommends that you research in advance the contact details for your nearest Embassy or Consulate.

Embassy:

Address:

T:



WHY DO YOU GO AWAY? SO THAT YOU CAN COME BACK. SO THAT YOU CAN SEE THE PLACE YOU CAME FROM WITH NEW EYES AND EXTRA COLOURS. AND THE PEOPLE THERE SEE YOU DIFFERENTLY, TOO. COMING BACK TO WHERE YOU STARTED IS NOT THE SAME AS NEVER LEAVING.

Terry Pratchett
A Hat Full of Sky