



**JOHN B. GOLDHAMER, MBA, J.D. Equivalent**

Glen Allen, Virginia

[www.Linkedin.com/in/JohnGoldhamer](http://www.Linkedin.com/in/JohnGoldhamer)

[www.JohnGoldhamer.com](http://www.JohnGoldhamer.com)

**I can Hammer out any Problem!**

John B. Goldhamer has Education and Experience in *All Business Disciplines*, is a *Marriott Lifetime Platinum*, and has traveled all of the United States and Half of Europe. He says:  
Being an “*Experienced World Traveler*,” I launched, lived, and learned many travel suggestions.

**TIPS FOR THE OVERSEAS TRAVELER**

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## Tips for the Overseas Traveler

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### TIPS FOR THE OVERSEAS TRAVELER

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*Bon Voyage and Good Travels!*

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### Voter ID Registration Card

Your Driver's License alone does not prove citizenship. Before your trip, go to your City or County Voter Registration & Elections Office and ask them for a current Voter ID Card. Even if the card does not require a signature, sign it anyway. Then ask an office supply store to Laminates it or seal it in plastic so it stays dry. When traveling overseas, place your Voter ID Card in a different place than your passport, such as a shaving kit or makeup bag. If your passport is lost or stolen, your Voter ID Card will be your Proof of U.S. Citizenship, when combined with your Driver's License.

### Personal Travel Code

Before friends or relatives travel internationally or on a long trip, set up a Personal Travel Code like the traveler's Birthday Month (July) or Day (31). If a Scammer calls asking for money pretending to be the traveler simply ask for the Personal Travel Code and if they cannot provide it, hang up.

### Immunizations and Vaccines

Immunizations are one of the most effective ways to prevent diseases among travelers. Check on the vaccinations you might need by consulting your Physician, Pharmacist, or the U.S. Centers for Disease Control, Travel Health Information by Country Website <http://wwwnc.cdc.gov/travel/destinations/list>. Allow 4-6 weeks for Medications and Immunizations.

Some Physicians and Pharmacists recommend *Twinrix*, which is a vaccine against Hepatitis A and Hepatitis B, and is administered over *three doses*. The name was created because it is a mixture of two earlier vaccines. <http://en.wikipedia.org/wiki/Twinrix>

### Medications

Use a Quart Sized Zip-Lock Bag or two to carry Medications in their Original Pharmacy Labeled Bottles in your carry-on luggage, not your checked luggage to avoid problems. In addition, keep all the Medications Pharmacy Product Information Documents and Receipts with your travel papers. Carry an extra pair of glasses and or contacts lens along with enough cleaning supplies for the entire trip. In some countries it is hard to find these supplies.

### TSA (Transportation Security Administration)

The TSA website provides a "Travel Checklist" at [www.tsa.gov/travel/travel-tips/travel-checklist](http://www.tsa.gov/travel/travel-tips/travel-checklist) and answers: "What Can I Bring?" [www.tsa.gov/travel/security-screening/whatcanibring](http://www.tsa.gov/travel/security-screening/whatcanibring)

### Color Photocopy of Passport

Inside your suitcase, on top of your clothes, so that it can be seen when opened by the TSA Inspectors, place a Color Photocopy of your Passport with your Address, Cell Phone Number, and Email address. If your suitcase is lost and the Airline Tag is missing, your bag can still be identified, and perhaps sent to your destination.

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### Travel Visas

A travel visa is required to enter many countries. Prior to purchasing your Airline Ticket, check if your destination country's requirement for travel visas at <http://visacenter.com>.

### Travel Advisory

The U.S. State Department recommends as a first step in planning any trip abroad, check the Travel Advisory for your intended destinations. You can see the globe at a glance on the *World Color-Coded Map*. <https://travelmaps.state.gov/TSGMap/?extent=-0.879381859,47.401628436,20.397707357,54.42135931>

There are *Four Color Travel Advisory Levels*:



### Printout of U.S. Embassies Local Physical Address and Telephone Numbers

Personnel at U.S. Embassies and Consulates abroad are available 24 hours, 7 days a week, to provide emergency assistance to U.S. citizens. On the Internet, go to the U.S. Embassies, Consulates, and Diplomatic Missions Websites <http://www.usembassy.gov>, click your destination country and city if listed, go the top right corner, click "Contact Us," and print out the local physical address and telephone number. Keep the printouts with your other travel papers to take on your trip. In case of an emergency, you will save a lot of time already having the contact information for the U.S. Embassy and you could easily hand it to a taxi.

STEP (Smart Traveler Enrollment Program) <https://step.state.gov>

This is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Although from your passport, the U.S. Government knows you entered the country, but *they do not know your lodging and city where you are staying*. Protecting the lives and interests of U.S. citizens abroad is a core mission of U.S. Embassies. <https://step.state.gov/STEP/Pages/Common/FAQ.aspx> The benefits of enrolling in STEP are:

1. Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
2. Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
3. Help family and friends get in touch with you in an emergency.

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### Email Yourself Your Travel Itinerary

Scammers are searching the internet for travelers so they can send fake help emails. Create your Complete Travel Itinerary as a Word Document, print it as an *Adobe .pdf*, which is harder for scammers to search, and attach it to an email to friends or relatives and yourself. It should show your Complete Travel Itinerary listing dates, Airlines, Trains, Hotel Address, Car Rentals, and all Reservation Numbers; *without* Credit Card Information. Then if you or they need your Travel Itinerary it is easy to access with any computer in the world.

### Packing a Suitcase

Spread out the contents of your suitcase on your bed and take a *Date and Time Stamp Photo*, with a Smart Phone so you can prove your positions and refresh your memory if your suitcase is lost.

Rolling clothes when packing your suitcase or travel bag can save space and help prevent the clothes from becoming wrinkled. This method of packing clothes for travel works best for jeans and T-shirts. Stuff larger items in shoes to save space.

To take less space, open up *Toiletries or Personal Care Products*, articles used in washing and taking care of one's body such as Body Lotions, Liquid Soaps, Shampoos, and Toothpaste; let some of the air out and then quickly close. Toiletries that do not have screw tops should be placed in Zip-Lock Bags so that they will not leak on your clothes if ruptured.

Weeks before your travel, *use up about half of the contents of your Personal Care Products*, so that by the time of your trip they are half-full. While still home, purchase other *Personal Care Products* if needed so that you do not have to use the ones that are *half-full or half-empty*, depending on your philosophy; but if you are going on a fancy trip, they are half-full!

### Drink Lots of Water

Most jets are pressurized to about 8,000 feet, which holds less moisture and the air outside that is pumped into the cabin of a plane flying at 30,000 feet, has only about 15% humidity; where most homes have about 55%. Because the air on long flights is dry, it is easy to become dehydrated. *While flying, drink lots of water, use Saline Nasal Spray, Lubricating Eye Drops, and Lip Balm.* At the Airport, *once past Security*, purchase a Bottle of Water to drink on the flight, which you can refill.

The TSA will allow an "*Empty*" 17 oz. *Collapsible Foldable Water Bottle*, which while traveling in the U.S., you might be able to fill up at some American *airport bottle-filling stations* near bathrooms and drinking fountains; so that you stay hydrated while flying. Make sure that before going through Customs, *it is empty again!* Once at your hotel, fill up the *Collapsible Foldable Water Bottle* or purchase a six pack of Bottled Water at a store or hotel and each day drink more water than usual. If you are flying to Europe, most locations do not have drinking fountains.



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### Airplane Exercises

To prevent Leg Cramps, walk about the cabin every 3 hours or after each movie and while in your seat, regularly perform Ankle Circles, Foot Lifts, and Knee Raises. [Behance.net/Airplane-Exercises](http://Behance.net/Airplane-Exercises)

### Jet Lag - Traveling on Long Flights

Jet Lag is an imbalance in our body's "*Biological clock*" caused by traveling to different time zones. Our bodies work on a 24-hour cycle called "*Circadian rhythms*," which are influenced by our exposure to sunlight and help determine when we sleep and when we wake. Traveling East you lose time, compressing days into shorter periods, while traveling West you gain time, which expands days and is easier for the "*Biological clock*" to adjust.

Try to sleep on the airplane! To easier adjust to the change in Time Zones, take an Over-the-counter *Mild "Melatonin"* Pill [wikipedia.org/Melatonin](http://wikipedia.org/Melatonin), which your brain normally makes while you sleep.

Get a window seat to lean against, use an *Inflatable Neck Pillow* and a *Black Sleep Mask*. If you put a *Skull & Crossbones* on *each* eye you will look like a *Blind Pirate* and no one will bother you!

### After Landing

The day you land you will be very tired, but try to stay up. Spending time in the sunlight can help you adjust quicker. Try to drink a lot of water and make sure you eat something around the new locations meal times. If you can last that long, go to sleep about 9 P.M. and take another *Mild Melatonin Pill* to help you adjust to the right time to sleep. It will generally take a couple of days to adjust to the time difference, but it varies for each person.

Pack about four to six *Plastic Clothespins* or small *Binder Clips* to clamp drapes closed during daylight when napping or sleeping, but pack them in your suitcase not in your carry-on.

### Taxi from the Airport

I never travel my first day with my destination's currency, because it is very expensive to buy in the U.S. Instead before my travel, I discover approximately how much a taxi is to my hotel. Using Google Maps, I print out the hotel name, address and map to show the Taxi Driver. I also carry it with me while in that city to show other Taxis where I want to go.

### International Driving Permit (IDP)

An International Driving Permit (IDP) is an identity document that allows the holder to drive a private motor vehicle in any of the *150 countries* that recognizes IDPs. To be valid, the IDP must be accompanied by a valid driving license. The IDP, which is slightly larger than a passport, is a multi-language translation of the driver's license from the issuing nation, complete with photograph and vital statistics. [https://en.wikipedia.org/wiki/International\\_Driving\\_Permit#Countries\\_recognizing\\_IDP](https://en.wikipedia.org/wiki/International_Driving_Permit#Countries_recognizing_IDP)

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### International Driving Permit (IDP) (Continued)

AAA (American Automobile Club) (*Membership not required*) is one of only two private entities in the U.S. authorized by the U.S. Department of State to issue an IDP. You will need to provide:

1. Download and fill out an [application](#), and bring it to your nearest [AAA branch office](#).
2. Two original passport pictures (also available at AAA branch offices).
3. A valid U.S. driver's license.
4. Pay \$20 USD permit fee <http://www.aaa.com/vacation/idpf.html>

The terms right-hand traffic (RHT) and left-hand traffic (LHT) refer to regulations requiring all bidirectional traffic, unless otherwise directed, to *keep to the right or to the left side of the road*, respectively. This is so fundamental to traffic flow that it is sometimes referred to as the *Rule of the Road*. 163 countries and territories use RHT (U.S.) and 76 countries and territories use LHT, including *Australia, Ireland, India, Japan, and United Kingdom*. Countries that use LHT account for about a *sixth of the world's area and a quarter of its roads*. [https://en.wikipedia.org/wiki/Right-and\\_left-hand\\_traffic](https://en.wikipedia.org/wiki/Right-and_left-hand_traffic)

For U.S. citizens, driving on the Left, or the opposite side of the road, can be a real nightmare, especially at roundabouts. In fact, in London, UK the street corners are marked for oncoming traffic ←*Look Left*, but if you look at it upside down it looks like 007 → (James Bond, this way)

Before your trip, discover if your credit card will charge an *International Exchange Fee, Foreign Transactions Fee, or Translation Fee* for purchases made international by checking your credit card *Terms and Conditions Statement*. Typically, this fee can be from 0% up to 3%. Some American Credit Union Credit Cards have *Zero International Exchange Fees*.

Travel with 100, \$1 U.S. Dollar Bills. When you arrive at the Destination Airport, wait in the Taxi Line. When it is your turn, in English ask the Taxi Supervisor how much to your hotel and show him the Hotel Name, Address, and Map. Then, using a Smart Phone, Currency Converter APP, key in the Taxi amount; such as €46 (Euros), and convert it to U.S. Dollars at that hour's rate. For example, for my last trip, the exchange rate was \$1.11 U.S. per €1 (Euro), so the Taxi was about \$50 U.S. Show the Taxi driver the APP on you Smart Phone and ask him if he will take this amount in American or U.S. Dollars.

Later, after settling into your hotel, go to a local Bank ATM in a "*Safe Location*" that has your *Bank's Service Icons* for Worldwide Interbank Networks, such as Plus or Cirrus and use your Debit Card to withdraw Local Currency such as Euros (€) from your checking or saving account. Some Debit and Credit Cards charge an "*Exchange Rate Fees*" of 1% to 3%. Some Hotels have their own ATM's near the lobby. Be careful if a Hotel offers to exchange U.S. Dollars for Local Currency, or to give you a "Cash Advance" on your Credit Card, where the Interest starts that day.

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### Currency Exchange

Watch out for Currency Exchange Kiosks advertising no fees, because they generally hide their fees in the Exchange Rates they offer.

Some Local Merchants will ask you, "For a convenience to you, do you want to charge the purchase on your credit Card in Dollars, Euros, or a Local Currency." Local Merchants and your bank may charge you extra fees built into the Currency Exchange rates they offer.

It is best to charge in the Local Currency and let the banks translate the charge, which will always be based on the Official Currency Exchange Rate, "*At the exact time of purchase.*"

Generally, My "*Rule of Thumb*" is that when a Bank, Merchant, or Financial Company offers "Convenience," it will usually cost more money.

### Local Laws and Customs

In the United States, when a buyer buys a product or services it normally comes with an "*Implied Warranty of Merchantability*," or in other words, the product or service will work as expected. Generally, if a buyer purchases a product or service and it does not work, the U.S. Merchant will accept a return and process a refund. This legal theory is established in "*Common Law*." Many laws around the world are similar to American Law, especially in "British Commonwealth" Countries.

In some countries, that do not follow "*Common Law*," if a merchant sells something, there is *not* any "Implied Warranty of Merchantability" that the product or service works. For example, France follows the "*Code of Napoleon*." If you purchase time at a Paris Internet Café, but while you are using the computer the internet stops, the merchant will not refund.

Another establishment of "Common Law" is that in the U.S. if someone gets hurt, they can sue the person at fault, so that Bus Drivers, Train Conductors, and others are careful not to cause harm.

In some countries that do not follow "*Common Law*" Bus Drivers, Train Conductors, and others are not careful, because they say if someone gets hurt, "It is only their fault." For example, in Paris, the Metro or Subway doors open before the train stops. If a passenger jumps out and gets hurt, then it is only the passenger's fault they were hurt.

It is best not to argue with a merchant because they have the "*Local Law on their side*." If you made a purchase using a credit card, once home you can Dispute the charge with your credit card company, explaining you did not receive a working product or service.

### Language

Remember you are a Foreigner in their land. "*Native Inhabitants*" will be more likely to help you when you start off speaking in their language. Try to learn how to ask in their language, "*Do you speak English?*"

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*Bon Voyage and Good Travels!*



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### **TYPES OF TRAVEL**

*Listing of forty (40) types of travel, a snippet about each manner of transportation, all in rhyme.*

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One if by Land, two if by Sea,  
Three if by Air, its faster you See.

Four if by Car, turned on with a Key,  
Five if by Bus, leave the driving to Me,  
Six if by Train, slow or fast it's great to Sightsee,  
Seven if by Truck, some drive for fun others as a Payee,  
Eight if by Subway, underground for a Fee.

Nine if by Sailboat, moving majestically making all troubles Flee,  
Ten if by Hovercraft, skimming land and water on air cushion Jubilee,  
Eleven if by Ferry, used by commuters and tourists with Glee,  
Twelve if by Submarine, past creatures smaller than a Pea,  
Thirteen if by Cruise Ship, with afternoon Tea.

Fourteen if by Motorhome, for any He and She,  
Fifteen if by Motorcycle, you don't need a Goatee,  
Sixteen if by Golf Cart, for Players using a Tee,  
Seventeen if by Snowmobile, but it must be a cold Degree,  
Eighteen if by Jet Ski, its more fun as a Standee.

Nineteen if by Canoe, but it only holds Three,  
Twenty if by Bicycle, racing downhill yelling Whee,  
Twenty-one if by Unicycle, balancing is a whimsical Spree,  
Twenty-two if by Skateboard, but don't hurt your Knee,  
Twenty-three if by Segway, works for everyone, even a Retiree.

Twenty-four if by Dog Sled, saying "Mush" to start is the Decree,  
Twenty-five if by Horse, it's fun to ride and some are a Devotee,  
Twenty-six if by Carriage, it has been prepared for Thee,  
Twenty-seven if by Taxi, it can be like racing in a Grand Prix,  
Twenty-eight if by Limousine, a nice smooth ride is a Guarantee.

Twenty-nine if by School Bus, singing, talking, and yelling Whoopee,  
Thirty if by Trolley, you can ring the bell as an Appointee,  
Thirty-one if by Monorail, a single track with no Debris,  
Thirty-two if by Cable Car, majestic mountains and chance to Ski,  
Thirty-three if by Tractor, watch out for that Tree.

Thirty-four if by Hang Glider, the wind is Free,  
Thirty-five if by Balloon, a beautiful ride, few would Disagree,  
Thirty-six if by Glider, flying quietly from the wind as a Draftee  
Thirty-seven if by Helicopter, as fast or slow as a Bee,  
Thirty-eight if by Jet Plane, speed is easy to Foresee,  
Thirty-nine if by Jet Pack, you will become a Patentee,  
Forty if by Rocket, in the future will Be.

But getting there is half the fun, we all Agree!

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### HUMOROUS EUROPEAN MATHEMATICS

By John B. Goldhamer  
Glen Allen, Virginia

Europe uses a 24 Hour Clock. If we subtract 12, and carry the 1, it is = to 1 Kilometer, or 25 Celsius, or 1 Euro, which is then = to 1.15 American or -1 GMT, as well as 220 Volts!

Actually, Europe has Five different computations compared to the United States.

You wake up and it is already -1 GMT, (Greenwich Mean Time) with a 24 Hour Clock, which half the day is the same as the U.S.

Then you hear on the news that the day will be a high of 25 to 30 and you do not know if that is good or bad.

Next, you pay for your Breakfast in Euros, which currently is \$1.15 American.

Then you get directions for a tour, which will meet 1 Kilometer from a Church.

This is on top of speaking a different language than English.

Finally, at night you plug in your Cell Phone and Camera into a 220 Volt Converter.

The next day it starts all over and you still do not know if it will be a hot day!

(Toastmasters First Prize Winner for Humorous Speech Contest)

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### TIPS FOR THE OVERSEAS TRAVELER – CHECKLIST

- Voter ID Registration Card** - Issued by County or City proves U.S. Citizenship if Passport stolen
- Personal Travel Code** - *Travelers should set up a code using their birth date to stop scammers.*
- Immunizations and Vaccines** - Immunizations are one of the most effective ways to prevent diseases among travelers. U.S. Centers for Disease Control <http://wwwnc.cdc.gov/travel/destinations/list>. Physicians and Pharmacists recommend [Twinrix](#) a *three dose vaccine against Hepatitis A & B.*
- Travel Visas** - Before buying Airline Ticket check travel country requirements <http://visacenter.com>
- Purchase Before Trip** - Liquids, gels and aerosols packed in carry-on must be 3.4 ounces or less per container and in a 1 quart size, clear, plastic, zip top bag (all liquids must fit in bag).
  - Lubricating Eye Drops* or Contact Lens Rewetting Solutions,
  - Saline Nasal Spray,*
  - Lip Balm, with Moisturizer,*
  - Mild "Melatonin" Over-the-counter Pills- Helps sleep on the plane and time zone changes,
  - Flashlight* for seeing in a dark hotel room if the lights go out and read street signs at night,
  - Adapter-Converter* - Changes overseas 220 Volts to 110V for electrical devices- *Cell Phone*
  - Collapsible 17 oz. *Foldable Water Bottle*, the TSA will allow a carry-on "Empty" water bottle,
  - Inflatable Neck Pillow* to support your neck and get comfortable on the plane,
  - Sleep Mask* for sleeping on the plane and hotel rooms,
  - Plastic Clothespins* or *small Binder Clips*, four to six to clamp drapes closed during daylight.
  - Pen* for Custom Declaration Forms *U.S. Customs & Border Protection Declaration Form 6059B*
  - Travel Size Personal Care Products* may be purchased at [Bed Bath & Beyond](#) & [Minimus.biz](#)
- Medications and Medical Insurance** Quart Zip-Lock Bags for carry-on, large bottles- luggage:
  - Medications in Original Pharmacy Labeled Containers* with Pharmacy Printed Product Info,
  - Extra Glasses or Contacts Lens along with *enough cleaning supplies for the entire trip,*
  - Medicare and some U.S. medical insurance are not valid internationally. Buy travel insurance
- Packing a Suitcase:**
  - Weeks before your travel, *use up about half of the contents of your Personal Care Products,* so that by the time of your trip they are half-full or half-empty; *depending on if it is a fancy trip.*
  - Toiletries without screw tops should be placed in *Zip-Lock Bags* so that they will not leak.
  - Rolling clothes when packing your suitcase or travel bag can save space.
  - Spread out contents of your suitcase on your bed and take a *Date and Time Stamp Photo.*
- Color Photocopy of Passport** - Place inside your suitcase, on top of your clothes, so that it can be seen when opened by TSA Inspectors and it helps to identify your luggage if it is lost.
- Email Yourself Your Travel Itinerary as a .pdf** - A .pdf of a document is harder for scammers to search. Attach it to an email to friends, relatives and yourself, but in email body don't say trip.
- Printout Google Map** - Hotel name, address and map and carry it with you to show Taxis.
- Travel Advisory** - U.S. State Department has **Four Color Travel Advisory Levels.**

You can check out the globe at a glance on the [World Color-Coded Map](https://travelmaps.state.gov/TSGMap/?extent=-0.879381859,47.401628436,20.397707357,54.42135931).

<https://travelmaps.state.gov/TSGMap/?extent=-0.879381859,47.401628436,20.397707357,54.42135931>
- Printout U.S. Embassies Local Physical Address & Telephone Numbers** - U.S. Embassies and Consulates available 24 hours, 7 days a week for *Any Emergency.* [www.usembassy.gov](http://www.usembassy.gov)
- STEP (Smart Traveler Enrollment Program)** <https://step.state.gov> - Helps a U.S. Embassy contact you in an emergency whether natural disaster, civil unrest, or family emergency.
- TSA (Transportation Security Administration)** [www.tsa.gov](http://www.tsa.gov) - The TSA website provides a "Travel Checklist" and answers: "What Can I Bring?"

## Tips for the Overseas Traveler

By John B. Goldhamer, [www.JohnGoldhamer.com](http://www.JohnGoldhamer.com), Glen Allen, Virginia

Being an "Experienced World Traveler," *I launched, lived, and learned many travel suggestions.*

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### TIPS FOR THE OVERSEAS TRAVELER – CHECKLIST (Continued)

- **International Driving Permit (IDP)** - IDP is an identity document that allows the holder to drive a private motor vehicle in any of the 150 countries. 163 countries and territories use RHT (U.S.) and 76 countries and territories use LHT, so it might be confusing.  
AAA (American Automobile Club) (*Membership not required*) is one of only two entities in the U.S. authorized by the U.S. Department of State to issue an IDP. You will need to provide:
  - Download and fill out an [application](#), and bring it to your nearest [AAA branch office](#).
  - Two original passport pictures (also available at AAA branch offices).
  - A valid U.S. driver's license.
  - Pay \$20 USD permit fee <http://www.aaa.com/vacation/idpf.html>
- **Finance**
  - **Credit Cards - International Exchange Fees** - Check your credit card *Terms and Conditions Statement for International Exchange or Translation Fees*, which can be from 0% up to 3%.
  - Some American Credit Union Credit Cards have Zero "*International Exchange Fees.*"
  - **Credit Cards - Bank's Service Icons**- Discover which Bank Service icons your credit card does business with and if they participate in your destination country.
  - **U.S. Dollar Bills** - Before you leave, withdrawal from your bank 100, \$1 U.S. Dollar Bills and place them in an unmarked envelope in your carry-on, not your checked luggage.
  - **Smart Phone, Currency Converter APP** - You can key in a Taxi amount; such as €46 (Euros), and convert it to U.S. Dollars at that hour's rate. For example, for my last trip, the exchange rate was \$1.11 U.S. per €1 (Euro), so the Taxi was about \$50 U.S. Show the Taxi driver the APP on your Smart Phone and ask him if he will take this amount in American or U.S. Dollars.
- **Currency Exchange:** [www.JohnGoldhamer.com](http://www.JohnGoldhamer.com)
  - Currency Exchange Kiosks advertising no fees, hide their fees in their Exchange Rates.
  - It is best to charge in the Local Currency and let the banks translate the charge, which will always be based on the Official Currency Exchange Rate, "*At the exact time of purchase.*"
- **Purchase at the Airport** - Past Security purchase **Bottle of Water** to drink on the flight and refill
- **Purchase at Hotel or Local Store** - Once at your hotel, fill up the Collapsible Foldable Water Bottle or **purchase a six pack of Bottled Water** and each day drink more water than usual. If you are flying to Europe, most locations do not have drinking fountains.
- **Airplane Exercises** - [Behance.net/Airplane-Exercises](http://Behance.net/Airplane-Exercises), Place printout in your carry-on.  
To prevent Leg Cramps, walk about the cabin every 3 hours or after each movie and while in your seat, regularly perform Ankle Circles, Foot Lifts, and Knee Raises.
- **Language** - **Try to learn how to ask in their language**, "*Do you speak English?*" Remember you are a Foreigner in their land. "Native Inhabitants" will be more likely to help you when you start off speaking in their language.
- **Local Laws and Customs** - In the U.S. when a buyer buys a product or service it comes with an *Implied Warranty of Merchantability* it works. This legal theory is established in *Common Law*. In some *countries that do Not Follow Common Law*, if a merchant sells something, there is *Not* any Implied Warranty of Merchantability that it works. *Don't argue! Their law is on their side!*  
Bus Drivers, Conductors and Drivers are not careful because if someone gets hurt *It's their fault.*

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*Bon Voyage and Good Travels!*