

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Planning on Doing Some International Travel Over the Holidays?

By Susan Dunn

Planning on Doing Some International Travel Over the Holidays? by Susan Dunn, The EQ

Coach

[shudder]. No really, a little EQ – managing the attitude, and using the ole noggin' can make it almost pleasant!

1. Pack your patience and your Emotional Intelligence.

Turn down the emotions, turn up the forethought. Example – research your destination on the Internet prior for websites where individuals (not paid interests) can tell you what you can ^anticipate^.

2. Pre-arrange everything you possibly can - air, hotel, car, restaurant, attractions, plays.

3. Make copies of your passport, traveler's cheques, credit cards, itinerary, and airline tickets.

Carry one copy with you and leave one copy with your designated emergency-contact.

4. Carry with you the address and phone number of your country's embassy (consulate) for each country you'll visit.

5. Take any regular medication in your hand luggage and be sure you have more than enough for your trip. (Remember needles and scissors can't be in hand luggage.)

6. Check the US State Dept. advisories, www.travelstate.gov, before your go for immunizations, hazards and other pertinent information; the Overseas Security Advisory Council, www.ds-osac.org, and the Transportation Security Administration site, www.tsatraveltips.us.

7. You'll know you'll be waiting, so use your EQ and figure out how to make it A Good Thing.

Planning on Doing Some International Travel Over the Holidays?

- Use e–ticket and online checkin when you can.
- Bring along that book you've been meaning to read
- Bring a pre–paid phone call and catch up with buddies
- Bring a neck pillow and plan to catch up on your rest
- Dress appropriately for sitting or lying around an airport for a long time - loose clothing that can be abused

8. Use your neocortex when you pack, not your brain–stem. (You KNOW the rules, abide by them! Exorcize from the brain–stem another time, another place.)

- Pack carry–ons lightly so they can be checked more easily
- Check the checked baggage allowance and be sure your name and contact details are on the outside of each bag
- Avoid packing anything that looks like a weapon (guide - anything you wouldn't give a toddler free

access to - nail file, letter opener, knitting needle, and the more obvious hand grenades)

- When traveling to and from North America, TSA recommends not locking checked baggage
- Check here www.tsa.dot.gov for common items which become hazardous in flight due to temperature changes and pressure, and don't pack them.

9. Be sure you have a valid passport and any required Visas and be prepared to show them at any point along the way.

10. Know the rules of security checkpoints and abide by them.

- Only ticketed passengers can proceed beyond it
- All electronic items will be screened - laptops and cells. Remove laptop from travel case.
- Keep ticket and boarding pass and ID within easy reach - like on neck chain
- Wear shoes easy to remove and as little jewelry as possible

P.S. Here's a tip from a seasoned traveler. You KNOW you're going to be buying things, and possibly taking home gifts, so pack some clothes that are ready for Goodwill and that you can deposit in another country's "Goodwill" to leave space in your bags for the return trip.

©Susan Dunn, MA, cEQc, The EQ Coach, <http://www.susandunn.cc>, sdunn@susandunn.cc . Would you like to be an EQ coach? We offer training and certification, long distance, no residency requirement. Rigorous programme plus products available for licensing that will prepare you to launch your practice in this fast–growing new field. <http://www.eqcoach.net> .Email us for FREE eZine, mor info.

International Travel Insurance - Don't Leave Home Without It

By Jim Grayson

Does this sound familiar? You've saved and saved for that perfect vacation you've always dreamt

Planning on Doing Some International Travel Over the Holidays?

about. You're in the travel agent's office, you've just purchased your very expensive ticket and she's saying that you should buy some international travel insurance too. You roll your eyes because you're sure all this international travel insurance business is nonsense and she's just trying to get some more of your money. You say no thanks. While on your vacation, you crash your car and get hurt. Guess what? You've got to foot all the expenses yourself and because you didn't want to get international travel insurance.

For those of you who aren't familiar with it, international travel insurance is a must have if you intend to travel out of your own country. Since you're not familiar, right about now you're probably asking what international travel insurance is. Simply put, it is a temporary insurance policy which you buy before you leave on your trip. Typically, coverage lasts the full duration of your trip but, depending on who you're insured with, your international travel insurance can be extended for up to 12 months.

A lot of people couldn't be bothered with the added expense but there is always the small possibility that something can happen. A good international travel insurance policy will provide three things: good coverage at a reasonable price, readily available emergency assistance and efficient claims processing. It should also cover most circumstances. Your international travel insurance isn't adequate if it doesn't cover medical expenses, medical evacuation, travel cancellation and deferment costs, loss of luggage, rental vehicle expenses, death expenses, personal liability and legal expenses.

There is most often a need for international travel health insurance, to cover medical expenses. This can include hospital stays, medication and doctor's fees. However, international travel health insurance is a godsend in more critical situations as it also covers ambulance services and emergency-related travel expenses, which is especially important in third world countries where supplies are limited and you may need to be transported to another country.

While you may not think that the cost of such international travel health insurance coverage is justified for a short, weekend trip, if you're going to be hiking through malaria infested forests over those two days, you might want to think again. Use your discretion. It's much better to be prepared for a possible emergency than to fall ill or get injured and not have any international travel health insurance coverage.

Jim Grayson makes a living in the field of research. If you have found this article useful, visit his specialist resource sites,

and

. For more general information on this topic and others, visit

.

Planning on Doing Some International Travel Over the Holidays?



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!