

YOUR ESSENTIAL GUIDE UK TEEN TRAVEL TRIP 2023





ARE YOU READY FOR THE SUMMER OF A LIFETIME???

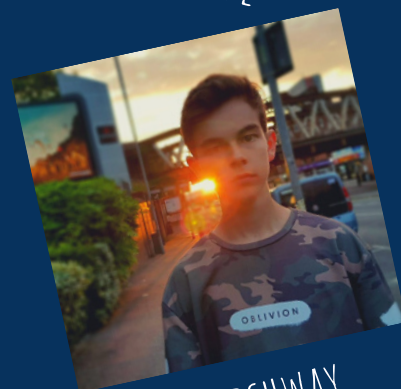
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TOP PACKING TIPS



Don't over pack!

Unfortunately, over packing is way too easy. It's difficult to know what's important to pack and what can be left at home, especially if it's your first time travelling alone!

Don't worry, we are here to give you some packing tips to help to make your travels this summer a breeze.

Get ready to pack and roll!

Many people assume folding their clothes is the best way to keep everything neat and wrinkle free, but rolling your garments will actually help prevent wrinkles AND provide more space.

This is one of the best tips to compress and fit all of your belongings!

Layers

Layers are the key for traveling. In one day you might be out in the hot sun, inside an air conditioned room and out at night during a cool evening. Layers are how you will get through the day feeling comfortable and at ease.

It will be the summer but the weather will vary greatly. A waterproof is a must! Airplane rides can get chilly and sleeves are the best prevention against bug bites! Don't make the mistake of assuming you won't want one or two items to provide coverage or warmth. We recommend a light sweat shirt or jacket, a long sleeved T-shirt, and breathable pants.

Make cuts

Maybe you start out with 12 of your favourite t-shirts. Take a moment to evaluate all of them. Which ones could you do without this summer? Do you really need that dressy top you might wear to dinner at some point?

Lay out everything you are taking. Before you pack it, ask yourself why are you packing it. If you aren't sure, or if you are packing it for a "what if" occasion, it's probably best to leave it out. You want to focus on items that you NEED not items that you think you might want.

Pack versatile clothing

Bring tops that can be worn with more than just one pair of shorts or a certain skirt. Avoid "outfits" and pack mix and match pieces instead. This will provide more variety and make the 5 t-shirts you pack feel like two weeks' worth of different outfits! Bring something you can go swimming with too. Microfibre towels are great to travel with and don't take up too much space so we recommend bringing one.

Bottom Line:

Each clothing article you bring should meet at least three of these requirements. Comfortable for the day time, but can be dressed up for the evening. Doesn't show stains/doesn't wrinkle. Folds up small. Good for multiple weather climates (ex: works in warm or cool weather). Coordinates well with most items you are bringing.

YES, THERE'S MORE!



Shoes: The dreaded space stealer

Here's one area where it's easy to take up a ton of space in your luggage. The rule of thumb is one pair of trainers for outdoor activities like hiking or biking, and one comfortable pair of walking shoes. Bonus points if your trainers can double as walking shoes! It's also a good idea to bring one slightly dressier pair of shoes you can wear out to dinner. Just make sure that they are comfortable to walk in. And please, no heels or wedges!

Tip:

Store your socks, underwear and jewellery inside your shoes to create more space! It's also a smart idea to pack your shoes in plastic bags so they won't get your other clothing dirty.

Don't bring a huge suitcase!

It's tempting to want to bring a full sized suitcase to fit everything, but please please avoid this! A rucksack is ideal and our preferred choice (however, you don't need to buy one if you don't have one!!). A medium sized or carry on sized suitcase is fine and will be easy for you to manoeuvre. It also means it will be harder for you to pack "too many things" which you want to avoid. Trust us; you'll thank us when you don't have to lug a giant suitcase around with you all summer!

It's not a fashion show, but you will want to look presentable!

This is one of the most important pieces of advice we can give to help you avoid over packing. It is NOT a fashion show. No one is judging how your top matches your shoes or if you are wearing designer clothing. What's important is you are comfortable and dressed appropriately for your travels around the UK.

If you aren't prepared to lose it, don't pack it!

Expensive watch? New fancy shoes? Don't bring them! Expect the unexpected when you travel. Anything from lost luggage to bags getting damaged can happen. So pack smart and don't bring anything that you would be devastated to lose!

Leave a little extra

Don't stuff your suitcase! You will want to make sure you have enough space for your return home to fit any new purchases and souvenirs. Telling your parents you are so sorry you couldn't bring them back that model Big Ben they requested because you didn't have room probably isn't going to fly... so make sure your bag is a little underweight and that you have some extra space!

And lastly...

Pack a water bottle! Seriously! The one item you should bring with you no matter where you are going. Staying hydrated is the best way to make sure you have healthy and happy travels, so don't forget it!

PHONES, TABLETS, COMPUTERS



You are welcome to bring your phone, it will come in handy when you are researching activities & accommodation. We do however recommend that you leave your laptop/tablet at home. This trip is a headphones out of ears, phones in pockets type of trip. Yes, you will want to use your phone to research things and to use when on long train/bus journeys, but that should be all. We ask you to agree to the following:

- I will not take, send or post any pictures or videos of anyone in the group without their permission to do so.
- My mobile phone is my responsibility and I shall take care of it accordingly.
- I shall not use my mobile phone during any meal times unless instructed to do so.
- I will not send inappropriate, harmful or threatening text messages.

FOOD GLORIOUS FOOD!

You will be in-charge of buying/making your own food, however this does not mean that you have complete free reign on what you will be eating. The Travel Mentors will be making sure you are eating a rich and varied diet. We will not be visiting McDonalds everyday and stocking up on sweets/sugary drinks will not be permitted. It is all about balance - if you eat lots of fruit and vegetables we might visit the odd fast food place. The Travel Mentors simply want to make sure you have enough energy and do not get sick whilst you are on Teen Travel, that means eating well and drinking lots of water!



MONEY



You will need money to buy lunch and anything else you want, things like a few postcards and some gifts for your family. The best way to carry money is on a card, this can be a travel money card or a bank card. The Travel Mentors will carry the groups budget.

"WE VISITED SO MANY AMAZING PLACES, I WISH I COULD DO IT EVERY YEAR!"

YOUR TRAVEL MENTORS

It is the job of the Travel Mentors to keep the fun clean and happening, the learning and the laughter in good balance, and most importantly to oversee the safety of the participants.



THE RULES

Within your group you will be expected to decide upon the rules for the group - these can be things such as; no talking/shouting over one another, or that the group has to stay together at all times. When we are all together we will decide what rules we all agree upon for the trip.

There are four unbending and unbreakable rules, which can result in being sent home at your family's expense:

1. No leaving the group without permission of a Travel Mentor
2. No drugs or alcohol
3. No inviting strangers into the group
4. No sexual activity

We take these rules seriously and we enforce them for your safety and the safety of the group.

A ONCE IN A LIFETIME TRIP!
I FEEL SO MUCH MORE
PREPARED FOR ANY
TRAVELLING I DO IN THE
FUTURE.

UK TOUR: WHERE DO YOU WANT TO GO?



LOCH LOMOND

Celebrated for the scenic quality of its landscapes and highly valued for its rich natural and cultural heritage

EDINBURGH

There are plenty of exciting things to do in Edinburgh. With stunning architecture, endless winding streets and an awe-inspiring castle perched on a dormant volcano, there's nowhere else quite like it.

YORK

Imagine a city with Roman roots and a Viking past, where ancient walls surround contemporary independent shops and vibrant eateries. Perfectly placed half-way between London and Edinburgh and with the glorious Yorkshire Dales, North York Moors and Wolds right on the doorstep, York is unlike any other English city.

MANCHESTER

Known throughout the world as the birthplace of the industrial revolution, Manchester has a proud history in science, politics, music, arts and sport. And today the city combines this heritage with a progressive vision to be a city that delivers surprise and delight in equal measures.

OXFORD

The City of Dreaming Spires, is famous the world over for its University and place in history. For over 800 years, it has been a home to royalty and scholars, and since the 9th century an established town, although people are known to have lived in the area for thousands of years. Nowadays, the city is a bustling cosmopolitan town. Still with its ancient University, but home also to a growing hi-tech community.

CARDIFF

Cardiff, the capital city of Wales, is a great destination. Wales was voted one of the world's top 10 must-visit countries by Rough Guides and Lonely Planet, while Cardiff came out as Europe's third best capital city to live in

LONDON

From Camden's punky vibe to leafy Hampstead Heath and historic Big Ben, London's incomparable blend of influences, traditions and history make it an unmissable destination for travellers.



#TEENTRAVEL23