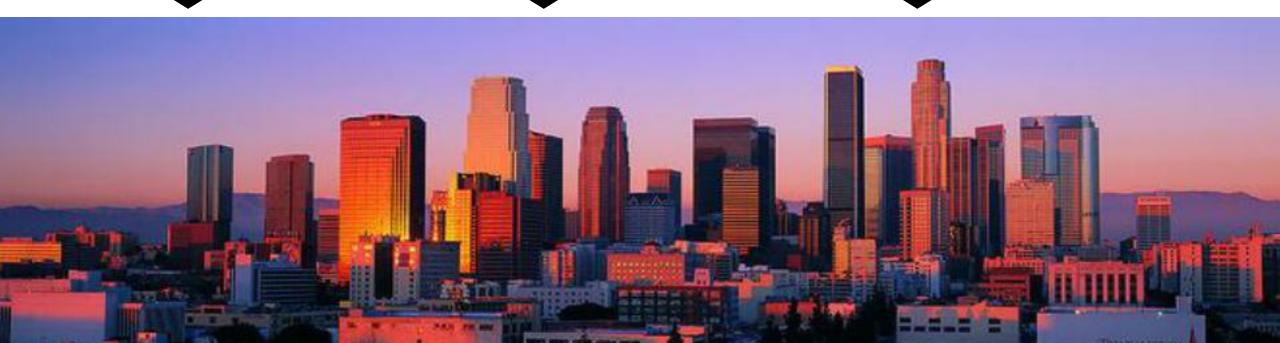


### Change Your Life

Preparation

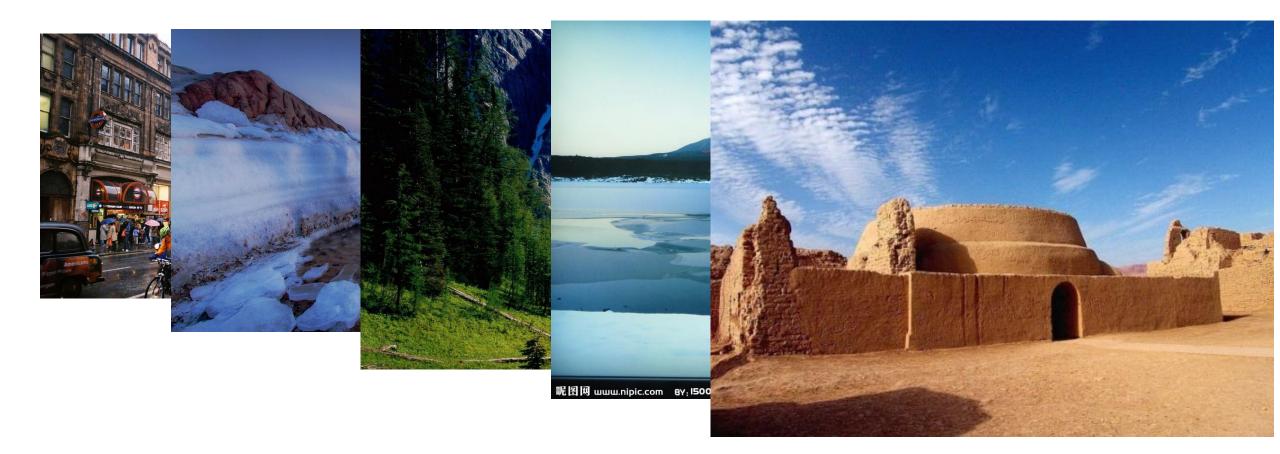
During Travel

Advice





- Englishmen often say, "Other countries have a climate, in England we have weather."
- It is true that the weather in England can change very quickly and that no one can tell when the different kinds of weather will occur.
- Weather can go through four seasons in a day. The day may begin as a gentle spring morning, an hour later black clouds may have appeared from nowhere and it may rain heavily.
- If you want to go to some places like England, you're supposed to be ready for it.





- It's common for us to get lost when we are in a strange place.Before we leave for our destination.We can download Google map or some other maps.
- There is a need for us to learn some common languages if we go abroad in case we feel confused when we require some passers-by.
- Tip: Nowadays, it seems that people can't live without Internet, so you can rent Wi-Fi online and get it on the station in the airport.



- Most important of all, we should solve our meals' problem. Not all of us are satisfied with the food in other places. So we need to find out what we like to eat and be familiar with the menu.
- By the way, we can choose seveneleven we like that we can buy beverages or snacks.
- Tip: Some countries don't have too many trashcans.It's wise to take some plastic bags when we travel around.

### Small Tips during the holiday



- If you plan to visit a mountain on holiday, it is better for you to go there in the early moring or late afternoon, because the times of sunrise or dusk are the most artistic.
- When we plan to have a small trip, it is not convenient for girls to bring many bottles of skin cream. So, we can put some cream that you need into the boxes of contact lenses.
- If you want to enjoy a trip with less cost, you can have a try to carpooling, but you should guarantee your personal safety.

#### Small Tips during the holiday

- Carry a small medicine cabinet in case you meet some emergencies.
- If you choose to go to the sea or beach, it is a great way for you to protect your phones by putting them in plastic bags.
- The tickets about business travel are usually the cheapest on Tuesdays and Wednesdays.



# Be efficient and more healthier

Advice

It is undeniably that most of us are fond of holidays, because we can take a rest after a long-time's work. However, it is important to arrange reasonably. If we spend our time staying up, playing computer games, reading useless novels or something else, we will be more tired at the end of our holidays and we will regret for what we have done on holidays. Therefore, a reasonable arrangement plays an important role in our holidays and it has a profound influence on our later efficiency. We can keep a healthy lifestyle, such as early to bed and early to rise, which can make our holidays more healthier.

## <u>Learn customs</u> Bring less luggage

Last but not least, we should learn about the culture of the place where we plan to go, because we will cause misunderstandings if we don't know the culture of that place. Then it may contribute to some unpleasant results. Thus, it is important for us to know the culture of that place before we leave, and then we will see a country in a new perspective once we do this. What's more, the less the luggage the better, because we will be bothered by the heavy luggage.



# THANKS