



# Colouricious Holidays

**A** - on arrival at your final destination reclaim your luggage and regroup. Once you are all together, go as a group to exit the airport where a local representative of Colouricious Holidays will meet you.

**B** - baggage should be clearly and securely labelled with a luggage tag noting only your name, mobile number & email address

**C** - cash is king in the more remote areas we tend to visit. Best to travel with hard cash that is easily exchanged. Credit cards are widely accepted in most shops other than in rural districts. ATMs can vary in reliability, especially outside big cities. So best to have a combination of payment method - some cash, some ATM and some credit card. We will do our best to provide you with cash on the first evening and from then on we ask that you change money as required in personal time so as not to keep the group waiting – Your guide or hotel staff will be happy to help

**D** - drink at least 1.5 litres of water a day - this does not include other drinks such as tea, coffee, beer etc, which is extra. The water provided in your room should be packed in your day bag at the beginning of the day. You will be supplied with more complimentary water throughout the day. Staying hydrated is very important.

**E** – Electrolytes, minerals & vitamins contained in a supplement such as “Zero” are a wonderful way of making all that water more palatable whilst replacing some of those minerals we will perspire in the day. These supplements are available from good quality health shops

**F** - Free time is a normal feature on our itineraries. You have time to do what you want to do - shopping, swimming, site seeing. Do not accept invitations to locals homes. Do keep a hotel card on you so you know where to get back to. The itinerary is not compulsory.

If you prefer to opt out of an activity, either for a rest or an alternative activity, just tell your guide. But please remember to tell your guide if you are not joining any part of the tour or we may spend considerable time checking on your well being. Recommended shops feature at the end of the day and you can choose either to be dropped off and make your own way home or stay on the coach that will take you to your hotel.

**G** - Group dynamics differ from when you travel with your family. Be patient and tolerant as everything takes longer. We like our groups to mix and match to avoid any cliques. Please look after each other by inviting each other to join you at meal times, free time and meals out. Please work in groups of 3 so that in the event of an emergency, one of you stays with the patient whilst the other one gets help. Your first point of contact should be to phone the hotel as they will contact your guide to come & help.

**H** - hotels normally have a hair dryer, safe and kettle. Please check their website for full details. The facilities are normally western style

Whilst we do our best to check the hotels offer a safe environment, this can be difficult in some of the more remote parts we visit. Modern Health & Safety rules hardly exist in some of the countries we visit. It is important that you are aware of potential hazards - pipe sticking out of the ground, hole in the pavement, wires hanging off the wall - the list is endless - but by taking responsibility for our own health & safety & looking out for each other we do survive

**I** - internet connection is generally poor and cannot be relied upon, although it is often provided for free in hotels. You may have the option to pay for an upgrade.

**J** - Just go with the flow -“It is what it is” - As organised and prepared as we are, events happen out of our control. Rest assured your guide will sort it You are on holiday and being well cared for.

**K** - Keeping you informed with a daily timetable which is issued on the first day so you know the activities planned and timings

**L** - Long clothing is respectable for travelling - shorts, skirts & dresses below the knee. No bare shoulders or exposed cleavages

**M** - Meals are normally at a regular time except for lunches when the time can vary. Best to keep a snack bar in your bag at all times. Breakfast everyday is at 7.30am onwards and dinner at 7.30 pm. Your meal plan normally includes 2 free evenings for you to explore a restaurant of your choice. We will have suggestions, or you can make your own culinary adventure. Please go out in a minimum of 3. Lunch is not included in your meal plan

**N** - now - enjoy the Now - live, learn & be happy. Relish the new experiences, soak up the joy and see the blue sky. Lifestyles and living standards are very different from ours for the vast majority of the peoples of other ethnicities. An open mind is essential when experiencing new cultures and it is important for us to respect their way of living

**O** - Online check in - oh the joy of modern technology - you do not need an airline ticket as we check you in online the day before your holiday. So all you have to do when you arrive at the relevant check in desk, is present your passport

**P** - probiotics really help keep your system healthy. Some people find them very useful. Start taking them for at least a month prior to your holiday, during your holiday and a month after your return. Best to go for the 20 billion range available from health stores

**Q** - Questions about your itinerary should be directed to your guide who will be please to help you. Queries about your room should be presented to the hotel reception.

**R** - rest is an important aspect of your holiday. Please pace yourself to avoid exhaustion. The itinerary is not compulsory

**S** - Social interaction - each time you get on the coach, please sit with someone else. It is important to mix and chat with your fellow travellers

- Social Media - sharing is caring. We love to see your photos so please share the love

**Facebook** - go to Colouricious Holidays and click like and follow. Post a photo or an album on your feed and #colouricousholidays

**Instagram** - post a photo, a video or an album on your page and tag @colouricousholidays

**T** - Toilet hygiene is especially important. Bring a packet of wet wipes to clean the toilet seat before you sit down and again when you have finished. Place the soiled wipe in a bin if provided. Then use soap and water (wash thoroughly for 20 seconds) followed hand sanitizer to clean your hands. Beat those bugs.

- Tuk Tuks are the quickest & cheapest transport for nipping round town. They are like scooters with a little cabin attached. Please travel in 3's & agree the price before entering the vehicle. Show them the hotel card. If they cannot read they will ask one of their colleagues. You will be well cared for by the drivers.
- We recommend 100 rupees per person, which is generous.

**U** - upset stomachs are part of travelling. It is almost impossible to escape some stomach upset when travelling to faraway lands. - Bring some Imodium and whatever else your healthcare professional may recommend. We take great steps to safeguard your health.

**V** - Vegetarian meals are a healthier option to avoid sickness

**W** - Wash your hands regularly with soap - especially before eating. Best to wash your hand twice, the second time to focus under your fingernails. If there are no paper towels, we recommend you just dab your hands dry on your clothes, as they will be cleaner than any towel provided. Remember there are germs on all surfaces from

money to door handles, to remote controls & ATMs. Best to avoid shaking hands too - make a friendly gesture instead.

**X** - extra time should be allowed between connections when travelling. Generally trains and flights run on time but as with any international travel, you may experience a delay, which may result missing the next link

**Y** - you are important to us and we will do everything in our power to safeguard your welfare. We want you to have a wonderful holiday and so please let us know if there is anything we can do to help you. We like to think of everything but if you come up with some more suggestions for this Guide, please email us at [colouricious@me.com](mailto:colouricious@me.com)

**Z** -zzzzz sleep to recharge your batteries. Most of our guests do find they need to have at least 8 - 10 hours sleep to feel refreshed and ready for the next day's adventures.

POINTS YOU WISH TO RAISE .... WRITE YOUR NOTES HERE at the end of your holiday, please send us your additional suggestions to [colouricious@me.com](mailto:colouricious@me.com)

Thank you for travelling with us and we wish you a great time.