

REAL
Gap Experience

T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody,
MA 01960

Ultimate Round the World Trip 2012

Adventure



Relaxation



Culture



Trip Name: Ultimate Round the World Trip 2012 **Trip Code:** QUGT **Duration:**

Trip Highlights

- Travel with like minded travellers
- Spice up your life in India
- Lose all sense of time on Thailand's party island Koh Pha Ngan
- Work and Travel in Oz
- Hop on and off around the Lord of the Rings country
- Taste Fiji's finest Papayas
- Experience the ultimate American Road Trip cross country from New York to LA
- International Flights
- Travel Insurance for up to 12 months
- Safety Training Course in the UK to get you prepared about your Gap Year



Overview

Want to travel the world with like minded people? By joining our Round the World Trip 2012, you'll do just that. Friends, fun and fantastic memories are the vital ingredients that create our ultimate Round the World recipe.

Our Round the World Trip takes you from the dizzying heights of the Himalaya to the pristine coast of Australia, set off on a whirlwind tour of the world's many sights and experiences! See the Taj Mahal, eat your body-weight in Pad Thai, catch a wave in Australia, swim with dolphins in New Zealand, taste Fiji's tasty papayas then head to the US of A and take in the Grand Canyon and New York.

Destination Info

Our Round the World Trip is exactly that – a Round the World adventure taking in 6 amazing destinations: India, Thailand, Australia, New Zealand, Fiji and the USA.

Itinerary



[India Experience](#) - 4 weeks

Immerse yourself in Asian culture and experience the incredible diversity of the Indian Sub-continent, from the Taj Mahal to the beaches of Goa. Sample the unique flavours of the regional Indian cuisines, culture and lifestyle. Volunteer at local community projects in Himachal and Goa (volunteer option) and trek through the foothills of the Himalaya.



[Thailand Experience](#) – 4 weeks

Experience adventure travel in Thailand with all the best bits packed into just four weeks! You'll spend a full month getting to know Asia, Thailand, Thai food, Thai people and Thai landscapes!

We'll take you to some of the best tourist spots in unspoilt Kanchanaburi and Sangklaburi and you'll have a few days to get involved with worthwhile volunteer work or get a taste for adventure whilst trekking .

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To round off your ultimate Thailand experience, the trip will end with an obligatory week hanging out on the beach on the island of Koh Pha Ngan. Well someone's got to do it!



[Ultimate Aussie and Working Holiday Visa](#) - Up to 12 months

Work and Travel in Oz! Our Ultimate Aussie package is a fantastic introduction to help you settle into Aussie life. Perfect for first-time travellers, this package includes everything from arrival transfer to help finding a job as well as a 5 night introductory package staying at a fantastic backpackers hostel and 12 months of job offers with reputable employers as and when you need work. Whatsmore you'll get to explore Uluru, the Great Barrier Reef, the Whitsunday Islands and tropical Cairns in your free time...

[Australia Cozzie Pass](#) - 23 day pass

Our fantastic Oz Experience Cozzie Pass is a flexible hop on hop off bus pass that allows you to journey from Sydney to Cairns or Cairns to Sydney with these fantastic inclusions:

- Cruise the beautiful Whitsunday Islands aboard a 2 day/ 1 night sailing adventure.
- Feel the sand between your toes on Fraser Island - the largest sand island in the world!
- Experience the weird and whacky town of Nimbin.
- Surf and stay at Spot X.
- Stay at a real Aussie ranch at Kroombit Cattle Farm.

Ultimate Round the World Trip 2012

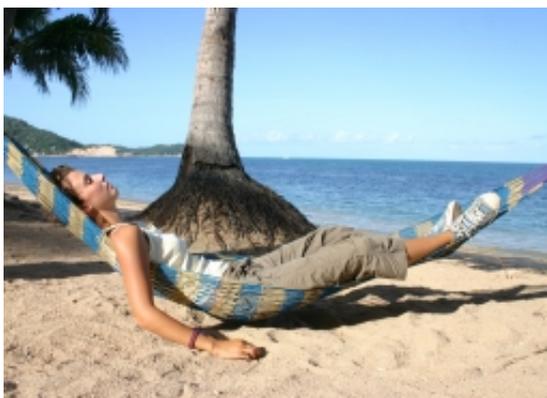


[New Zealand Funky Chicken Pass](#) - 20 day pass

Hop on and hop off wherever and whenever you like with this flexible bus pass. Make your way through New Zealand's epic landscapes; from glaciers and snow-capped mountains to wild coastlines and pristine blue lakes. Adrenaline junkies will love New Zealand as much as nature lovers!

[Fiji Triple Treat Pass](#) - 10 day pass

Our Fiji Experience Triple Treat bus pass takes you to some of the most beautiful islands allowing you to experience some of the most untouched places you never knew existed in the tropical paradise that is Fiji. Try bilibili rafting, enjoy a traditional Kava ceremony, trek to waterfalls, bathe in mud pools and lots more! You're in for the ultimate Fiji Experience.



[USA Experience](#) - 3 weeks

HEY HEY USA! Experience the U. S. of A. on our ultimate Road Trip of America.

This adventure tour blends the high-octane energy of the eastern seaboard with the slow-paced Deep South.

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Make sure you party it up in New Orleans and get a real taste for the mighty state of Texas and tuck into its famous Mexican- American cuisine – aka 'Tex-Mex'. Experience the mystery and wonder of the desert southwest as you mingle with mountains, cavort with canyons and get native with the locals. Then go for broke in Las Vegas before heading for some sweet Californian sun into the 'City of Angels', Los Angeles where this epic cross-country adventure comes to an end.

Accommodation

As you'll be visiting a few different countries and may have several different programmes included in your trip, you will stay in a variety of accommodation possibly including hostels, lodges, home-stays, volunteer houses and maybe even tents!

Please look at the specific programmes included in your multi-stop trip for more specific information.

Meals

Depending on your choice of countries and experiences, some meals may be included but it will vary from place to place and project to project. Please refer to specific programme information to find out what's included.

What's Included

- Flights: London - India - Thailand - Australia - New Zealand - Fiji - USA - London
- Travel Insurance*
- Safety Course
- India Experience
- Thailand Experience
- Ultimate Aussie and Working Holiday Visa*
- Australia Cozzie Pass
- New Zealand Funky Chicken Pass
- Fiji Triple Treat Pass
- USA Experience
- *Travel Insurance and Working Holiday Visa only available to European citizens



What's Not Included

- Any necessary visas apart from working holiday visa
- Extra activities not on itinerary
- Spending Money
- Travel arrangements and accommodation during independent time
- Any costs arising from flight changes



Minimum Age

Minimum age 18, maximum age 30 (due to working holiday visa restrictions in Australia).

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programmes have been visited and assessments have been conducted to ensure any major risks have been minimised.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience and Real Travel are part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Australia

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The unit of currency is the Australian Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout Australia or at licensed moneychangers.

Australia is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.37 \$

Domestic Beer (0.5 litre draught) 5.04 \$

Coke/Pepsi (0.33 litre bottle) 2.40 \$

Water (0.33 litre bottle) 2.14 \$

(Prices quoted in US Dollar)

Fiji

In FIJI the currency is the Fijian Dollar (FJD; symbol FJ\$), which is divided into 100 Cents. The coins come in denominations of 1, 2, 5, 10, 20 and 50 Cents and 1 Fijian Dollar. Notes come in denominations of 2, 5, 10, 20, 50 and 100 Fijian Dollars.

The best currencies to carry are Australian, New Zealand or US dollars, which can be exchanged at all banks. Most restaurants, shops and hotels will accept credit cards, especially Visa, Amex and MasterCard, though there will be a small fee. ATMs can be found in larger urban areas and accept most international credit cards but if you're heading further a field then bring traveller's cheques.

Draft beer in local bar \$2

Small bottle of coca cola \$1

Dinner for two public market stall \$F6 – 10

(Prices quoted in Fijian Dollars)

New Zealand

The unit of currency is the New Zealand Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout New Zealand or at licensed moneychangers.

New Zealand is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.21 \$
Domestic Beer (0.5 litre draught) 4.19 \$
Coke/Pepsi (0.33 litre bottle) 1.76 \$
Water (0.33 litre bottle) 1.68 \$

(Prices quoted in US Dollar)

USA

The currency in the US is the US Dollar (USD, symbol; \$), which is divided into 100 Cents. Coins come in denominations of 1, 5, 10, 25 and 50 Cents (¢) and the 1 Dollar coin. Notes come in denominations of 1, 2, 5, 10, 20, 50 and 100 Dollars, though the \$2 note is rarely used.

No other currency is accepted but most major credit cards are universally accepted, especially Visa or MasterCard, and may even be required for larger purchases. ATMs are available almost everywhere and will charge a small fee for withdrawing cash using a credit card or international card, unless your card belongs to a worldwide network such as Cirrus or Exchange.

Meal, Inexpensive Restaurant 11.16 \$

Domestic Beer (0.5 litre draught) 3.21 \$
Coke/Pepsi (0.33 litre bottle) 1.48 \$
Water (0.33 litre bottle) 1.27 \$

(Prices quoted in US Dollar)

India

Also denoted as 'Rs' the Indian rupee is the official currency of India. The rupee is divided into 100 subunits called paise (p) but single paise coins are rarely used or found in circulation. Coins are available in denominations of 5, 10, 20, 25 and 50 paise and 1, 2 and 5 rupee coins are also available. Rupee notes come in denominations of 10, 20, 50, 100, 500 and 1000 but note that the larger notes are difficult to change outside banks. The rupee is tied to a number of currencies.

ATMs can be found in most major cities and towns but carrying cash and traveller's cheques is recommended as power cuts can leave ATMs unavailable. All major travellers cheques are widely accepted but US dollar and Pounds sterling are the most popular.

Please note that passports will always be needed when changing currency or travellers cheques.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant 2.25 \$

Domestic Beer (0.5 litre draught) 1.65 \$

Coke/Pepsi (0.33 litre bottle) 0.42 \$

Water (0.33 litre bottle) 0.27 \$

(Prices quoted in US Dollars)

Thailand

The unit of currency in Thailand is the Baht (THB; symbol). There are 100 Satang to the Baht and coins come in denominations of 1, 5, 10, 25 and 50 Satang or 1, 2, 5 and 10B. Paper bills come in 20B (green), 50B (blue), 100B (red), 500B (purple) and 1000B (beige).

US Dollars are the other most widely accepted currency and credit cards can be used for a fee in most large cities or at resort hotels but are not often accepted by small locally run businesses. ATMs are found in all major cities and almost all provincial banks.

Meal, Inexpensive Restaurant around \$3

Domestic beer (from a local store) \$2

Domestic beer (at a restaurant) \$3

Coke/Pepsi (0.33 litre bottle) \$0.53

Water (1.5 litre bottle) \$0.5

(Prices quoted in US Dollar)

Round the world

Passports and Visas

Australia

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Australia need a visa – only New Zealand nationals are exempt, however you will receive a 'special category' visa on arrival.

For entry into Australia you will require an eVisitor visa. UK passport holders can apply for a 90-day tourist visa online at www.immi.gov.au All other nationalities should consult the relevant embassy.

If you intend to look for work in Australia you will be required to apply for a working holiday visa.

Working Holiday Visa

The working holiday visa is available to anyone age 18-30. The emphasis is on casual employment: you are meant to work for no more than six months at any one job. If you want to stay in Australia for up to 24 months, this is now possible for some nationalities. Speak to one of our sales advisors for more information.

To be eligible for a Working Holiday Visa, you must:

- Be aged between 18 and 30 years at the time of application
- Have a valid passport for one of the countries listed at Australian Immigration, www.immi.gov.au
- Have no dependant children
- Have not previously entered Australia on a working holiday visa
- Meet health and character requirements
- Be outside Australia at the time of visa grant

To be granted a working holiday visa you must also agree that:

- Your main reason for coming to Australia is to holiday
- You must not undertake studies or training for more than 4 months
- You will leave Australia at the end of your authorized stay
- You must have sufficient funds to support yourself for the initial part of your stay. AUD\$5000 minimum is regarded as sufficient. You may have to provide evidence of this in the form of a bank statement.

For the most up to date information on visa requirements, please visit <http://www.immi.gov.au/>

If you are from the UK we can help you apply for your Working Holiday Visa, just ask a sales advisor for more information.

Fiji

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 4 months, citizens of most European countries, the USA, Australia and New Zealand are not required to hold a visa and can be issued with a Tourist Visa on arrival. For longer stays or for the most up to date information on passports, visa requirements and the Reciprocity Fee, please contact your nearest embassy.

New Zealand

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays up to 6 months, the following nationals DO NOT need a visa before you leave, you will receive a 6-month tourist visa on arrival into New Zealand: holders of passports endorsed British Citizen & other British passport holders who produce evidence of the right to reside permanently in the United Kingdom, holders of Australian passport. For all other nationals, please visit the following website for the most up to date information on visa requirements: <http://www.immigration.govt.nz>

Working Holiday Visa

If you intend to get paid work in New Zealand then you must apply for a working holiday visa instead and this must be granted before you enter New Zealand. To be eligible for a work visa under this scheme you must:

- Be a British citizen resident in the United Kingdom at the time of applying, and
- Aged between 18 and 30 years, and
- Not accompanied by children on your visit.

You can apply online for the working holiday visa at: <http://www.immigration.govt.nz>

USA

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 90 days citizens of Australia, New Zealand and most European countries will need to apply for an ESTA visa before they go. The ESTA visa can be applied for online for a small fee and must be used within two years of issue.

For working holidays applicants will usually need to hold an ESTA visa and a working visa, the type of visa required will depend on the nature of your work, your nationality and the length of your stay; you will also usually need some form of sponsorship from an employer in the USA.

For the most up to date information on passports, visa requirements and working in the USA, please visit <http://www.visabureau.com/america/default.aspx>

India

All UK passport holders must apply for a visa before travelling to India. All other nationalities should consult their relevant embassy.

Once you have booked your trip you will be provided with further instructions and any necessary supporting documents to obtain the correct visa. Passports and visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. As a general rule most countries expect that you will have at least 6 months' validity on your passport beyond your intended stay. It is your

responsibility to have the correct personal documents and to obtain your own visa, if one is necessary.

Thailand

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Citizens of the UK, the USA, Ireland, Australia, South Africa, New Zealand and most European countries do not require a visa for stays of less than 30 days. For stays of between 31 and 60 days you can obtain a 60-day tourist visa for a fee from a Thai embassy or consulate before you travel. For stays of up to 90 days, you can extend the 60-day visa for a further 30 days while you are in the country, for a fee.

Visa courier service

For those of you who would prefer to use a specialist visa service to help you obtain the right visa for your travels, we have teamed up with VisaCentral, to offer you specialist assistance and advice - making preparations for your trip easier and more straight forward.

Click on [VisaCentral](#) to find out more about their services and prices.

Round the world

Cultural Considerations

Australia

Australia is a melting pot of different cultures. It has a population of over 21 million people with most of the population living on the east coast between Adelaide and Cairns. High waves of immigration from England, Ireland, Italy, Greece, Malta and Eastern Europe have occurred during Australia's brief history, particularly after World War II, and the later waves from the Middle-East, East, and South-East Asia, as well as the Indian subcontinent, have created a truly diverse population.

Although Australia has no official language, English is spoken by 80% of the population. Chinese, Italian and Greek are respectively the next most common languages, reflecting Australia's cultural diversity and concentration of nationalities. Australians have very strong attitudes and belief systems which are reflected in their culture. Australians traditionally have a very ironic sense of humour.

Fiji

Clothing

Casual wear is fine but you should try to dress modestly, particularly in the villages. Do not leave the hotel swimming pool or the beach in bathing suits. A 'sulu' (a wrap-around unisex skirt, similar to a sarong) is useful to carry around to cover bathing suits, shorts or halter neck tops.

You should not enter a Fijian village wearing a hat or sunglasses, or with your shoulders uncovered, as these are seen as signs of disrespect.

It is considered ill-mannered to touch a Fijian's head.

New Zealand

USA

A global culture and tradition is virtually non-existent in the USA because of the vast mixture of backgrounds that its original immigrant education came from. This is particularly reflected in the number of China Towns, Irish Districts, Jewish districts and so on that are in virtually every city across North America, as well as the fact that several states have Spanish and French as official state languages alongside English.

The American people are similar to Europeans in terms of what does and doesn't offend them. Although sometimes seen as loud and crass when outside their native country, you may find that Americans in America are less overpowering than you might expect. Here are a few ways to avoid offending your hosts:

- It is best to avoid talking about religion – faith is seen as being entirely personal to many Americans, although you are likely to come across people belonging to religions that have the intention of trying to convert you. Whichever of these you come across, they will not be used to having their beliefs challenged and may become offended easily.
- Smoking in public is becoming restricted more and more – keep an eye out for signs.
- Americans tend to have a relaxed social attitude and you may find that people (even shop assistants and waiters) are really interested in talking to you, especially about your country of origin. This is seen to be polite so engage them in casual conversation.
- In such conversation you may find that the person you are talking to has little knowledge of life outside the US (this is by no means the majority of people) and may refer to stereotypes – if you feel that you need to correct their views, do it politely and they will be gracious.
- US residents feel a strong connection to their 'land of origin' even if their family has lived in America for 200 odd years and once had an Irish relative!
- Terrorism is still very much a topic that must be approached with utmost respect. Talking about war should also be approached with caution - the American public are very patriotic about their troops.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in the USA. The legal age of alcohol consumption in the US is 21. However, please respect other participants. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to bring drugs into the USA. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, the USA has very strict rules when it comes to the possession of drugs. All drugs, including "soft" drugs like marijuana, are ILLEGAL. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable at the project.

Tipping

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In a restaurant or taxi you should tip 15- 20% of the bill total, as no service charge will be added on. Tipping is widely practiced due to the low wages that the workers in such professions receive.

India

Greetings

The traditional Indian greeting is to make pranaam, which involves folding your hands together in a prayer gesture in front of your chest, but without bowing. The standard Indian greeting “namaste” or “namaskar” can accompany this gesture and this combination can be used to say hello and goodbye. Female volunteers are encouraged to make pranaam to both women and men, as occasionally some Indian men use the Western tradition of handshaking as a way of making inappropriate physical contact with women. Refusing a man’s outstretched hand while making the pranaam gesture is not only appropriate but in some cases it will gain you considerable respect. Male volunteers, however, should feel comfortable in shaking hands with Indian men.

Clothing

Indians dress far more conservatively than we do here in the West. Dressing in accordance with Indian custom is one of the most effective ways to show respect to the local culture and help to eradicate certain stereotypes about Westerners that previous holidaymakers have introduced. In India clothing is not about expressing individuality but expressing group identity, such as status and religious traditions. Female Indian clothing helps to reflect and define the idea of Indian femininity. Therefore, it is best to dress in light clothes that cover your shoulders and your knees; it will prevent any unwanted attention and will protect you from the Indian sun.

Smoking, Alcohol

Smoking and drinking is acceptable in India and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families’ homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I’m sure you’ll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whilst on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Asian culture. Also, many places do not have soap in the bathrooms. It is a good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don’t need to rinse off. These are available in chemists in the travel section.

Thailand

Whilst parts of Thailand are developing very quickly and Bangkok can feel more modern than many Western cities,

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much of the country is still very poor and people have challenging lives. The accommodation you will be staying in is very basic and you will not have the luxuries that you may have in this country. Please respect that this is the way locals live and take the opportunity to experience this new way of life. The friendly people, the great atmosphere and beautiful location will more than make up for this. Most travellers enjoy this change in lifestyle. It is very healthy, refreshing and opens your mind to a new world.

Religion

Religion is an important part of Thai day-to-day life and the main religion is Buddhism. Around 4% of the country are Muslim (largely concentrated in the far south of the country) and there is a small Christian population.

Clothing

Note to all regarding clothes: Thailand is a very conservative country and, away from the beaches, people generally like to dress as smartly as possible and, even in rural areas you will see that most people are very conscious of being in clean and conservative clothes. Although no-one expects you to wear a suit and tie, and when at your project old t-shirts and shorts/jeans are totally appropriate, please do remember to cover up and try not to show too much flesh.

Boys – please note that wandering around without wearing a shirt/t-shirt is frowned upon (away from the beach) and in urban areas can draw the attention of the police.

Girls – please try not to expose too much flesh. Try to avoid t-shirts that expose too much and don't wear short shorts.

NOTE: When visiting a temple you are expected to cover up. Wear trousers or skirts and cover your shoulders, midriff and back.

There are plenty of opportunities to sunbathe and swim whilst in Thailand, so remember to take your bikini, swimsuit, swimming shorts etc. Flip-flops are the easiest and coolest footwear to take with you. Whenever you enter houses, temples, or home stays you will need to remove your shoes and leave them at the door. This will soon become habit and you won't even realise you are doing it. Remember to take some trainers with you as well for the outdoor activities.

There are many opportunities to buy cheap clothes from markets. These are cool, cheap and ideal for the climate and social norms.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in Thailand and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to carry drugs into Thailand. Being caught in possession of drugs can lead to at least a prison sentence and a hefty fine if you are lucky but remember there is still a very real threat of the death penalty for carrying drugs in Thailand. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but we are sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

You'll find that many places don't have soap or toilet/tissue paper in the bathrooms. Without going into too much detail, that's what the water can be used for (as well as flushing) or often a small water spray pipe next to the toilet. It can be useful to carry a small bottle of antibacterial gel for washing hands and small packets of tissues.

Round the world

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your General Practitioner or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

Safety

Australia

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitchhikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK and American customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Fiji

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitch hikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

There was a military coup in 2006 and the country's political situation is rocky. Though travel to Fiji is safe, you should monitor local situations and avoid all military or political rallies, which could occur in Suva or Nadi.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

Australia: www.smartraveller.gov.au

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- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts

- Do not pick up hitch hikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

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India

India is not a particularly dangerous place for foreigners, but as in any strange setting, safety requires a certain degree of attention and thoughtfulness. Because Westerners are known to carry money and valuables, pickpockets and petty thieves often target them. Especially when riding trains and buses or walking in public areas, be sure to keep a close eye on your possessions. When in transit, money, documents and other small important items should be kept on you, preferably in a pouch or money belt, as opposed to in bags or purses. Valuable technology like cameras should be carried in small bags that can be kept close at hand at all times. Remember to photocopy all your documents (insurance, passport, traveller's checks etc), and keep them in a different place than the originals. If you have credit cards, be sure to keep a copy of the information and the customer service number in case they are lost or stolen.

Various scamsters and low-level con men also target travellers in India. If you are ever in doubt about the trustworthiness of someone that is offering you assistance or services, it is best to walk away. Travellers generally stay away from the truly dangerous and violent places in India, so you need not be worried that refusing assistance or attention will result in a dangerous or unpleasant reaction. When refusing potentially shady offers, be polite but firm.

Certain areas of India are popular with Indian tourists and Indian men will often go on holiday together to escape the confines of their home lives. These men are often interested in watching Western women who behave and dress very differently to the women they are familiar with. Female volunteers occasionally experience unwanted

attention.

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The FCO have updated their information to recommend the following for female travellers visiting India;

“Women travellers should exercise caution when travelling in India even if they are travelling in a group. Women should use caution when travelling in India. Reported cases of sexual assault against women and young girls are increasing; recent sexual attacks against female visitors in tourist areas and cities show that foreign women are also at risk. British women have been the victims of sexual assault in Goa, Delhi, Bangalore and Rajasthan and women travellers often receive unwanted attention in the form of verbal and physical harassment by individuals or groups of men. If you are a woman travelling in India you should respect local dress codes and customs and avoid isolated areas, including beaches, when alone at any time of day. Avoid travelling alone on public transport, or in taxis or auto-rickshaws, especially at night. If you have to use a taxi, get them from hotel taxi ranks and use pre-paid taxis at airports.”

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Thailand

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission.
- Always walk around in groups, never go off with strangers and people that you have only just met
- Never go out alone after dark
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinator or your home-stay family where you are going, what time you will be back and ensure you sign the release from.
- Please do not get into fights, or arguments with local Thais. We cannot guarantee your safety and it could

provoke future attacks on other travellers

- As in this country there have been reports of drinks being spiked on the islands. Please do not leave your drinks unattended and do not accept drinks from strangers.
- Most importantly of all, if you wouldn't do whilst you are at home, then don't do it whilst you are away!

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

We would like to add that the majority of the locals are friendly, warm and hospitable people who love meeting our travellers. Please be friendly, respectful and stay aware and you will have a great time.

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Thailand Terrorist Threat

Thailand is one of the most popular destinations for visitors to Southeast Asia. Most visitors enjoy a trouble-free stay. However, Thailand does have a history of political instability and has experienced a number of military coups since 1932. The political future of the country remains uncertain, though the situation remains stable.

Over the past 3-4 years there have been a number of political demonstrations in Bangkok and some other urban areas. Tensions rise and fall but other than in 2010, most protests are usually peaceful and Thais still go out of their way to be hospitable to visitors. However, it's always advisable to avoid large gatherings and listen to the advice of the team in country

Round the world

Language Guide

Australia

Here are some Australian terms and phrases that you might find useful:

Bottle Shop - *Off-licence/Liquor store*

Bonzer - *Good*

Bush - *Unsettled country area*

Dag - *Nerd*

Esky - *Portable insulated box to keep food/drink cold*

Fair Dinkum - *Honestly, truly*

Pokies - *Gambling machines*

Pom - *Person of English descent*

Singlet - *Sleeveless cotton vest*

Smoko - *Tea break*

Thongs - *Flip flops/Sandals*

Ute - *Utility vehicle/pick-up truck*

Fiji

Bula! This is the common Fijian greeting used when meeting friends or welcoming guests. It goes beyond the simple hello, though, to incorporate spirit and literally means “life”.

Fiji has three official languages that are recognised by their constitution:

- English
- Bau Fijian
- Hindustani

English is the main medium of communication. It is the language the government uses and is the main language of education, commerce and the courts. Fijians do, however, have a constitutional right to communicate with the government in any one of the three official languages.

In Fiji, there are many dialects, but the official standard is the speech of Bau.

The Fijian alphabet is made up of all of the English letters, except ‘x’. The letters ‘h’ and ‘z’ are rarely used and are usually found only in borrowed words.

Here are some Fijian words and phrases. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Zero - *saiva*

One - *dua*

Two - *rua*

Three - *tolu*

Four - *va*

Five - *lima*

Six - *ono*

Seven - *vitu*

Eight - *walu*

Nine - *ciwa*

Ten - *tini*
Goodbye - *ni sa moce*
Yes - *io*
No - *sega*
Hello - *bula*
Good morning - *andra vinaka*
How are you? - *o lai vei?*
Please - *kere kere*

New Zealand

USA

Here are some choice American phrases to get you started!

Pants - *Trousers*

Restroom/washroom - *Toilets*

Sidewalk - *Pavement*

Subway - *Underground*

Laundromat - *Laundrette*

Band-aid - *Plaster*

Soccer - *Football*

Football - *American Football*

Fanny Pack - *Bum bag*

Philly Cheese Steak - *A long sandwich made with thin slices of steak and melted cheese*

Twinkie - *A little golden sponge cake with a cream filling*

Candy - *Chocolate/sweets*

Americans tend to call certain things by their brand names, for example tissues are 'Kleenex' and so on.

India

Here are some useful phrases in Hindi to remember when you get to India. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello/Goodbye - *Namaste*

Thank you very much - *Bahut bahut shukriya*

Thank You - *Dhanyavad*

Yes - *Haan (ha)*

No - *Nahi*

So you speak English? - *Kya aap angrezi samajhte hain?*

What is your name? - *Aapka naam kya hai?*

My name is... - *Mera naam ... hai*

How are you? - *Aap kaise hain?*

Fine, and you? - *Bas ap sunaiye?*

Nice to meet you - *Aapse milkar khushii huyii*

Do you understand? - *Kya ap samjhi*

I don't understand - *Main samjha nahi*

Thailand

Here are some useful phrases to remember when you get to Thailand. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello (Male speaker) - *sawatdee krup*
Hello (Female speaker) - *sawatdee kaa*
How are you? - *sabai dee reu*
Thank you - *kop koon*
I can't speak Thai - *phoot Thai mai dai*
I don't understand - *mai kao chai*
Do you understand? - *kao chai mai*
Where is the rest room? - *hong nam yoo tee nai*
How much does this cost? - *nee tao-rai*
What is this? - *nee aria*
Good-bye - *la gon*
Sorry/Excuse me - *kor thoad*
The bill please - *Gep taang*

Round the world

Food & Drink

Australia

You will find food in Australia to suit all taste buds, with the larger cities in particular offering a great range of places to eat. Due to the large amount of British settlers, Australian food is reasonably similar to that in Western Europe, but if you are feeling particularly adventurous get involved in some bush tucker (kangaroo, emus) or the infamous vegemite. For less scary Aussie food, look out for fresh seafood and of course, a typical Aussie barbecue!

Please let Real Gap Experience know before you depart if you are a vegetarian or have any other dietary requirements.

Fiji

You will find food in Fiji to be quite different to the food at home. Many meals consist of what is most readily available, including fresh fish, root vegetables and rice. However, in larger areas and at resorts, you will be able to purchase Western foods from the tourist menus.

The important thing is to remain open minded and adapt to the fresh fruit and vegetables that will form a large part of your diet in Fiji.

It is really important that you let Real Gap Fiji know before you depart if you are a vegetarian or have any other dietary requirements.

New Zealand

You will find a range of cuisine in New Zealand to suit all taste buds. But quintessential New Zealand cuisine takes inspiration from Europe, Asia and Polynesia. Meat and fish feature majorly in native dishes, and keep an eye out for kumara (sweet potato). Those with a sweet tooth will be pleased to know that Pavlova is the National dessert along with the kiwi fruit.

It is really important that you let Real Gap Experience know before you depart if you are a vegetarian or have any other dietary requirements.

USA

Currently the USA is famed for its love of the quick and easy fast food- burgers, pizza, fries and so on. However, there is so much choice out there, budget and otherwise- get out and sample it! You will be able to get any ethnicity food you could possibly imagine but if you want something properly American try out some steak, ribs, seafood in the coastal areas (especially Florida and California). Try some Cajun food (spot the European influence!) or something Mexican both options are delicious.

It is really important that you let us know before you depart if you are a vegetarian or have any other dietary requirements.

India

Indian food is incredibly popular in western Europe, but tasting Indian food is a bit different than the stuff produced in the Indian down the road. In this respect the food may take a little getting used to. There are also a few cultural differences that you may need to observe. People in India tend to eat without cutlery, using either their hands or pieces of chapatti. If you are dining with strict Hindus, certain behaviours are considered inappropriate, for example sharing already eaten food and eating directly from the communal bowl.

Traditional Indian cuisine involves the intricate blending of multiple herbs and spices such as ginger, garlic, saffron and cloves. Popular ingredients vary from location to location, from lamb and yoghurt in the Northern regions to seafood in the coastal regions. In the South, more vegetables are used for cooking, along with coconut and curry leaves. In fact, most of the best dishes are vegetarian, especially when you take into account the dominant religious views of India - Hindus do not eat beef and Muslims do not eat pork. In most cases, even if you do order a meat dish, you will not find that much meat actually in it.

What is classed as a curry by western culture encompasses a huge amount of dishes in India, each with its own unique beautifully blended ingredients. You are bound to find something you like. Here are a few tips regarding food and drink:

- Raw food is subject to contamination; avoid salads, uncooked vegetables, and un-pasteurised milk products such as cheese. Fruit should be self-peeled
- Undercooked and raw meat, fish and shellfish may carry intestinal pathogens
- Cooked food that has been allowed to stand for several hours at ambient temperatures should be thoroughly reheated before serving
- Yogurt and curd are naturally safe if kept in hygienic conditions, but be careful that they contain no water, as yogurt is often diluted with water in India
- The safest food is either well cooked and hot or personally peeled fruit
- As you will generally be eating without silverware, washing your hands thoroughly before all meals is absolutely imperative.

Choosing the proper beverages is as important as choosing the proper food. In a climate like India's, regular hydration is essential, however, many beverages can be dangerous to your health. The following suggestions will

help you safely quench your thirst:

- Tap water is only safe if boiled; filters and purification tablets are not 100% effective. In all cases bottled water is by far the best option. Fruit juice and ice made with un-boiled water should also be considered unsafe
- When buying bottled water, stick whenever possible to known brands and make sure the bottle has an unbroken seal. Bottled water should cost no more than 30 Rupees.
- Hot beverages like coffee and tea should be boiled fully before consumption
- Though bad for hydration, carbonated beverages (incl. beer) are generally safe
- Try to remain conscious of casual water: dishes and utensils should be thoroughly clean and dry before use; teeth should be brushed with bottled or purified water

Remember to let us know of any dietary requirements before you depart.

Thailand

It's normal in Thailand to eat rice dishes for breakfast and it is all part of the cultural experience. In fact, rice and noodles are served with all meals. The food is gorgeous, with fresh vegetables tasting far better than they do back home. Vegetarians will be happy, as Tofu is widely available as is plenty of fresh fruit. And meat lovers will also be tantalising their taste buds visiting the many local markets where you can buy chicken satay (marinated kebabs), beef kebabs and other types of meat. It is very cheap too. Remember to let us know before you depart if you have any special dietary requirements.

Round the world

Public Holidays

Australia

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Australia, please see the link below:

www.timeanddate.com/holidays/australia/

Fiji

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Fiji, please see the link below:

www.worldtravelguide.net/fiji/public-holidays

New Zealand

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for New Zealand, please see the link below:

www.timeanddate.com/holidays/new-zealand/

USA

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for the USA, please see the link below:

www.timeanddate.com/holidays/us/

India

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Indians who use long weekends to get away from the big city.

To view a list of the public holidays for India, please see the link below:

www.timeanddate.com/holidays/india/

Thailand

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Thais who use long weekends to get away from the big city.

Round the world

Weather

Australia

Australia is located in the southern hemisphere, where seasons are the opposite of those in the northern hemisphere.

The summer months in Australia (November to March) can get very hot. Up north, in Queensland for example, the summer period brings the rainy season and the weather can be very hot and humid with lots of rainfall. The winter months (June to August) in Queensland bring much dryer weather but still heat. The further south you go the colder and wetter winter becomes and in some mountainous areas of New South Wales, Victoria and Tasmania skiing is possible.

Fiji

Fiji's climate is mainly tropical with hot, humid and sometimes showery weather. Summer falls between November and April and is only slightly warmer than the winter months (32°C by day) which fall between May and October, reaching just 27°C; a light sweater will be warm enough!

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Weather does vary from island to island, Suva, Savusavu and Taveuni experience a much higher proportion of rainfall than Nadi, which can dry out over the summer. Though a little rainy and balmy the summer months are the time when Fiji is at its best with rainforests, rivers and waterfalls at their fullest and most stunning!

New Zealand

The climate differs from the North Island to the South Island. On the North Island, the far North boasts warm summers and mild winters, with the rest of the island being slightly cooler. On the South Island, you'll find much lower temperatures throughout the year. The New Zealand Alps are covered in snow throughout the year.

USA

The climate in the USA is relatively temperate though specific weather conditions can vary greatly depending on where you are; this country is pretty huge! As a general rule the further south you go, the hotter it gets, while the north and areas far from the coast experience the most extreme weather. California and the east coast are warm and balmy for most of the year while northern areas such as New York experience 4 definable seasons.

Hurricanes and tornadoes are more common in south-eastern areas and occur during excessive warm weather on a sporadic basis. The USA is the only country in the world to cover all of the six climactic zones, ranging from tropical to polar, which means that a trip here will be an adventure in more ways than one!

India

India's climate generally has three seasons, which may vary from region to region. The hot season roughly beginning in February in the North and peaking in June can reach up to and above 45 Celsius in some areas, mostly in the centre of the country. You can expect Delhi to have temperatures at the high end of the 30's.

Monsoon season means steady rain for the whole country from the beginning of July. It stays pretty hot, and though it doesn't rain all day, it does generally rain every day. The Monsoon causes muddy conditions at best but serious flooding is also a threat. The cool season is the optimum time to travel in India, as it is not too hot and not too cool. In the winter it does get surprisingly cold in the Northern regions, whereas in the south the temperatures are beautiful.

Thailand

Thailand's equatorial climate remains tropical and warm for most of the year, with the south getting the best of the weather. The monsoon season falls between May and October, bringing warm and humid air and dipping to a minimum of 18°C. This means that Thailand is a great destination at most times of the year, though the best months are between November and February when temperatures are comfortable and rains have slackened off.

Round the world

Time

Australia

Australia is such a big country that it has three time zones:

Eastern Standard Time (Queensland) – 10 hours ahead of GMT depending on Daylight Savings

Ultimate Round the World Trip 2012

Central Time – 9.5 hours ahead of GMT
Western Time - 8 hours ahead of GMT

Fiji

The time in Fiji is 12 hours ahead of GMT.

New Zealand

New Zealand is 12 hours ahead of GMT.

USA

The USA has four time zones (not including Hawaii and Alaska) all of which are behind the Greenwich Mean Time. They are:

- Eastern time; five hours behind GMT (New York)
- Central time; six hours behind GMT (Chicago, Texas)
- Mountain time; seven hours behind GMT (Rocky Mountains, Southwest)
- Pacific time; eight hours behind GMT (California, Nevada)

Don't forget to take Daylight Saving Time into account from mid-March to early November

India

India is 5.5 hours ahead of GMT.

Thailand

Thailand is 7 hours ahead of GMT.

Round the world

Electricity

Australia

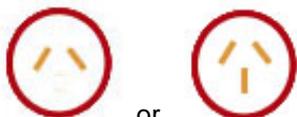
Electricity in Australia is 240 Volts, alternating at 50 cycles per second.



Sockets in Australia are V-shaped flat prongs.

Fiji

In Fiji the electric system is 240 Volts and frequency 60 Hertz. If your device does not accept this voltage you will need an adapter. Outlets in Fiji generally accept 1 type of plug:



V-shaped flat prongs

or

New Zealand

Electricity in New Zealand is 230 Volts, alternating at 50 cycles per second.

Sockets in New Zealand are V-shaped flat prongs.



USA

In the USA the electric system is 120 Volts and frequency 60 Hertz. If your device does not accept power at this voltage you will need an adapter. Outlets in United States of America / USA generally accept 1 type of plug:

Flat blade plug



India

Electricity in India uses 240 volts, 50Hz. If your device does not run on these rates, you'll need a voltage converter.

Outlets across India generally accept the following plug types;

Two round pins



or

Three round pins arranged in a triangle



Thailand

The electricity in Thailand is 220 volts and frequency 50 Hertz. Devices that do not accept this voltage will need to be used with an adapter. Outlets in Thailand generally accept 2 types of plug:



Flat blade plug

or



Two round pins

Round the world

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth Travel Advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Volunteer numbers

Please note: You may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us.

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com