

# TRAVEL TIPS for Students

**YOU HAVE MADE YOUR IMPORTANT DECISION – WHERE TO STUDY ABROAD!**

**Now, the next important step – how to get there and how to prepare for it?**

Travelling is interesting and can be real fun – new places, new languages, new culture, new customs, new people. You can travel by air, sea, rail, road or walk. Obviously flying would be the most convenient and easiest. Before you travel a million and one things must be done. So start planning early.

## PASSPORT

A passport is a document issued by your government allowing you to travel safely in another country. When you are in a foreign country, the passport is the only official identification document recognised by that country. Without a passport in the foreign country you do not have a status nor an identity. So be careful with your passport as it is a very important document and losing it can be full of hassles and cause numerous difficulties.

When applying for a passport you will need to go personally to the immigration office with your original documents such as identity card, birth certificate, citizenship certificate, other relevant documents and photographs (if you are below 21 years of age, you must be accompanied by your parents). Your passport is valid for five years. You will need to apply for a new passport at least six months before expiry as most countries have a general rule ‘passport must be valid for more than six months’ in order to gain entry into that country.

**IMPORTANT REMINDER:** Your passport is an IMPORTANT DOCUMENT. Always ensure it is kept under lock & key

## VISA

A visa is an official stamp or permit allowing you to travel to a foreign country for a purpose. Visas are usually stamped on your passport. A visa may be obtained upon arrival at a foreign country or applied for before departure at the embassy in your country

Different countries have different requirements, different formalities. In the case of a **student visas**, most countries require students to apply for **student visas** before departure. It can take 3 days to 2 weeks or even more depending on the embassy to process a **student visa**.

Generally all students will need to show proof of the following in order to process their student visa application:

- **that you have been accepted for full-time course of study at a bonafide (genuine) college, university or school.**
- **that you are academically qualified for the course you want to study.**
- **that you have an adequate standard of English (or other foreign languages depending where you are going to study) like an accepted pass in TOEFL, IELTS or an acceptable high grade for your GCE O-LEVEL English paper. You will need to check with the relevant embassies if your score or grades are acceptable.**
- **That you can meet the cost of fees, return airfares, your maintenance (living costs) and the maintenance of your dependants you take with you.**
- **That you are genuinely seeking temporary entry for study purposes only.**
- **That you intend to return to your country upon completion of your studies.**
- **That you are in good health**

When applying for your visa, please complete the forms correctly and legibly, enclose all required documents and photographs. Do your medical check at clinics, hospitals certified by the embassy.

**Do the visa yourself, try to understand what you are applying for and the conditions. Failure to understand can cause you problems in the future and cause you to unknowingly violate laws in a foreign country.**

**VISA RULES:** It may be stated in the Visa granted to you that employment is prohibited. In some cases part-time or temporary work during semester breaks and long vacation may be allowed from time to time. You will need to check out the regulations from time to time governing overseas students. Violating laws are serious offences which can cause you to be deported home.

## WHAT STUDENTS SAY

Working part-time here, there and everywhere is definitely not what parents, financial sponsors would want you to spend your time doing.

While you are getting ready to apply for your visas, see your **Student Travel Centre** for your travel arrangements. There are many ways to get from A to B. Your decision is to select the most convenient way to travel shall be based on the following:

**The Fare:** The cheapest fare may not necessarily be the cheapest in the end. Select the cheapest convenient way to travel on the airline you can trust rather than base your selection entirely on the fare. Also tell your Student Travel Centre exactly where you want to travel to because for a few Ringgit more, they may be able to take you directly to the university/college town you applied to study at.

**The number of Stops Enroute:** Select an airline which offers a direct and non-stop service to your destination. Otherwise take an airline with the least number of stops. Going via some of the major hubs like Singapore, Bangkok, Dubai, Doha, Amsterdam is very much acceptable. Some of universities and colleges especially in North American are located in small towns served by small regional airlines, as such you will need to travel via some of the major cities or hubs in the USA to get to your university or college.

In other cases the only way of getting to your University or College is by road or rail.

Check out with your University / College the best way of getting there!!

**The Airline:** Minimise your travel to one or two airlines. Travelling on three or more airlines can cause problems; if one airline is delayed you may miss connections on the others.

Airlines are a multi billion dollar corporations and they have an obligation to their passengers, country, citizens, shareholders etc. They ensure a high standard of service. **Select an airline you can trust.** All the airlines are basically the same as they use similar aircraft types such as B747, B777, B767, A380, A330, A340, A310, MD11 etc. The service you get on all airlines is the same – you get meals, soft drinks, snacks, refreshments, in-flight movies, music etc. Due to healthy competition, airlines compete to ensure their best of service all the times.

After you have finalised your selection of airlines, make your reservations with your **Student Travel Centre**. If your flight is full, select alternative dates and airlines. Take note of your complete itinerary, make the necessary deposits or full payment. Arrange to collect your tickets at least 4 to 3 weeks prior to departure.

Your Student Travel Centre recommends all students travelling abroad for studies to use scheduled service airlines who are members of IATA. These airlines are duty bound by high standards to provide you a safe and reliable flight. Some of the scheduled service airlines offering student fares in Malaysia are Malaysia Airlines, Thai Airways, Emirates, Oman Air, Qatar Airways, Etihad Airways, Singapore Airlines, British Airways, Qantas, Air Astana and many more.

**We do not suggest LCCs – Low Cost Carriers as they only fly when there are passengers. The LCCs cancel and retime their flights frequently.**

**Your EDUCATION is important, we advise you to arrive at your university/college on time. Travel with reliable scheduled service carriers.**

Students have to arrive on time as education is important and you need to travel with airlines who can offer you that important assurance and a “peace of mind”.

**IMPORTANT:** *Make your reservations as soon as possible. Do not wait till the last minute. Universities/colleges plan in advance their academic years and semesters. They will be able to advise you the approximate dates for commencement of their universities/colleges.*

It is advisable for all students to arrive at their destination during **weekdays** as they can proceed straight to the universities/colleges and there will be people there who will be able to assist you (unless you are being met by a friend, relatives etc). When collecting your tickets, check the flight numbers and times; the various airport taxes, insurance surcharge & other taxes you have paid are included in the ticket. Leave your telephone number with your **Student Travel Centre** so that you can be contacted in case of delays or rescheduling of your flights. Also request for any special meals if you are on a special diet.

#### **WHAT STUDENTS SAY**

MSL rates are affordable and they only offer student fares on quality airlines. I travelled only with MSL as they are reliable and dependable.

MSL has a wide variety of products for student travellers – youth hostel accommodation, bus and rail passes, camping tours etc.

I travelled with MSL to Melbourne in 1977. They looked after me well. My son travelled to London with MSL in 1999. They looked after him well. My daughter travelled to Melbourne with MSL in 2001. They looked after her well. I am sure they look after all students well.

One **Stupid Travel Agent** could only tell me all the bad things about the airline I wanted to travel with whilst my visit to MSL cleared my doubts about travelling British Airways, the world's best airline.

**WARNING:** There are many types of fares available in the market place. There are cheap fares thrown in by some airlines with restricted validity periods, high cancellation charges and limited seats. Do not be misled by such advertisements and talk. **Talk to your trusted Student Travel Centre for the correct fare suitable for your travel needs.**

## STUDENT CARD

Do not forget your **International Student Identity Card-ISIC**. As a holder of the ISIC, you are instantly a participant of the international student travel fraternity. The ISIC make you eligible for money saving discounts, throughout the world. It is the only document which gives you internationally accepted proof of your bonafide student status. The **ISIC** carries the endorsement of UNESCO.

The ISIC also offers a comprehensive communications package with ISICConnect. The package includes:

- Free e-mail
- LOW COST long distance international calls
- Voicemail
- Travel safe
- Emergency Help Line
- Fax mail

Click here to [Check out](#) 

A great way to keep in touch with your family and friends while abroad.



**International Student Identity Card**  
*..... your student lifestyle card*

MSL Travel Sdn Bhd. Is the Licensed Authority (LA) for the ISIC in Malaysia. As the LA, MSL is responsible for the distribution, promotion and development of the ISIC in Malaysia.

The ISIC is available in Malaysia at all MSL Travel offices and appointed issuing offices.

**Check out the ISIC and the Benefits in Malaysia and Worldwide at the website: [www.isic.org](http://www.isic.org)**

#### **WHAT STUDENTS SAY**

“The International Student Identity Card – is something all students should get as it is the best proof of ones student status for getting student discounts”

“Don’t waste money on new clothes, you can buy everything second hand – shop at the markets, second hand shops, charity shops etc. Your ISIC or student card come in quite handy”.

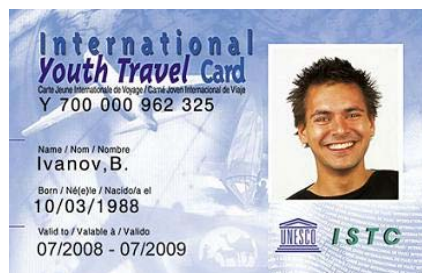
**Your Student Travel Centre also issues the following cards:**

**International Youth Travel Card – IYTC** was created to make it easy and less expensive for young people under 26 years of age to travel. By officially providing official photo proof of your age, the IYTC opens the door to thousands of services, benefits and discounts around the globe. The IYTC is also your phone card allowing you to make cheap phone calls, receive voicemail messages and even send emails.

Click here to [Check out](#) 

The IYTC is popular in countries where the definition of youth is 25 years or younger. The IYTC is popular in Europe.

Check out the IYTC at the website: [www.isic.org](http://www.isic.org)



**International Youth Travel Card**

**Hostelling Card:** The Hostelling International or Youth Hostel movement is the largest, most experienced and effective dedicated uniquely to the needs of the young traveller around the world. More than 90 member associations with nearly 4,000 hostels carry the Youth Hostelling International brand name – a guarantee of high quality, affordable accommodation and a range of other good value for money services to members and those with Hostelling International Card. If you are proposing to travel around during your vacations, apply for your Youth Hostel Card from MSL before you depart overseas.



Check out the Hostelling International at the website: [www.hihostels.com](http://www.hihostels.com) for hostels all over the world and online reservations.

## **BAGGAGE**

**Your baggage allowance is always stated on your ticket. If you exceed your baggage allowance, excess baggage fees are charged and they can be very expensive. There are two concepts of baggage allowance:**

- a) **The Piece Concept:** If you are travelling to the USA or Canada your baggage allowance is two pieces of baggage. For economy class travel, the sum of the three dimensions of one bag should not exceed 158cms (62 inches). The sum of the three dimensions of the two pieces of baggage measured individually cannot exceed 273cms (107 inches) The maximum weight of any bag shall not exceed **23kgs (50lbs)**. These measurements and weight may vary from airline to airline.
- b) **The Weight Concept:** If you are travelling to other parts of the world your baggage allowance is 20-23kgs for economy travel.  
Some airlines will charge you for excess baggage / additional baggage by the weight and some will charge you for every piece of additional baggage.

The above is for your check in baggage.

**Your hand baggage** is the one you carry on board the aircraft. The recommended size should not exceed 115cms in total dimensions and weigh not more than 5kgs. To 7kgs. (may vary from airline to airline and in some cases airports). Do not

carry heavy or oversize hand baggage. Airports can be very big and you may have to walk a considerable distance. Travel comfortably and carry only your most precious belongings. All airlines have a general rule:-

**One piece of hand baggage per person. This rule is being enforced by most airlines and airports for your safety and that of other passengers.**

**Common Sense:** You must be able to carry your own hand baggage and store it in the overhead bins. If your hand baggage is heavy, why would the cabin crew want to break their backs to help you. They will assist you if your hand baggage is within the weight limit and if you are not able to reach the overhead bins.

**IMPORTANT:** Do not forget to label your baggage. Your Student Travel Centre will supply you baggage tags.

**Warning:** *Most airlines will accept bags which weigh 32 kgs or less. If your bag weighs more than 32 kgs, the airline will request to you to RE-PACK your bag. These rules are imposed by the baggage handlers at the airports around the world. So make sure that your check in bags are within the acceptable limits.*

**Common Sense:** *Ask yourself, why would the baggage handlers want to break their backs and carry heavy baggage. Would you ?*

**If you have excess baggage, why not send it by some of the courier companies who offer door to door parcel services. It's a lot cheaper than paying for excess baggage.**

## **WHAT TO PACK**

Life on campus is generally very **casual and informal**. Generally T-shirts and Jeans are worn. During the cooler months of Winter, Autumn, Spring you will need warm waterproof clothing. Do not carry unnecessary stuff you will never use. Here are a few suggestions: (please refer to the following page)

While you are overseas you can buy more clothing as per your requirements. The general theory is Winter Sales are on in Summer and Summer Sales in Winter.

Do not take any electrical items with you as the electricity supply vary from country to country. Double check with your **Student Travel Centre** before taking any. Sockets/plug points size/types vary from country to country.

It's best that you do not take plugs with you. Only Britain has the same plugs/sockets as Malaysia BUT you never know, when they standardise with the rest of Europe it will be different.

**Few IMPORTANT things you must know before you travel overseas:**

- **basic cooking**
- **basic sewing (like stitching a button)**
- **basic first aid**
- **laundry, ironing etc.**
- **cleaning**

If you have interest in sports and games do not forget to take your sporting equipment like tennis racket, hockey stick, squash racket etc.

**Some suggestions:**

<b>MEN</b>	<b>WOMEN</b>
Jeans	Same
T-Shirts (with collar)	Same
T-Shirts (without collar)	Same
Short Sleeve Shirts	Blouses
Long Sleeve Shirts	Dresses
Pants	Same
Sports Jacket	Same
Formal Suit	Evening Dresses
Jumpers	Same
Shorts	Same
Wind-cheater	Same
Raincoat	Same
Underwear	Same
Socks (Cotton/Woolen)	Same
Good Leather shoes (with rubber soles)	High Heel Shoes
Sneakers	Same
Jogging/game shoes	Same
Shoe polish	Same
Toiletries	Same
Towels	Same
Umbrella	Same
Necktie	Same
Belt	Same
Scarf (woollen)	Same and shawl
Sewing Kit	Same
First Aid Kit	Same
<b>And your National</b>	<b>Malaysian costume.</b>

Important : Certain Business Colleges/Faculties insist that their students are in Business attire at all times.

#### WHAT STUDENTS SAY

“No point in risking bringing illegal food items like belacan or sausages into the country as you can practically buy most Asian food at the Asian Markets”

“Most Asian students who live off-campus, cook their own food as there are enough Asian grocery stores around where all food cooking ingredients can be purchased”

“Learn to cook before you leave as you are not likely to stumble upon a Malaysian restaurant in the small university towns”

“In the US, there is a special day dedicated to students moving called ‘Moving Day’ where students will leave their unwanted furniture outside their houses for people to view and purchase. Wow!, the items are really cheap.”

“Food is not a problem as Asian food is widely available”

“For bargains, do winter shopping in summer and summer shopping in winter”

“We didn’t expect to get curry powder and spices and rice so easily and I felt like stupid lugging them all the way from Malaysia”.

#### HEALTH

Most embassies insist on a medical clearance when you apply for a student visa. Ensure that you correct any deficiencies and that you are in perfect health before you depart.

Ensure that you go for a thorough DENTAL check up before you depart. Dental care in foreign countries can cost you a lot of money.

Medical care in foreign countries is very expensive. If you are a student in:

**Australia:** You will be required to pay for an Overseas Student Health Cover Charge when applying for your student visa. This charge provides you MEDICARE cover which will cover you up to 85% of your medical bills in a public hospital. You can take additional health cover to cover your stay in private hospitals and 100% of your medical bills.

**New Zealand:** You will be required to buy Medical/Hospital Insurance.

**Ireland:** You will be required to buy Medical/Hospital Insurance.

**Europe:** For all European countries you will be required to buy Medical/Hospital Insurance.

**United Kingdom:** You are covered by National Health Service (NHS) which will entitle you to free consultation and treatment but you may have to pay for your medication. You can take out additional Health Insurance to cover your medical bills in private hospitals. Valid only if you are pursuing courses longer than 06 months.

**USA and Canada:** There are no National Health Insurance Schemes. You must take out a Health Insurance Package to cover your medical bills. Medical bills in the USA and Canada can be astronomically high.

**Russian Federation:** You may be studying medicine in Russia where you are provided with the basic health care for free BUT what if you had an accident ? We strongly suggest insurance cover to cover you for other incidentals.

**IMPORTANT:** Medical Expenses in foreign countries are very expensive. Failure to take Medical and Health Insurance may result in unnecessary financial burden on your parents or sponsors. Do take all precautionary steps to ensure that you are healthy all times.

If your university or college is arranging your Insurance Cover, then we strongly suggest that you take a Travel Insurance for 5 days or so to cover you for any eventualities in a foreign country giving you time to get proper medical, health insurance.

**If your university or college is not offering any assistance for your Insurance Cover, then you can get your STUDY ABROAD TRAVEL INSURANCE from your Student Travel Centre. Your Study Abroad Travel Insurance offers you wide ranging cover from the time you depart home. The Study Abroad Travel Insurance has the PRIMARY BENEFITS and the MEDICAL & HOSPITALISATION BENEFITS. If you are already covered by some medical cover such as NHS or Medicare, we advise you to take just the PRIMARY BENEFITS. If you do not have Medical cover, then we advise you to take Both the Primary Benefits and the Medical & Hospitalisation option as well.**

**PRIMARY BENEFITS includes:-**

- Basic Medical benefits
- Personal Accident and disablement benefits
- Sponsor Protection
- Study Interruption
- Evacuation and Repatriation benefits
- And much more

**HOSPITALISATION & MEDICAL BENEFITS includes:-**

- Medical, Hospitalisation & Accidental Dental expenses

**Always Remember – give yourself a BIG peace of mind, be Prepared for the unexpected. Get an insurance cover!**


**STAY HEALTHY:**

Before you depart:

- See your doctor and dentist for a complete check up
- Take any medications you use regularly and a basic medical kit
- Carry copies of special medical or eyeglass and contact lens prescriptions
- Be aware of potential health problems in areas you plan to visit. You can check out the World Health Organisation – WHO for up to date information on worldwide health and travel risks – [www.who.int](http://www.who.int)

When you are abroad:-

Make your health a priority at all times. If you encounter any health problems during your travel or stay abroad, do not ignore them. Eat, drink, rest and take steps to ensure a safe trip.

- Give yourself time to acclimatise to a different lifestyle and climate
- Never drink impure water or ice
- Always practise safe sex
- Avoid over – indulgence in alcohol and drugs
- Be aware of the risk of injury from accidents particularly on motorbikes
- Be aware of environmental hazard such as heat, high altitude and cold, and keep any cuts and scratches clean and covered
- If you smoke, STOP SMOKING 
- STAY AWAY from DRUGS

When you return home:-

If a problem should persist or symptoms emerge when you return home, provide your Doctor with a detailed circumstances of your illness.

### WHAT STUDENTS SAY

“Never let your health insurance expire as medical treatment costs bomb”.

“ If you smoke, TRY HARD and GIVE UP THIS HABIT as it is only for your own good. Life can be miserable if you smoke, as campuses, shopping malls, offices, restaurants etc. are becoming smoke-free environments and not forgetting smoking causes numerous health problems.”

### ACCOMMODATION

Where you live and how comfortably you are accommodated will effect your stay and your studies. You cannot expect to perform well and maintain good health if your living conditions are not satisfactory. Careful selection of your accommodation will help ease the pressure of your new environment.

The following are the various types of accommodation:

- a) **Residential Colleges/Halls of Residence:** Accommodation owned and provided by the college/university where you will be studying and often located on or near the campus. These are often referred to as Residential Colleges or Halls of Residence. For students with families, some universities have Apartments. The facilities, services and activities provided by the residential colleges/halls of residence do vary and it is important that you check this out before confirming your acceptance. Campus accommodation is highly in demand and you are advised to apply well in advance.
- b) **Private accommodation:** You will have to find Private Accommodation yourself or with the help of the students union, accommodation officer or student welfare office. Private accommodation is located off campus and choices include homestay with or without meals, rented and shared accommodation which can include one room bedsits or flats/apartments or houses. Advertisements for such private accommodation appear on students notice boards, students newspapers, websites etc.

Being a new arrival in a foreign country, it is advisable for the 1<sup>st</sup> semester or year in your college/university stay at one of the residential halls/colleges on or near your campus. Being new in a foreign country, staying at the residential halls/colleges will be easier as all amenities are available. After you have had a feel of the place and are confident of your surroundings stay where you feel comfortable, safe etc.

If you are arriving early by one or two days before your place of accommodation becomes available, your **Student Travel Centre** will be able to book you at a hostel or reasonable motel/hotel/inn.

**IMPORTANT:** Do not forget to request for your accommodation when applying to the university/college.

#### WHAT STUDENTS SAY

“It is advisable to arrange an airport pick up and accommodation with the university before you leave”.

#### ORIENTATION

Most embassies, student and cultural organisations hold pre-departure briefings for those students intending to travel overseas for education. Always attend these briefings which will give you an insight as to what to expect overseas. At such briefings, you will also meet other students travelling overseas and it will be a good opportunity to make friends.

Organisations such as IDP Education Australia, British Council, New Zealand Education, MACEE – USA, Canada Education, and some universities hold regular pre-departure briefings for students bound overseas to their respective countries.

Most colleges/universities have their own orientation programs one to two weeks prior to the commencement of classes. It’s during this orientation you will get a feel of various campus activities.

#### WHAT STUDENTS SAY

“Check out the University website and look for Malaysian or Asian Student Association and make contact with them before you leave.

#### MONEY

What kind of money to take, in what form, for various expenses is very important. There are basically **four** forms other than cash:

- **a Bank Draft** in your name at a specific bank. Please ensure that your name is correctly spelt as in your passport. Give an allowance of one to four weeks for the clearing of your bank draft.
- **Travellers Cheques** can be purchased in different currencies and denominations. Travellers Cheques are accepted by shop, restaurants, universities, banks and **it is as good as cash**. If you lose your Travellers Cheques, the bank will issue you replacements (conditions apply)
- **Debit Cards:** A VISA or MasterCard debit cards issued by banks are linked to your bank account where your funds are deducted as you spend. Your Debit Card is useless without funds in your account. Debit Cards are good to avoid credit. Debit Cards have created a cashless society in some European countries and it is getting widely accepted.
- **Credit Cards:** You can ask your parents to provide you with a supplementary card. A VISA or MasterCard credit cards for example allows you to withdraw cash from ATMs-Auto Teller Machines all over world. You can also charge various expenses to your card...but please do this after getting the approval from your parents who will be paying for your cash withdrawals and charges. Your parents can within 05 minutes make your card useless just by a phone call to the credit card company.

Do not carry cash. Just carry enough for a cup of coffee, baggage trolley, magazine, snack, taxi fare. Remember, if you lose cash, you cannot get replacement.

### WHAT STUDENTS SAY

“Studies is top priority!. I have enough money to live on. But working part-time gave me the financial freedom to try out new things and in the process gain new experiences and meet different people”.

“It is easy to stay sheltered in the university’s ivory towers but working part-time exposed me to the other side of the culture”.

“I have friends who opened a new account every year just to get special offers. This is definitely not recommended but the special offers for new student accounts were really tempting. The bank in one year gave 100.00pounds to every new student account opened. Another time they gave mini-compo and other electrical goods. So you cannot blame students for going for it.

## CALLING HOME

As for phoning home, Malaysia Direct is the most convenient and economical way to call home from aboard. Dial the access from the country you are dialling in, you will be greeted by a Telekom Malaysia operator. Give the operator the number you want and the person you wish to speak to. All calls are charged to the called number as collect calls. The charge you pay in the country you are calling from is cost of a local call and the local number in Malaysia you will be charged a service fee plus local call charges.

[Click Here for MALAYSIA DIRECT](#)

Always remember to call home. Your parents and friends will like to hear from you. They can help you and advise you.

The Telecommunication Industry has made great strides with handphones, internet, emails and the offer of competitive call rates etc. There are many ways to stay in touch.

There are numerous mobile phone companies in the country you are studying. Check out the company providing you the best rates for your requirement.

Your ISIC is also your phone card offering you the following:



Your ISIC offers you *ISIconnect benefits* which include:

- great savings for International calls
- fully integrated phone, fax and email services and you can even listen to your emails over the phone
- family & friends can leave messages for *ISIconnect* account holders for free
- a secure online Travel Safe for storing confidential personal information such as passport, credit card and other details

## WHAT STUDENTS SAY

“In dealing with exorbitant phone bills, the best tip would be to shop around for a good long distance phone plan. There are many companies with all sorts of offers, so check out the offers before settling on one which suits your lifestyle and requirement”.

## OTHERS

There are several other important matters you must attend to before your departure overseas.

- When travelling overseas always carry your identity card, drivers license and certified photocopies of your birth & citizenship certificates etc. Also carry a copy of your latest medical report and know your blood group type.
- Read anything you can of the country you are travelling to, this will provide you an insight of its people, government, geography, history etc. We also suggest that you get travel guides like Lonely Planet etc and have a look at the country's websites of their Tourism Bodies.
- Register with the Malaysian Students Department – MSD in the country you are studying. If there is no MSD office, then register with the Malaysian embassy.
- Know the addresses of the Malaysian Tourism and Trade offices as you can rely on these representative offices to bring more tourists, trade and investments into Malaysia.

While being a student, you should act as a **Student Ambassador**. Doing well in your studies is one way of being a good **Student Ambassador**.

### BEING A RESPONSIBLE STUDENT TRAVELLER:

Responsible travel encourages respect for the world's cultural & natural heritage. Customs, religious practices, national monuments – all shape a person's identity and form a living tradition from which we all learn. Its preservation requires constant environmental and social awareness.

Traveller, tourist, backpacker, explorer – you are always a guest when in another country. The people who live there are your hosts, and your visit imposes an obligation to be sensitive.

- **Do some research before you travel**  
Find out about local practices and customs such as public greetings, protocols and the preparation and eating of food. Even if your pronunciation is not perfect or you use the wrong utensil, your host will appreciate your efforts.

- **Welcome Diversity**  
Local customs that may seem strange to you can represent thousands of years of cherished history. Do not openly criticise them.
- **Religious Tolerance**  
Be aware that for many people, religion is at the core of their identity. In some countries, there is no clear distinction between religious practices and civil law. Be sensitive to the fact that some religious traditions view the roles of men and women as quite different. Conduct yourself accordingly.
- **Different strokes for different folks**  
Touching someone's head, pointing, kissing in public – physical contact that is acceptable at home may offend people in other countries.
- **Think before you snap**  
Photos should be taken only with the consent of your subject.
- **Dress Sense**  
Wear appropriate and respectful clothing especially when visiting a place of worship. Sometimes clothing, or lack thereof, offends people. In some cases, a “dress code” may be in effect and you will be expected to observe the local custom.
- **Support the local economy**  
Use the local businesses and buy local products made from renewable resources.
- **When you return home**  
Think about how you can share your experience and increase the awareness of socially responsible tourism.

#### **WHAT STUDENTS SAY**

“Invaluable experience that comes with studying overseas is that you learn to stand on your own feet and make your decisions. An opportunity to make friends from all cultures and often these friendship last a life time”.

#### **DEPARTURE**

The day has finally come for you to depart. You must arrive at the airport at least 120 minutes or 2 hours prior to your flight departure time. If you are

checking in at Sentral to take the ERL to KLIA, you must check in at Sentral at least 2 hours prior to your flight departure.

**Warning:** *Come on Time. Most Airlines close their counters 60 minutes or One hour before departure.*

- At the check-in counter, please present your ticket and passport to the in counter staff and place your baggage on the scale. At the check in counter the staff will process your check-in. After checking in, please ensure that you have got back your passport; your ticket with correct flight coupon(s) detached from your ticket; your boarding card with the correct seat allocated to you; baggage labels for your checked-in baggage labelled to the correct destination.

*Note: If you are travelling to your final destination via another country/city please ensure that your baggage has been labelled to the final destination to avoid collecting your luggage in the transit country/city.*

#### WARNING

The airports are usually crowded when students depart overseas. It is advisable to go to the airport early to check in. It is also wise to say all your goodbyes at home and come to the airport with one or two of your parents/family members.

- **Please understand the HAND BAGGAGE limits.** You may be turned away before proceeding to immigrations if you are carrying excessive amounts of hand baggage (see Baggage section)
- You will need to clear immigrations before entering the departure hall. Please get your passport, boarding card and ticket ready for immigration check. The immigration will stamp your passport that you are leaving the country. If you are holding a machine readable passport, you can then exit using the machines provided. Note: There will be NO stamps on your passport if you go through the machines. This applies to Malaysian passports.
- After immigration please proceed to the departure hall and on to your departure gate. At KLIA, for International Departures, the departure halls and gates are located in the Satellite Building. You will take the Aerotrain to the Satellite Building. The duty free shops are located in the Satellite building. Upon arrival at the Satellite Building, please proceed to the departure gate for your flight. Please be at the departure hall 45 minutes before departure and more if you are making duty-free purchases.

- When boarding the aircraft, please show the stewards/stewardesses your boarding card, who will then direct you to your seat. Place your hand baggage in the overhead bins, take your seat and fasten your seat belt. The aircraft is now ready for take off and preliminary announcements and safety demonstration are made by the leading stewards/stewardesses.
- During the flight, refreshments and meals will be served (alcoholic beverages are not recommended while flying, restrict yourself to soft drinks and fruit juices and do not over eat). Disembarkation and custom forms will be distributed and if you have difficulty in completing these forms please ask the stewards/stewardesses for assistance.

When travelling on long flights, most airlines recommend the following:

- avoid high consumption of caffeine and alcoholic beverages as these cause dehydration
- increase consumption of other fluids, especially water or fruit juices to improve body hydration
- do simple regular in-flight workouts to improve blood circulation - details of such workouts are available in the in-flight magazines

## **ARRIVAL**

Upon arrival, please ensure you have all your belongings and nothing is left on the aircraft. Please follow the directional signs. You will clear immigration first, followed by the collection of your baggage and then clearing customs. After clearing customs, you will proceed to the public area where you will be able to locate the information counter, taxi/bus, bank and the friend/representative who is meeting you.

If you are on transit and taking a connecting flight, please seek assistance from the airline staff.

**JET LAG:** Follow the normal eating and sleeping patterns of your new time zone and refrain from taking naps. Exposure to sunlight helps to reset your body clock. Take it easy for the first week to adapt to the local conditions.

## **RETURNING HOME and TRAVELLING BEYOND**

You have finished your studies or you are having a semester break and you have decided to return home or travel for holidays. You are not the only one making that decision as thousands of overseas students are also returning home. Be smart; plan your travel in advance. Universities plan their academic year in advance and all the information about their semester breaks, exams, convocation etc are available to you. Plan your travel early in order to secure reservations on your preferred travel dates.

### **If you already have a return ticket :**

- If it is open-dated, contact the airline office in the city or country you are studying in. If you are studying in Edinburgh, Britain and travelling with Malaysia Airlines from London, then contact Malaysia Airline office in London. Most airlines have a toll-free number for you to contact them. You can get such information from the Yellow Pages/Telephone Directory, Airline websites or from your friends.
- If you already have a reservation and you want to change it, do the same as above.
- If you already have a reservation and you are travelling as booked, call the airline as above and RECONFIRM your reservations.

When you call the airlines, you are required to give the airlines the following:

- Your name as on the ticket
- Your Ticket Number
- Your contact – telephone number you can be reached if the flight is delayed or cancelled

After your conversation with the Airline Reservations, you should have the following details of your reservations:

- Your Flight details – flight Number, time and date of travel
- Terminal & airport the flight is departing from
- What time you must be at the airport to check in for your flight  
**(Advice: be there 3 hours before departure time)**
- Any special meals – vegetarian etc
- Your booking Reference No. or PNR
- Name of the person you spoke to

**Warning:** Having a ticket does not guarantee you a seat. Plan your travel and place your reservations as soon as possible.

**If you do not have a return Ticket:**

If you do not have a ticket, there is nothing to worry about. Check out your Student Union notice board, local newspapers, airline offices etc and find out if there are any offers for air tickets for you to return home. Make sure that you are dealing with a reliable and registered travel company. Always check with the senior students for advice.

**ADVICE:** It is always cheaper to buy travel tickets in the country you are travelling from.

**If you are planning to return back to your studies:**

Contact MSL Travel again to book your flights back to your country of study by sending them an email at [contact@msltravel.com](mailto:contact@msltravel.com) and give them the following details:

- Your full name as per your passport
- Date of Travel
- Destination
- Address in Malaysia and in the Country of study including Telephone & Email.
- Your ISIC no. A Copy of your ISIC may be required
- Choice of Return or One way travel

MSL will respond to you with the flights booked for you, the fare and taxes and the deadline for deposit and balance payment. Please have your parents visit MSL Travel to pay the deposit required. When you are in Malaysia, contact MSL Travel again before the deadline for the balance payment and tickets. Your valid ISIC is required before any tickets can be issued to you.

**Remember:** A valid ISIC is required to issue all student tickets. And if you do not have a valid ISIC, you will have to apply for one – and we will require from you a photo, proof of student status, completed application form and payment.

**If you do not understand or have a problem, contact your STUDENT TRAVEL CENTRE together with your details such as:-**

- **Full name as per on the ticket**
- **Airline name and date of travel**
- **Your email address and Telephone contact (mobile phone)**

## **RECONFIRMATION**

**Some airlines especially from Third World and the Middle East and also airlines flying to certain cities require all passengers to RECONFIRM their reservations at least 72 hours before departure.**

**DURING times of crisis such as strikes, bad weather, natural disasters etc, ALL passengers are advised to RECONFIRM their flights.**

### **If you are NOT returning home and you are travelling for holidays:**

We encourage students to travel during their holidays and semester breaks. You can travel on one of the many tours operated by reliable tour operators or you can travel independently with a group of friends. You will always need some “travel tools” such as:

- A youth hostel card to stay at youth hostels
- ISIC for your student discounts
- IYTC for your youth discounts
- A reliable travel guide to guide you for your travel
- Travel insurance to prepare you for the unexpected

Before you left Malaysia, you may have picked up from the MSL Travel office some brochures and if these are of any interest to you, contact MSL Travel for them.

Some of you may have bought return tickets to Malaysia on non-direct flights. For Example you may have travelled to London on Emirates or Thai Airways who offer stopover in Dubai or Bangkok. This is a great opportunity to see another destination for “nothing”.

## **ADVICE**

**Thousands of students have travelled with MSL because they trust MSL. Check out your travel arrangements with MSL Travel Sdn Bhd / Student Travel Centre, a name you can trust.  
MSL celebrates its 35<sup>th</sup> Anniversary in the year 2011.**

We will appreciate your feedback, suggestions, advice.  
Please email to: [traveltips@msltravel.com](mailto:traveltips@msltravel.com)

Thank you