



## HOW TO...

### ...get the best deals

**Jo Ucakalo, ex-flight attendant and founder of [handliemycomplaint.com.au](http://handliemycomplaint.com.au)**

- ➔ Choose your destination last! Search for locations offering discounts during the time that you want to travel.
- ➔ Searching for two one-way flights instead of a return flight can sometimes secure a much lower overall price.
- ➔ Lunch is usually cheaper at restaurants, so a fancy midday meal and budget dinner will be kinder to your pocket.

### ...have a good flight

**Caroline Makepeace, travel blogger at [YTravelBlog.com](http://YTravelBlog.com)**

- ➔ Avoid coffee, alcohol, fatty foods and

anything high in sugar before flying.

- ➔ To avoid airsickness, sit in the middle of the plane near the wings. For chronic sufferers, take medicine or eat ginger.
- ➔ To manage jet lag, set your watch to the new time zone as soon as you board and sleep as you would in that time zone.

### ...detect dodgy accommodation

**Silke Kerwick, communications manager for [YHA Australia](http://YHA Australia)**

- ➔ Look for somewhere central. Cheapest may not always be best if a hostel is miles out, as you'll end up spending time and money travelling to see the sights.
- ➔ Look for hostels that are members of YHA or [Hostelling International](http://Hostelling International) as you can be sure of high quality. Also check out websites with reviews from other travellers, such as [tripadvisor.com.au](http://tripadvisor.com.au), [hostelworld.com](http://hostelworld.com) and [yha.com.au](http://yha.com.au).
- ➔ Photos are another way to scope out the facilities before you arrive. Look for hostels offering good communal areas as that's where you'll meet other travellers.

### ...dine like a local

**Tori Haschka, food and travel blogger at [Eatori.com](http://Eatori.com)**

- ➔ Prior research will pay off. I try to look in one place to eat for the first night and then ask the staff for recommendations. People who work with food know food.
- ➔ It's always worth seeking out the local speciality, and keeping an open mind.
- ➔ If you see a long queue for food, join it immediately! It's most likely a local gem.
- ➔ In countries with water sanitation issues, stick to bottled water. Ask for unfrosted glasses in bars, check that ice has been made with filtered water and choose cooked veggies over raw salads. It's always a good idea to travel with Imodium and Gastrolyte just in case.

### ...take pop-worthy snaps

**Cybele Malinowski, photographer**

- ➔ The best time to shoot is early morning or late afternoon, when the sun is low and colours are saturated.
- ➔ For better selfies, use mirrors.

When I first travelled I took a photo of myself in every hotel I stayed at:

- ➔ If you can, try to take photos that haven't been taken. While everyone is facing the Acropolis with cameras glued to their faces, I am looking away from the ancient buildings, photographing the tourists as they all capture their piece of history.

# globetrotting tips from frequent flyers

All the insider secrets you need to travel like a star

**W**hile every traveller returns home with a swag of unforgettable anecdotes, it's not uncommon to also come back with one or two horror stories (bed bugs in Berlin, pickpockets in Paris, airsickness over Athens). Some frequent flyers share their tips and tricks that will make your trip memorable for all the right reasons.



### ...pack light

**Mela Purdie, fashion designer**

- ➔ Consider your destination's climate. Avoid odd pieces that won't get used and don't pack too many shoes.
- ➔ Group your pieces on hangers and fold them together to save space. This also means they can be easily pulled out and hung on arrival.
- ➔ Pack items such as lingerie and accessories in smaller bags so they don't scatter around in your suitcase. These little bags become mobile drawers and save a lot of packing and unpacking.



### ...avoid disaster

**Victoria Ugarte, travel writer and author of [Travel Bible for Women](http://Travel Bible for Women) (Explore My World Publishing, \$14.95)**

- ➔ In the planning stages of travel, check your passport validity and whether you need any visas, as they may take a few months to process. It's also important to consult with your doctor about travel vaccinations early on as some require long time frames to be fully effective.
- ➔ Be aware of what's happening around you to avoid pickpockets or muggers. Ask your accommodation hosts for warnings on any unsafe areas. Be extra watchful in transit areas and at tourist attractions. When in transit, keep all your valuables in your hand luggage.
- ➔ The easiest place to spot bed bugs is on light-coloured sheets, where their dark faecal spots can be detected.
- ➔ Never travel anywhere without an adequate travel insurance policy. □