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Read this article about getting the most out of a trip.

Get the Most Out of It

So you're **visiting** some new countries this year? You already have your tickets, and you **leave** in exactly four weeks. A month from now, you'll **be relaxing** in the sunshine or **touring** famous landmarks. But are you prepared to maximize the enjoyment of your experience? In my capacity as *Times* travel editor, I've been **journeying abroad** since 2007, so I've learned a few things. In this week's column, I'm **going to give** you suggestions in five areas that **will help** you get the most out of your trip.



FIRST TIP: Jetlag. If you've ever flown a significant distance away from your home time zone, you know lack of sleep is a problem. By the time you **arrive**, you'll **have been flying** for eight to ten hours and **won't be able to keep** your eyes open. Then your entire body **will be** out of whack for days. Some effects of jetlag are inevitable, but here's my suggestion for minimizing them: Take a late afternoon or evening flight, and make every effort to sleep on the plane, even if it's only for an hour or so. When you **land**, it **will** probably **be** late morning or early

afternoon. Stay up until evening! Don't take a nap, no matter how excruciatingly tired and sleepy you feel. That way, you'll fall into a new rhythm as naturally as possible. Your body **will adjust** much more quickly.



SECOND TIP: Tours. If you've been abroad before, I'd say go ahead and chart your own course. If you haven't, join a tour group. You can get excellent package deals that include accommodations and tours that hit the high points. Good tour leaders **will show** you the things you want to see. You'll **make** new friends and **learn** a lot. Yes, it's true that tours can be hectic and intense. They're worth it, though.



THIRD TIP: Accommodations. Consider using Airbnb, a website that started in 2008. It's an online marketplace that links people who have property to rent with visitors who are looking for a place to stay. If you want to use Airbnb, you'll **need to go** to their website and create an account. Then you'll **be able to find**