

LUKEION PROJECT YOUNG TRAVELER RULES & GUIDELINES

Most Lukeion trips are packed to the brim with activities. It is not unusual, for example, to walk up to 10 miles a day in Rome. For this reason, our recommended age for travel is 12+. All students under 17 must travel with an adult parent/guardian. If you believe your younger traveler (age 8-11) is a candidate for the trip, read on.

Happily traveling with younger children depends on preparedness. It is important for all involved to understand the special challenges of an international trip. There will be long wearisome travel times, crowds, loud traffic, unfamiliar smells, strange schedules, and unusual foods. Some young travelers are well suited to rolling with these changes, others are not. For this reason, some eight-year olds are absolutely great travel companions while some 15 year olds...are not.

Age is not necessarily the best deciding factor for travel readiness. Parents or guardians should carefully consider the personality of their young person. Even the best organized tour can be



Lifelong friendships often begin on our trips abroad!

stressful at times. We ask for your best judgment to help make our tour a success for every traveler.

Below are *rules and guidelines* to give all of us best success and help you travel with your young person on a Lukeion Family Tour.

RULES

STAY TOGETHER: Parents or guardians must always be aware of their child's location, even while sightseeing, traveling (especially at sea), during meals, and at hotels. *All travelers* have a companion during free time and trips to the ATM, etc. Children, *especially ages 8-12,*



Mischief Managed

must always be within earshot of a parent or guardian (not just another child). Do not inadvertently leave other adults on the trip to serve as your child's guardian unless you have made specific arrangements with that adult. You mustn't send your youth down to the beach alone while you nap. Coordinate with a group of adults and youths planning on a free time activity. Offer to exchange "parental oversight" time so that everyone gets time off.

BE CONSIDERATE TO ALL TRAVELERS:

- All youths under 21 must return to their hotel rooms by 10 PM unless accompanied by their own parent/guardian. 10 PM is the start of quiet time for all participants.
- Children ages 8-12 must never be left unattended to play in hotel stairwells, elevators, hallways, lobbies, pools, gift shops, restaurants, at the beach, etc. Loud play is never acceptable anywhere indoors.
- Youths 13-17 must also be quiet, respectful, and calm at all times but may enjoy more autonomy according to parent/guardian preferences.
- Older youths often gather for evening card games or to hang out. If younger participants wish to join in the fun, please make arrangements with older youths to be certain they are willing to keep an eye on the younger ones until the end of game time. **Be considerate of these teens!** They should **not** be expected to keep track of younger travelers all evening, every evening, right up until quiet time. Provide plenty of oversight to give our usually good natured teens a lot of **teen-only** time. The youngest ones should have their own well-supervised evening "tween time."

- Remind your young person regularly that no hotel guests should be disturbed nor hotel staff required to interfere due to anyone’s poor or loud behavior.
- Communicate to your youth how important it is to be *calm and quiet while in all public places* including hotels, museums, restaurants, and archaeological sites. Do not let your young person’s boisterous good time cause undue stress for other travelers.
- Be on time. Drinks, snacks, souvenir-buying and restroom visits must all be completed before the meeting time and not after.
- When consuming drinks be aware that **PUBLIC RESTROOMS ARE EXTREMELY RARE IN MOST MEDITERRANEAN COUNTRIES.** Those 6 tasty glasses of orange juice at breakfast may force you to miss the Coliseum while you wait in a long restroom line.

GOOD TRAVELERS OF ALL AGES ARE:

FLEXIBLE: Good travelers know that weather, traffic, local holidays, and unusual events can change our plans for the day! Sometimes we’ll get up very early in the morning, some days we’ll stay up quite late as we enjoy our adventures. Younger travelers must be able to roll with variable schedules.

RESPECTFUL: The places that we will visit are thousands of years old. The walls, stones, architecture, paths and artwork are priceless world treasures. They can never be replaced! They are part of the world’s heritage. **At no time should any person (young or old) sit on, lean on, walk on, scratch, damage, write on, or carve on any part of any archaeological site unless the architectural feature has been put in place for that purpose (stairs, walkways, columns, for example).**



Keep young ones close and get those memory making photos!

LIGHTS OUT: Everyone under 21 must be back in hotel rooms and quiet by 10 PM unless a parent or guardian is with that person. It is a good idea for everyone to settle in by the 10 PM quiet time because our days are long and busy.

NO RENTED TRANSPORTATION: It is against EF Tours rules for any *participant of any age* to rent an ATV, scooter or motorcycle while on tour.

NOTE FOR GREECE ONLY: Due to substantial tourist-caused damage, in Greece it is forbidden to have your picture taken next to displayed-objects in museums (hint: if you want a person in the image for scale, **do so quickly and without posing them** next to the object—just snap a fast picture while they look at the object on display).

IMPORTANT EXPECTATIONS:

ROADS & TRAFFIC

There are many times that the group will cross very busy roads in large urban areas. Younger passengers can be lulled into a sense of false security as we walk in a large group. **PLEASE TEACH CHILDREN TO BE ALERT WHEN WALKING NEAR TRAFFIC AND TO REMAIN SAFELY NEAR YOU WHILE CROSSING BUSY STREETS.**

GINORMOUS CROWDS

Crowds are common! **HELP YOUR YOUNG TRAVELER STAY CLOSE TO THE TOUR GROUP WHILE WE WALK IN CROWDED PLACES.** Please teach them good coping mechanisms for handling loud noises and large crowds successfully.

EXTREMELY IMPORTANT MEETING TIMES

We will be given very specific instructions by our Tour Director throughout the day. Be sure children listen during announcements and on route. If they are not listening, they may also prevent others from hearing important information as well. This can cause setbacks for the entire tour group. If set-backs mount up, we will MISS seeing scheduled sites.

MAKE SURE YOUR CHILD HAS A PLAN TO FIND THE GROUP IF HE OR SHE IS SEPARATED FROM THE GROUP. She should know her **hotel name** and **room number** and **have your phone number/our Tour Director's phone number**. He or she (along with chaperones) should know when and where the group is supposed to meet at the end of each meal/free time, and bus departure from a site.

Calmly devise plans for various worst-case-scenarios before you depart on your trip. The Vatican on a rainy day, for example, may have 30,000 visitors. Make sure you walk through rules and emergency steps for your family in the event of separation.

MEALS ARE TASTY BUT DIFFERENT

Meals will be different! We will be in a foreign country! **PICKY EATERS WILL NEED TO PEACEFULLY EXPAND THEIR TASTES AND EXPECTATIONS WITHOUT BEING RUDE TO WAIT-STAFF.** Group meal facilities are seldom equipped to handle idiosyncrasies such as my-food-can't-touch or "no seasonings on anything" or "I only eat Fruit-Loops for breakfast." Start months before the trip by learning about local foods in our host country. For example, most Europeans do not eat breakfast cereal nor drink much fresh

milk so you will seldom find such things in the morning. Help your young ones try new foods, expect the unexpected, and celebrate differences. If you want ideas about normal means offerings, just ask!

Meal times will be different from home routines due to our busy schedule and, especially, local customs!

Mediterranean meal times vary considerably from yours at home so please be prepared.

Lunch times fluctuate greatly. Sometimes we will have to eat early (11:30), sometimes rather late (2 PM). It is inevitable.

Did you know that It is highly unusual to eat dinner before sunset when you live in the Mediterranean? We will often dine as late as 7-7:30 PM (late in our terms), which is so early in the Mediterranean that the restaurant may be empty except for tourists.



Veteran traveler Isaiah adores squid and octopus in Greece.

IF YOU OR YOUR CHILD IS SENSITIVE TO FLUCTUATING MEALTIMES, PLEASE BRING OR PURCHASE SNACKS AT A LOCAL GROCERY STORE.

PHOTOGRAPHY AND LARGE GROUP ETIQUETTE

- Photobombing is NOT funny when the picture you ruined cost a fellow traveler a small fortune to acquire. There's nothing worse than getting home from the trip of a lifetime with the perfect family photo near the Pantheon only to realize it was photobombed. Be considerate of all travelers by never jumping into the background to photobomb!
- Group photos will be very common. We usually post them to Facebook so everyone at home can follow along and, once travelers return, download them. Be considerate of all travelers by quickly assembling in the group photo -- do not make faces or slow the group down. Sometimes we have mere seconds to get a group photo taken.
- When possible, don't walk between photographers and their subject. Be extra aware of your surroundings so you aren't interrupting a family picture OR walking right in front of a temple or statue that somebody else is photographing at that moment.
- Other tourists are trying to get those once-in-a-lifetime pictures so be as courteous as possible to all travelers.