

# TRAVEL POCKET GUIDE

SPRING/SUMMER 2019

*Levison Wood*

TOMMY WALKER • EL NIDO PALAWAN • VIETNAM  
BOURBON STREET • EGYPT • BEACH GAMES

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4Ocean

SUNRISE  
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A person with long blonde hair, wearing a white long-sleeved shirt and black leggings, is walking away from the camera on a rocky mountain path. They have a black backpack with a red logo and their arms are outstretched to the sides. The path is made of large, light-colored rocks and leads into a deep valley with steep, forested mountainsides. The sky is clear and blue.

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# EDITOR'S LETTER

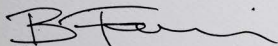
It's a very exciting time to be in the world of travel. Technology is making it easier to plan and book getaways, and up-to 80% of us prefer to book holidays ourselves online.

What with the recent global attention on the terrible effects plastic is having on our planet, people are making savvier decisions when it comes to booking holidays. According to Abta, 36% of people would opt for one travel business over another if they have a better environmental record, and rightly so. Helping to literally clean-up the mess, 4Ocean are making remarkable bracelets from recycled glass and plastic - read on for more about that.

Priorities are changing, expectations are rising, destinations are becoming easier to access, and more of us than ever before are choosing the "micro-trip" (made-to-measure, bite sized travel).

As well as this, solo travel is still significant - in fact, around 38% of solo travellers say they would do it again. If you're thinking of jetting off alone, then our exclusive interview with explorer, photographer and author Levison Wood will give you goose bumps and send shivers down your spine! He talks about his full career to date including his recent and most dangerous expedition crossing 5,000 miles across the Arabian Peninsula. If getting smuggled across waters, being shot at and chased by crocodiles isn't for you, then why not read the slightly more relaxing adventures from travel writer Tommy Walker, who gives an insight into his adventures of Australia, Southeast Asia, Venezuela, and where he currently resides; Hong Kong.

Keep reading for excellent travel tips, holiday destinations, expeditions, and offers - plus don't forget to check out Travel Pocket Guide on socials. We hope you enjoy reading our Spring/Summer issue and look forward to catching up with you all soon.



Ben Farrin  
Founder and Group MD





**LEVISON WOOD**

# TRAVEL POCKET GUIDE



**TOMMY WALKER**



**EL NIDO**



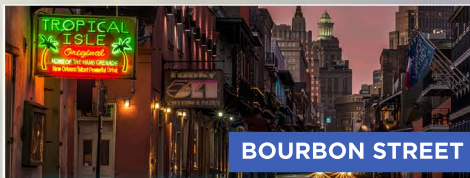
**4 OCEAN**



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We're on a mission...  
to clean our oceans and coastlines.

*Every year, an estimated 14 billion pounds of trash, most of which is plastic, ends up in our oceans. It's having devastating effects on marine life including the destruction of habitats and the death of many sea life creatures, particularly sea turtles.*

*This is where 4Ocean is making a difference.*

4Ocean is a business with the mission to clean the ocean, one piece of trash at a time. The two millennial founders, Alex Schulze and Andrew Cooper, launched the company in January 2017 after 15 months of researching and developing – they intend on removing the trash that ends up in the sea. The pair currently live and operate 4Ocean in Boca Raton, Florida.

Both Alex and Andrew grew up around and on the water, which is where both their passion for protecting it began. Both have travelled the planet for surfing, free diving, and scuba diving in places including Indonesia, Panama, and Costa Rica. Since January, 4Ocean has been wildly successful – collecting over 154,000 pounds of discarded trash so far. Growing from just 2 employees to a staggering 43. Every day, the company has 8 full time captains and cleanup crew members out in the oceans, working mostly on the East Coast of Florida from West Palm Beach to North Miami. So far, 4Ocean has hosted cleanups in over 7 countries. “We have hopes of becoming the world’s largest ocean cleanup by expanding our boat fleets and cleanup stations across the East and West coast of Florida, to all the large coastal cities in the US, and eventually to all major coastal cities in the world,” stated Alex.



# 4Ocean | Bracelets

*You can get involved in the movement by purchasing one of 4Ocean's bracelets for \$20 from their website. The bracelets are made from recycled glass bottle and post-consumer recycled water bottles, and for every bracelet purchased, 4Ocean fund the removal of 1 pound of trash from our oceans and shores.*

*4Ocean also offers a limited-edition bracelet every six weeks to help raise awareness and money for other important causes in the world. So far, the company has put out Earth Day Bracelet, World Oceans Day Bracelet, Shark Conservation Bracelet and recently, a Breast Cancer Awareness Bracelet with 10% of the net profits going to Breast Cancer Research.*







Visit [www.4ocean.com](http://www.4ocean.com) for more information



## 4Ocean | Volunteer


*"4Ocean believes that the best step to take towards a cleaner ocean is not to invent one machine that removes millions of pounds of trash but rather, to influence millions of people to remove just one pound of trash and working their way up. Human decision is important especially when deciphering what needs to be recycled versus thrown away."*


To join the movement and volunteer in the future, you can fill out the volunteer form on the 4Ocean website. If the company is hosting a beach cleanup in your area, they will contact you to come and join the movement for cleaner oceans.




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# El Nido Palawan

== PARADISE ON EARTH ==





## HEAVENLY

Endless beaches, crystal-clear waters and unclouded skies, El Nido is a surreal place which is becoming a popular tourist destination at the northern tip of Palawan. With 45 islands in total located in Bacuit Bay, it's gained worldwide attention for its unspoiled beaches, towering limestone cliffs, mysterious caves, and coral garden.

El Nido's heavenly spots aren't in the city, but around it, so it's a starting point to explore the beautiful surrounding islands. There's a choice between four island tours which cost around £17-25. You'll be blown away with what you see.





## EXPLORE

If after your excursion you're still hungry for more sandy beaches, sunbathing and swimming, there are plenty of other places you can visit.

A popular destination is Lapus Lapus beach. The only way you can get there is by kayaking from Corong Corong but you'll need to rent a kayak first!

A lot of the hotels offer kayaks for rent for around 500 pesos per day which is around £7.





## CAPTURE

On your way to Lopus Lopus beach, you'll notice Yoga beach to your right (named so because Yoga classes are taught there). Take a break here and enjoy the view. You'll most likely have the beach to yourself – not everyone rents a kayak to explore hidden beaches. Las Cabanas beach is another beautiful location not too far from El Nido; to get there just rent a tricycle for around £1-2. It's well-known for its sunsets which allows for the creation of unrivalled Instagram pictures.





## TRAVEL

The Nagkalit-kalit waterfalls are a hidden gem in El Nido; you'll need a scooter to get there and then park on the main road to walk the rest of the way – but it's worth it.

'Habal-habal' is a popular means of transport in El Nido; it's essentially a motorcycle, covered or uncovered, transporting around two people (plus the driver) at a time. The price for this form of transport varies, depending on the distance and negotiations made with the driver before the trip.

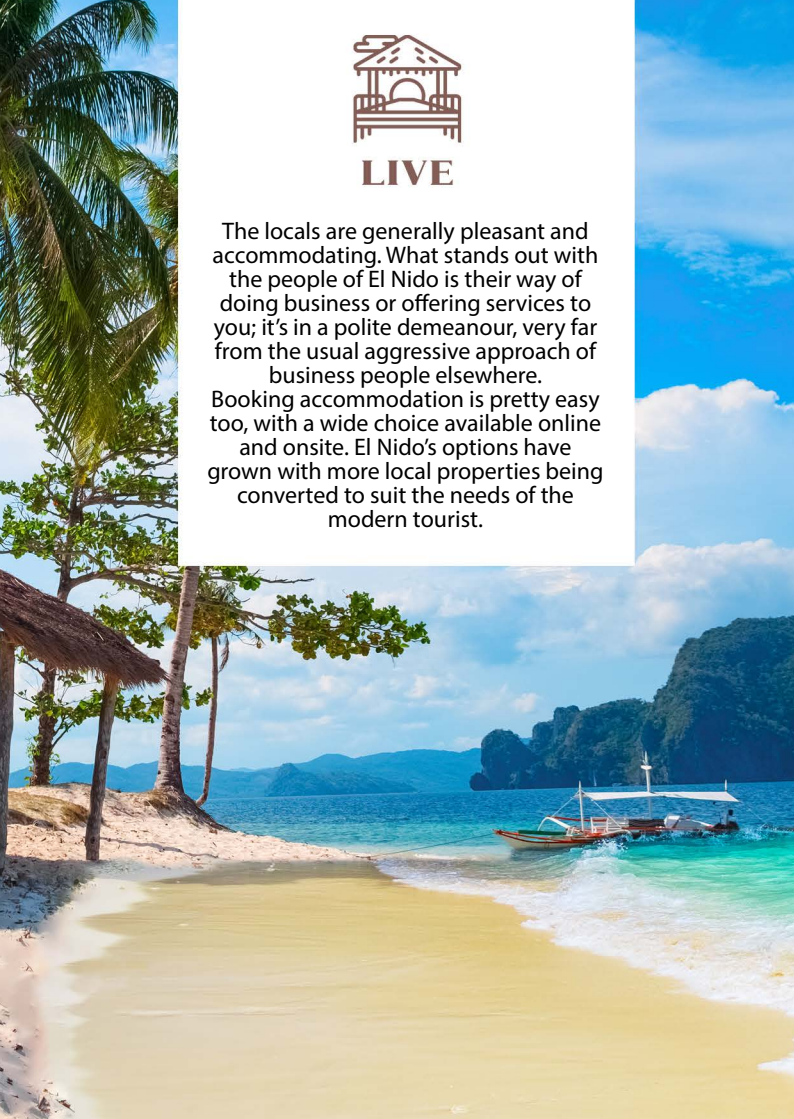




## LIVE

The locals are generally pleasant and accommodating. What stands out with the people of El Nido is their way of doing business or offering services to you; it's in a polite demeanour, very far from the usual aggressive approach of business people elsewhere.

Booking accommodation is pretty easy too, with a wide choice available online and onsite. El Nido's options have grown with more local properties being converted to suit the needs of the modern tourist.



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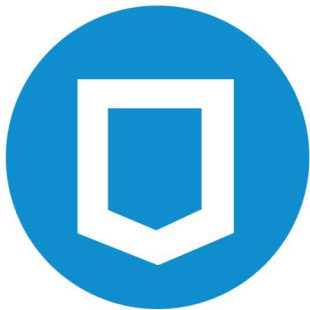
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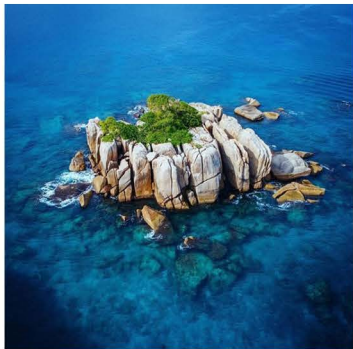
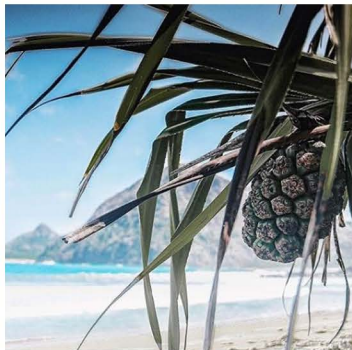
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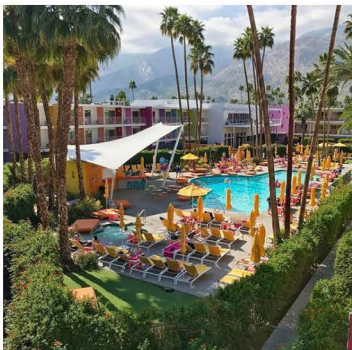


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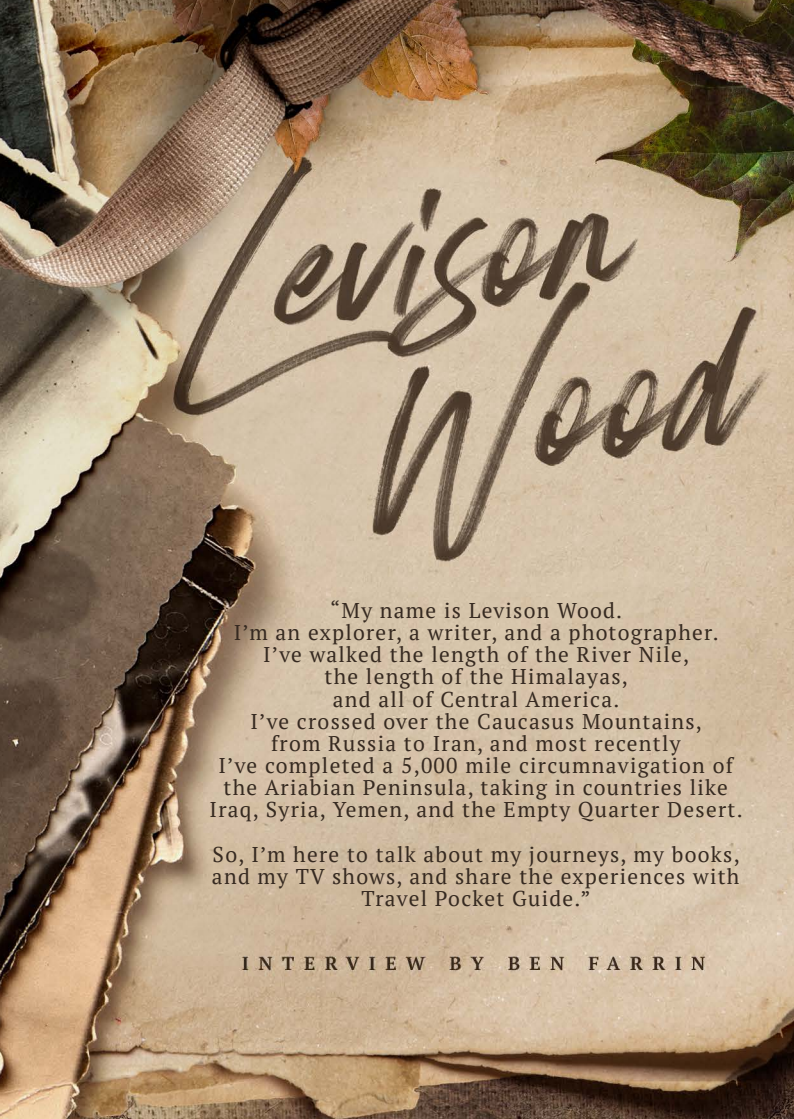
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# Levison Wood

"My name is Levison Wood.  
I'm an explorer, a writer, and a photographer.  
I've walked the length of the River Nile,  
the length of the Himalayas,  
and all of Central America.  
I've crossed over the Caucasus Mountains,  
from Russia to Iran, and most recently  
I've completed a 5,000 mile circumnavigation of  
the Ariabian Peninsula, taking in countries like  
Iraq, Syria, Yemen, and the Empty Quarter Desert.

So, I'm here to talk about my journeys, my books,  
and my TV shows, and share the experiences with  
Travel Pocket Guide."

INTERVIEW BY BEN FARRIN

*In your first TV documentary, 'Walking The Nile', 4,200 miles across 6 countries, you said that you wanted to stick quite close to the river, but the hippos were a threat to you. Was that the biggest threat in terms of wildlife?*

They're considered to be one of the most dangerous animals in Africa; they account for quite a lot of people who get trampled. Having said that, psychologically it was the crocodiles, because they're there but you can't see them. Whenever you go and get water from the river or you want to bathe, you're always thinking, 'is there a crocodile waiting in the shallows to drag me in?' It was quite nerve-wracking at times! It's something you always think about; I'd met lots of people who had lost friends and family members to crocodiles, so it's a real threat. But at the same time, for me, it was also an opportunity to raise awareness about conservation issues.

*In the next documentary you filmed, 'Walking the Himalayas', you went on a 1,700 mile trek through harsh environments. There were endless risks: avalanches, altitude sickness, monsoons, terrorists, bears, crocodiles, and elephants. How much training are you given to face these unpredictable risks?*

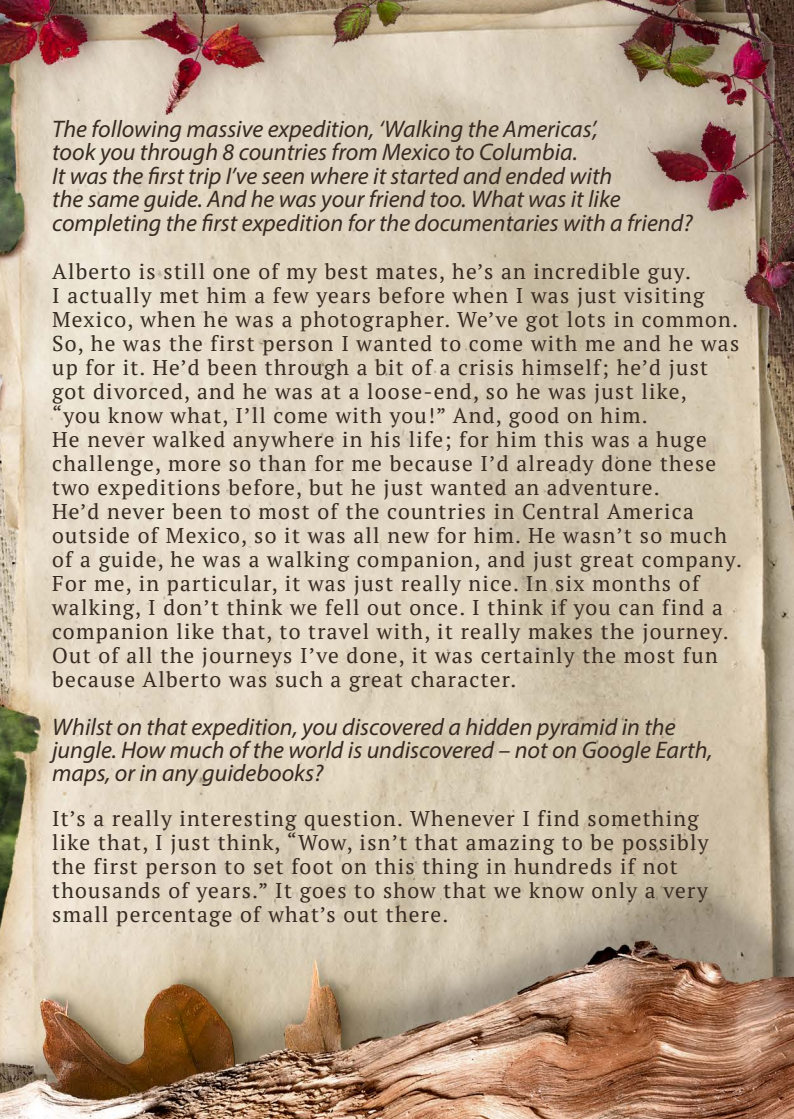
I'd walked the length of the world's longest river through Africa – the Himalayas are very different, going through the mountains there but again, lots of risks. I'd trained, in terms of being in these sorts of environments.

I'd done some mountain climbing with the army – I spent quite a lot of time in Nepal – I knew the route quite well, I have been to Afghanistan. I was in the best position to do this journey and, inevitably though, it's the slightly less glamorous things which are the most dangerous.

The closest I've come to the real tragedy was when my car was involved in an accident. The car went flying off a cliff when the brakes failed, so that's not something you can really do much about. You do what you can, but in countries like Nepal where road safety isn't exactly the priority, you have to be very careful – but these things happen.





The image shows a page from a book, possibly a travelogue or a collection of essays. The page is decorated with autumn leaves and a piece of driftwood. The text is written in a casual, conversational style. The first paragraph describes a massive expedition called 'Walking the Americas' that took place through 8 countries from Mexico to Columbia. The second paragraph describes the author's experience with Alberto, a friend and guide, during the expedition. The third paragraph asks a question about the discovery of a hidden pyramid in the jungle. The fourth paragraph answers the question, stating that it's a really interesting question and that the author has found something like that, but it's not on Google Earth, maps, or in any guidebooks.

*The following massive expedition, 'Walking the Americas', took you through 8 countries from Mexico to Columbia. It was the first trip I've seen where it started and ended with the same guide. And he was your friend too. What was it like completing the first expedition for the documentaries with a friend?*

Alberto is still one of my best mates, he's an incredible guy. I actually met him a few years before when I was just visiting Mexico, when he was a photographer. We've got lots in common. So, he was the first person I wanted to come with me and he was up for it. He'd been through a bit of a crisis himself; he'd just got divorced, and he was at a loose-end, so he was just like, "you know what, I'll come with you!" And, good on him. He never walked anywhere in his life; for him this was a huge challenge, more so than for me because I'd already done these two expeditions before, but he just wanted an adventure. He'd never been to most of the countries in Central America outside of Mexico, so it was all new for him. He wasn't so much of a guide, he was a walking companion, and just great company. For me, in particular, it was just really nice. In six months of walking, I don't think we fell out once. I think if you can find a companion like that, to travel with, it really makes the journey. Out of all the journeys I've done, it was certainly the most fun because Alberto was such a great character.

*Whilst on that expedition, you discovered a hidden pyramid in the jungle. How much of the world is undiscovered – not on Google Earth, maps, or in any guidebooks?*

It's a really interesting question. Whenever I find something like that, I just think, "Wow, isn't that amazing to be possibly the first person to set foot on this thing in hundreds if not thousands of years." It goes to show that we know only a very small percentage of what's out there.

*So, let's talk about your most recent, 5,000 mile expedition, travelling the Arabian Peninsula. It's coming out on TV soon.*

That's the plan! We're trying to find a place for it to go. It hasn't got a station just yet but watch this space.

*Before you left for this expedition, what were the biggest risks on paper?*

Well, this is potentially the riskiest expedition. In terms of the region, it's usually turbulent and unstable – now more than ever. It's faced with conflict in Iraq, Syria, Yemen, not to mention all the bureaucratic hurdles to get through, just to get access to half these countries like Saudi Arabia, like Iraq. So it was a fascinating journey; really, really, really worthwhile, I think, to shed a light on a region which we only ever see a small percentage of, usually for the wrong reasons. What I wanted to do this journey was to really try and understand some of the complexities of the Middle East, but hopefully showcase that for an audience; not through the lens of a war reporter or a correspondent, but very much through a traveller who's travelling at the mercy and the kindness of strangers.

*What would you say you got out of that trip the most?*

Well the journey was about, for myself, to try and understand why there's so much conflict in the Middle East, why it's the most unstable part of the world - to try and just grasp some of the complexities. I came away, I think, with more questions than I have answers, because it's even more complex than we give it credit for. It's a very difficult region but I came away with some semblance of hope because of the incredible hospitality which was shown throughout.


*Who were the biggest characters you met along the way?*

I met everyone from an Iraqi sniper who'd been in every conflict since 1973 – he killed over 460 people. I met dignitaries, politicians, I met soldiers, I met people who we'd probably call terrorists – the whole spectrum. Some of the friendliest people I met were the simple Bedouin, who lived in caves in places like Jordan and they were the people who looked after me and travelled with me and got their camels, and off we went travelling across the desert.





PHOTOGRAPHY: SIMON BUXTON



*If you could go back to one part of the trip, which moment would you choose and why?*

That's a very good question. I think Lebanon is a country I would love to go back to. It's absolutely beautiful. I was only there for about a week to cross it; I'd love to go back and see more of it because it's just so beautiful. The mountains, the snow, the views; it's really an incredible place.

*Thank you so much for your time – I can't wait to see the show!*

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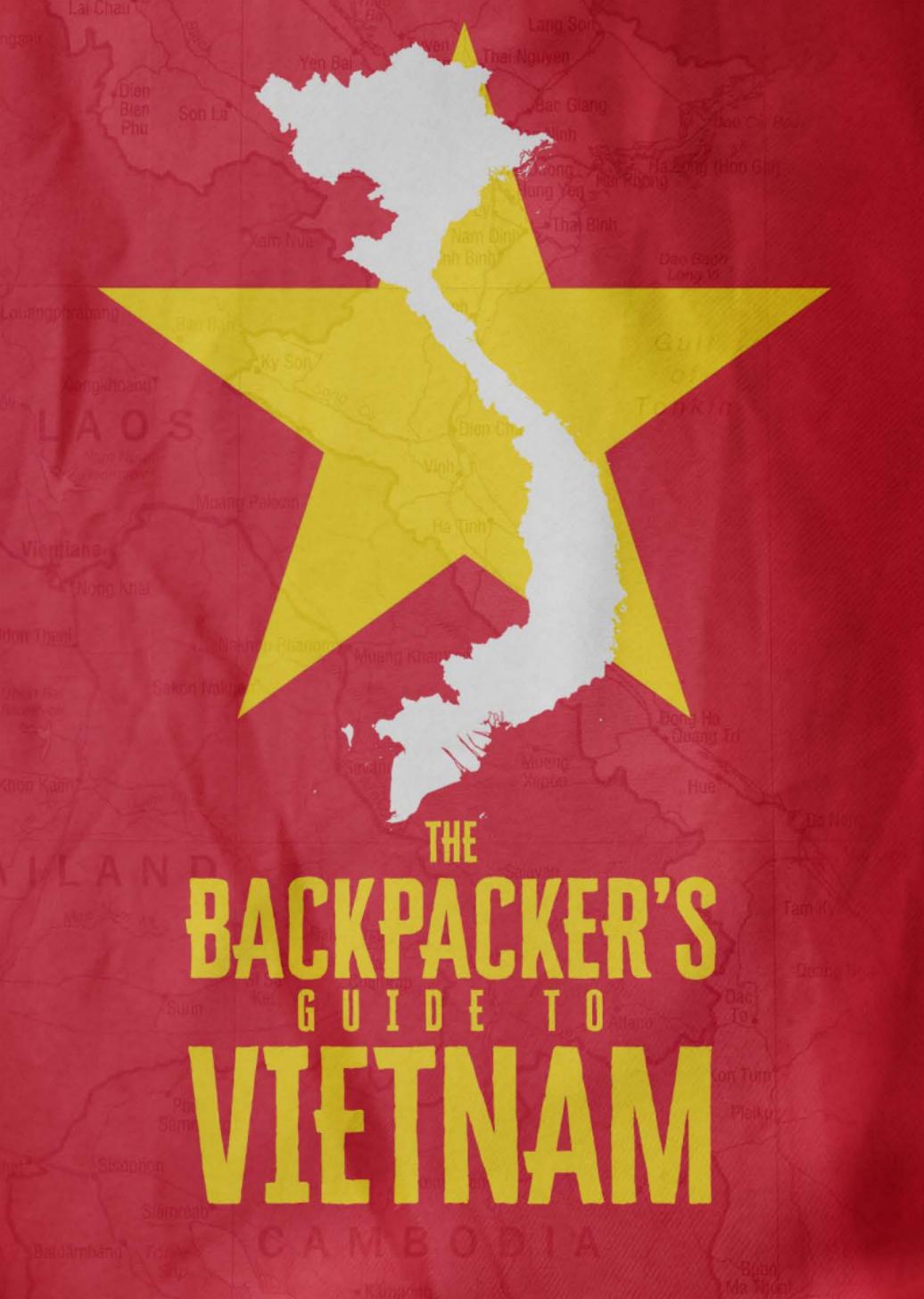
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THE  
**BACKPACKER'S**  
GUIDE TO  
**VIETNAM**

If you're looking to dedicate yourself to exploring more of the planet we live on but don't want to blow savings on lavish and expensive holidays, then backpacking could be more suited to you. In recent years - due to affordable living expenses, great tasting cuisine, and being a country rich with culture and history – Vietnam has become one of the most popular backpacking destinations in the world. Here are a number of simple yet vital tips for surviving Vietnam as a backpacker.

## WATCH YOUR DIET

Not because you need to lose weight, but because you don't want to waste your money. Food in Vietnam is generally very cheap if you avoid areas heavily populated with tourists and holidaymakers. Street food stalls are a great go-to as everything is fresh and beautifully prepared by locals. You can buy an array of amazing Vietnamese dishes along street vendors for 50000VND which is less than £2. Make an effort to avoid drinking tap water in Vietnam as it can upset your stomach – always drink bottled water which is sold in almost every corner shop and restaurant. When it comes to alcohol, you should steer clear of wine; Vietnam is not known for producing wine hence why it is imported to the country for tourist consumption – making it incredibly expensive. On the other hand, you'll find that beer and vodka are very cheap; you can buy a large bottle of Vietnamese beer for around 30p.





## DON'T BE PICKY ABOUT ACCOMMODATION...

Of course there are 5 star luxury hotels in Vietnam, but just like anywhere else, they can be expensive for backpackers and low budget travellers. To save money, you can stay in guest houses, small hotels, hostels, and beach huts for as little as £10 a night. Don't be alarmed by the small charge; if you do your research before travelling you'll see that many places this cheap are actually very clean and well looked after. Another tip is to avoid booking your accommodation until you arrive in Vietnam; locals are happy to bargain with you and the prices are much cheaper than found online. If you're arriving late at night then you should certainly have somewhere booked to tackle your jetlag.



## PAY AS YOU GO...

You are better off paying for activities and tours once you arrive in Vietnam. Booking online back home will cost considerably more. Boat tours and caving tours can cost as little as £5 if bought directly from the tour guides and operators whereas online you might find yourself paying more than £30 for the same experience. You can also find cheap activities such as scuba diving for as little as £20. When buying souvenirs, stick to street vendors and avoid big markets aimed at tourists where the prices are bumped up.

## BUSES ARE YOUR FRIENDS...

Buses are by far the cheapest mode of transport throughout Vietnam with a seven hour journey between major cities only costing you around £5. Trains are also popular and are also reasonably priced. You can save money by getting overnight trains and buses to save yourself money from purchasing a night's accommodation in a hotel. You'll also find motorcycles and scooters are available for hire all over Vietnam, but it is advised they are used outside of major cities due to poor traffic control measures. They can be cheap to hire and are great fun for those looking for adventure off the beaten track.

# Tommy Walker

Tommy Walker is an internationally published travel writer and social media micro-influencer. He has been on the road since 2012 and travelled to six continents whilst he has amassed a total online audience which exceeds 300,000. Tommy loves to explore places which are off the beaten track and has visited countries such as North Korea, Venezuela, Guyana, Paraguay, Cuba, Morocco, Tonga, India and Myanmar.



NAME: TOMMY WALKER    AGE: 31  
BORN: SOUTHWARK, LONDON  
(RAISED IN TEESSIDE, NORTHEAST ENGLAND)

# 1. When did you get the travel bug?

I think it really caught on back in 2012 when I was backpacking Southeast Asia. I really got hooked and I could sense my mind opening to see and experience new cultures. However, ever since I was about six or seven I always envisaged me living the life I'm living now (and more), so it's been in the making really. It's been seven years, and now I travel and explore for a living!

# 2. Where are you currently?

I'm currently based in Hong Kong. It's a fantastic place to live and explore; it literally has everything you can ask for. The city life is world-renowned, but the outdoors, islands, and abandoned places are really interesting. Hong Kong is different to anywhere else in Northeast Asia.





### 3. What are your favourite three places?

Melbourne in Australia was incredible and has to be up there. As far as travel experiences go which are still fond in the memory, I really enjoyed Ecuador and in particular exploring the Galapagos Islands. I have a soft spot for places like Banaue and Sagada in the north of the Philippines, too.


### 4. What's been your scariest moment while travelling?

Wow, there have been a few! I think entering a country like Venezuela a few years ago – with all the problems it has had over the years and how many fellow travellers warned me of it – that was an overall scary experience. Just getting from A to B was difficult, especially as English isn't widely spoken there. I had to pick up Spanish quickly; it was challenging! I got wrongly arrested in Colombia once and harshly detained by Immigration in Australia too, but those are stories for another time...

### 5. What's the most impressive building you've seen?

The Taj Mahal to this day still stands out. It's hundreds of years old, but it looks like it's just been built. If you can get a good frame of it from your own perspective and just take it all in, it really is breathtaking.





## 6. What's your top travel tip?

*Try to be in the moment as much as possible. Have an open mind about wherever you go and remember that every new place is a good place. Don't compare, and don't have expectations.*

## 7. Which place has the tastiest food?

*Italy – purely because it has pizza and pasta everywhere. If you give me a quality pepperoni pizza with a tub of aioli, I'm in heaven. Thailand and Vietnam have delicious cuisines too.*

## 8. What's the worst thing you've eaten?

*I ate guinea pig on the border of Ecuador and Colombia. It was a novelty at the time, but it really did just taste... wrong. Oh, and I got terrible food poisoning in Myanmar years ago. It was my own fault for ordering a Bolognese pizza!*





## 9. What are your top three reasons to travel?

*The freedom which travel provides is the main reason for me. To be able to just be in the moment and let your senses explode is a buzz for me. The second is to uncover the truth about places and see things for what they are. Forget the rumours or expectations, just to see how life is somewhere else. Finally, to challenge myself and go off the beaten track is the third. Everyone deserves a holiday in the world, but seeing something others don't see is more interesting to me.*

## 10. Complete this sentence: the world would be a better place if...

*We stopped the excessive use of its natural resources, jungles, and oceans.*



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Holiday in **Style**





Just over a 4 hour flight from the UK, Hurghada, Egypt is a beautiful place with pretty much guaranteed hot weather all year round. Positioned beside the Red Sea, it offers the warmest waters in the world. They're rich in marine wildlife, and perfect for snorkelling and scuba diving. Famous for its history and culture, this part of the Earth simply takes your breath away. You're spoilt for choice when it comes to deciding on where to stay, with many resorts to choose from. That's why we're here to help; we've recently returned and want to tell you all about our stay, and why we think SUNRISE Crystal Bay Resort should be top of your holiday bucket list!

# Holiday in **Style** ★★★★★



Firstly, it's only a 15 minute drive from the airport! This doesn't take away how immaculate and stunning the place is - we'll get into that - but I'm sure we can agree that the shorter the distance from the airport the better, giving you more time to relax in style!

First impressions of the hotel staff were amazing; we were welcomed with a glass of refreshing bubbly as we waited to check-in. It was immediately obvious how friendly and hardworking the staff were. The animation team work relentlessly to keep guests happy and entertained, with various activities throughout the day from yoga, aerobics, and volleyball to the aqua gym and darts.

The rooms are kept spotless (as is the hotel) and waiters are always around to bring drinks, including cocktails, beer, wine, and spirits. The weather for us has been superb. I'm sitting writing this review right now, from a sun lounger on the beach looking out to sea with a cold beer; it's 10:20am and already 30 degrees - pure bliss.



**Tip**

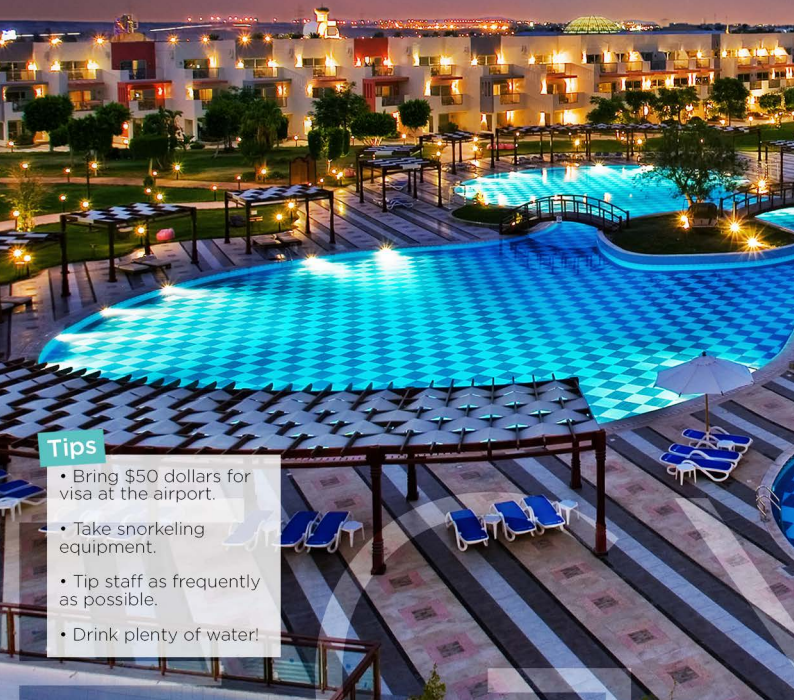
The sun loungers get snapped up fast. The rules are that you can't reserve loungers before 8am, so don't give your towels back in the afternoon (as the towel hut opens at 8am), and get to the beach at around 7:30am, pick your spot and wait until after 8am then you can leave towels down and head for breakfast.

# Holiday in **Style** ★★★★★

The SUNRISE Crystal Bay Resort hotel grounds are stunning. Gardeners take pride in keeping the place living up to its 5 star rating. There's breakfast, lunch, and dinner for all-inclusive guests and snack bars available all day between main meals, with friendly staff not only serving food, but unlimited drinks too. The breakfast here is the best I've had on any holiday. There's a massive selection, but my favourite is freshly cooked omelette, falafel, and salad - it sets me up for the day, along with a nice cappuccino.

## Tips

- Bring \$50 dollars for visa at the airport.
- Take snorkeling equipment.
- Tip staff as frequently as possible.
- Drink plenty of water!



The sun rises and sets early in Egypt, and we've been getting to the beach for 8am each morning. It's a lovely feeling awakening and soaking up the tranquil views and calmness of the sea, offering true sense of freedom. It's also a fantastic time to spot spectacular marine life before people are around to scare the fish away. We saw pufferfish, boxfish, triggerfish, angelfish, cuttlefish, and even a white moray eel. I also spotted a lionfish beneath one of the wooden decking areas which sits above the water. Being able to see the fish happy in their natural habitat is wonderful so I'd recommend taking snorkeling equipment for extra fun. An added bonus at SUNRISE Crystal Bay Resort is that waiters serve you drinks on the beach! Does it get any better?



Whilst you lounge around either poolside or on the beach, reps will approach you (use a red flag provided by the towel staff if you don't want to be bothered), offering various excursions. These include trips on a submarine or glass-bottom boat, snorkeling and diving experiences, day trips to Luxor or Cairo, and the boat trip which we decided to book: Paradise Island. The name says it all – a remote island totally inspired by its natural surroundings, white sand, crystal clear water, fine food, and great music. This exotic Red Sea island will give you memories which will last a lifetime. The boat stopped twice for snorkeling and we had lunch on board – we were even lucky enough to spot dolphins moments before we entered the boat harbour at the end of the trip. The cost is just \$40/£35 per person, which is extremely great value for money.

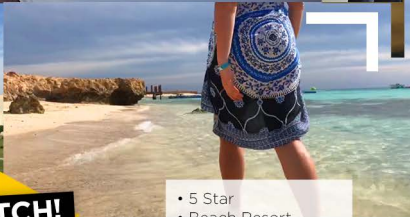
It's worth pointing out that we felt very safe throughout the holiday. Clearly SUNRISE resorts takes security very seriously, and they need to, because if tourists don't feel safe, they won't return. Hurghada and Egypt tourism levels have dropped significantly over previous years, but based upon our experiences, I'm sure they'll spike back up as people realise what a safe, clean, hot and wonderful place Hurghada (and much of Egypt) truly is. We can't wait to go back to SUNRISE Crystal Bay Resort!

Anyway, I better go because I'm hot and I want to jump in the sea.

**SUNRISE**  
Resorts & Cruises  
EGYPT



# Holiday in Style

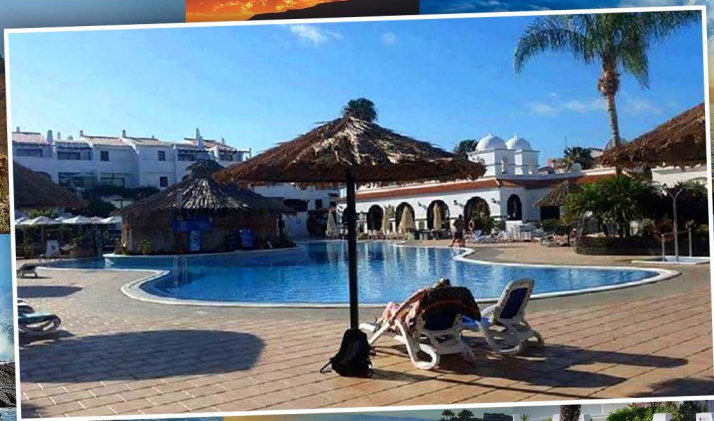


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# Beach Games



There are two types of people that you'll spot on the beach: the ones that lay there worshipping the sun only to break their pose to check how their tan line is coming along, and those that can't sit still for 5 seconds. For those that can't sit still whether that be because you simply get bored or maybe you have a family to entertain, then here's some games to keep you busy on those beautiful sunny beach days...

## Beach Treasure Hunt

Create a list of common items your kids will be able to find on the beach, basing the list on the maturity of the children playing. Include items such as shells, stones, seaweed, a feather etc. Along with the list provide each child with a bucket and set the clock timing!

## Sand Darts

Draw a large make-shift dartboard with your finger in the sand. Players that think they're the next Phil Taylor stand several feet away and toss rocks, shells, or pebbles to try to get as close to the centre as possible.

## Sand Hopscotch

Draw your hopscotch grid on the sand and use items you find on the beach such as rocks and shells for markers. For extra stability play in bare feet and if the sand is hot, play closer to the water's edge!

## Beach Tug of War

A perfect family game! Simply use rope or tie beach towels together then draw a line in the sand. Divide the family into two teams and the first team to pull the other across the line wins!

## Beach Musical Blankets

You've probably already guessed it! Replace chairs with blankets, laying them out in a line on the sand, enough for each player minus one, then play the music. Dance around the towels until the music stops, then each player must stand on a towel - the player not standing on a towel is out and the winner is the player left at the end of the game.



Staying safe  
in the Sun

# Sunscreen

This is the most obvious one! Wear a sunscreen which is water resistant so you can be safe while swimming. Remember to re-apply every two hours and don't forget your lips and the tips of your ears. It's also good to apply it 30 minutes before going outside so your skin has time to absorb it. The higher the factor, the better the protection!

# Accessories

Accessories such as sunglasses and hats are totally in this year, which is good news for your skin. Wear them to protect yourself from the burn! And don't be afraid to carry a 'sun-brella' around with you if you plan on being out in the sun for long periods of time.

# Take A Break

Being exposed to the sun for long periods of time is obviously unhealthy and dangerous! It's important to find shade or head inside for a while and give your skin a break. If you start feeling dizzy or nauseous, get to safety straight away!

# Stay Hydrated

You will find yourself becoming dehydrated much quicker when exposed to the sun - especially if you are active. Drink plenty of water and keep extra bottles in your room so you have water through the night!

# Cover Up

If you have pale skin which burns easily, it's a good idea to cover up in hot weather. Light coloured clothing will reflect sun rays away from you.



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BOURBON  
*Street*



The most spectacular place to host a celebration, everyone knows the famous French Quarter street consumed by music, alcohol, and culture. Bourbon street is home to the best Burlesque clubs, bars, and DJs, but that's not all, there is another side to Bourbon, rich in history, architectural beauty dating back to the early 18th century, and traditional folklore.

# History

Bourbon Street, being one of the oldest cities in America, has some of the most incredible historic venues and buildings. The significant street stretches 13 blocks from Esplanade Avenue all the way to Canal St. It is situated at the heart of the French Quarter, the oldest neighbourhood in the city, and dates back to 1798 when Jean-Baptiste Le Moyne de Bienville discovered the monumental city of New Orleans.

BOUR



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# Orleans

DRINKS  
TO GO  
HAND GRENADES  
BEER

A nighttime photograph of a street in New Orleans, likely Bourbon Street. In the upper right, a neon sign for 'TROPICAL ISLE' is visible, with a street lamp in front of it. The background is dark with some distant lights. The title 'Where to go' is written in a large, cursive, yellow font across the top half of the image.

# Where to go

The Royal Sonesta Hotel is one of the most luxurious hot spots on Bourbon Street. The site dates all the way back to 1721 but the hotel itself opened in 1969. Unique to New Orleans is its architectural style; the hotel has been designed to appear as a typical row of houses from the 1800s.

Bourbon Street is also brimming with bars and clubs all with their own unique style and feel. The lower stretch of the street is home to Bourbon's thriving gay community – the bars and clubs welcome all genders. The oldest and most popular gay bar in the country is located here and was frequently visited by Tennessee Williams.

Bourbon is also home to Tropical Isle, owners of the famous Hand Grenade Drinks, known as "the world's most powerful mixed drink". Customers are advised to not have more than one of these fatal concoctions. The bar also offers some other particular popular Bourbon drinks including Tropical Itch and Horny Gator...

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THE  
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# Entertainment

Bourbon Street is the home to Soul and Jazz, it is played on every corner and has crowds surrounding the musicians dancing and cheering. Talented buskers can be found populating Royal Street and an array of musical entertainment options including quirky and risky street performers can be found along Frenchmen street.

Whilst New Orleans is a wonderful city for people of all ages, Bourbon Street is adults only. Although only slightly tamer during daytime, night time sees the street come to life with Burlesque dancers, exotic dances, and twadry advertisement from the copious amounts of strip clubs. Women even flash their breasts for the beads that are thrown from balconies! A very flamboyant, colourful street filled with adult behaviour and an atmosphere not suited to young children or the faint-hearted. However, Bourbon Street is a must-see for lovers of history who like to embrace their inner party animal.





# Blogging

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