



## FLYING FIT: EASIER AIR TRAVEL

Flying on business is not always as glamorous as perceived. There's the bookings and preparation, the journey itself (especially if it's long), and arriving in good shape for your meetings.

With these simple tips, you can make all stages of your air travel easier on your mind and body!

### ORGANISE YOURSELF EARLY

#### Advance book your trip

Provided the conditions of advance booking suit your needs, booking early will not only save money but give you plenty of time to lock and load all your travel plans.

#### Make all travel bookings through Stage and Screen Travel Services

This ensures Stage and Screen has your travel details and itinerary (especially if there's an emergency) and all bookings are within company policy – which ultimately saves a bundle of dollars.

#### For international travel, check your passport and visa (if required)

Make sure these are up to date for all international travel. Make photocopies of these documents, take a copy with you and leave a copy at work.

#### Currency options

If you are travelling to another country, understand the currency requirements and ensure you have access to money through various facilities (eg. corporate credit card, cash, travellers' cheques).

#### Check your health

For long-haul flights, think about a general health check-up if you haven't had one for a while. This can help prevent the occurrence of ailments such as deep vein thrombosis. Also consider any vaccinations needed for other parts of the world. Check the Travel Links page on the Stage and Screen website for health and vaccination advice.

#### Stay tuned

Before you fly, particularly if you are going overseas, check the Department of Foreign Affairs' website ([www.dfat.gov.au](http://www.dfat.gov.au)) to ensure your destination is incident free. This will help you minimise your risks.

### BEFORE YOUR FLIGHT

#### Start fresh

For long-haul flights, try to have a good few nights' sleep leading up to your flight. Very few people have quality sleep on the plane, so try to avoid feeling tired before you even start your trip.

#### Hydrate

Drink plenty of water before you leave, so you are well hydrated when you step on the plane.

#### Pack the little essentials

For any longer flights where you are seated in Economy or Premium Economy, pack eyeshades, earplugs and a neck pillow. A lavender sleep balm may also help you sleep.



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### Stay within baggage limits

Ensure your cargo and carry-on baggage complies with the size, weight and content restrictions set by the airline. Your dedicated Stage and Screen Travel Manager can advise you on these if you are unsure.

### IN THE AIR

#### Keep up the water

Stick with water and avoid coffee and alcohol on your flight, as they dehydrate your body. Did you know one alcoholic drink in the air is equivalent to two drinks on the ground?

#### Stay warm

Take something warm to wear as aircrafts can become quite cold when you are sitting for a long time.

#### Keep moving

On longer flights, move your body to assist your blood circulation and the distribution of oxygen. Do a few minutes of leg stretching every hour or get up and take a walk around the cabin.

### TOUCHING DOWN

#### Eliminate dehydration

Dehydration compounds your fatigue. To speed your recovery and arrive at your destination with more energy, drink fluid with electrolytes in it. Also try fish oils, as these assist blood circulation.

#### Take a few boosters

For added energy and speedier recovery when you touch down, take a multi B vitamin at the end of the flight and for a few days afterwards.

#### Know your limits

In theory, your body needs one day of recovery, for every hour of time zone crossed. If you are feeling fatigued, listen to your body and rest when you can.

**FOR ANY FURTHER TIPS AND ADVICE ON AIR TRAVEL, CONTACT YOUR DEDICATED STAGE AND SCREEN TRAVEL MANAGER.**

## STAGE AND SCREEN OUR STORY

Stage and Screen is a niche travel management advisory providing strength behind the scenes in film and television, sport, performing arts, music, fashion, media and corporate entertainment.

Since 1995, we have delivered travel logistics for more than 400 performance-related and sporting events, worldwide. Away from the spotlight, our experienced multinational team works tirelessly to provide the full spectrum of travel services so performers and athletes can immerse their energies in their talent.

Our end-to-end travel solutions include bookings and ticketing, freight logistics, policy compliance and reporting, 24/7 emergency assistance, VIP travel, charter services, online booking tools, insurance and visas. We negotiate with suppliers specifically for your industry, to give you access to the best travel rates in entertainment and sport.

Stage and Screen is widely respected across the industry for our honesty, credibility and understanding of your unique needs. We've brought innovation to entertainment and sports travel, and our forte is providing service that is genuine and personal.