

# **B G TRAVEL TRUST**

**Registered Charity**

## **International Travel Information**



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## DVT/BLOOD CIRCULATION

Proper eating and drinking will enhance your comfort both during and after your flight.

We recommend that you:

- Avoid overeating just before and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.

### Blood Circulation and Muscle Relaxation

When you're sitting upright and inactive for a long period of time, several things can happen:

- The central blood vessels in your legs can be compressed, making it harder for the blood to get back to your heart.
- Muscles can become tense, resulting in backaches and a feeling of excessive fatigue during and even after your flight.
- The normal body mechanism for returning fluid to the heart, can be inhibited and gravity can cause the fluid to collect in your feet, resulting in swollen feet after a long flight.
- Some studies have concluded that prolonged immobility may be a risk factor in the formation of blood clots in the legs, deep vein thrombosis (DVT). Particular medications and medical conditions may increase the risk of blood clots if associated with prolonged immobility.

Medical research indicates that factors that may give you an increased risk of blood clots in the legs include:

- Personal or family history of DVT.
- Recent surgery or injury, especially to lower limbs or abdomen.
- Blood disorders leading to increased clotting tendency.
- Immobilisation for a day or more.
- If you are aged above 40 years.
- Oestrogen hormone therapy.
- Former or current malignant disease.
- Obesity.
- Dehydration.
- Heart failure.
- Varicose veins.

### Recommendations:

- If any of these categories apply to you or you have any concerns about your health and flying, we recommend you seek medical advice before travelling.
- Compression stockings can assist in preventing swelling of the ankles and feet and they may improve the blood return to the body from the lower legs. You may like to talk to your doctor about this. The stockings may be purchased from medical and surgical supply companies and will need to be individually fitted to your leg measurements.
- While in flight, move your legs and feet for three to four minutes per hour while seated and move about the cabin occasionally.
- Do the light exercises recommended below in the In-flight Workout section.

## IN-FLIGHT WORKOUT

- These exercises are designed to provide a safe way to stretch and enjoy movement in certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective at increasing the body's blood circulation and massaging the muscles.
- We recommend that you do these exercises for around three or four minutes every hour and occasionally get out of your seat and walk down the aisles.
- Each exercise should be done with minimal disturbance to other passengers. None of these following exercises should be performed if they cause pain or cannot be done with ease.
- Most airlines encourage in-flight exercises to keep your body moving through non-strenuous and in seat activity. Most airlines provide a flight guide booklet in the back of your seat with pictorial instructions, showing the best way to keep on blood circulation whilst on a long flight.

## FLIGHT SOCKS

- Many airlines recommend flight socks to combat DVT. They are medically proven to help prevent DVT and are readily available at Boots, Superdrug and Pharmacies worldwide. The best known are manufactured by Scholl.

## PASSPORTS

- You will require a valid passport to fly internationally. If you have less than 6 months validity, please consult BGT.

## VISA'S

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## LUGGAGE ALLOWANCES

- Lock your luggage
- Label all baggage
- Do not carry luggage which is not your own.
- Excess baggage can be very expensive.

### DOMESTIC FLIGHTS

- Check in 1 piece @ 21kg
- Hand baggage 1 piece @ 7kg
- Hand bag 1 small shoulder bag

### INTERNATIONAL FLIGHTS

- Check in 1 piece @ 30kg
- Hand baggage 1 piece @ 5kg
- Hand bag 1 small shoulder bag

### LOW COST AIRLINES (eg Easyjet/Ryanair/Flybe)

- Check in 1 piece @ 15kg
- Hand baggage 1 piece @ 5kg
- Hand bag Nil

### INFANTS

- Check in Carry cot or push chair (properly packed)
- Hand baggage 1 piece @ 7kg

### BAGGAGE SIZES

- Economy
- Check-in

### LOST LUGGAGE

- Please retain your baggage receipts and boarding pass.
- Report your loss and record with whom you spoke.
- Ensure you are given a lost baggage receipt number by the airline.
- Request a phone number to enable you to contact the airline lost baggage department.

### EXCESS BAGGAGE

- Each airline levies their own fees for excess baggage which is approximately £18.00 per kilo.

## IN-FLIGHT MEALS

International airlines are usually very considerate towards passengers with special dietary needs and make a selection of meals available for pre-ordering.

If you suffer from an acute allergy, you will need to complete a special form and select one of the meals from the list. Please note that no other requests can be taken other than those listed on the enclosed list.

If the meals listed are not acceptable – you can supply your own food for consumption in-flight. However, airlines cannot reconstitute/heat or store your own food.

Special diets need to be ordered a minimum of 14 days before departure

### **CUSTOMERS ARE ADVISED THAT:**

- Airlines cannot guarantee an allergy free environment onboard it's aircraft.
- It is not airline policy to provide peanut-free flights.
- Airlines cannot prevent other customers from bringing their own peanuts or peanut snacks onto the aircraft.
- Airlines cannot provide foods, which are totally "gluten free".
- Airline cabin crew are not trained to administer adrenalin or any other medication.
- It is the customer's responsibility to bring sufficient medical supplies, in carry on baggage for the journey.
- Airlines may vary and if you have any queries, please call a BGTT representative.

Special meal codes and descriptions:

### **MEDICAL:**

LSML	Low salt. No added salt. Avoids highly salted ingredients. No MSG. No nuts or nut products.
DBML	Diabetic meal. High in complex carbohydrates and dietary fibre. Low in fat, no added sugar. Low salt. No nuts or nut products.
NLML	Low calorie meal. Low in fat. Low in sugar. Low in salt. Low in calories/kilojoules. No nuts or nut products.
LFML	Low fat, low cholesterol meal. Low in total fat, dietary cholesterol. Minimum saturated fat. High in dietary fibre. Contains no fatty ingredients or added fat. Low in salt. No peanuts or nut products.
SPML	Gluten intolerance. No wheat, rye, oats, barley. No malt. Low gluten. No nuts or nut products. Allowed foods: Fruits, vegetables, meat, fish, poultry, dairy, rice and corn.

### **VEGETARIAN/FRUIT:**

VLML	Ovo-lacto vegetarian. Western style vegetarian. Contains dairy products and egg products, nuts, grains, vegetables and fruits.
VGML	Vegan vegetarian. Consists of fruits, vegetables, grains, nuts and pulses (does not contain any animal bi-products ie no meat, poultry, seafood, eggs, milk, honey or gelatine).
AVML	Asian (Indian) style vegetarian meal. Contains egg and dairy products (suitable for Hindu vegetarians). NO nuts or nut products.
SPML	Strict Indian vegetarian. Does not contain any eggs, dairy or bulbous vegetables. Suitable for Hindu vegetarians. No nuts or nut products.
FPML	Fruit platter meal. Fresh, canned/tinned, dried fruits. No nuts or nut products.

### **CULTURAL/RELIGIOUS:**

HNML	Hindu meal. No beef, veal or pork products. Chicken, fish, lamb and AVML is acceptable for Hindu vegetarians. No nuts or not products.
MOML	Moslem meal. Contains no pork or pork products. Halal beef, chicken, lamb, vegetarian meals, fish and eggs are acceptable. No nuts or nut products.
SPML	White meat meal. Can be poultry or fish (instead of beef, lamb or pork). No nuts or nut products.
KSML	Kosher meal. Prepared according to Jewish laws.

### **BABY AND CHILDREN'S MEALS:**

BBML	Baby meal (00-11months). Meal consists of soft strained foods, which can be eaten with spoon.
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#### **L.E. SPECIFIC BRANDS OF BABY FORMULA ETC**

SPML	Toddler meal (12-23 months). No nuts or nut products.
CHML	Children's meal (2-5 and 6-11 years). No nuts or nut products.

## FLIGHT CONNECTIONS

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## LOUNGE ACCESS



### Worldwide Lounges Arrival and Departures



British Airways Lounges are open to FIRST, Club World and Club Europe passengers, plus Executive Club Gold and Silver members. As well as providing an oasis of tranquillity away from the crowd, they also have a comprehensive range of business facilities.

- Free food and drinks.
- Showers
- Luxury seating
- Privacy
- Telephones

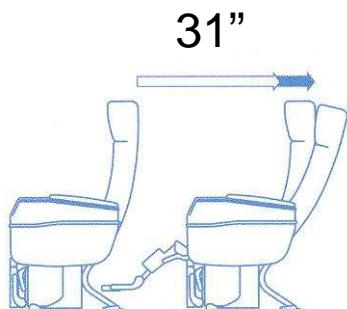
## WHEELCHAIRS

- Wheelchairs are provided free by the airlines, except the low cost airlines who sometimes levy a charge.
- Wheelchairs are pushed by airline porters only.
- Please request wheelchairs with BGTT a minimum of 7 days before departure.

## ECONOMY CLASS



- Ergonomically designed chairs with slight recline, arm rests and foot rests.
- Complimentary drinks.
- 3 course meals.



- Complimentary comfort kit with eyeshades, tooth brush and tooth paste.
- Typical seat pitch – 31”
- Fast baggage drop-off for passengers without check-in luggage.

# BUSINESS CLASS



CLUB WORLD

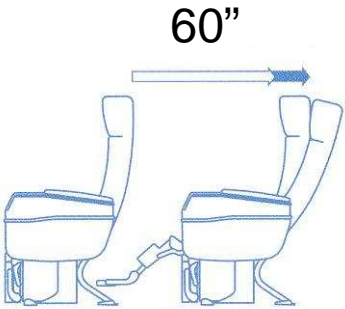


Eat, sleep, work or be entertained – the choices are all yours in the calm of Club World.

committed to your business

BRITISH AIRWAYS

- Full recliner chair or bed with pillow and blanket.
- Business class lounge access.
- Fast baggage check-in.

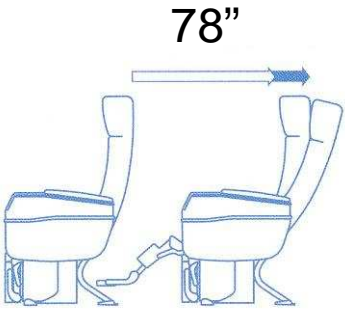


- Fast track access to airside.
- Fine quality food and drink – 4 course meals.
- Complimentary toilet bag with accessories.

# FIRST CLASS



- Full recliner chair which converts to a luxury bed.
- Finest quality food and drink.
- Superb level of staff attendance.



- Complimentary blankets, pyjamas and pillows.
- Improve luggage allowance.
- Complimentary luxury travel pack.
- Fast track baggage check-in.
- First class lounge access.

# GROUP FARES

## **Information on Airfare pricing for B G Travel Trust Groups**

To assist understanding by travellers, this may help to outline some of the issues associated with domestic airfare pricing, especially in relation to group travel.

There are many factors associated with airfare pricing, but some salient points are outlined below:

**1. Airlines will restrict the availability of discounted airfares on a given flight.**

- \* Airlines manage airfare availability to ensure that the most productive combination of airfares is made available on a given flight. This means, for example, that a whole flight capacity would not be available for the cheapest internet fare, however, a proportion of capacity would be available for this fare, while the balance of capacity would be available for other fares.
- \* The amount of capacity made available for different airfares varies greatly from flight-to-flight. Factors such as the sector, direction, time of day, week and year, together with traditional seasonal peaks/troughs such as holiday periods etc will all influence airlines control of availability of different airfares.
- \* Generally, the rule of thumb would be that the cheapest fares are least available on busiest flights, and vice versa.

**2. Discounted airfares have restrictive conditions:**

- \* Generally, the cheaper the fare, the more restrictive it is. For example, the cheapest domestic fares must usually be booked via the internet and most discounted fares have re-booking, re-routing, cancelling and refunding restrictions. Deeply discounted airfares are inflexible and are not refundable. These are often advertised in the national press as "loss leaders" and can be very misleading.

**3. Airlines offer many different airfares between the same two points:**

- \* Most of these are "published" fares, meaning they are publicly available fares on an ongoing basis. Others can be "ale" fares, which are limited duration fares between specific points at a given time.

**4. Airlines sometimes consider group travel bookings with a degree of uncertainty, and therefore, booking conditions can be quite severe.**

- \* For example, it is not uncommon for a group organiser to ask an airline several months in advance to block off, say 20 seats on a given flight and then, close to the departure date, reduce the booking to say 10 seats. This potentially causes the airline to decline bookings by other passengers, only to be left with unsold capacity upon departure due to the late reduction of group numbers.
- \* For this reason, airlines impose strict control procedures for group bookings to discourage unrealistic practices by group organisers. These control procedures include:
  - Non-refundable deposits payable upon confirmation.
  - Confirmation of passenger names 30- days prior to departure.
  - Full payment 30 days prior to departure.
  - Inability to re-book or amend flights after a given deadline.
  - Forfeit of entire airfares if cancelled within a given deadline.

**5. Group airfare pricing might not be most competitive if large numbers are booked on a single flight.**

- \* For reasons outlined in 1) above, pricing offered for group bookings may be affected by restricted availability of discounted airfares and it is unlikely that a large number of group passengers would be offered cheapest airfares on peak flights. For example, a group of 20 passengers would not be offered a cheapest fare for the whole group if there were, say, only 5 seats available for that fare. In this example, technically five passengers could achieve a cheaper fare option as individuals, but the majority of the group could not; furthermore, the five passengers who booked the cheaper fare as individuals would then be subject to the discounted fare's restrictive booking conditions, unlike the more flexible group booking conditions allowed for BGTT groups, as described above.
- \* When large groups are involved, unless travelling on off-peak flights, it is more likely that cheaper group pricing will be achieved if the group is split over more than one flight. This is to maximise the utilisation of cheaper airfares that may be available across several flights. Historically, BGTT often requires flights at peak times to fit in with the times of special meetings, which must impact on the fare structure.

The Trustees have negotiated commercial advantages and flexibility for the good of groups, as opposed to what individuals may be able to secure for their own advantage.

## **CHECK-IN PROCEDURES**

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## **USING MILE POINTS/AIRLINE CARDS**

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## **CHANGING YOUR MONEY**

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**WORLDWIDE TRAVEL CONTACTS**

**UK:**

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**USA:**

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**CANADA:**

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**NZ:**

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**AUSTRALIA:**

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**CARIBBEAN:**

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**EUROPE:**

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**ENJOY YOUR TRIP**