

TRAVELER'S BOOK

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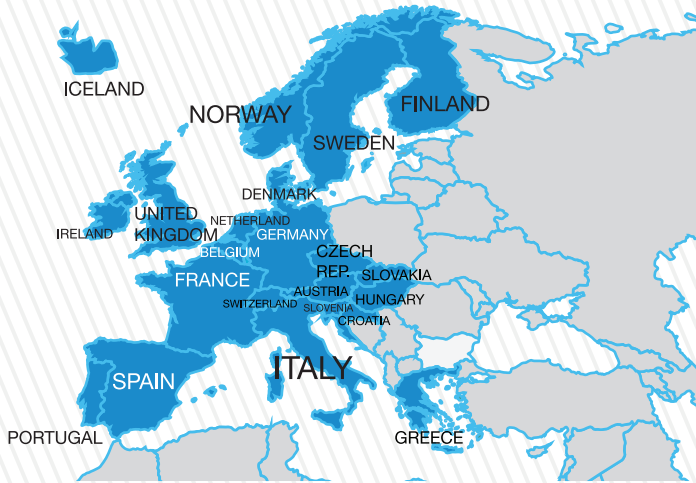


YOUR TRUSTY TRAVEL COMPANION



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■ THE BLUE ZONE = our sports destinations



FLIGHT DISTANCES IN MILES	MADRID	PARIS	LONDON	BERLIN	ROME	STOCKHOLM	WIEN	PRAGUE
MADRID		655	785	1161	846	1610	1123	1102
PARIS	655		211	545	687	958	642	550
LONDON	785	211		578	889	890	766	642
BERLIN	1161	545	578		734	504	325	174
ROME	846	687	889	734		1227	474	573
STOCKHOLM	1610	958	890	504	1227		771	654
WIEN	1123	642	766	325	474	771		156
PRAGUE	1102	550	642	174	573	654	156	

Thank you for choosing DREAM TEAM SPORTS TOURS
Your tour to Europe is about to start.

Our company of trusted, passionate travel specialists is committed to ensuring your happiness and comfort throughout your tour.

Take some time to read the tips, pack your baggage and ...see you in Europe!

Enjoy your tour!



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TO GET READY BEFORE YOU LEAVE

DOCUMENTS TO BRING

- Passport
- Photocopies of your documents
- Transportation tickets
- Insurance card and phone numbers
- Driver's license and International Driving Permit
- Currency/Traveler's cheques
- Credit or ATM cards and their 1-800 numbers
- List of generic names for prescription drugs from your doctor
- Replacement prescription of glasses or contacts
- List of mail/internet passwords and PIN codes



THINGS TO DO

- Clean out your wallet of things you won't need
- Notify neighbors of your absence
- Turn water heater down and turn off/down thermostat
- Put hold on newspaper and postal delivery
- Leave house key, copies of documents and itinerary with relatives
- Store valuables in a safe place
- Arrange for care of pets and houseplants
- Empty refrigerator of perishables
- Arrange for care of landscaping



- Eliminate possible fire hazards
- Set up a timed lighting system
- Set up your phone and tablet for an overseas trip

ELECTRONIC DEVICES ELECTRICITY

GENERAL TIPS

Check if it's possible to reduce the number of battery chargers in your baggage carrying along just one charger and a cable for each device. (Output in V is usually printed on the battery charger). Be careful that phone/tablet chargers are less powerful than camera ones. American appliances run on 110 volts, while European appliances are 220 volts. Newer travel accessories and electronic gadgets are "dual voltage," which means they work on both American and European current. If you see a range of voltages printed on the item or its plug (such as "110-220"), you're OK in Europe. Some older appliances have a voltage switch marked 110 (US) and 220 (Europe) — switch it to 220 as you pack. Plugs are different from American ones and often different among European countries; check the standard of the countries you're visiting to decide if you need just one adapter or a kit of adapters (sold in department stores and electrical appliances stores; you can find them also in duty-free shop and on board, but usually prices are higher) A power strip can also be useful in case of hotel rooms with a few sockets

PHONES/SMARTPHONES/TABLETS

The standard mobile-phone network in Europe is GSM. Some American mobile-phone companies use the same technology. Others use different systems not compatible with European networks. Check your phone carefully.

Visit your provider's website to understand rates for calling or messaging from Europe: usually they are very high even if offered as special deals. Smartphones and Tablets: the really expensive aspect is not calls or messages, but data: email, Internet, online apps, and so on: the phone is constantly "roaming" to update. The best solution is turn off data roaming, and use your device to access the Internet only when you find free Wi-Fi. To cut expenses while having on your fingertips lot of information, take some time to grab them all via Wi-Fi, while you're still at home.

Download Tips:

Skype for mobile

Wi-Fi finder – Free Wi-Fi Finder: having these apps installed you can use the connection of your smartphone for the few seconds needed to find a free Wi-Fi connection.



Touristic guides: in the app stores there are lots of free guides for the major European cities and touristic locations that work offline

Audio guides: download the playlists that interest you and fit your itinerary before your trip, then listen to them offline as you travel

Translators: they do not guarantee an "A" score at language exams at school, but are good enough for traveling

Visit the website of the countries and cities you're visiting and add the pages you need to the "reading list" of your browser to access them offline

Create your personal maps and store them as images or PDF.

Store documents and programs as PDF.



If you're planning to use documents stored in a USB flash drive be aware that some Internet cafés don't allow you to use them out of fear of infecting their machines: store them in some "cloud" before leaving.

PHOTO AND VIDEO CAMERAS

Even from the smallest digital camera you can obtain images that exceed 1MB. To avoid the risk of running out of memory, consider the following: If you're traveling with your laptop don't forget the connection cable. If you're traveling with your tablet you can buy for a few dollars the cable to connect the camera to it. Otherwise buy an additional SD card: 32GB are available for less than 20 dollars.



PASSPORT

To travel to Europe you do not need a VISA but just a passport. Passports issued for adults ages 16 and older are valid for 10 years. Children 15 years of age and under receive passports valid for 5 years. If you are applying for a new passport or replacing a lost passport, you must appear in person at the nearest Passport Acceptance Facility. Average time to obtain a new passport is from 4 to 6 weeks. Renewals can be done via mail, provided your current passport is still valid. If possible, you should renew your passport approximately nine months before it expires. Some countries require that your passport be valid at least six months beyond the dates of your trip.

Some airlines will not allow you to board if this requirement is not met

Refer to www.travel.state.gov for further information (use the qr code in this page)

If your passport is lost or stolen contact the police and the U.S. consulate or embassy and the emergency number +1-202-501-4444



YOUR PROGRAM

Before your departure DREAM TEAM SPORTS TOURS will provide your final program. It will list your airline travel schedule, accommodation address and telephone numbers, your tour manager's name and an emergency phone number. Print it or save it on your smartphone and tablet.

PACKING FOR EUROPE



Pack light! Bring baggage that has wheels. Try to limit your bags to one piece of luggage and one carry-on:

- plan on wearing outer clothing items more than once
- all of your clothes should be able to mix and match
- it is easier to do a little laundry during your trip than it is to carry two pieces of baggage

SUMMER PACKING CHECKLIST

- Blouses / Shirts: 4 short sleeve and 2 long sleeve _____
- Pants / Skirts: 2 Jeans or Khaki _____
- Shorts: 2-3 pairs _____
- Light jacket or blazer: 1 _____
- Sweatshirt/cotton sweater: 1 _____
- Socks: 1 week supply (extras for practice and games) _____
- Underwear/Sports bra: 1 week supply _____
- Walking shoes: 1 pair _____
- Sandals/Flip-flops: 1 pair _____
- Hat: 1 _____
- Tank top / T-shirt: 2-3 _____
- Swimsuit: 1 _____
- Sleepwear: 1 _____
- Shower slippers: 1 _____

WINTER PACKING CHECKLIST

- Shirts/Turtlenecks: 2-3 long sleeve to wear under sweaters _____
- Wool Sweaters: 2-3 _____
- Pants: 2-3 Jeans or Wool _____
- Socks: 1 week supply, wool or heavy cotton (extras for practice and games) _____
- Underwear: 1 week supply _____
- T-shirts: 1 week supply _____
- Thermal long underwear: 1-2 pair _____
- Walking shoes / boots: 2 pair _____
- Heavy winter coat: 1 _____
- Warm gloves: 1 pair _____
- Outdoor hat that covers your ears: 1 _____
- Scarf: 1 _____
- Sleepwear: 1 _____
- Shower slippers: 1 _____

TOILETRIES (share where possible)

- Toothbrush _____
- Toothpaste _____
- Chap-stick or lip balm _____
- Skin care lotion or cream _____
- Cosmetics / Nail Care _____
- Deodorant _____
- Shampoo _____
- Hair Conditioner _____
- Hair spray/Gel _____
- Hair brush/comb _____
- Shaving: razor and foam _____
- Suntan lotion _____

PERSONAL GOODS

- This great guide! _____
- Mailing list/Email addresses _____
- Mini sewing kit and safety pins _____
- Inflatable neck pillow for plane _____
- Eye shades / Ear plugs _____

- Mini flashlight _____
- Money belt _____
- Pocket knife (Swiss Army style) _____
- Fabric detergent _____
- MP3 player/headphones and charger _____
- Camera, charger, connecting cables, memory cards _____
- Mobile phone and charger _____
- Tablet/laptop and charger _____

ACCESSORIES

- Glasses or Contacts and extra pair _____
- Belt _____
- Scarf / Tie / Fashion jewelry _____
- Wristwatch _____
- Sunglasses _____
- Medication and original prescription _____
- Plasters _____
- Your sport gear _____

NOTES

BAGGAGE

Most airlines allow one checked-in baggage of 50 lbs and one carry-on of 17lbs (carry-on baggage may not exceed 45 linear inches: 22" x 14" x 9")

Check the website of the airline you're using in order to understand more about baggage allowance.



In case of a misdirected bag, report the loss at the Lost and Found office immediately; you will receive a Property Irregularity Report with the contact details of the Airlines Lost and Found office and a file reference number

CARRY ONS RULES

When processing through a screening checkpoint, each traveler is allowed one bag in order to limit the total volume of liquids, aerosols and gels.

Consolidating products into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear all items.

3-1-1 for carry-ons = 3.4 ounce (100ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. Be prepared. Each time TSA searches a carry-on it slows down the line.

Practicing 3-1-1 will ensure a faster and easier checkpoint experience. 3-1-1 is for short trips. If in doubt, consider putting your liquids in checked baggage.

TIPS

One more thing: Take one thing warmer and one thing cooler than you think you will need

Goodwill: If you are playing friendly games bring a small gift for the opposing coaches: it will be greatly appreciated!

Shopping: When you are packing, leave out something and plan to buy it while you are in Europe as a souvenir

Dinner Attire: it is more formal in Europe and pants or skirts should be worn in the evening. White or colored sneakers as well as white socks are not worn at formal dinner.



Pants: Jeans are very common in Europe. Other than jeans you will see casual slacks and some khakis

Men: A casual sport coat will dress up your jeans and help you to fit in

Women: A large scarf is a great asset: it can be used to cover shoulders for a church visit, or to dress up an outfit for dinner

Fresh smelling clothes: Pack some drier sheets in your baggage to keep your clothes smelling clean.

Baggage: Make sure you put ID on the inside of your baggage. In the event that the name-tag falls off the outside of your bag, the Airlines would search the inside for ID.

Lost baggage: Make a list of everything you pack and keep it with you. In the unlikely event that your baggage is lost, you will have a complete checklist of all of your belongings for the airline.



TRAVEL DAY CUSTOMS

Declare larger liquids: medications, baby formula and food, breast milk, and juice are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag.

Declare these items for inspection at the checkpoint

Remember that you cannot bring cigarette lighters or pocket knives into the cabin.

Duty free items: passengers traveling internationally into the United States with a connecting flight will be permitted to carry liquids in excess of 100 ml in their carry-on baggage, provided they were purchased in duty-free shops and placed in secure, tamper-evident bags (STEBs),

developed to allow an exemption to volumetric controls for liquids purchased at airport retailers or on board aircraft and carried by transfer passengers. For the latest information about carry-on rules and duty-free visit the website of the Transportation Security Administration (www.tsa.gov)



TO REDUCE JET LAG

PRE-FLIGHT

Plan your day so that you will be ready to rest 2 hours after the flight takes off: get up early on the day of your flight or change the times of your meals

Make sure that your morning is stress free: do your packing at least 24 hours before departure and arrive at least 2 hours before your flight time

ON BOARD

The dry air in aircraft causes dehydration: drink plenty of nonalcoholic fluids: water is better than coffee, tea and fruit juices

Get as much exercise as you can

Do whatever you can to make your flight restful: wear comfortable clothes which will allow you to sleep: slip your fitting shoes off and put a pair of comfy extra socks as slippers

After your rest, make a trip to the restroom to brush your teeth and splash water on your face.

AFTER-FLIGHT

On arrival, stay awake until an early local bedtime. If you doze off at 4:00 p.m. and wake up at midnight, you've accomplished nothing. Plan a good walk until early evening. Jet lag hates fresh air, daylight, and exercise. Your body may beg for sleep, but stand firm: refuse. Force your body's transition to the local time. Your goal is to make it through the first day without a nap!

ON TOUR IN EUROPE

MONEY

For further information on European countries and links to tourism websites visit: www.europa.eu



DAILY SPENDING MONEY

50 US\$ per person per day will cover a reasonable lunch and small expenses

CASH, TRAVELERS' CHEQUES, ATM OR CREDIT CARDS?

Cash is of course the most commonly accepted form of payment in Europe

- Take some cash to get you through at least your first days
- Get local currency before you go and make sure you get it from a source that will buy back whatever you don't use

TRAVELER'S CHEQUES

Even if Traveler's Cheques have the advantage that, if lost or stolen, can be replaced, it might take you some time to find a bank, as using them in restaurants or shops can result in an unfavorable exchange rate

EXCHANGE

Airports, change machines, private change offices and hotels: the worst rates - Banks: the best rates.

THE EURO IS USED IN:



THE EURO IS NOT USED IN:



ATM & CREDIT CARDS

ATM dispensers are very common in Europe, easy to use, and will almost always have the option for English. Before you leave home find out any limit on what you can withdraw each day and check your PIN code with your bank. Don't rely solely on your ATM because cards have been known to demagnetize!

Major Credit cards are widely accepted in Europe and convenient to use because you usually get the best exchange rate possible.

But remember...

- smaller shops and restaurants may discourage their use or refuse to accept them at all
- check with your card issuing bank before you go: some companies charge an additional "hidden" fee for currency conversion
- ask your credit card company about your available credit and any transaction limits

Whatever form of money you take, make a daily budget and stick to it!

BANKING HOURS

Usually 9.00 a.m. to 4.00 p.m. Monday to Friday; in some countries they close one hour for lunch, in some others they stay open on Saturday; for more precise information google "banking hours in (country)"

DOING LAUNDRY

If your hotel does not provide laundry and dry cleaning facilities (usually quite expensive) the desk clerk can direct you to the nearest laundrette.

Tips for your hand wash:

- to cut your drying time in half: roll the wet laundry in a towel and push down hard on the roll
- pre-dry heavy items, like jeans, with a brief session with a hair dryer
- a packet of fabric detergent is great, but you can also use a little shampoo as a substitute detergent in a pinch. Be careful: a small amount can create a lot of suds!

EATING AND DRINKING

Breakfast always varies depending on the country:

	UK ICELAND IRELAND	SWEDEN NORWAY FINLAND	GERMANY AUSTRIA BELGIUM NETHERLANDS CZECH REPUBLIC GREECE HUNGARY SWITZERLAND SLOVAKIA	ITALY FRANCE SPAIN PORTUGAL CROATIA SLOVENIA
MEAT			✓	
CHEESE & HAM	✓	✓	✓	✓
EGGS	✓	✓	✓	
TOAST	✓	✓	✓	
CEREALS & YOGURT	✓	✓	✓	✓
BACON SAUSAGES	✓			
CURED FISH		✓		
JUICES	✓	✓	✓	✓
COFFEE & TEA	✓	✓	✓	✓
BISCUITS, CAKES, CROISSANTS				✓
JAM & MARMALADE			✓	✓

Lunch may be a good opportunity to taste local different dishes trying the typical restaurants of each place you visit. Fast food is available everywhere too, but usually a little more expensive than in the US. Dinner is usually included in our programs and you will experienced a wide variety of foods. Remember that tap water is usually not provided and that mineral water, soft drinks, beer and wine are not included and must be paid separately.

TIPPING

Tipping in Europe isn't as automatic and generous as it is in the U.S., but in many countries tips are appreciated, if not expected. The proper amount depends on your resources, tipping philosophy, and the circumstance.

Helpful general guidelines:

- tour Managers/Drivers: our suggestion is \$200 for a 7 day tour of a group about 25 people for the tour manager and \$130 for the driver
- in some countries, public restroom attendants expect an undisclosed amount of change
- in restaurants, service charges range between 10 and 15 % and are often included in the bill; if the service was exceptional, you may opt to leave something extra behind
- hotel bills sometimes list service charges, in which case you should not feel obliged to leave more.

YOUR PRIVATE MOTOR COACH

The driver of your private motor coach will deliver you to and from each event and site on your tour. Refrain from eating or drinking on the bus: that will help to keep the bus clean and healthy.

You will travel on an air-conditioned coach, so get dressed accordingly. Remain seated while bus is moving and do not leave your valuables on the bus but put them into the storage compartment.

Keep the volume low on music and conversations - mobile phones, too. After sport matches, be sure you're not getting on the bus wet or sweaty.

YOUR TOUR MANAGER

Our professional tour managers will do their best to make your dream tour come a great experience. You may help them being always on time when they fix a meeting and paying attention when they speak.

PHONE CALLS

As written before - see pag. 7- long-distance calls can be very expensive, both from mobile phones or hotels.

Skype via WI-FI is the best solution, provided you're calling someone using the same system.

Otherwise, rely on international phone cards: they all work the same way and are simple to use. These prepaid cards come with a toll-free number and a PIN code (similar to cheap calling cards widely available in the US). The back of the card often contains basic instructions in English on how to make calls. Scratch off the back to reveal your PIN, then dial the toll-free number to reach an automated operator (if calling from your hotel-room phone, check first with the desk to see if there's a fee to call toll-free numbers)

International phone cards are sold at many kiosks, newsstands, long-distance phone shops, youth hostels, and Internet cafés.

For international codes go to pag 24.

INTERNET

Free Wi-Fi is spreading up rapidly among European hotels.

Major countries and touristic locations have free Wi-Fi points

Internet cafes are available most everywhere at reasonable prices



SHOPS AND SHOPPING HOURS

Supermarkets: Monday to Saturday: open all day long - from 8.30 am to 6.00, 7.00 or 8.00 pm depending on countries - in major cities; in touristic locations some of them may close a couple of hours for lunch

Department stores/Large sport and dress

stores: as supermarkets, usually starting around 10.00 am.

Small shops: food and grocery stores open earlier (around 8.30 am) than specialized stores: both may take a lunch break and close between 12.30 am to 3.00 pm, or may be closed on Monday morning. Closing time as supermarkets.

In many European countries you can find vegetables, fruit and food specialties in the open markets, usually available in the morning. Large malls are open 7 day a week, all day long

REGULATION ON PURCHASES ABROAD

U.S. tourists May bring back to the U.S. duty-free \$400 worth of goods purchased abroad. The goods must accompany the traveler. A flat rate of 10% is assessed on the next \$1,000 worth of goods purchased

Canadian tourists returning from a trip abroad can qualify for personal exemption. The traveler must declare all articles acquired abroad or purchased at a duty free shop on return to Canada.

TIPS FOR A HEALTHY TRIP

If your insurance policy does not cover you abroad, it is a good idea to consider purchasing a short-term policy that does

Keep your medicines in their original containers, and bring along a prescription for the generic form of the drug in case you need to get replacements

Pharmacies are not always open the same hours as in the States, but are easy to spot (usually a neon cross)

If you become ill, ask your tour managers where they recommend treatment

Bring an extra pair of eyeglasses or contacts or a current prescription for replacements

Never bring new shoes that you have not "broken in"

Sun can burn heavily in Southern Europe: don't forget a cap and high SPF lotions/creams

If you have any stomach or intestinal sensitivity at home bring antacids and a fiber product

Communicate in advance to Dream Team Sports Tours any allergy or intolerance: we'll ask the hotels to provide consistent meals.

TIPS FOR A SAFE TRIP

Do not attempt to bring anything illegal into or out of Europe

Show respect for security

To avoid theft just use your common sense:

Use a money belt or under-shirt pouch for your documents and extra money

Don't keep your wallet in your back pocket

Never dig into your money pouch, or flash large amounts of money in public

Never wear expensive or flashy jewelry

When you make a purchase, know what the bill is and how much you gave

Use ATMs during daylight hours and with someone you know present

When you rest, hold your valuables or make sure they are secure

Most pickpockets take place by someone bumping or rubbing against you: use caution when you are in a crowd

Many thieves work in teams: if a stranger starts to talk to you, be very aware of your surroundings and your personal things.

IN CASE OF EMERGENCY

Back-up resource: leave a copy of your list of the hotels including phone and fax numbers with someone at home

Always carry names and numbers of anyone you think you might need to contact in your country.

Ask your tour manager for emergency numbers in Europe

The office of Overseas Citizen Services in the State Department's Bureau of Consular Affairs may be reached for assistance with emergencies at 202-501-4444 if calling from overseas

INTERNATIONAL CALLS

from US/Canada to Europe:

011 + COUNTRY CODE + AREA CODE (without the initial 0) + Number

Area Codes do not exist in Denmark and Iceland

COUNTRY CODES

AUSTRIA	43	IRELAND	353
BELGIUM	32	ITALY	39
CROATIA	385	NETHERLANDS	31
CZECH REPUBLIC	420	NORWAY	47
DENMARK	45	PORTUGAL	351
FINLAND	358	SLOVAKIA	421
FRANCE	33	SLOVENIA	386
GERMANY	49	SPAIN	34
GREECE	30	SWEDEN	46
HUNGARY	36	SWITZERLAND	41
ICELAND	354	UNITED KINGDOM	44

from EUROPE to US/Canada

001 + AREA CODE + NUMBER

CLOTHING SIZES

US	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXXL
US	0	0	2	4	6	8	10	12	14	16	18	20
UK	0	2	4	6	8	10	12	14	16	18	20	24
EU	28	30	32	34	36	38	40	42	44	46	48	50
IT	34	36	38	40	42	44	46	48	50	52	54	58

Women's shoes

US	4	5	6	7	8	9	10	11	12	13	14	15
EU	35	36	37	38	39	40	41	42	43	44	45	46
UK	2	3	4	5	6	7	8	9	10	11	12	13
IT	34	35	36	37	38	39	40	41	42	43	44	45

Men's shoes

US	5	6	7	8	9	10	11	12	13	14	15
EU	38	39	40	41	42	43	44	45	46	47	48
UK	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5

Shirt size

US (inch)	14/14.5	15/15.5	15.5/16	16.5/17	17.5/18	18.5/19	19.5/20
US (size)	XS	S	M	L	XL	XXL	XXXL
EU (cm)	36-37	38-39	40-41	42-43	44-45	46-47	48-49

MEASURES

DISTANCE AND LENGTH

American
1 foot=12 inch
1 yard= 3 foot

European
1 meter=100 centimeter
1 kilometer =1000 meter

CONVERSION

AMERICAN EUROPEAN
1 inch=2.54 centimeter
1 foot=30.48 centimeter
1 yard=0.91 meter
1 mile=1.609 kilometer

EUROPEAN AMERICAN
1 centimeter= 0.393 inch
1 meter=3.289 foot
1 meter=1.094 yard
1 kilometer =0.621 mile

WEIGHT

American
1 pound=16 ounce
1 ton (short ton)=2000 pound

European
1 hectogram =100 gram
1 kilogram=1000 gram
1 ton=1000 kilogram

CONVERSION

AMERICAN EUROPEAN
1 ounce=28.35 gram
1 pound=453.6 gram
1 ton (short ton)=907.2 kilogram

EUROPEAN AMERICAN
1 hectogram=3.527 ounce
1 kilogram=2.205 pound

CAPACITY

American
1 pint=16 fluid ounce
1 quart=2 pint
1 gallon=4 quart

European
1 liter=1000 cc (cubic centimeter)
1 liter=1000 ml (milliliter)

CONVERSION

AMERICAN EUROPEAN
1 fluid ounce=29.57 cc and ml
1 pint 0.473 liter
1 quart 0.946 liter
1 gallon 3.785 liter

EUROPEAN AMERICAN
1 liter 33.81 fluid ounce
1 liter 2.113 pint
1 liter 1.057 quart

TEMPERATURES

European countries and Canada: Celsius scale (0° - 100°)

US: Fahrenheit scale (32° - 212°)

CONVERSION:

from °C to °F

$$^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$$

from °F to °C

$$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$$

Celsius	0	10	15	20	25	30	35	40
Fahrenheit	32	50	59	68	77	86	95	104

AVERAGE FAHRENHEIT TEMPERATURES IN EUROPE - TO PACK APPROPRIATELY

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
SCANDINAVIAN COUNTRIES	29	28	34	42	53	60	63	61	54	46	37	31
LONDON/PARIS	39	39	43	48	54	60	64	64	58	52	44	40
CENTRAL EUROPE	31	33	41	48	56	62	65	65	59	49	39	34
SOUTHERN EUROPE	48	50	53	59	64	71	76	76	71	63	56	50

THE TIME ZONE

Europe vs America

	EASTERN TIME ZONE	CENTRAL TIME ZONE	MOUNTAIN TIME ZONE	PACIFIC TIME ZONE
EASTERN EUROPEAN TIME	+7	+8	+9	+10
CENTRAL EUROPEAN TIME	+6	+7	+8	+9
WESTERN EUROPEAN TIME	+5	+6	+7	+8

EASTERN EUROPEAN TIME Bulgaria - Belarus - Cyprus - Estonia - Finland - Greece - Latvia - Lithuania - Moldova - Romania - Turkey - Ucraina

CENTRAL EUROPEAN TIME Austria - Belgium - Czech Republic - Denmark - France - Germany - Hungary - Italy - Luxembourg - Malta - Netherlands - Norway - Poland - San Marino - Slovakia - Spain - Sweden - Switzerland

WESTERN EUROPEAN TIME Iceland - Ireland - Portugal - United Kingdom

WESTERN EUROPEAN TIME = GREENWICH MEAN TIME
 SUMMER EUROPEAN TIME: +1.00 HOUR US STANDARD TIME