

Teacher's Travel tips:

Although we are aware that your experience travelling with students has probably foreseen all eventualities, we add a small checklist to remind students of a few essential considerations.

Packing essentials

1. Clothing:

- Bring lightweight, breathable clothes for the day and a jacket or sweater for cooler evenings.
- Comfortable walking/hiking shoes for exploring and waterproof shoes for our aquatic activities.

-Swimwear, hats, sunglasses and waterproof shoes for outdoor activities.

Toiletries:

- Reef-safe sunscreen to protect the environment during water activities.
- Insect repellent if you are very sensitive to mosquito bites.

Other Items:

- Reusable water bottles to stay hydrated.
- A small backpack or tote bag for day trips.

2. Travel documents

Identification:

- Ensure passports are valid for the duration of the trip.

Travel Insurance:

- Purchase travel insurance that covers health, accidents, and water sports.

Boarding pass and Tickets:

- Download all necessary travel documents, such as boarding passes.

3. Health and safety

Medication:

- Pack necessary medications and carry a small first-aid kit.
- If prone to seasickness, bring remedies like motion sickness tablets or acupressure bands. (see extended seasickness section below)

4. Money and budgeting

Currency:

- We remind students that the currency in Ibiza is the Euro (€). We advise bringing some cash for small purchases but you will be able to rely on cards for the majority of payments.

Cards and ATMs:

-Most establishments accept credit/debit cards, but small shops or rural areas may require cash.

5. Transportation

All our transfers (from/to airport) and activities (from/to hotel) are strictly private and only for your group of students and teachers accompanied by Meet the sea members. Private transfers are either bus or Meet the Sea boat and both options are strictly private.

6. Weather preparation

Climate:

-Ibiza has a Mediterranean climate with warm days and mild nights. Summer months are sunny, while spring and autumn may have occasional rain. Average temperatures in April are minimum 15- maximum 20 degrees Celsius, May 18-25 degrees Celsius, June 20-27 degrees Celsius, July 22-30 degrees Celsius, August 23-32 degrees Celsius, September 20-30 degrees Celsius, October 18-25 degrees Celsius, November 15-20 degrees Celsius.

Rain Gear:

-We Suggest packing a lightweight rain jacket for humid nights in April, May, October and November.

7. Sustainable travel practices:

Environmentally conscious Choices:

We encourage students to avoid single-use plastics and respect wildlife and natural areas in all our activities. We will be visiting beautiful, protected areas frequently and we need to show the care, respect and empathy they deserve.

Water consumption for personal use:

We remind you that water is a precious resource on the island and we ask you to always consider minimising your personal use of water.

8. Technology and connectivity

Phone service:

We advise students to check with their mobile providers about international roaming plans or purchase a local SIM card.

Wi-Fi:

Wifi is available to guests in all our participating hotels and very frequently in most cafés and public establishments.

**1. Sea sickness or nausea: For those that have suffered from episodes of seasickness or motion sickness in the past we recommend the following precautions before boarding our boat experiences*

Prior to boarding:

- a) Over-the-counter remedies like meclizine or dimenhydrinate can help prevent motion sickness. Students should take them about 1–2 hours before boarding.
- b) Natural alternatives: Ginger supplements or ginger tea are effective natural options for reducing nausea.
- c) Eat lightly: Eat a small, non-greasy meal before the trip. Avoid heavy, spicy, or acidic foods that could upset the stomach. Stay hydrated but avoid large amounts of caffeine or alcohol.
- d) Bring personal comfort items. Seasickness Bands: acupressure wristbands can alleviate nausea. Essential Oils: Scents like peppermint or lavender can have a soothing effect.
- e) Rest well: Get a good night's sleep before the trip to reduce fatigue, which can exacerbate motion sickness.

On the Boat:

- a) Choose the best spot: Sit in the middle of the boat where motion is less pronounced. Face forward and keep your eyes on the horizon to stabilize your senses.
- b) Fresh air: Stay on the deck in the open air whenever possible.
- c) Stay Calm: Avoid reading or looking at screens, which can intensify symptoms. Focus on deep breathing and positive distractions, like enjoying the view or chatting.
- d) Snacks and drinks: Sip on water to stay hydrated. Nibble on plain crackers or dry biscuits to settle the stomach.

Emergency measures:

If you start to feel unwell, let one of our crew members know immediately. Our team can provide support and guidance.

Finally, please do not hesitate to contact us with any questions before or during your stay.

Please write to us at info@meetthesea.com or call +34 609 03 52 02. A special emergency phone number will be given to the responsible teacher upon your arrival.