
**Dubrovnik & Beyond:
from the Adriatic to the Alps**

ESCORTED TOUR

Plus optional extensions in

Zagreb; Dubrovnik

CTA/CTP 2012

Grand Circle Travel

Dubrovnik & Beyond: from the Adriatic to the Alps

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INTRODUCTION

ABOUT THIS HANDBOOK

We've gathered some introductory information that may prove helpful for this Grand Circle itinerary. If you expect to embark on personal exploration, or wish to discover more about the countries you visit, we suggest that you consult your choice of the many in-depth travel guidebooks devoted to your destinations. For detailed and timely information, it's wise to visit appropriate websites and confirm luggage regulations, weather conditions and other variable elements of your trip. Refer to our recommended reading list (at the end of the handbook) for alternate sources of insight.

ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, among other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for seven years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for seven consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world; for 2012 the Grand Circle Cruise Lines was named to their Platinum Circle of top cruise lines.

YOUR GCT PROGRAM DIRECTOR

During your Grand Circle Escorted Tour, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is a resident of the region, is fluent in English, and can give you an inside perspective on your destinations. Your Program Director is supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing trips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Escorted Tour.

If you choose to take the optional trip extension in Zagreb, you will also be accompanied by a Grand Circle Travel Program Director. During the optional Dubrovnik extension, you will have the services of a Hospitality Desk at your hotel. It is staffed by local Grand Circle representatives who know the region intimately and can provide sightseeing tips, suggest ideas for activities during your leisure time, and help make your time in Dubrovnik memorable.

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS



Passport required

U.S. citizens need a valid passport for this itinerary.

Note

Your passport should meet these requirements for this itinerary:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable.

Recommended number of blank pages:

This recommendation is based on a “worst case” scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequence of having too few pages can be severe—you could be denied entry into a country—we feel that it’s better to be safe than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only:** 2 blank “Visa” pages*.
- **Optional pre-trip extension to Dubrovnik, Croatia:** No additional pages.
- **Optional post-trip extension to Zagreb, Croatia:** One additional page.
- **Both a pre- and a post-trip extension:** A total of 3 pages.
- *** Optional Montenegro Tour:** If you plan to take this optional during the main trip you will need 2 additional blank pages.
- ***Optional tour of Mostar, Bosnia-Herzegovina:** if you plan to take this optional tour during the main trip you will need 2 additional pages.

Please take moment to check if your passport meets all of these requirements. If not, you could be refused entry into a country. And if that happens, you might be required by that country to return to the U.S. immediately, **which would be at your own expense.**

If you need to renew your passport or get extra pages:

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, or for additional pages. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it’s in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

***NOTE:** When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

Visas not Required

U.S. citizens do not need a visa for entry into any of the countries on this itinerary.

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. Or, contact PVS international who can also assist non-U.S. citizens:

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH



Keep Your Abilities In Mind

Journeys sometimes present the traveler with unaccustomed challenges — this escorted tour, for instance, features an active itinerary with a fair amount of walking, sometimes following steep, unpaved, or cobblestone pathways. Some of the places you visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. For your comfort and safety, we recommend this program only to individuals in good physical condition. If in doubt, consult your physician describing the length and type of rigors you'll encounter. *Please note that this trip is **not** wheelchair accessible; nor can Grand Circle Travel accommodate motorized scooters of any kind.*



Health Check and Inoculations

If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition.

Prescription Medications: If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations:

Check with the CDC: To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. You can contact them at:

On-line — if you have access to the Internet, we suggest you visit the CDC's Web site at www.cdc.gov/travel, where you will find comprehensive information about preventing illness while traveling.

By phone— at the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

Consult your doctor: After checking the CDC's recommendations we strongly suggest that you consult your family physician (at least 6 weeks prior to departure) concerning any vaccinations or medications that you may need on this trip. At the time of printing there were no specific vaccinations required for entry into any of the countries on your itinerary.



Jet Lag Relief

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE REGULATIONS



Size, Number and Weight Restrictions

It may seem early to discuss luggage and packing, but if you know current industry standards for international flights you can start to plan what type of luggage you'll use, how much clothing to bring, etc. The following information can help you in your trip preparations. We'll remind you to confirm your U.S./international luggage limits (and update regional limits, if applicable) in your final documents (arriving about two weeks before your departure).

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 15 lbs for carry-on bags .
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches .
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person for flights to Europe and other international flights.</p> <p>Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p>	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, even on international flights. Others may charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the “Air Travel” section of your *Important Information* booklet.

Luggage Suggestions

Consider using a daypack or small backpack as your carry-on bag for flights. It can do double duty during excursions and walking trips. A daypack leaves your hands free and distributes the weight of whatever you carry onto your back or hips. Packed with your daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it can compress to fit the snug storage space of foreign motorcoaches, and yet still have space for that impulse buy at a local street market.

Consider a duffel bag or soft-sided suitcase for your main luggage. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags. Packing is easier if you use inner bags to help organize your gear. Plastic shopping bags, nylon stuff sacks, small zipper duffels, or special mesh bags can separate clothing, gear and dirty laundry inside your suitcase. Isolate liquid toiletries in heavy-duty Ziploc style bags – which are generally quite handy to have when traveling.

Optional: a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home (remember that you incur added luggage fees.)

TSA locks

For flights that originate in the U.S:

To reduce the risk of damage to your luggage, please do not lock your bags when checking in for flights that originate in the U.S. The Transportation Security Administration (TSA) has the responsibility for screening every piece of checked luggage at commercial airports throughout the U.S. According to the TSA, baggage-handling agents may require access to the contents of your luggage and will break locks as required. There are some locks available from retailers that are “accepted and recognized” by TSA. TSA screeners have tools for opening and re-locking bags using those locks, thus avoiding damage to the lock or bag if a physical inspection is required. For a list of TSA-accepted locks, visit their website at www.tsa.gov/public.

For flights outside the U.S.:

On all flights outside of the U.S., we strongly recommend you lock your luggage.

4. WHEN YOU ARRIVE



GCT Air Travelers

U.S. Departure: If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time and at the gate one hour before your departure time (security permitting).

Please note that if you are arriving at your international gateway city via a connecting domestic flight, the Grand Circle Representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Arrival: At the beginning of your main trip or your optional pre-trip extension, a GCT Representative will meet you at the airport after you exit customs and assist you with your transfer to the hotel.

Important note on porters: *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and, if you wish, you may load it onto a cart (coins will be necessary) and move your cart through customs. When you exit customs, you'll handle your cart until reaching your motor coach. Your motor coach driver will load your luggage onto your motor coach.*

U.S. Return: At the end of your base trip or optional post-trip extension, you'll be transferred by motor coach to the airport for your return flight to the U.S. If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Name Tags: *Please remember to wear your Grand Circle Travel nametag when you exit Customs, upon arrival and when you return to the U.S., so that you are readily identifiable as a GCT traveler.*

5. MONEY MATTERS



How to Carry Your Money

How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. Most banks or exchange offices will want to see your passport at the time of exchange. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate.

There is no need to obtain local currency before your trip. You can change money at banks, most hotels, and money exchange offices. Please note that torn, dirty, or taped bills may not be accepted.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to our website, or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

Though exchange rates do fluctuate daily, here are some common items and their approximate cost in Croatia and Slovenia. This may help to give you an idea of how much money to plan on spending.

- Bottle of water in grocery shops—approximately \$1.50 U.S.
- Espresso Coffee in bars—approximately \$2-3 U.S.
- Ticket for local buses (one-way)—approximately \$2 U.S.
- Meal in restaurants—approximately \$30 U.S. (per person)
- Taxi rides—city rides are approximately \$15 U.S., transfers to the airport are approximately \$50 U.S.

ATMs and Debit Cards

Debit cards give you a reliable payment method and ready access to local currency. We recommend you use a debit card for withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience without relying on bank hours for money exchanges. When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns.

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:** Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.*

Credit Cards

Though major American credit cards (American Express, Visa, and MasterCard) are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first.

Please be aware that credit cards might not be accepted for small purchases or in the markets. Discover credit card does not operate outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

***Please note:** Optional tour payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until three months following your trip. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).*

By Destination

Croatia

Croatia's monetary unit is the Kuna (Kn), which is divided into 100 Lipa. Banknote and coin denominations are as follows:

- Banknotes: 10, 20, 50, 100, 200, 500, and 1,000 Kuna
- Coins: 5, 10, 20, and 50 Lipa; and 1, 2, and 5 Kuna

Banking hours: Banks in the larger cities are usually open Monday through Friday, 7 am to 7 pm, and on Saturdays 7 to 11 am. Banks in smaller towns have shorter hours.

Slovenia

The euro is the official currency of Slovenia. Euro banknote and coin denominations are as follows:

- Banknotes: 5, 10, 20, 50, 100, 200, and 500
- Coins: 1, 2, 5, 10, 20, and 50 cents; 1 and 2 euro

Banking hours: Banks are usually open Monday through Friday, 9 am to 12:30 pm and 2 to 4:30 pm, as well on Saturdays from 9 to 11 am. Banks are closed on Sundays.



Shopping

It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is **no** requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop or gold dealer will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

U.S. Customs Restrictions: Note that U.S. Customs regulations allow the duty-free import of 200 cigarettes and 1 liter of alcoholic beverages per person. U.S. Customs regulations do not allow you to bring any homemade, non-sealed food products into the U.S.

By Destination

Croatia

When you visit Dubrovnik, Opatija, and Split, you'll find locally made craft items are abundant in Croatia. Some shops specialize in these items, such as Dalmatian lace and embroidery from the Island of Pag and the Konavle area. Croatia was the birthplace of the necktie (the term "cravat" is derived from Croat), so you may want to buy one here. Souvenirs include red coral from the Adriatic Sea and sachets of lavender grown on Hvar Island. If you're interested in wines, *Postup* and *Dingač* are Croatian reds while *Žlahtina* and *Graševina* are whites. Some other typical souvenirs are Morčić jewelry in Rijeka, coral jewelry, vegetal spices, truffles from Istria, Maraschino, olive oil, and Zagrebački melem ointment. U.S. dollars are not widely accepted for payment; local currency is preferred.

Store hours: Shops in Croatia's coastal cities are generally open Monday through Friday, 8 am to 1 pm and 5 pm to 8 pm; Saturdays 8 am to 1 pm. Individual stores might vary these hours. On Sundays most shops are closed.

In Slovenia

In Ljubljana and Bled, handicraft shops feature locally made ceramics, woolens, wood carvings, embroidery, leather boxes, tapestries, filigree jewelry, pumpkin seed oil, hand painted beehives, honey brandy, and handmade carpets. Lace from Idrija and Rogaska crystal are Slovenian specialties. U.S. dollars are not widely accepted for payment; local currency is preferred.

Store hours: Shops are generally open from 8 am to 8 pm Monday through Friday; Saturdays from 8 am until 2 pm. Shops are closed on Sundays.

In Zagreb

Numerous shops, boutiques, and shopping centers offer a variety of good quality clothes. A distinctive Zagreb souvenir, surprisingly, is the ballpoint pen, invented by Slavoljub Penkala from Zagreb more than 80 years ago. In Zagreb you can also find good-quality crystal; china and ceramics; nice wicker or straw baskets; top-quality Croatian wines; and tasty gastronomic products. A typical souvenir of Zagreb is the heart-shaped gingerbread called Licitar heart.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. 1-877-272-5511
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.



To Tip or Not to Tip

Sometimes *that* is the question. The good news is twofold: we're fresh out of Shakespearean soliloquies, so no thesauri will get hurt here; and the answer to the question "**to tip or not to tip** (and how much to tip if you so choose)" is *always* a personal decision. Tipping is a common practice both at home and abroad and we offer these guidelines to answer requests for appropriate tipping amounts. It can be useful to have this information on site – when the question *must* be answered – and ahead of time for travel budgeting purposes. Tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (usually preferred) or in U.S. dollars (personal/traveler's checks should *never* be used for tips).

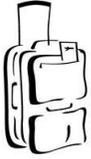
GCT Program Director: It is customary at the end of your trip to express a personal "Thank You" to the Grand Circle Program Director or Hospitality Desk Representative on the base program or the optional extensions, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash, in either U.S. or local currency.

Airport/Hotel/Pier Porterage & Transfers: If you are using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip. GCT also pays tips to the motor coach driver for your airport/hotel/pier transfers.

Included Group Meals: Your Program Director will tip waiters for the included meals when the group dines together.

Time at Leisure: During the times that you explore independently, you may dine in a local restaurant, take a taxi, or avail yourself of some other service where tipping is customary. In Slovenia and Croatia, a tip for a waiter or taxi driver is normally 10% - 15% of the bill or fare.

6. PACKING FOR YOUR TRIP



In General

Travel light: A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

Pack casual clothes. Comfortable, informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, supportive shoes, and functional outdoor clothes that are fairly easy to care for are recommended. Men do not need ties or jackets, and women do not require fancy dresses or high-heeled shoes. You may want one “smart casual” outfit for the Welcome Reception or Farewell Dinner, but it’s completely up to you. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.

Winter: For travel during winter months, include clothes for moderate temperatures, but also take some cold weather gear—warm pants, warm boots or shoes, socks, turtlenecks, fleece top or wool sweater, rainproof jacket (ideally with a zip-out insulation layer), gloves, scarf, and hat. Lake Bled can be very cold. The most practical travel wardrobe consists of items that you can wear in layers. Then you can easily add or remove a layer according to any fluctuations in temperatures. Your outer jacket should be roomy enough to comfortably fit over your sweater or fleece top.

Summer: For travel during the summer months, pack an assortment of seasonal garments: short-sleeve shirts and comfortable slacks or shorts for daytime; the evenings, however, can be chilly, so bring along a cotton sweater and a fleece jacket.

Spring: For travel during the spring, pack an assortment of seasonal garments: light pieces and cotton sweaters for daytime; and slacks, long-sleeve shirts, warmer dresses, and a heavy sweater or fleece jacket for evenings. Spring arrives later in mountainous areas like the Julian Alps around Lake Bled.

Rain gear: Regardless of your month of travel, rainfall is certainly a possibility. While it may not rain on your trip, we suggest you bring a folding umbrella and waterproof shell, preferably with a hood. Water-resistant walking shoes are advantageous in case a heavy downpour passes through.

Good walking shoes are essential. The region's magnificent churches, museums, markets, and shops truly invite exploration by foot. But negotiating the cobblestone streets and rather uneven sidewalks can be a challenge—even for the most surefooted traveler. For your comfort and safety, you'll need supportive walking shoes that offer good traction.

Proper attire in churches: Clothing that covers the arms and legs is the most appropriate for touring churches. Your courtesy is appreciated if you wear a long-sleeved shirt or blouse; women wearing sleeveless or short-sleeved blouses can cover their bare arms with a scarf. Men should wear long pants and women a skirt, dress, or pantsuit that covers the knees.



Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, at www.tsa.gov which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.



Clothing Options

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer above will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.



Travel Gear Suggestions

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Consider ...

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger (seasonal)
- Insect repellent with DEET
- Travel money bag or money belt, to be worn under your shirt/jacket if possible
- Moisturizer, lip balm
- Swimsuit if your hotel has a pool
- Compact umbrella
- Wide-brim sun hat or visor (seasonal)
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial "waterless" hand cleanser
- Flashlight, extra batteries/bulb
- Photocopies of passport, air ticket, credit cards
- Extra passport-sized photos (to replace your passport if lost)

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies (Sudafed/Dristan)
- Pain relief (Ibuprofen/aspirin/naproxen)
- Laxatives (Senokot, Ex-Lax)
- Upset stomach (Pepto-Bismol/Mylanta)
- Anti-diarrheal (Imodium)
- Band-Aids
- Moleskin foot pads
- Antibiotics (Neosporin/Bacitracin)

Other Gear

- Travel alarm (or request wake-up calls)
- Compact binoculars
- Hanging toiletry bag with pockets
- Hair dryer (available in all hotels)
- Washcloth (*not* a standard amenity in hotels)
- Handkerchiefs
- Basic sewing kit
- Reading materials
- Travel journal/note pad
- Electrical transformer & plug adapters—see "Regional Electricity" below
- Hand-wash laundry soap (Woolite), clothespins/travel clothesline/stopper
- Home address book
- Photos, small gift for home-hosted visit
- Phrase book
- Collapsible walking staff
- Pocket calculator for exchange rates



7. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of www.gct.com, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Dubrovnik, Croatia: Located in the southern region of Croatia's Adriatic coast, where lush vegetation slopes down to the clear turquoise of the Adriatic Sea, Dubrovnik also boasts a pleasant Mediterranean climate characterized by wet and cold winters and very hot, dry summers. The balmy nights of summer frequently bring cool winds that freshen the city's air. The *maestral* is a gentle wind that blows landward from the sea during spring, summer, and early fall, moderating Dubrovnik's already agreeable climate. Winters (November to March) can have very rainy periods and the cold *bura* wind can make it feel colder than the thermometer shows. The weather at this time of year is very unpredictable.

Opatija and Split, Croatia: These cities on the Adriatic seacoast have a Mediterranean climate, with very hot, dry summers and very rainy, windy winters (November-March). Be prepared when the north wind, the *bura*, blows in during the winter it can be quite cold. Split is one of the sunniest places in Europe, receiving an average of seven hours of sunshine per day in winter and twelve hours in summer.

Lake Bled, Slovenia: The town of Bled and its lake lie northwest of Ljubljana at an altitude of over 1,600 feet. Situated over 600 feet higher than Ljubljana, the Lake Bled area is noticeably cooler than the capital city. The mild, sub-alpine weather pattern that dominates the area is considered by many to be restorative, and the Julian Alps and the Karavanke ridges offer the city shelter from cold northern winds. Be prepared for snow, heavy rain and cold weather during the winter period (November through March).

Zagreb, Croatia: Because it is located further north and inland, Zagreb's climate is a typical continental climate. Winters are cold, sometimes snowy; autumn can be rainy and changeable; and spring can be very unpredictable with summers usually hot and dry. In late fall, winter, and early spring, it will get noticeably cooler in Zagreb than it does along the Adriatic seacoast.

Here is the data from the weather observation stations closest to our destinations.

WHAT'S THE TEMPERATURE?

Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.

(Bled temperatures are daily minimum lows, maximum highs)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Dubrovnik, Croatia (base, pre-trip extension)												
High	52	53	57	62	70	77	82	82	76	69	59	54
Low	41	41	45	50	57	64	69	69	64	56	48	43
Bled, Slovenia												
High	30	41	48	57	66	72	75	75	68	57	45	37
Low	23	24	30	37	45	52	55	54	48	39	30	24
Zagreb, Croatia (post-trip extension)												
High	37	42	52	61	69	75	79	77	70	59	48	39
Low	28	32	38	46	53	58	61	61	55	47	38	31

Please note: The data cited here reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it’s most likely you’ll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY



In General

Cell phone, digital camera, camcorder, PDA, MP3 player: travel today can involve technology that didn't even exist as recently as ten years ago. The variety of digital gadgets and their usefulness when you travel – en route or after you arrive – is enormous. An e-book reader allows you to keep guidebooks for uncounted countries at your fingertips and not increase your luggage weight by an ounce. (*Tip: you can download **this** document from the Grand Circle Travel website and import it into your tablet or e-reader. Many of those devices can display PDF files. A large screen is best, however, since PDF documents don't scale like documents designed specifically for e-readers.*) Lightweight digital camcorders and cameras let you bring home high definition movies and still images of the people you meet and places you visit on your travels.

Laptops/netbooks/tablets can keep you connected and promise up-to-the-minute information via Wi-Fi and the Internet, but, as with all gadgets, you'll need to determine if bringing them makes sense. Particularly with laptop computers it's often wiser to rely on Internet cafes or, when available, hotel Internet access than pay the packing weight and space penalty for casual Internet use. And, of course, the more time you spend gazing into electronic gadgetry, the less time you have to relish the local people, sites and sights.

To take advantage of the devices you do bring, you'll need to consider some basic variables—particularly in regard to the services that will be available in the countries you visit. You'll encounter a range of electrical current standards, varied physical plug configurations to access that current, erratic availability (electricity and internet access), and different standards (cell phone networks can differ across borders.)

You'll need to coordinate your power and data storage needs, and the accessories required to recharge/connect/use these devices under the different conditions you'll encounter. You'll find some tips below aimed at ensuring that your gadgets achieve their full potential. As a general rule, it's good to familiarize yourself with the device(s) you bring by reading the owner's manual *before* you depart. Pay particular attention to electrical, charging and storage requirements to ensure that you understand exactly what you need under which circumstances. And remember that thorough preparation is the best guarantee that you'll get the most benefit from your devices.



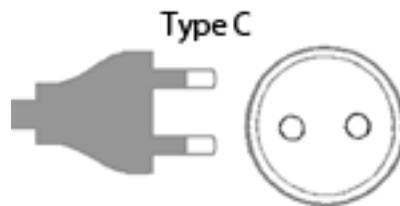
Regional Electricity

Outside the U.S. most countries use electrical systems that differ from the standard U.S. 110 V 60 Hz current and flat two- or three-pronged polarized plug system. The use of 220-240 V and 50/60 Hz current is the overwhelming choice for the rest of the world. Plug shapes, sizes, and configurations vary from country to country and often inside countries as well. In addition, some plugs will work with multiple receptacle,s others won't. Europe is largely standardized to the Type C "Europlug."

Plugging a 110 V U.S. appliance into 220/240 V 50/60 Hz service will result in a broken appliance, since the motor will burn out as it tries to run twice as fast as it was designed to run. We suggest that you bring dual voltage appliances that will work on both 110 and 220/240 voltage. These are widely available, though you may have to read the fine print to confirm the dual voltage capability. With dual voltage appliances you'll only need to carry whatever plug adapters you need - which are both inexpensive and reliable.

If you do choose to bring 110 V American appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or shaver, you'll need a current transformer (to cut the 220/240 V in half) as well as the necessary plug adapters. Transformer/adaptor kits can usually be found at your local hardware or at many online stores. Note, however, that transformers are unreliable and tend to burn out - which will render your 110 V appliance useless. Another option is to use battery-operated appliances-which don't need adapters or transformers-just an ample supply of batteries. (Rechargeable batteries are an economical option, but then you'll need a charger.)

Croatia and Slovenia use the Type C “Europlug” and receptacles that accommodate it and 230 V/50 Hz current.



If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it’s handy to have a travel power strip to increase the number of available outlets for charging these devices. Some types include surge suppressors and USB-style plugs capable of charging cell phones and MP3 players without the need for a brand-specific charging block – saving weight and packing space. You’ll have to review the specifications of your device to ensure that it will work with the power strip you choose—and that the power strip will work with the various voltages you may encounter.



Cell Phones

If you want to use a cell phone while traveling overseas, be sure to check whether your own phone will work outside the U.S. or whether you’re better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. You may also want to consider buying an inexpensive local phone for your stay.

To use your own phone, it’s best to investigate the options and fees your plan offers for international use. Consult your service provider (www.verizon.com, www.t-mobile.com etc.) for details. U.S. service is dominated by the CDMA technology standard, while most of the world uses the incompatible GSM standard. Some U.S. providers do offer GSM, but in either case you may incur high international roaming fees. With GSM, however, you can often choose to have your phone “unlocked” and then add a local SIM card for lower fees. If you can access the Internet as you travel, you can take advantage of email or a Skype Internet telephone (VOIP) account for the best value.

Phone Calling Cards

When calling the U.S. from a foreign country, we advise that you use a prepaid calling card, because the only additional charge you'll normally incur (besides the prepaid long distance charges) is a local fee of a few cents and possibly a connection fee if you are using your card at your hotel. It is best to check with the hotel's reception desk prior to making phone calls to avoid unexpected charges.

Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.



Photo Gear

One of the most enjoyable aspects of traveling to new places is the chance to photograph some of the highlights of your experience and bring them home. You can share them with friends and family, relive some of the important moments, and savor them for years to come. Lightweight and compact, digital cameras and camcorders are excellent travel accessories—and you can find models of either cameras or camcorders that will record both movies *and* still images. Camcorders weighing as little as 9 ounces and about the size of your fist can capture high definition movies and high quality still photos; compact still cameras are great for snapshots and can capture casual movie clips. With an ample supply of high-capacity memory cards you can have all you need for your whole trip in a very compact, lightweight package.

Be sure to bring enough batteries. Recharging batteries is not always possible, due to a lack of outlets, electrical shortages or outages—and some cameras go through batteries *very* quickly. Whether your camera uses standard-size (double or triple A) rechargeables or proprietary batteries, it's handy to have backup for extended shooting or for an emergency. Be sure your battery charger will work with the local electrical current. You'll need to bring enough memory cards—these can be hard to find and, if found, will often be pricier than in the U.S. Whatever the storage format (usually Compact Flash or Secure Digital) memory cards are small, light and thin and, as with being thin, there's probably no such thing as too much storage. MiniDVD discs are compact to pack, as well.

Compact cameras, however, are impractical for capturing distant subjects (such as wildlife in Africa or architectural details on Europe's taller buildings), as their lenses rarely reach long distances. Some compact models have a zoom lens of up to 120mm, which is acceptable for moderate distances. For photographing distant subjects a *megazoom* compact (physically larger than a compact – and built for lenses that telescope to 500+mm) or a single lens reflex (35mm film SLR—or DSLR for the digital variety) camera with a telephoto lens of 200mm to 300mm is ideal. With a DSLR you can also consider wide-angle lenses, which are valuable for panoramic shots. As your photographic gear gets more complex, however, you'll need to consider luggage weight and size constraints. Professional quality equipment weighs more, is larger in size, and multiple lenses add size and weight. A single megazoom lens for your DSLR may be the best option for a walk-around travel lens. Large lenses that need tripod support, or double reflex cameras are impractical for casual travel photography. If you use a SLR camera, protect your lens with a UV filter and remember to bring lens caps and covers. When traveling it is easy to get dirt or moisture on the front of your lens, which could permanently damage it. A screw-in filter can protect the lens and if the filter is damaged, it is much less expensive to replace than a lens; caps and covers are common sense.

Bring lens paper for cleaning the lens and a waterproof bag to protect your camera—a heavy duty Ziploc style bag is a good choice. If your camera’s flash is detachable, remember to pack it. Be sure to bring a camera with a flash that can be turned off, and learn how to turn it off when it’s not needed. (At some sites, and in many museums, flashes are not permitted; in other situations flashes can frighten wary wildlife.) It’s good to note that in some countries you may be charged for photography at specific sites; and that some cultures and individuals are less receptive to photography than others. It’s always best to respect local customs.

Disposable cameras are also an option. They are inexpensive and capable of perfectly acceptable photos in light that is not too dim *or* bright. A panoramic disposable can add a particularly interesting perspective when compared to standard photo formats—and may suggest inventive ways of seeing your subjects. X-rays do not damage the data of digital cameras (in any media format), and so poses no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Escorted Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an Internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.



Accommodations

The hotels featured on this itinerary offer air conditioning on a seasonal basis only. Also, please note that most European hotel rooms are smaller than what you may be used to in the U.S.



Drinking Water

The tap water in all parts of Slovenia and Croatia is considered safe, but as an added safety precaution against possible stomach upsets, we recommend you drink bottled water as much as possible. Bottled spring water, mineral water, and mineral soda (carbonated mineral water) are readily available. If you're out of bottled water, hotel tap water is okay to drink, but it may taste unpleasant because of heavy chlorination.



Laundry Service

Your hotel reception staff can assist you with making arrangements for this service.

Dubrovnik in Brief—Base and Optional Extension



City Layout and Details

Dubrovnik is situated on an archipelago along the shore of the Adriatic. The rim of its medieval Old Town, known as Stari Grad, begins along the shore and circles around to the north, and is protected by fairly massive walls and stone fortifications. A jetty and small harbor offer views of the coastal area.

Stradun, many centuries old, is the Old Town's main street and the popular promenade of residents and visitors alike, narrowing as it extends away from the sea. You'll find an assortment of cafés, boutiques, and intriguing little shops along this ancient city lane. Most of the alleys of the Old Town are outlined by high walls and their pattern may seem complicated, but this historic walled section covers a fairly small area, making it easy to become familiar with the few main roads. Automobiles are not allowed, so you can thoroughly enjoy your strolls here and take your time browsing. You can even walk along the wall for an unparalleled perspective of the area's layout and architecture. You can gain entrance to this walkway at either end of the Stradun, at the Pile Gate on the western wall and beneath the City Bell

Tower. Inside the Old Town you will find the historic old cathedral dating back to the 13th century, the graceful Sponza palace, and a Franciscan monastery that includes a museum. Beyond the walls of the Old Town is the New Town section of Dubrovnik. Walking these streets you will find more modern shops and more restaurants with fresh local cuisine.

There are many historic sites in Dubrovnik, and part of the intrigue of this city is happening upon some of the lesser-known ancient structures as you walk the city lanes. One of the more renowned sites is the Franciscan Monastery, one of the oldest functioning pharmacies in the world. Its apothecary shop dates back to 1391, and the building also holds very old musical scores and manuscripts, along with the works of local painters and jewelers.

The artistic life of Dubrovnik is celebrated at various festivals throughout the year, and many buildings house examples of the creative spirit of the residents. A small museum at the Dominican Monastery displays a good collection of 16th-century religious art done by local artisans. The Luza Art Center is one of many art galleries worth browsing, and the courtyard of the Sponza Palace often holds exhibits of contemporary art. The Sponza Palace is certainly worth visiting for its own merits. This graceful and ornate building combines both Venetian Gothic and Renaissance styles of design, and was once a customs house and mint.

One of the symbols of Dubrovnik is the impressive Minceta Fortress. This circular bastion along the city's walls was completed in 1464 according to plans detailed by the Renaissance architects Dalmatinac (of Croatia) and Michelozzi (of Italy). Another structure that draws much interest is the Onofrio Fountain, created in 1444 just inside the Pile Gate.

Near Luza Square, once the center of medieval Dubrovnik, stands the 18th-century baroque Church of St. Blaise. A statue of an armored knight stands on guard nearby, known as Orlando's Column. It was erected in the 1400s as a tribute to freedom. Government rulings were proclaimed here, and the right arm of Orlando became the state's standard of measure for length (the Ragusan cubit).

If you're seeking a museum to visit, Dubrovnik has several to offer. In addition to the museum of the Dominican Monastery mentioned above, there is also the gothic Rector's Palace, also known as Duke Palace, exhibiting baroque artwork, historical items of the region, and furnished rooms depicting medieval trappings and décor, housing more than 15,000 exhibits of cultural and historical significance. The Rupe Ethnographical Museum displays traditional occupations, architecture, and costumes of the nation. The museum itself is carved out of rock, the structure formerly used as underground storage units for grain, to protect food supplies during periods of siege. In addition, the Maritime Museum is situated in the fortress Sveti Ivan (Fort of St. John), along with the Aquarium of the Institute of Biology for those interested in the marine species of the region.

Attractions in the vicinity of Dubrovnik: With a little planning, there are sites of interest just outside of the city's environs if you wish to venture further afield. The Isle of Mljet, nicknamed the Green Island because of the richness of its vegetation, contains a national park of protected land and waters (according to lore, Odysseus washed ashore at this lush island). Korcula is nearby, known to be Marco Polo's birthplace. As mentioned earlier, a short boat ride from Dubrovnik brings you to the lovely Island of Lokrum, said to be where Richard the Lionhearted was shipwrecked. Boat lines can also take you offshore to Sipan, Koločep, or Lopud.



Cuisine

In Croatia, you can sample fresh seafood, including oysters, accompanied by local wines. The Zinfandel grape originated here, so you may want to try a local wine made from it. Croatia also has a stronger alcoholic beverage, *rakija*, in several differently flavored or spiced varieties, such as *travarica*, which has added herbs is one regional specialty. In Dalmatia, local dishes include *pasticada* (stuffed beef cooked in wine), a black risotto, and *prsut*, a distinctively flavored smoked ham. For a sweet treat in Dubrovnik, order the caramel cream called *rozata*.



Local Transportation

Dubrovnik is a compact city and it is a delight to explore on foot, especially since Stari Grad (the Old Town) does not allow motor vehicles. If you want to roam further, there are many regular buses that can take you throughout the New Town and to destinations outside of Dubrovnik. You can buy bus tickets from the bus driver (exact change please) or from a local newspaper kiosk.

You can also take advantage of the marine mode of transportation and relax on a boat for a short ride to Lokrum Island. This isle is a nature park complete with the medieval ruins of a Benedictine Monastery, a botanical garden, and rocky beaches where you can walk or just find a quiet spot to sit and take in the ocean vistas.

You enter the old town through Pile Gate, where you can obtain tourist information (open Mon-St 8 m to 8 pm and n Sundays from 8 am to 4 pm). Here you can buy maps of the city and get information on local buses.

Slovenia in Brief



Cuisine

If you care to sample typical foods of Slovenia, head for a local *gostilna* (inn or tavern). Soups include *jota* (sauerkraut and beans with pork) and *goveja juha* (beef broth with egg noodles). *Struklji* are dumplings stuffed with fillings that come in many varieties, some sweet and some savory. A variety of fillings are also used in preparing the festive dessert called *potica*. Other dishes served in Slovenia show the influences of neighboring countries: *rizota* (like Italian risotto), *zavitek* (like Austrian strudel), and *golaz* (like Hungarian goulash).



Newspapers & Magazines

In Slovenia's capital, *Ljubljana Life* is a free city magazine published for foreign visitors offering information about events, people, places, and all types of cultural and entertainment activities. The magazine is available at Ljubljana's Airport and at selected hotels, restaurants, tourist offices, and other locations around the city.

You may find some English periodicals and/or newspapers for sale at local kiosks; your Program Director can direct you to the nearest stand.

Zagreb in Brief—Optional Extension



City Layout and Details

Zagreb's historic central area consists of two sections: the Upper Town (*Gornji Grad*), which as the name implies is on a hilltop, and the Lower Town (*Donji Grad*). Ban Jelacic Square, the city's central public space, is on the border between the Upper and Lower Towns. It's called *Trg Bana Jelačića* in Croatian; Trg means "city square." In the upper town, winding streets lead to the Croatian Parliament building. The city's central open-air market (*Dolac*) is here, as well as the charming, pedestrian-only street *Tkalčićeva*. On the hill named Kaptol what was once a religious town merged in 1850 with secular Gradec to create the core of modern Zagreb. You can explore Gradec by following the major street Ilica from Ban Jelacic Square, then turning up Tomiceva where a funicular takes you up the hill.

The streets of the Lower Town were laid out in a neat grid in the late 19th century. In broad outline they form a "U" shape known as "the Green Horseshoe" that encompasses many of the city's main cultural institutions and public buildings. These include the Croatian National Theater, the Arts and Crafts Museum (featuring crafts from the Baroque period to the 20th century), and the Mimara Museum—highly recommended for its outstanding collections of textiles, paintings, sculpture, and ceramics. Here there are also a Technical Museum, the city's Botanical Garden, and the Strossmayer Gallery of Old Masters with works by famous Italian and Dutch painters.



Local Transportation

Zagreb has an extensive bus and tram system that can get you around at minimal expense. You can purchase tickets from street kiosks (slightly cheaper) or onboard; be sure to get your ticket time-stamped when you first board at tram. Regular tickets are good for one and a half hours; all-day tickets are also available. The tram system can get you as far as Sljeme on the outskirts of town for a popular excursion to the heights of Mt. Medvednica. Taxis are also readily available in central Zagreb and are metered at a regulated rate.



Newspapers & Magazines

For current information about goings-on in the city, see *Events and Performances*, which is published monthly by the Zagreb Tourist Board. *In Your Pocket, Zagreb*, an English-language guide that is updated bimonthly is also helpful.

10. DEMOGRAPHICS & HISTORICAL OVERVIEW

Croatia (*Hrvatska*)

Area: 21,829 square miles

Capital: Zagreb

Government: Presidential/parliamentary democracy

Language: Croatian (Hrvatski), with Italian, German, and English also spoken by some.

Location: Croatia is situated between the Alps and the Adriatic Sea in southeastern Europe. The irregularities of its Adriatic coastline have created over 1,000 islands. The region in the north of Croatia is a highland area with a mountainous climate.

Geography: Croatia is located in Southeastern Europe, bordering the Adriatic Sea, between Bosnia and Herzegovina and Slovenia. The terrain of Croatia is geographically diverse; flat plains along Hungarian border, low mountains and highlands near Adriatic coast, coastline, and islands.

Population (2007 estimate): 4,493,312

Religion: Catholic 76.5%, Orthodox 11.1%, Slavic Muslim 1.2%, Protestant 0.4%, others 10.8%

Time zone: Croatia is on Central European Time, which is six hours ahead of U.S. EST. Daylight Saving Time is in effect from the last Sunday of March until the last Sunday of October.

Holidays:

01/01 New Year's Day
01/06 Epiphany
04/06 Easter
05/01 Labor Day
06/07 Corpus Christi
06/22 Anti-Fascist Resistance Day
06/25 Croatian National Day
08/05 Victory Day and National Thanksgiving Day
10/08 Independence Day
11/01 All Saint's Day
12/25 Christmas

Slovenia (*Slovenija*)

Area: 7,827 square miles

Capital: Ljubljana

Government: Parliamentary democratic republic

Languages: Slovenian, with English often spoken by those who work with foreign visitors.

Location: Slovenia lies in central Europe along the eastern Alps, bordering Italy to the west, Austria to the north, Hungary to the northeast, Croatia to the south and east, and the Adriatic Sea along the southwest.

Geography: Slovenia occupies a locale dominated by high mountains and several fast-flowing rivers. The ridges and mountains of Italy and Austria rise up on one side of the country, creating a region of alpine peaks, valleys carved by glaciers, turbulent waterfalls, and calm lakes. The scenery changes as the plains of Hungary stretch out along another border, while the coast in the southwest offers the stunning scenery and allure of the Adriatic. There are major transportation routes traversing the country north-to-south and east-to-west. The country's major port on the Adriatic Sea is Koper.

Population (2008 estimate): 2,007,711

Religion: Roman Catholic 58%, Orthodox 2%, Muslim 2%, none 10%, other 28%

Time zone: Slovenia is on Central European Time, one hour ahead of Greenwich Mean Time (six hours ahead of Eastern Time). Summer hours operate from the last Sunday in March until the last weekend in October.

Holidays:

01/01 New Year
02/08 Preseren Day (Slovenian Cultural Holiday)
04/09 Easter Monday
04/27 Resistance Day
05/01 Labor Day Holiday
05/27 Pentecost
06/25 National Day
08/15 Assumption
08/17 Slovenians Incorporated into the Mother Nation
09/15 Restoration Day
10/31 Reformation Day
11/01 All Saints' Day
11/23 Rudolph Maister Day
12/25 Christmas Day
12/26 Independence Day

SLOVENIA AND CROATIA HAVE BOTH BEEN INDEPENDENT NATIONS SINCE 1991. Prior to that, they were part of the former Yugoslavia, which had been founded as a kingdom of Serbs, Croats, and Slovenes in 1918, then officially named Yugoslavia in 1929. During World War II, Yugoslavia was occupied by German and Italian forces, but with the end of the war Yugoslavia regained its sovereignty. Josip Broz Tito, a leader of anti-Nazi Yugoslav partisans, became prime minister and established a Communist regime that ruled until the end of the Cold War.

Since the breakup of Yugoslavia, Slovenia has been spared the civil warfare that scarred other Balkan states, and is progressing with the development of a market economy. It joined the European Union May 1, 2004. Croatia was the scene of conflict into the 1990s, but has now had several years of greater stability, and its Adriatic coastline is once again popular with visitors of many nationalities.

Prior to the 20th century, Slovenia (which means “land of Slavs”) has a history that goes back to the 7th-century Duchy of Carantania. Frankish rulers held sway during the 8th and 9th centuries. In the Middle Ages, Slovenia was under assault by the Ottoman Empire, until the Turks were driven off in 1593. The Hapsburg Monarchy then governed all the Slovene provinces, which eventually became part of the Austro-Hungarian Empire, whose rule ended in 1918.

Croatia’s early history goes back to ancient Greek and Roman times. The 3rd-century Palace of Diocletian in Split is the most notable remnant of Roman days. After the fall of the Roman Empire, a Mongolian people called the Avars inhabited the area until they were conquered in the 7th century by the ancestors of today’s Croats. In the 10th and 11th centuries, the Croats established an independent Croatian nation, but afterwards the area came under Hungarian rule for the next 700 years. In the 19th century, there was contention between Austria and Italy for control of Croatia’s Adriatic seacoast. Opatija still shows signs of its history as a former vacation spot for Austrian military officers, and Istria, now in Croatia, was formerly part of Italy.

11. REFERENCE MATERIALS



Recommended Reading

After Yugoslavia by Zoe Bran (Travel Writing)

An account by a Welsh novelist comparing two journeys through Slovenia, Croatia, and Bosnia, before and after the breakup of Yugoslavia. She paints a vivid picture of both the land's beauty and the consequences of civil war.

The Balkans, a Short History by Mark Mazower (History)

Published in 2002, this book provides a concise survey of the region's complex history and modern nation building.

Black Lamb and Gray Falcon by Rebecca West (History)

First published in two volumes in 1941 (in the U.S.), this description of a journey through Serbia-Montenegro (then Yugoslavia) in 1937 is widely recognized as a masterpiece. The landscape and people of Yugoslavia, its history, cultures, religions, and politics are brilliantly observed.

Central Europe: Enemies, Neighbors, Friends by Lonnie R. Johnson (History)

A panoramic history of Central Europe that provides a comparative analysis of the key events that have shaped Germany, Poland, the Czech Republic, Slovakia, Austria, Hungary, Slovenia, and Croatia. The author abandons the Cold War convention of defining Central Europe in the bipolar terms of East and West, and emphasizes the underlying continuities in the region's history.

Croatia, a History by Ivo Goldstein (History)

Focuses on the history of Croatia from the Middle Ages to the present.

Yugoslavia, Death of a Nation by Laura Silber and Allan Little (History)

A well-presented account of the breakup of Yugoslavia and its consequences.



Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the Grand Circle Community website for a world of travel news and information:

www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus ATMs**

www.visa.com/pd/atm for **PLUS ATMs**

Country information:

www.croatia.hr **Croatia**

www.slovenia-tourism.si **Slovenia**

www.zagreb-touristinfo.hr/ **Zagreb**



Tourist Board Addresses

Tourist offices offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Croatian National Tourist Office

350 Fifth Avenue, Suite 4003
New York, NY 10118
Telephone: 1-800-829-4416 (toll free)
Telephone: 1-212-279-8672
Fax: 1-212-279-8683
E-mail: cntony@earthlink.net

Slovenian Tourist Office

(There is no U.S. office as of 1/01/06.)
Telephone: From the U.S., dial 011 then 386 1 560 88 23
Fax: From the U.S., dial 011 then 386 1 589 18 41
E-mail: info@slovenia.info

Measurement & Temperature Conversions

Conversion Chart			
U.S. Standard to Metric		Metric to U.S. Standard	
1 inch	= 2.54 centimeters	1 centimeter	= 0.4 inch
1 foot	= 30 centimeters	1 meter	= 3 feet 3 inches
1 mile	= 1.6 kilometers	1 kilometer	= 0.6 mile
1 ounce	= 28 grams	1 gram	= 0.04 ounce
1 pound	= 454 grams	1 kilogram	= 2.2 pounds
1 U.S. gallon	= 3.8 liters	1 liter	= 1.1 U.S. quarts

To convert Kilometers to Miles:

Multiply the first digit by 6. A 40-kilometer drive is about 24 miles (6×4). For a one-digit figure, use .6. For a three-digit number, multiply the first two digits by 6; thus, 150 kilometers equals about 90 miles ($15 \times 6 = 90$).

To convert Celsius to Fahrenheit:

Double the Celsius temperature, then add 30 degrees.

For example, if the temperature is 20°C , that's about 70°F : ($2 \times 20 = 40$; $40 + 30 = 70$).

For Celsius temperatures below zero, ignore the minus sign, double the number, and subtract it from 32.

Thus, -10°C equals 12°F ($2 \times 10 = 20$; $32 - 20 = 12$).

To convert hectares to acres:

Multiply the hectares by 2.471. For example, a 3-hectare area is equal to 7.413 acres: ($3 \times 2.471 = 7.413$).