

LAYOVERS IN AMSTERDAM

Generally most everyone has a fairly long layover going home in Amsterdam. There are two hotels INSIDE the airport (so you don't have to leave security). It's really nice to be able to take a shower, lay down etc.

MERCURE

Real "hotel". Full size rooms. Have to reserve for day

www.mercure.com/gb/hotel-1730-mercure-schiphol-terminal/print.shtml

YOTEL

Little tiny "space Pod" rooms, but very comfortable and extremely affordable.

Can rent for shorter periods of time

www.yotel.com/

JETLAG WHEN YOU GET HOME

The older we get the more that jet lag effects us - particularly as hard as we go and as busy as we stay. Plan on at least a day or two of doing nothing when you get home. Just relax, look at your photos and sketches and reflect on the wonderful experience!!!



And the last words of wisdom are to remember two things always during your trip "HAKUNA MATATA" ~ "No worries" and "TIA" ~ "This is Africa" !!!

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