

## Things to Prepare for Prior to Traveling:

\*\* Here's your Guide-line of what to do during your Travels Overseas as a USA Judo Referee:

- \*\*\* Know when you're suppose to travel, Where you are traveling too. How long are you suppose to stay.?
- \*\*\* Acknowledge and reply back to the USA Judo RC (Robert F.) and to the PJC Organizing Committee whether you are going to participate or decline participation .
- \*\* Check with USA Judo on which overseas Airport to fly into
- \*\*\*\* Check if the Country you are visiting requires an Entry Visa.
- \*\*\*\* Ask USA Judo for the PJC Organizing Host Contact Person(s) Name(s), Telephone Number
- \*\*\* Plan to fly into the overseas country 2 to 3 days before the event. Give yourself time in case of delays and weather.
- \*\* Know who else is going to this event. Plan your lodging, (PJC events are always double occupancy in a room)
- \*\*\* Book your Flights (Departing and Returning)
- \*\*\* Book your Hotel (Log down the Hotel Name, Hotel Address, Telephone number in your cell phone )
- \*\*\* Send your Flight and Hotel Itinerary to USA Judo (Robert F.) and to the Hosting PJC Organizing Committee
- \*\*\*\* **Important::** Send a message to USA Judo and ask to "Inscribe" your name into the Judobase website for this event.
- \*\*\* Plan your packing EARLY!. Always plan to pack 1-Carry-on and 1-Check-in bag along with a Backpack. (Bag Name Tag)
- \*\*\*\* Planning your "Carry-on bag or Small Carry-on Suit case".. (See the following) (Bag Name Tags)

**Items:** \*\*\*\* **White JudoGi** with **Black Belt** (**NO** Red/White belts + **NO** Blue JudoGi) - (White T-shirt for women)

<ul style="list-style-type: none"><li>** Referee Jacket / Referee Pants</li><li>** 1- Referee Shirt 1-Black Tie (Tie pin or Tie clip)</li><li>** Black Socks / Shoes</li><li>** PJC Badge</li></ul>	}	Only If you are asked and scheduled to Referee at this event after the Clinic.
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- \*\* Toiletries
- \*\* Personal Medication // Stomach Medicine (Imodium, Pepto, Activated Charcoal)
- \*\*\* Insect Repellant with "DEET"
- \*\* Under Garments
- \*\* Any extra clothes (Polo Shirts for any Meetings or Clinics and bring nice shoes and Flip Flops (Slippers))
- \*\* Travel Iron or Travel Steamer
- \*\* Power cables for your Cell Phone
- \*\*\*\* Electrical Travel Voltage Converter Plug Kit
- \*\*\*\* Check with your Cell Phone Provider for Overseas SIM Chip or other Overseas programs
- \*\*\* Extra Luggage Locks // Note Book or Note Pad, Pencil or Pen
- \*\*\* Extra Snacks (I.e.: Power Bars, Breakfast Bars, Etc.. NO Chocolates due to melting)
- \*\*\* Zip Lock Plastic Baggies (Large and Small Bags for your snacks and other items to carry with you)
- \*\*\* {If you can pack all your items into 1 Carry-on, then no need for a larger Luggage.}
- \*\*\* You can also pack and carry a Backpack for your travels along with your Carry-on luggage

// If needed //

- \*\*\* Planning your "Check-in" luggage.. (If you plan to check-in luggage) (See the following)
- \*\*\* More extra clothes (Prepare to bring one set of "Business Casual Attire" in case of Dinner by the PJC.
- \*\* Other items you would like to bring and don't want to put into your Carry-on Luggage.
- \*\* *This "Check-In" luggage may be more empty then normal. This is mostly for packing to come home..*

- \*\* Know what is the Country Currency for the country you are visiting.
- \*\* Bring CASH / Major Credit Card(s) (Exchange US Currency at your local Airport)
- \*\*\*\* Bring Extra US Currency for the Referee Exam Fee.. Know how much to bring!!
- \*\*\* You may have to pay for the foreign Customs Country Entry Tax and Country Exit Tax.. Be prepared!! (US Currency)
- \*\*\* Bring extra "Passport Photo" just in case (2-Passport size photos)
- \*\*\*\* Passport
- \*\*\* Bring a copy of the Invitation Letter from USA Judo and PJC Organizing Committee (If provided)
- \*\* Bring a copy of your PJC Referee's Certificate in case they ask
- \*\* Create a "CHECK-LIST" for yourself so that you will not forget anything..

Cont:

\*\*\* Bring extra "Toilet Paper".. Check at "Rite Aid, CVS, etc.." located in the "Traveling Accessory" section for "Traveling Toilet Paper". Purchase about 4 to 5 rolls. (Venue may not have any toilet paper)

\* *Day before your departure:*

\*\* Double Check EVERYTHING!!! (Check your "Check List")

\*\*\* Check on your Flight Information for any Delays and/or Cancellations.

\*\* Go to Bed early!

\* *Day of your departure:*

\*\* Wake up early!

\*\*\* Triple Check if you have everything!

\*\*\* Bring CASH / Major Credit Card(s) (Exchange US Currency at your local Airport)

\*\*\*\* Bring Extra US Currency for the Referee Exam Fee.. Know how much to bring!!

\*\*\* Bring extra "Passport Photo" just in case (2-Passport size photos)

\*\*\*\* Passport

\*\*\* Bring a copy of the Invitation Letter from USA Judo and PJC Organizing Committee (If provided)

\*\*\* Bring a copy of your PJC Referee's Certificate in case they ask

\*\*\*\* Check if you have the PJC Host Contact Information (Name(s), Telephone) {Keep this in your cell phone}

\*\*\*\* Check if you have the Hotels Name, Address and Telephone (Keep this in your cell phone!)

\*\*\*\* Arrive to the airport at lease 3-4 hours before your departure time. (Give yourself extra time in case of any delays)

\*\* Know where your departure gate is.

\*\* Enjoy your flight..

\*\* If you have a connecting flight between origin to destination. Here's a little suggestion...

\*\*\* For one stop connection, upon arrival at the connecting country, If time permits, Buy some Water!!

\*\*\* If two connection,, at your last connecting country, Buy some Water!!

\*\*\* \*\* This way you will have bottled water for your room when you arrive to your destination.

\*\*\* **NOTE:** Before arriving to your destination, you may be asked to fill out a Country Entry form (If required)

\*\*\* The form will ask which "Hotel" you will be staying at, also Address and telephone number.

\*\*\*\* Additionally, this form will ask if your are visiting (Tourist or Business), Check "Tourist - YES"!!

\*\*\* *By having this Hotel information in your cell phone, you will have easy access for this information.*

\*\* *Arriving to your destination:*

\*\* Gather all your items. Exit the aircraft. If traveling with a group, stay together.

\*\*\* Go to the Country Customs area. Have all your documents ready to present.

\*\*\* The Customs Agent(s) will speak English. They will ask "Why are you visiting?"

\*\*\*\* Your reply: "For a Judo Tournament". Never say "**Business**"!!!

\*\*\* **Note:** You may have to pay a "Country Entry Tax", Be prepared (Have extra US Currency with you)

\*\*\*\* Once Cleared Customs, Secure your Passport and Wallet. Exit the secured Customs area into the main lobby.

\*\*\* Look for "Hand Held Signs" showing "**PJC JUDO**".. If you see the : "Hand Held Sign" let them know you are "Judo"

\*\*\* If no one has the "Hand Held Signs", Look for a Large PJC Judo Banner.. Wait there for someone to arrive.

\*\*\*\* **NOTE:** If there is no one available to retrieve you, Do Not Panic!!! Stay calm..

Simply Call the PJC Organizing Host stored in your cell phone. (Stay all Together!!)

Additionally,, There will be people asking if you need a "Taxi", politely say "No Thank you"..

Stay as a Group until someone arrives.

Cont:

**\*\* Arriving to your Hotel:**

- \*\*\* Checking in, Present your Passport to the front desk agent. They will pull up your information and give you your keys.
- \*\*\*\* Check for the Clinic Schedule for all Times and Locations.
- \*\* Ask for a near by Local Market for more Bottled Water (Agua) and some snacks for your room.
- \* Go to your room(s).
- \*\* Once in your room, Check if the Air Conditioner is working properly.
- \*\* Check for bath towels
- \*\* Check if the Toilet Flushes properly
- \*\*\*\* Keep a bottle water in the restroom for brushing your teeth.
- \* Start Unpacking.
- \*\*\* If time permits, Start Ironing or Steaming your clothes (Especially your Referee's Uniform if Refereeing).
- \*\*\*\* Prepare your JudoGi, Black Belt and Flip Flop (Slippers) and place into your backpack.
- \*\*\*\* Also place all your needed documents and Note book or Pad, Pencil/Pen in your backpack as well.

**\* When leaving your room for any reason:**

- \*\*\*\* Do not TRUST the room safe (if available). Place all your valuables in your suitcase and LOCK IT!!
- \*\*\*\* You will not need your Passport when visiting the city. Leave it locked in your suitcase.
- \*\*\*\* If you are visiting the city, Know Where You are Staying!! Ask the front desk for a "Business Card" with the Hotel's Name, Address and Telephone number in case you get lost. Keep the Business card with you at all times.
- \*\*\*\* Carry your Wallet in your Front Pocket for safe keeping. Keep your Cash separate from your wallet (other pocket).

**\* PJC Official Activities:**

- \*\*\*\* ALWAYS Act and Be Professional.. You are representing the USA!!!
- \*\*\* Try Not to Decline any activities.. (I.e.: Group Lunches, Dinners, Site-seeing, Get togethers, Etc.)
- \*\*\*\* For Lunch or Dinner, if PJC RC are present, Do Not Drink Alcohol unless the PJC RC offers.. Don't Drink Too Much!!!!
- \*\*\*\* Do Not Speak Badly about any USA Officials and/or other individuals during any conversation.
- \*\*\*\* Stay HUMBLE!!

**\* Day of the Clinic:**

- \*\*\*\* DO NOT BE LATE!!! Arrive at lease 30 to 40 minutes EARLY!!!
- \*\*\* Be Prepared. Make sure you have everything that is needed. (You may need your Passport)
- \*\*\* Change into your JudoGi quickly and get onto the Tatami.
- \*\*\*\* Be Professional while on the Tatami.
- \*\*\* If asked a question, answer quickly with straight answers.
- \*\*\*\* Do Not Ask Ridiculous and Hypothetical questions!!
- \*\*\* Bring your Note book or pad and pencil or pen for note taking.

- \*\*\*\* **Lastly:** Do Not Drink the Water or Chew on Ice Cubes.. (Drink All Drinks without "Ice")  
Be careful of the Watered Vegetables (I.e.: Lettuce, Tomatos) and Fruits

- \*\*\*\* **Good luck to all!** Please carefully review this in its entirety. Should you have any questions, please feel free to contact me anytime. **I'm here for you!**

**Gary Takemoto**

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**Note:**

\* (Things to know)

\*\*\* (Very Important to know)

\*\* (Important things to know)

\*\*\*\* (Extremely IMPORTANT to know!!)

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