

Travel Information / Advice & Accreditation



These recommendations are designed to ensure that you reduce the likelihood of feeling any effect of the flight medically and to minimise any disruption to your pre-competition preparations.

Pre-flight

- Plan well in advance, pack and prepare early
- Ensure you are well rested before leaving
- For 1-3 days prior to travel, avoid heavy training
- To minimise jet lag and shift your body clock towards Samsun time zone:
 - Go to bed 30 minutes earlier each day for the 6 days before leaving
 - Set your alarm to get up 30 minutes earlier each day for 6 days before leaving
- Maximise your early morning sunlight exposure, and minimise evening light exposure
- Pack a kindle/iPad or books and light music to aid relaxation on the flight
- Pack antiseptic wipes and alcohol hand gel in your hand luggage: international travel leaves you exposed to many bacteria and viruses carried from around the world into airports and planes
- Avoid strains and efforts at the airport. Use trolleys and other facilities at the airport
- Pack earplugs and eyeshades to maximise rest
- Anyone with concerns regarding DVT should seek medical advice prior to departure

During the flight

The journey is two flights to Istanbul then to Samsun, followed by bus transfer to Samsun. It will be a long day but with adequate hydration, rest and using these recommendations, you should still be able to arrive in Samsun as fresh as possible:

- Wear comfortable shoes and clothing
- Wear flight compression socks for 1-2 hours before flight until destination
- Wipe your tray table with an antiseptic wipe when you sit down & use alcohol hand gel regularly
- Set your watch to Samsun time (2 hours ahead) once you have boarded the plane
- Take a bottle of water with you on the flight and sip regularly; drink little and often
- Avoid alcohol or any ice in drinks
- Restrict caffeine drinks until next morning
- Eat when hungry, try to adjust eating times to those of Samsun
- Try to eat smaller meals more times, and if bored chew sugar free gum
- Avoid salty snacks with high salt content e.g. crisps/pretzels
- Try to sleep sooner rather than later
- Try to relax, use ear-plugs and eye-masks if necessary
- Keep cool, but have more layers' ready
- If you cannot sleep, try to remain relaxed, read or listen to some music
- Perform regular exercise every hour. Walk around the plane for 5 minutes if possible, or do stretches & mobility exercises e.g.

http://www.britishairways.com/travel/healthwb/public/en_gb

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DeaflympicsGB

PLEASE if you feel unwell during the flight you should let a member of cabin crew and escorting member of DeaflympicsGB Central Staff know as soon as possible.

Post-Flight

Although the travel to Samsun from the UK is not classed as long-haul, it is still possible that you may experience a little fatigue as the result of crossing time zones. This fatigue may affect your performance so be aware of any of the following mental and physical symptoms; disrupted sleep patterns, irritability, muscle weakness, loss of appetite or poor concentration.

To avoid the effects of fatigue, try to follow the below recommendations;

- Exercise gently when feasible after arrival: this could be gentle stretches in your room
- Continue to sip bottled water regularly and keep well-hydrated
- Start your sleeping routine and prepare yourself for bed as soon as possible after arrival
- Follow your normal routines as quickly as possible
- Have your high-protein food early in the day and the carbohydrate in the evening
- Eat a light early supper, maintain your hydration and avoid caffeinated drinks after 16:00 hours

Flights

Flights will be indirect from London Heathrow, stopping briefly in Istanbul, before continuing to Samsun. The same route applies for the return journey.

All flights will follow the schedule below and all are with Turkish Air:

OUTWARD FLIGHT SCHEDULE

Date of departure:	15th July 2017
Departing airport:	London Heathrow
Flight number:	TK 1972
Departure time:	18:00
Arrival time in Istanbul:	23:50
Departure time from Istanbul:	02:25 (16th July)
Flight number:	TK2818
Arrival time in Samsun (Ataturk):	04:05 (16th July)

RETURN FLIGHT SCHEDULE

Date of departure:	31st July 2017
Departing airport:	Samsun (Ataturk)
Flight number:	TK 2815
Departure time:	01:05
Arrival time in Istanbul:	02:40
Departure time from Istanbul:	07:45
Flight number:	TK1979
Arrival time in London Heathrow:	09:50 (31st July)

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DeaflympicsGB

For departures, each team will be met at the airport by a DeaflympicsGB Central Staff member to help with check-in and to issue baggage tags/badges. Exact times and details will be advised to you by your Team Manager.

Athletes will be responsible for their own travel and assembly costs to the point of departure. It is recommended you consider at the earliest possible opportunity your likely personal travel plans.

Please note that no changes to the allocated flights will be permitted for team members who wish to extend their stay for tourism or sight-seeing. In this instance, and with advance agreement, we will be happy to formally 'sign you off' the team after the conclusion of the Deaflympics, and team members can make their own return arrangements from Samsun or anywhere else that they wish to travel to. If you are signed-off the team, UKDS will no longer be in a position to support any issue arising with your travel, visa, health etc.

Luggage

Each team member will be permitted 1x 20kg hold luggage and 1x 8kg hand luggage allowance. Please make sure you tag every piece of luggage (hold and cabin) prior to travel.

Excess baggage costs over and above the standard amount will be the responsibility of the team (or individual athlete), will need to be identified and organised in advance, and will likely be charged-for.

You should use your team rucksack as your hand luggage and you are advised to carry the following:

- Passport and ticket/boarding card
- Appropriate food for flight & sugarless chewing gum (instead of unnecessary snacking)
- Empty drinks bottle
- Reading material
- Camera
- MP3 player, iPod and/or DVD player & DVDs
- Ear plugs/eye shades
- Essential playing equipment
- Travel/neck pillow for flight
- Toothbrush and toothpaste (no more than 100ml)
- Deodorant (no more than 50ml and no sprays permitted)
- Sunglasses and prescription glasses as appropriate
- Exchanged money
- Lip salve
- Padlock for personal storage
- Your copy of the 2017 Deaflympics Handbook

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Bus transfer to Deaflympics Village

The arrivals transit process will be as follows, and will be assisted by Deaflympics volunteers:

1. Arrival
2. Passport Control/Immigration (there will be a Samsun 2017 Welcome Desk here & visas won't be necessary here)
3. Luggage Claim
4. Customs Control
5. Organising Committee Information Desk (in the main Arrivals Hall)
6. Departure

There will be shuttle vehicles at Samsun.

Team Welcome

Each team on its arrival at the Athletes Village will be greeted by a representative from the Organising Committee. We will then be taken to the Deaflympics Village for accreditation, and then given administration and orientation information.

Each team will then be issued rooms within the Deaflympics Village. At an appropriate point, teams will receive a full orientation and introductory briefing and taken on a village tour: this will likely take place on the same day of arrival.

Games Accreditation

All participants will be accredited in the Accreditation Centre before arriving at the Deaflympics Village.