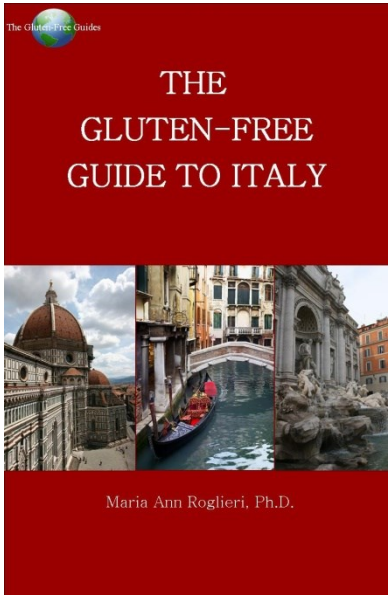
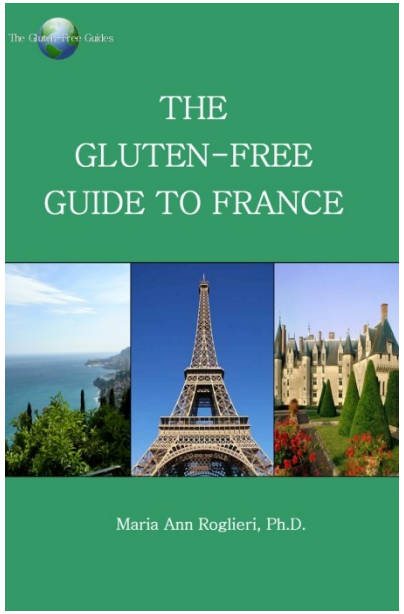
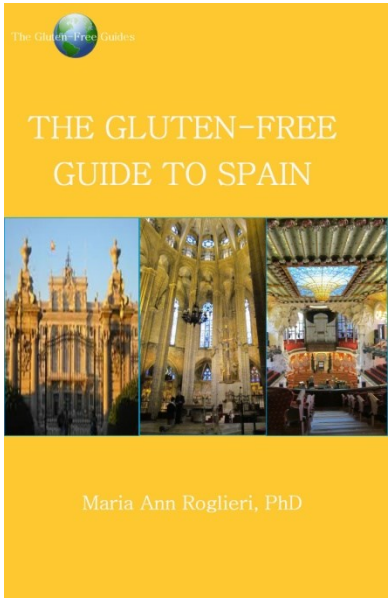
GLUTEN-FREE AWAY FROM HOME

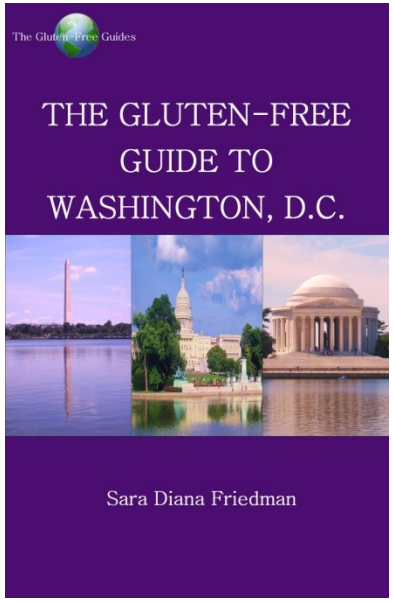
Travel, School, Camp, and College

Maria Roglieri and Sara Friedman



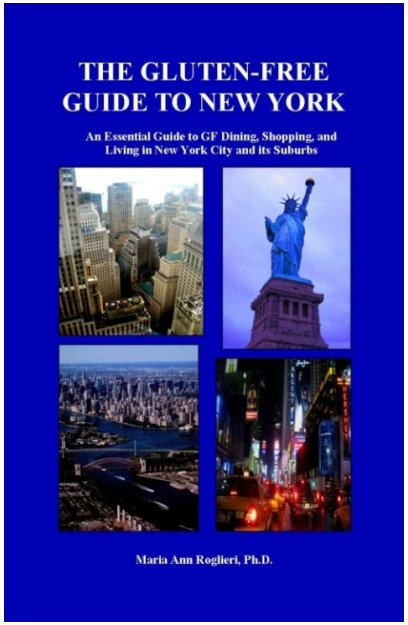




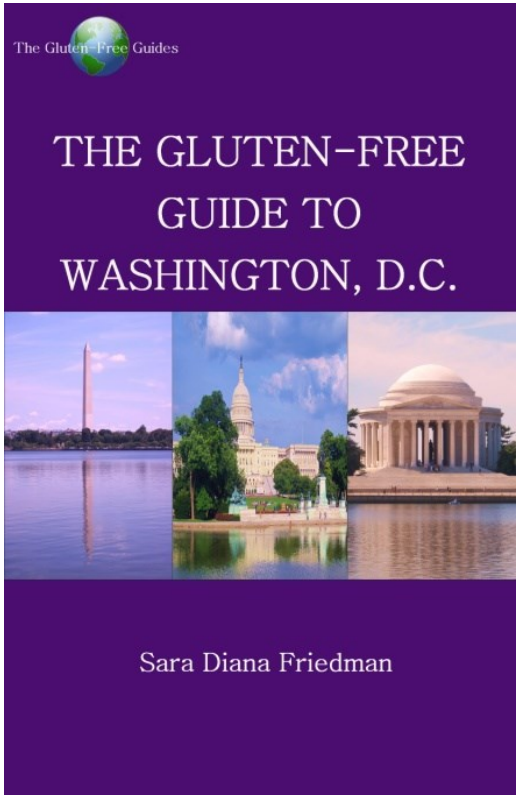


The Gluten-Free Guide series:

The Gluten-Free Guide to Italy
The Gluten-Free Guide to France
The Gluten-Free Guide to Spain
The Gluten-Free Guide to Washington, D.C.
The Gluten-Free Guide to New York



GIVING BACK



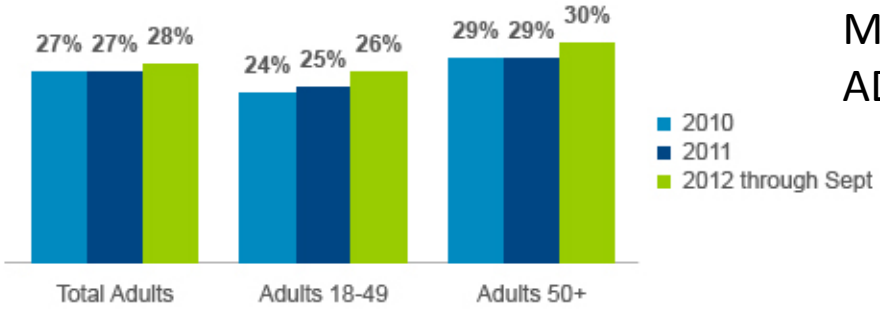
- 100% of the proceeds are donated to The Center for Celiac Research at Mass General Hospital for Children

MassGeneral Hospital *for* Children℠

GLUTEN-FREE IS THE NEW BLACK

NPD GROUP
Behind Every Business Decision

Percent of Adults Claiming To Cut Down On Or Avoid Gluten Completely



Source: The NPD Group/Dieting Monitor

MARKET RESEARCH SHOWS THAT 28% OF ADULTS ARE TRYING TO BE GLUTEN-FREE

WHAT DO WE WANT?

- We want a creative, delicious, worry-free dining experience anywhere we go

- Schools
- Camps
- Workplace
- casual restaurant dining in NY/NJ
- Restaurant dining outside the US

ADA: WHAT IT SAYS ABOUT CELIAC DISEASE

The ADA (1990):

- **Prohibits employment discrimination** on the basis of disability at the federal, local or state government level
- **Prohibits discrimination** based on **disability from businesses that offer goods, services**, facilities or accommodations to the public

Amendment to ADA (2008)

- **Specifies that ADA covers "major life activities" such as eating**.
- Lawmakers interpreted this to include "the operation of a major bodily function," including the immune system and the digestive system.
- Now both celiac disease and gluten sensitivity fall under the auspices of the ADA, even though they're "**invisible disabilities**."
  - but the extent of required accommodations is unclear.

ADA BUT…

- **In practice** you'll likely have to persuade those in charge that the ADA covers your situation.

- If you want them to accommodate you with GF food, **you'd need to provide extensive guidance** to the people preparing the food, and potentially fight to get the institution to meet your needs.

- **Even if you're technically correct** about the ADA requirements in your particular situation, you may find it's **easier and less disruptive to take care of your own needs**, rather than press the point with an employer or an institution.

ADA PROVIDES IMPORTANT BUT LIMITED PROTECTIONS FOR THE GLUTEN INTOLERANT AND CELIACS

- **requires** safe food in an emergency shelter or in prison.
- **requires** day care and private schools accept kids with food allergies.

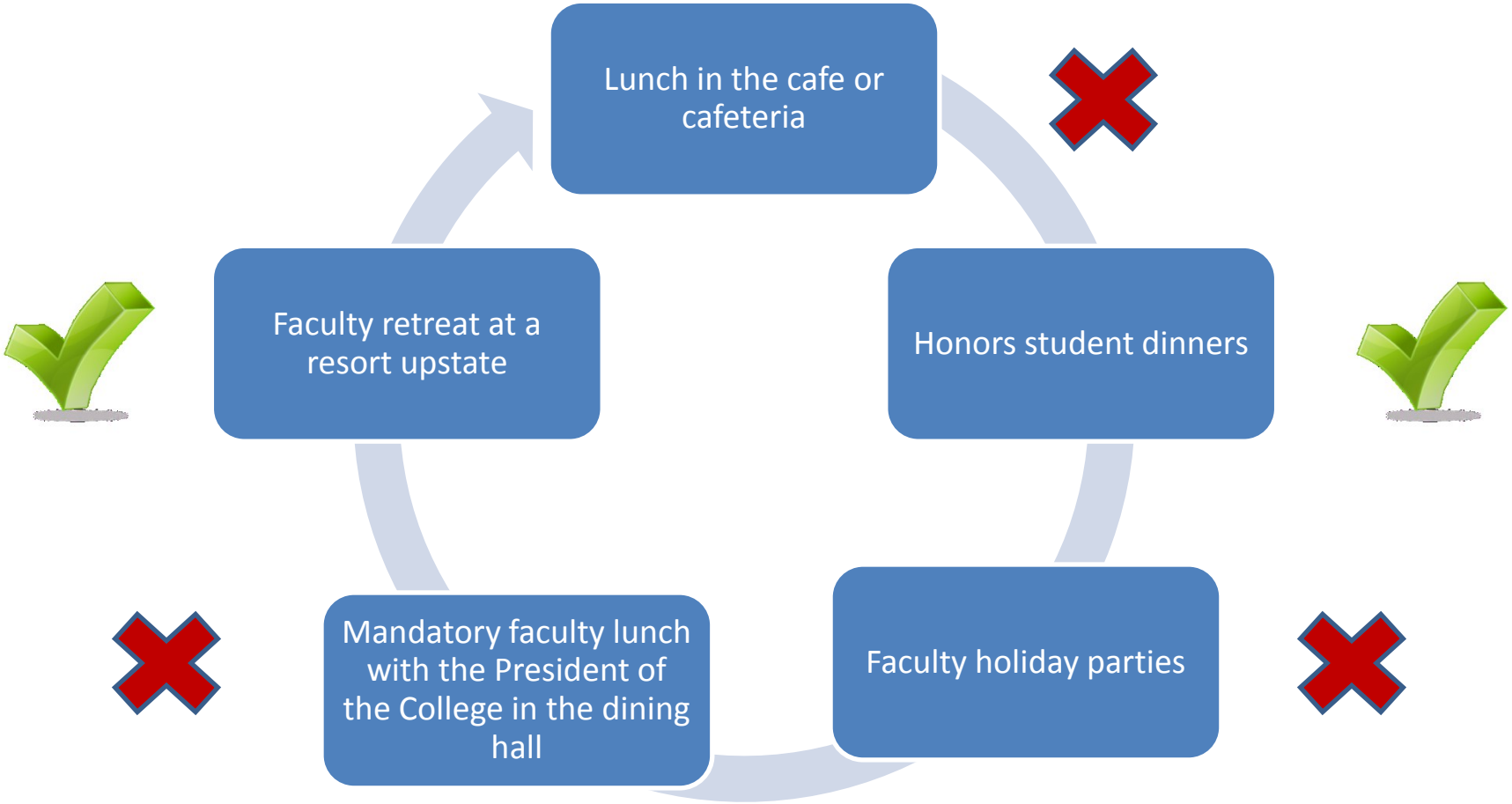
- **allows** you to bring your own GF food to places where safe food won't be available.
  - New Hampshire legal case : tour train operator refused to allow a passenger with food allergies to bring her own food. Ultimately, the tour train operator revised its policies to make them more accommodating to people with allergies.

- **might be able to help** you force your employer to provide you with GF food when the employer is buying everyone else lunch or lunch is provided at a lunch meeting

- **can't help** you force a restaurant to provide you with GF food.
- **can't help** you force the school cafeteria to provide GF lunches for your GF child.
  - **That is covered under a different law — Section 504 of the Rehabilitation Act of 1973.**

GLUTEN-FREE IN THE WORKPLACE

MY JOB


Lunch in the cafe or cafeteria
Honors student dinners
Faculty holiday parties
Mandatory faculty lunch with the President of the College in the dining hall
Faculty retreat at a resort upstate

GLUTEN-FREE IN THE SECONDARY SCHOOLS

504 PLANS PROTECT CHILDREN WITH CONDITIONS INCLUDING CELIAC DISEASE AND GLUTEN SENSITIVITY

- a child with a disability (including celiac disease and severe gluten sensitivity) **can't be excluded from participating in federally-funded*school programs** and other activities, despite that disability. *only federally funded
- **plans developed** by parents and school officials, spell out specific accommodations the district is obligated to provide for a student in order for that student to have the same opportunities to participate in school activities as her peers.
- **accommodations** to cover **food** in the classroom and cafeteria, AND classroom activities that use gluten containing foods
- **accommodations for students who fall behind** due to glutening symptoms.

YOUR CHILD'S PERSONAL 504 PLAN

- get an "**official" diagnosis** of celiac disease or gluten sensitivity from physician

- provide **details** about diagnosis and treatment with documentation

- **grades**: consider gluten's potential effects on your child's grades — some celiac and gluten-sensitive kids miss a lot of school if they get glutened, which really can affect their grade point averages. Many also suffer from gluten-induced ADHD which obviously also can affect grades.

- **cleanliness**: For a young child: specify that the table at the cafeteria be wiped clean with a safe cleanser and clean cloth before she eats there, and that her area of the classroom be kept clean in the same manner.

- **evolving needs**: remember your child's needs will change over time — no need to worry about Play Dough and classroom birthday parties for older children.
- **Access to microwave** to heat lunch: If you want to send food to school that must be heated. (For younger children, you may also ask for a staff member to help with using the microwave).

OUR OPTIONS AS PARENTS FOR GF LUNCH IN SCHOOL

Option #1: send lunch

- most popular option
- school lunch menus frequently represent a gluten minefield of pizza, wheat-coated chicken nuggets and whole wheat rolls.

Option # 2: send $ for lunch

- ask school to provide GF lunch
- a lot of effort — have to work extensively with food service staff and school district to teach how to create safe food in the cafeteria

GF SCHOOL LUNCHES: DO WE WANT THIS?

The American Celiac Disease Alliance (ACDA) conducted a **survey** (2007) of parents with children on GF diets

RESULTS

- Over 2000 responses
- overwhelming majority wanted a GF meal option on the menu in schools
- concerns about proper training for staff and cross-contamination
- 33% of the parents approached their child's school about providing GF meals.
- 38 % of the schools that were approached provide GF meals.

GOOD NEWS: GF SCHOOL LUNCH MENUS ARE BEING CREATED

- Ever-rising number of requests for dietary accommodations, esp. for students with celiac disease.
- Aramark survey published in *The Wall Street Journal* 1,500 students--4% students GF due to gluten intolerance and another 5% were GF for other reasons.
- significant increase in number of schools providing GF lunches
- accommodations offered depend on:
  - -- the number of students requiring GF meals
  - -- the size of the school system

GOOD NEWS: GF SCHOOL LUNCH MENUS ARE BEING CREATED

Offerings:

EITHER a GF meal identical to the regular meal being served that day

OR 1-3 particular GF entree options on a daily basis unrelated to the main meal being served

Larger school systems (11-18 schools) 11,000 -38,000 students more GF friendly

- Alexandria, VA, Fairfax, VA, Minneapolis, MN; Rochester, MN; Sun Prairie, WI
- In some of these schools, the Food Service Department posts its GF menus online along with the nutritional analysis of the meals.

Some parents **are bringing in GF food and asking the cafeteria staff to serve it.** This practice may violate local health codes and regulations governing the National School Lunch Program specify that foods to be served must be purchased from commercial sources.

NATIONAL FOUNDATION FOR CELIAC AWARENESS (NFCA) "GREAT SCHOOLS" TRAINING FOR SCHOOL CAFETERIA STAFF

- A team of professional consultants, trained to assist schools in all facets of implementing a GF protocol
- Standardized curriculum available online via webinar or onsite training.
- Bilingual training materials (English/Spanish)
- Systematic instructions which will aid in the control of variables and employee training
- GREAT Toolkit containing sticker for window, manual, DVD, templates for posters, PR, and stickers.

- GF protocols recognized by the gluten intolerant customer community
- American Dietetic Association (ADA) and American Culinary Federation(ACF) pre-approved accredited course

- Options for ingredient review menu development, and inhouse training
- Ongoing support and educational opportunities
- Referrals to appropriate products and distributors

OUTSIDE THE CAFETERIA: SCHOOL ISSUES FOR YOUNG KIDS

- How to inform everyone
- Birthday parties
- School field trips
- Classroom supplies
- Social issues

TIPS FOR GF YOUNG KIDS IN SCHOOL

Teachers and school principal

- Inform the teachers and parents that your child is GF
- See if the school will group two or more GF kids together in the same class
- Talk about the psychosocial aspects of being GF
  - --Having another GF child with them will feel good so they don't feel so different and they're not the only ones eating GF food

TIPS FOR GF YOUNG KIDS IN SCHOOL

- Make it clear to them that they are not to trade snacks or sandwiches
- Keep a stash of GF cookies/cupcakes in the freezer for birthday parties
- Give the teacher a stash of GF snacks for field trips

OUTSIDE THE CAFETERIA: FIELD TRIPS

- Day-trips
- Weekends
- Europe
- Importance of standing up for yourself

GF SUMMER CAMP

ISSUES AT CAMP

- Younger kids may not be as skeptical and able to pick up the flaws
- How involved should the parents be?
  - Definitely call ahead and check
  - Ask them some basic questions such as do you cook the pasta in a separate pot
  - Gives you a sense of how knowledgeable they are

CAMPS OPTIONS

SPECIALIZED GF CAMPS

- The Gluten Intolerance Group is running 2 kid's camps this year– **GIG Kids Camp East at Camp Kanata, NC, and GIG Kids Camp West at Camp Sealth, WA** *www.gluten.net*.

- The Celiac Disease Foundation helps sponsor **Camp Celiac at Camp Arroyo** in the San Francisco Bay area *www.celiaccamp.com*.

- The Celiac Sprue Association runs **Camp Celiac at Camp Aldersgate in North Scituate, Rhode Island** *www.csaceliacs.org*

- Many of the R.O.C.K. (Raising Our Celiac Kids) groups run summer camps *www.celiac.com*

- NFCA has a list of GF camps all across the country
  - 12 states, 17 different camps
  - Examples: The Great Gluten Escape Camp in Texas, Camp Celiac in Rhode Island and California, Camp Gluten Freedom in Indiana, and Camp Eagle Hill here in New York

REGULAR CAMPS

New Jersey Y Camps (PA) and Eagle Hill (NY)

- Trained Cook and Staff
- All gluten free menu items match mainstream items
- All staff members including counselors are trained to understand the practical and emotional aspects of managing children with Celiac and/or food allergies
- Dedicated GF kitchen
- New Jersey Y: Gluten Free Food Service Accreditation from Gluten Intolerance Group AND Supervised in camp by **a Celiac mom, with a Celiac child, who works in the dining room**

Other camps

- Independent Lake Camp (PA)
- Stokes Forest Music Camp (NJ)
- Ithaca School of Music Camp (NY)

Stokes Forest Music Camp

GF COLLEGE

CORNELL
GONZAGA UNIVERSITY
VE RI TAS
HARVARD
LSU TIGERS
OKLAHOMA STATE UNIVERSITY
PURDUE
ALABAMA
MICHIGAN
CONNECTICUT HUSKIES
ILLINOIS
Ole Miss
PITT
LOUISVILLE CARDINALS

COLLEGES THAT WENT THROUGH GF TRAINING

- Colorado State University (Ft. Collins, CO)
- University of Colorado at Boulder (Boulder, CO)

- Emory University (Atlanta, GA)
- Georgia Southern University (Statesboro, GA)

- Southern Illinois University (Carbondale, IL)
- Trinity International University (Deerfield, IL)
- University of Chicago (Chicago, IL)

- Southeast Community College (Lincoln, NE)
- University of Nebraska – Lincoln (Lincoln, NE)

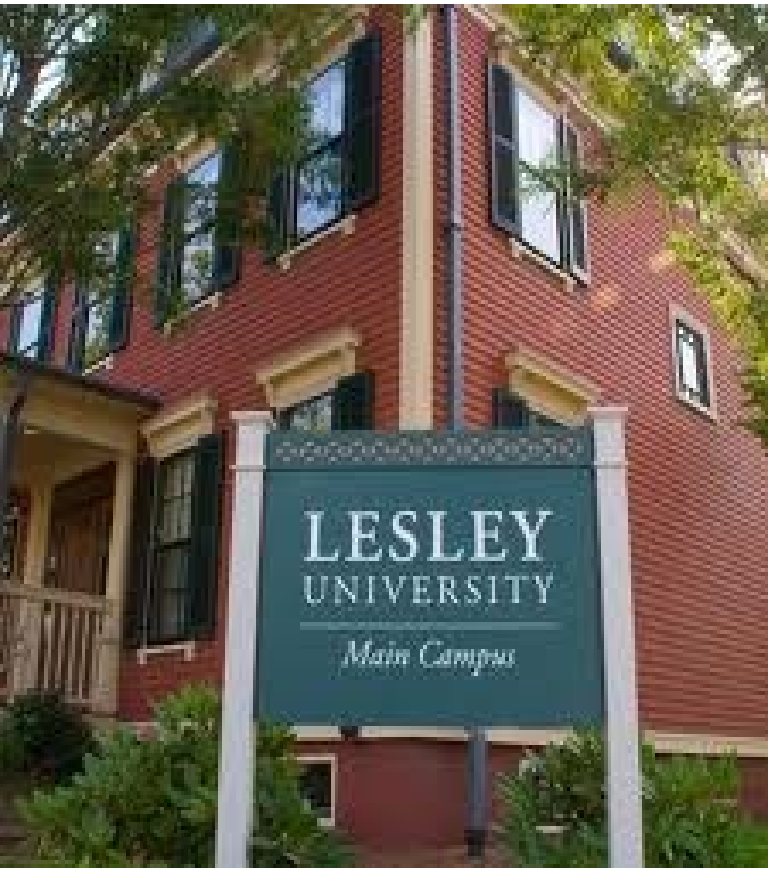
- Morrisville State College (Morrisville, NY)

- Miami University (Oxford, OH)
- University of Guelph (Guelph, ON)

- Drexel University (Philadelphia, PA)

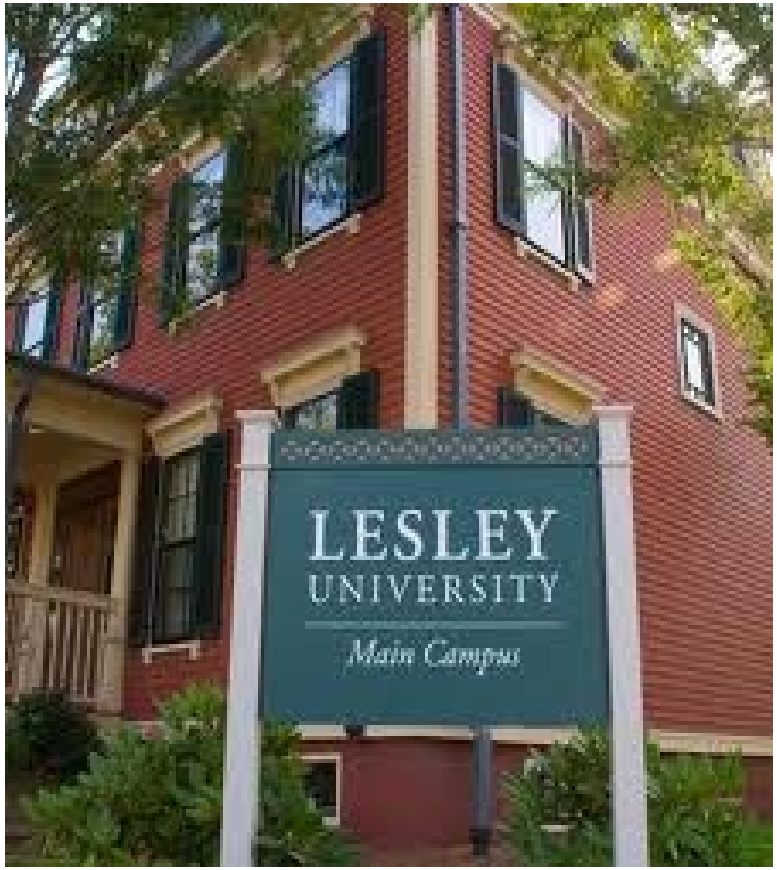
- University of Virginia (Charlottesville, VA)

LESLEY UNIVERSITY LAWSUIT



- No GF food provided but GF students who lived on campus still had to pay for a meal
- Students won a settlement of $50,000 each because it was determined that the university was not meeting their needs under the disabilities act

LESLEY UNIVERSITY LAWSUIT



Settlement

- Hot and cold gluten- and allergen-free foods in its dining hall food lines
- Attentive to the schedules and demands of college students
- Develop individual meal plans for students
- Allow students to preorder their meals
- Dedicate space in the main dining hall to store and prepare GF and allergen-free foods
- Training for staff and food service workers.

BEFORE ATTENDING COLLEGE

- Don’t let celiac disease stop you from attending your dream school
- Start assessing the dining hall when you first visit the college
  - have a GF meal when you tour the campus
  - Different schools may have multiple dining halls, and your meal plan might only work in one-ask the tour guide how the system works
  - Ask what food is GF-get sense of how much work you will need to do on your own
  - Stop at local grocery stores and assess the situation, might want to talk to the manager if the store has slim pickings
  - Talk to GF students

COMMON COMPLAINTS FROM STUDENTS

- Some dining hall workers were informed, some were not
- Lots of cross-contamination
  - Huge risk of getting sick all the time
- Many schools are reluctant/slow to provide GF food
- Sometimes try to force students to live off-campus instead of deal with them being GF
- No central contact person
- Lack of variety—few main entrees, mostly sandwiches
- Lack of knowledge, relatively new program, startup issues
- Every allergen except gluten identified in the buffet line, even though they repeatedly asked for gluten to be identified
- One school we know of ran out of GF food for two weeks

GOOD NEWS

- GF in a separate freezer, tightly sealed
- Cereals in canisters (To prevent cross-contamination)
- Head of dining hall checking in on GF students
- Designated toaster
- GF restaurants around
- you can request your favorite brands for products
- Some schools give out a personal menu indicating what is safe in the dining hall (Illinois State University)
- food made to order (But you might have to wait or give them advance notice)

CHEATING ON YOUR DIET IN COLLEGE

- Stanford Drs found that Stanford students became more "flexible" with their gluten-free diet than they should be when they are away from parents

- DON’T BE TEMPTED TO CHEAT!
  - EVEN IF…
    - The dining staff is unresponsive
    - Its really inconvenient
    - You feel like it's too hard to deal with
    - ITS NOT WORTH GETTING SICK AND SACRIFICING YOUR HEALTH

BEFORE YOU START COLLEGE: TALK TO EVERYONE

Do it early so you don't go to college without accommodations in place!

- Health Services

  --internist, gastroenterologist

  --What to do when you ingest gluten: have a plan
- Residential life
- Disability Services
- Dining Services (procedures and whether you need to join)
- Dietitian (they speak the language of celiac disease and dining services)
- Gluten-free student group

SEND YOUR COLLEGE STUDENT GF CARE PACKAGES

- www.eatingedible.com
- gluten, dairy, egg, Wheat free

The inspirational power package

Exam survival kit

WEBSITES/BLOGS FOR GF COLLEGE

COLLEGE STUDENTS REVIEW THE GF SCENE

- collegeambassador@udisglutenfree.com

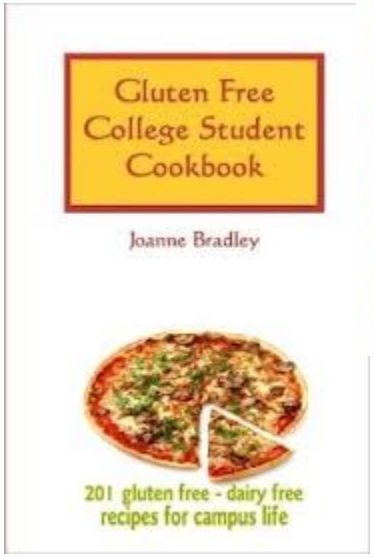
Udi's GF College Advocate

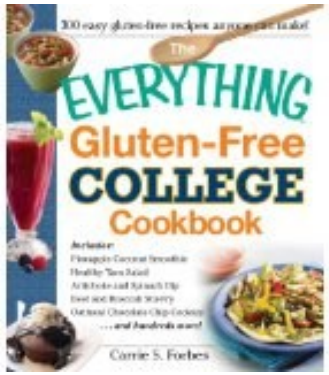
- http://glutenfreetravelsite.com/glutenfreecollegereviews.php#.UTjPdtbAuBx

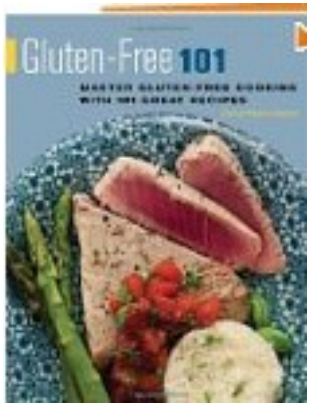
GENERAL ADVICE

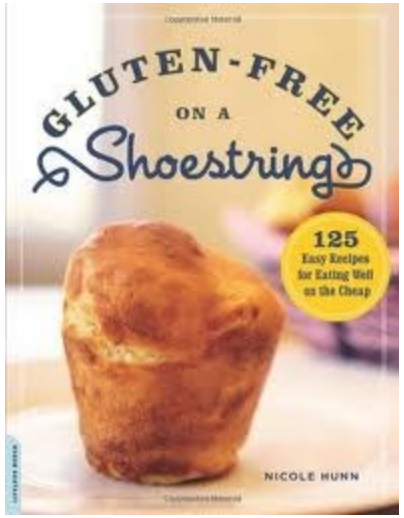
- celiaccentral.org (general info and tips for GF college)

BOOKS FOR GF COLLEGE









- *Gluten Free College Student Cookbook*
- *The Everything GF College Cookbook*
- *Gluten-Free on a Shoestring*
- *Gluten-Free 101*
- *Beyond Rice Cakes*

GLUTEN-FREE TRAVEL

HOW DOES OUR GF DIET AFFECT OUR TRAVEL?

- Choice of place
- More planning required
- Higher stress level
- Food in our suitcases!
- Our food experiences affect our outlook on that country

"Maybe she's gluten intolerant."

WHAT IS THE INCIDENCE OF CELIAC DISEASE IN DIFFERENT COUNTRIES?

- presumed to be the same all over the world (according to Alessio Fasano, Medical Director, Center for Celiac Research), with 95% of the celiacs undiagnosed!
- Celiac disease is even showing up in China as the Chinese are beginning to eat a Western diet which is not necessarily rice-based
- French celiac society estimates that 90% of French celiacs are undiagnosed
- Actual data shows approximately 1/130 people

WHAT ARE SOME OF THE BEST EUROPEAN COUNTRIES TO VISIT IN TERMS OF THE GLUTEN-FREE SCENE? (WE ASKED THE FRENCH CELIAC SOCIETY)

- The Nordic countries: Norway, Finland, Sweden where gluten-free offerings are clearly indicated on the menu, everyone is well-informed, good GF bread, many GF products
- Italy and Spain
- Belgium and Switzerland
- Hungary and France

How can we make our travel easier?

- Go with a GF tour or cruise-line or go to an all-inclusive resort
- Do research prior to the trip: about the cuisine of the country, and specific restaurants
- Call/e-mail ahead to request gluten-free meals
- Bring tools: language cards, and specialized travel books
- Share our experiences with others:

pass it on!

GF TRAVEL TOURS/AGENTS: WHAT DO THEY DO?

- many of the in-house travel specialists are themselves GF.
- **request GF meals** in advance from restaurants and hotels
- assign **local guides** who understand celiac requirements
- provide **translators** and/or written instructions for waiters, restaurant managers and kitchen chefs
- arrange private **GF cooking classes**

GLUTEN-FREE TRAVEL TOURS/AGENTS

Either specialize in gluten-free or commercial ventures that work with specialists or have a lot of celiac customers anyway

COMMERICAL TOURS:

- **Perillo tour of Tuscany, Italy**

  www.italytravel.com/2012/12/a-gluten-free-tour-of-tuscany/
- www.colombiaworldtours.com
- www.artisansofleisure.com

SPECIALIZED GF TRAVEL COMPANIES

- www.glutenfreetravel.com.au
- www.bobandruths.com
- www.ellenmorsetravel.com/GlutenFreeTravel-US/GlutenFreeTravel-US/Home.html (Ellen is a celiac)

RESORTS

- all-inclusive **Club Med** properties in France that will serve GF meals

  (Club Med Chamonix, Club Med La Palmyre Atlantique)
- In Italy: ski the Alps (Albergo Villa Madonna)
- Go to an Italian beach (Hotel Olympic in Liguria)

CRUISE LINES

- Carnival Cruises
- Star Cruises
- Capt. Cook Cruises
- Costa Cruises
- Cunard Cruises
- Discovery Cruises
- Disney Cruise Line
- Mediterranean Cruises
- Norwegian Cruise Lines
- Orient Lines
- Royal Caribbean Cruises
- Windstar Cruises

B&B'S

- the people who run them are often celiacs themselves
- they frequently offer dinner as well as breakfast
- they even offer GF cooking classes
- they know the area and where to get the best GF food!

TRAVEL TOOLS

- Books
- Blogs and websites
- Apps
- Translation cards

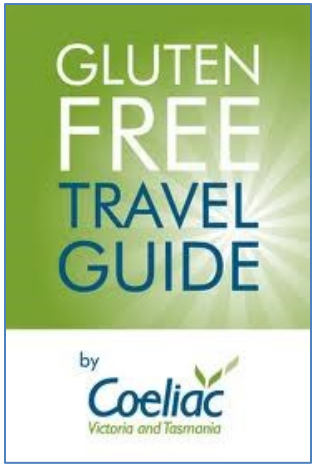
BLOGS/WEBSITES ABOUT GF TRAVEL

- www.glutenfreerestaurants.org
- www.glutenfreeglobetrotter.com
- www.celiacchicks.com
- www.celiactravel.com
- www.glutenfreetravelsite.com
- www.allergyeats.com
- www.glutenfreeregistry.com
- www.celiactravel.com
- www.gluten-free-onthegc

CELIACTRAVEL.COM

GlutenFreeTravelSite.com
Take A Vacation From Worry℠

BOOKS


GLUTEN
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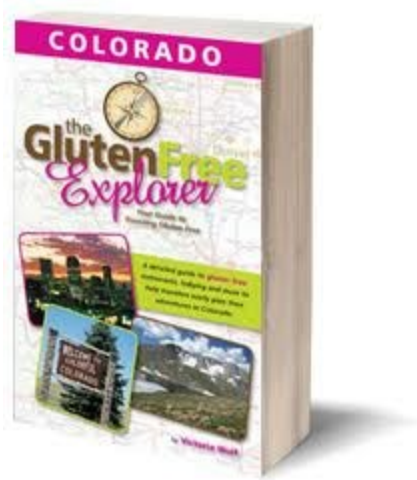
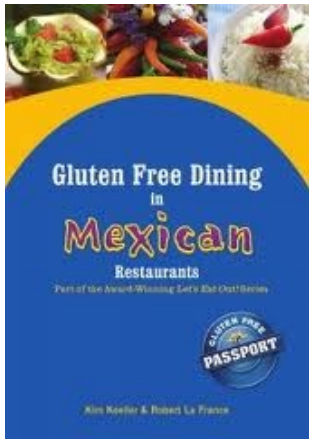
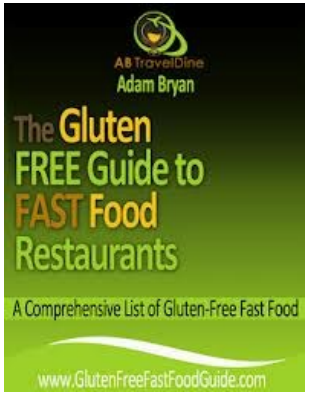
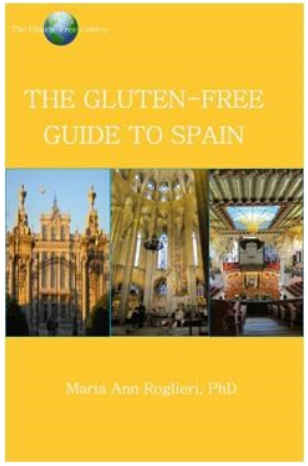
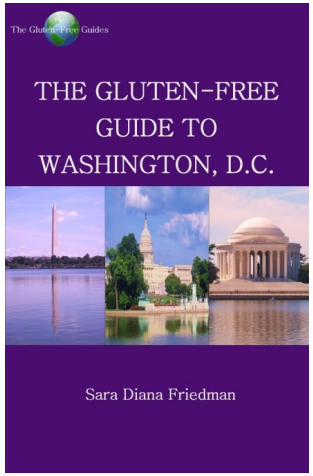
TRAVEL
GUIDE
by
Coeliac
Victoria and Tasmania

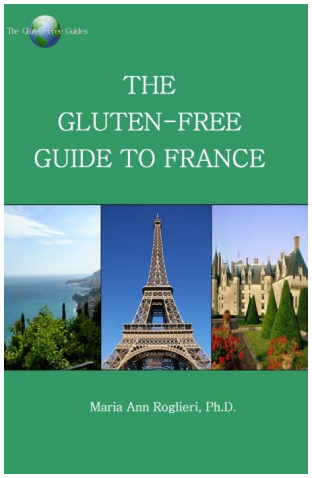

COLORADO
the
Gluten Free
Explorer


Gluten Free Dining
in
Mexican
Restaurants
PASSPORT


AB TravelDine
Adam Bryan
The Gluten
FREE Guide to
FAST Food
Restaurants
A Comprehensive List of Gluten-Free Fast Food
www.GlutenFreeFastFoodGuide.com


THE GLUTEN-FREE
GUIDE TO SPAIN
Maria Ann Roglieri, PhD


THE GLUTEN-FREE
GUIDE TO
WASHINGTON, D.C.
Sara Diana Friedman

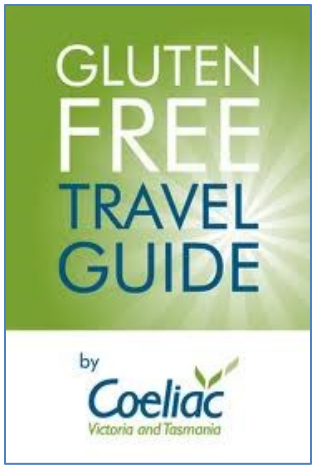

THE
GLUTEN-FREE
GUIDE TO FRANCE
Maria Ann Roglieri, Ph.D.

THE
GLUTEN-FREE
GUIDE TO ITALY
Maria Ann Roglieri, Ph.D.

GENERAL ADVICE FOR CHOOSING A HOTEL WHEN YOU TRAVEL

- Choose a hotel that is near a major food store
- Choose a hotel with a kitchenette
- Request a microwave and refrigerator for your room

TRAVEL TOOLS: APPS

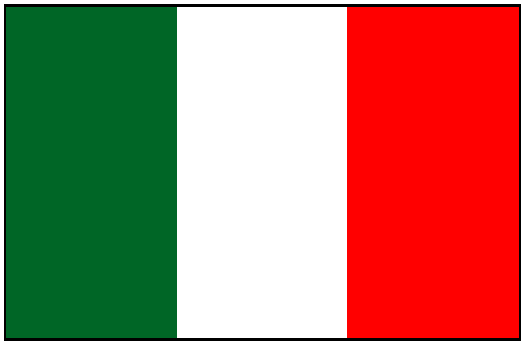


HOTELS THAT WILL PROVIDE GLUTEN-FREE BREAKFASTS

- http://www.glutenfreehotelsguide.com
- In Italy most hotels provide complimentary breakfast (will give you GF breakfast!)
- In France breakfast is often 10 euros/day. They will give you GF breakfast
- In Spain there are 716 hotels that will provide you GF breakfast!

BREAKFAST IDEAS FOR HOTELS

- Bring sealed bags of GF cereal and add milk from the restaurant
- Bring your own rice cakes or granola bars and eat with fruit from the restaurant for breakfast
- Bring reusable toaster bags to use the hotel toaster



ITALY AND SPAIN

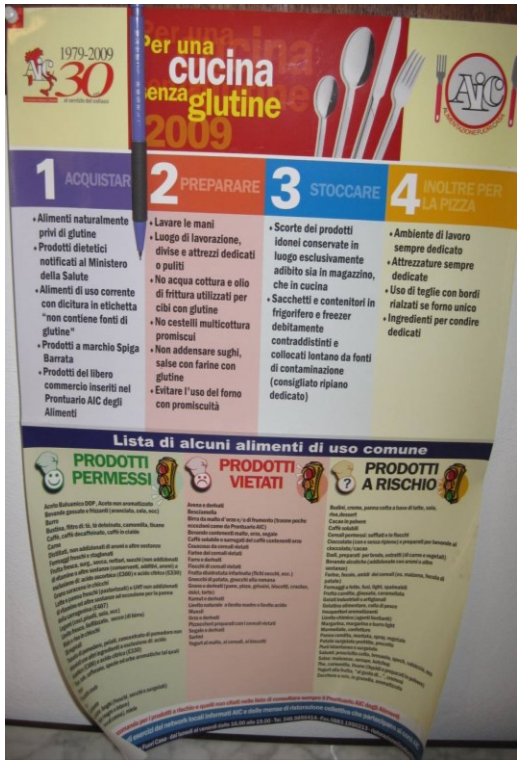
- Active celiac societies
- Italian government is active for celiacs
- Chefs trained and monitored regularly
- Everyone knowledgeable; in Italy everyone tested
- Large GF companies: Schar and DS pizza points
- For the kids: all the GF pasta, pizza, gelato, and tapas you want!

WHEN IN ITALY

- 2000+ establishments including restaurants, hotels, B&B's, pizzerias, ice cream parlors, cruise lines, catering facilities, and rest stops on the national highways
- Restaurant owners take course before serving celiacs
- Each restaurant is required to have a separate "laboratory", a kitchen facility, where GF foods can be prepared.
- All GF products are kept in a separate box

ITALIAN CELIAC SOCIETY RESTAURANT PROGRAM

- Each establishment is visited every 6 months and carefully monitored.
- If the establishment is found to be not in compliance with the rules, it is taken off the list until it can come back into compliance.
- This keeps restaurant owners hyper-vigilant about the gluten-free food they prepare and serve.



WHERE TO BUY GF FOOD IN EUROPE

- pharmacies and health food stores

WHERE TO BUY GF FOOD IN EUROPE

Department and Large Chain Food stores

- Corte Ingles (Spain)

- Carrefour (all over Europe)

WHEN IN ITALY

- Keep in mind that when you inquire about getting gluten-free food in a restaurant, the first response might be “no”. In this case, ask again in a different way!
- Even if they don't have gluten-free pasta stashed away, they can still easily prepare you a “secondo piatto”, that is, a meat, chicken, rabbit, veal, or fish dish that is gluten-free.
- So you should let them know that you understand they don't participate in the Italian Celiac Society program, but that you would love to have a gluten-free “secondo” at their restaurant.

WHEN IN ITALY

You can still get an excellent meal at a restaurant that doesn't participate directly in the program, because the restaurants often have gluten-free pasta stashed away for their regular clients, and they're already well familiar with celiac disease and gluten-free food.

GF PIZZA IN EUROPE

telepizza®

GF ICE CREAM PREMADE AND SOLD IN STORES

CHAIN RESTAURANTS

Leon De Bruxelles (France)

Mussol (Spain)

Gluten-free sandwiches with Genius bread!

FAST FOOD GLUTEN-FREE IN EUROPE

McDonald's in Spain

COJEAN: "fast and elegant food" in France

TIPS FOR GF TOURISTS

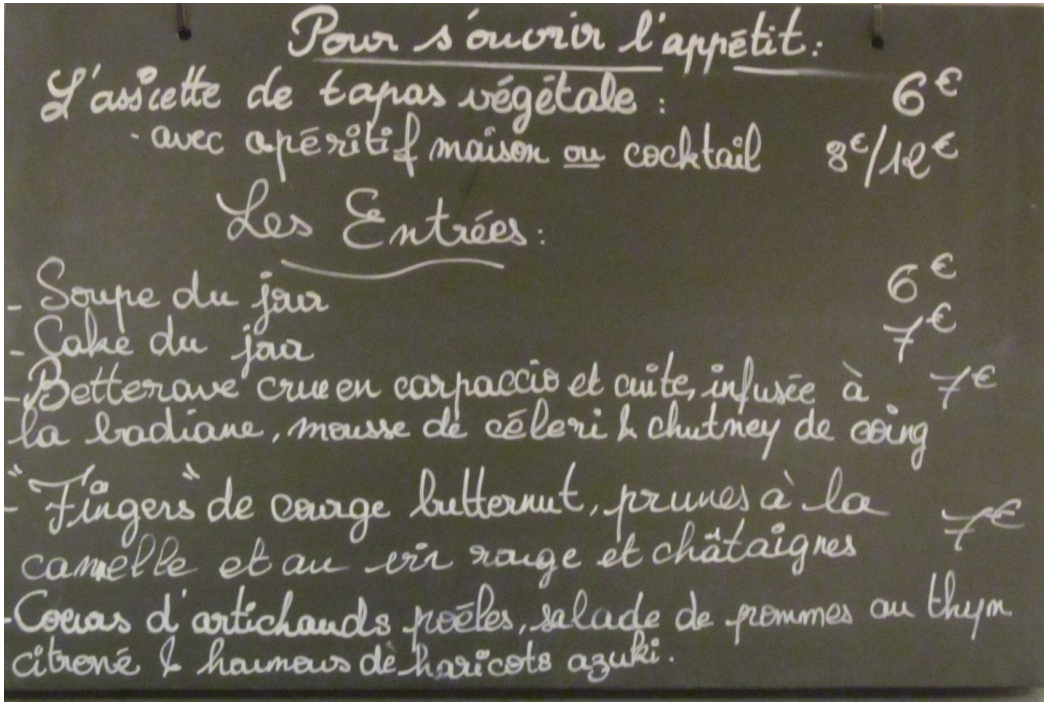
- **go in the off-season**
- **bring snack bars** (for your peace of mind or for the airport)
- **plan your day carefully**
- **use Google maps** to figure out where the sites are that you want to visit, and where the nearby restaurants are tha ree food.

TIPS FOR GF TOURISTS

- **call ahead** to the restaurants to make reservations, request a gluten-free meal, and ensure that they are actually open! This last part may seem a little silly, but for example, when I was in Bari on a Sunday and Lecce on a Saturday at lunch there weren't many restaurants open, for various reasons, especially because of private parties being held in the restaurants.
- Go to restaurants that have **gluten-free menus**

TIPS FOR GF TOURISTS

- Use the word "**allergic**" rather than celiac
- **bring a dictionary and language cards**
- **look up menus online** before you go or try reading this:



INSTEAD OF STRESSING ABOUT FOOD, MAKE IT FUN

- Meet the chefs
- Learn to cook
- Discover new foods
- Revisit ones long lost
- Taste test
- Exchange recipes

You'll have more food pictures of your trip than pictures of churches, monuments, and beaches!

DISCOVER NEW GF FOOD PRODUCTS

Chocolate-covered chicken!

JAMON

GLUTEN-FREE BEERS

LONG LOST FAVORITES OF MINE REDISCOVERED IN ITALY: ORECCHETTE AND ITALIAN BREAD

THE TASTE TEST

HAVE A GREAT TRIP!
BUON VIAGGIO!
BON VOYAGE!
BUEN VIAJE!
KEEP IN TOUCH!