



## Getting Acclimated

### Welcome Reception:

- If you've gotten checked into the hotel by early evening, join us for the Welcome Reception at the hotel, taking place from 6-8 p.m. Have a glass of wine or a cocktail, enjoy some hors d'oeuvres, and begin getting to know your fellow travelers. We'd love to see you there!
- If a flight delay prevents you from getting to the hotel before 8 p.m., not to worry -- we'll save your welcome gift bag for you! More vitally, since you'll have given us your flight information (see our "Departure Logistics" page), we'll keep track of your flight's updated status, and will be able to touch base with you upon your arrival.

### How to Beat Jet Lag:

London operates on Greenwich Mean Time, which is 5 hours ahead of US Eastern time, 6 hours ahead of US Central time, and so on. (For example, if it's 8:00 a.m. in New York and 7:00 a.m. in Chicago, then it's 1:00 p.m. in London.) That time-zone difference brings with it considerable jet lag upon arrival. Consider the following tips to help yourself adjust as smoothly and quickly as possible to the time change:

- Try to sleep on your transatlantic flight; this can be easier said than done, but the more rest you get on your flight, the more your body will already be partially adjusted to your new time zone when you arrive.
- Upon arrival, avoid the temptation to compare the current time in Europe to the time "back home." Embrace your new European time zone to help your mind and body acclimate to it!
- Perhaps most important, once you arrive in London on January 6 and check into the hotel, stay awake! Avoid the siren song of your hotel bed! If you attempt to take a "short" nap, the next thing you know, you will likely have slept for several hours, throwing your sleep cycle out of sync with European time. On the day of arrival, once you've reached the hotel, stay awake until at least the evening hours (aim for 8:00 p.m. or later before retiring), when you can sleep overnight, rather than attempting an afternoon nap.

France operates on Central European Time, which is 1 hour ahead of Greenwich Mean Time, so you should not have a large adjustment when we move from London to Paris.

Let us know if you have any additional questions about getting acclimated!