

**ACTIVITY NAME:** Preparing luggage for a holiday trip.

**EDUCATIONAL AREA OF REFERENCE:** Autonomy at home and outside – luggage preparation.

**OBJECTIVES:**

Learning how to prepare clothes, toilet items and everything needed for a holiday trip.

**NUMBER OF PARTICIPANTS:**

1 professional / caregiver + 3 people with Down Syndrome

**TIME NEEDED:**

2 hours

**DESCRIPTION:**

Learning how to prepare clothes and toilet items for a holiday trip:

A / According to the place of destination

B/ According to the time of the year and the weather forecast

C/ According to length/duration of the trip

- 1/ Talk about the kind of trip and place of stay:
  - Where we will go (seaside, mountain, city sightseeing, etc.)
  - What will we do there? (relax, sport, walking, dancing, culture, etc.)
  - What time of the year (summer, autumn, winter, spring)
  - For how long time (week, weekend, a few days, etc.)
  - Means of transport: train, bus, airplane.

- 2/ Make a list of items (what + how many pieces of each):
  - Clothes – underwear, T-shirts, sweaters, trousers, socks, swimming clothes, caps, coats, pyjamas, coats / raincoats, etc.
  - Shoes, boots, sandals, slippers, flipflops.
  - Toiletries – shower gel, shampoo, comb, toothbrush, toothpaste, shaver, women's sanitary pads, sun protection cream, make-up, manicure set, sewing set, etc.
  - Beach or swimmingpool towel.
  - Laundry bag.
  - Umbrella.
  - Medicines.
  - Passport or ID card.
  - Money – local or foreign currency, bank card.
  - Leisure items – books, games, electronic devices, sunglasses, etc.
  - Sporting equipment (according to the type of the trip)
- 3/ Select the type of luggage – suitcase, bag, rucksack/backpack, according with the means of transport and the quantity of things to carry.
- 4/ Suggest to have a small bag for passport, money and things useful during the travel....
- 5/ Pack things in the luggage according to the list of items.
- 6/ Pack things needed during the trip in the hand luggage – ID card, money, medicines, snack and drink for the trip, etc. Possible restrictions when flying.
- 7/ Write personal data on luggage tag for small and big luggage

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