

ISE CARD HANDBOOK

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COMPANION



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INDEX

Welcome	5
Australia	6
Austria	7
Belgium	8
Britain	9
Bulgaria	10
Czech Republic	11
Denmark	12
Finland	13
France	14
Germany	15
Greece	16
Hong Kong	17
Hungary	18
Iceland	19
Ireland	20
Israel	21
Italy	22
Japan	23
Korea	24
Malaysia	25
Netherlands	26
New Zealand	27
Norway	28
Philippines	29
Poland	30
Portugal	31
Russia	32
Singapore	33
Spain	34
Sweden	35
Switzerland	36
Taiwan	37
Thailand	38
United States	39

WELCOME

Congratulations on your plans to go abroad!

International travel can be a wonderful, life changing experience. You will see the historical landscapes you've read about, enjoy local customs and cuisines, and learn about people and places that will form memories to last a lifetime.

Travelling is always an adventure. With any adventure, the unexpected can happen. You may find yourself whisked away in a totally new direction at the drop of a beret, and you'll want to be prepared. As departure day approaches, become familiar with local customs such as business hours, local currency and when tipping is appropriate. You will need to know about the climate, season changes and time zones. And it is wise to be equipped with emergency phone numbers and telephone access codes to keep in touch with friends and family.

This handbook will help you become familiar with the local customs of countries around the world. Everyone on the ISE Card team is a traveler, we've all been there and now we are here to inspire you to create a memorable journey. We've included points of interest, tips about local transportation and how to find affordable accommodations wherever you go.

To begin, here are a few tips to get the most out of your ISE Card.

- **Activate your ISE Card** now if you haven't done so already at www.isecard.com/activate. This is important because it ensures that you receive the full benefits of your membership: 24/7 worldwide travel assistance, medical and evacuation benefits, airline bankruptcy protection, reimbursement of your travel insurance in the event you have a claim, and ISE Card discounts at over 100,000 locations worldwide.
- **After you activate your ISE Card, you'll receive an international calling card account number and PIN.** This account will already be preloaded with 5 minutes of free international talk time. Then you'll get an extra \$5 when loading \$20 to your account. You'll save up to 70% on international calls with great rates from over 150 countries. Your friends and family can leave you messages for free on your voicemail and they can visit your Travel Journal where you can upload photos and write about your experiences. This is more than just a calling card: You'll have access to an online Travel Vault where you can store important documents such as a digital copy of your passport and travel documents. Visit <http://www.isecard.ekit.com/ekit/About/TraveltoolFeatures#vault> to learn more.
- **Your cell phone may not work overseas.** Even if it does, calls can be very expensive! You can save up to 70% on international cell phone rates. With your ISE card, you can get a global cell phone for as little as \$39; it's yours to keep and includes a \$20 call credit! Visit <http://www.isecard.ekit.com/ekit/home?refcode=ISECCSPLASHPH> to learn more.
- **Get your Rail Pass before you go.** Train travel is a great way to see Europe. The Eurail pass can give you flexibility and freedom to cover a lot of ground at a savings versus buying point to point tickets as you go. ISE Cards and Eurail have teamed up to bring even greater value with ongoing Eurail specials for youths and students. You'll want to check back often to keep up with the current promos for rail discounts at <http://www.isecard.com/studentflights/railpasses/index.html>
- **Book budget accommodations online and never pay a booking fee.** That's right, view and reserve over 18,000 hostels, b&b's and budget hotels at <http://www.hb-247.com/aff/isecards> and the reservation fees are waived with your ISE Card.
- **Always present your ISE card.** We have specially negotiated ISE Card discounts at over 100,000 locations worldwide, you can find them at <http://www.isecard.com/world/index.php> and <http://www.isecard.com/featured/index.html>. There are also student discounts that will be granted to you because the ISE card is an internationally recognized form of verified student identification. Many museums, castles and other cultural sites offer special rates for students generally. And even though our discount database is brimming with discounts, there are many establishments that offer student discounts that are not yet listed – so please *always present your ISE card!*

Bon voyage!

Your ISE Card Team

AUSTRALIA

Accommodations

Hotels, backpacker resorts, YMCAs/YWCAs, and youth hostels are among the options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-4:00pm weekdays and until 5:00pm on Fridays. Many branches in shopping malls are open later and on weekends. Post offices are open 8:00 am-5:30pm Mon-Fri, closed Saturdays.

Capital

Canberra

Climate

Average daily Fahrenheit temperatures range from mid 40's to high 60's in the winter, and mid 50's to high 70's in the summer. Winter is June to September, summer is December to March.

Currency

Australian Dollar

Drinking Age

18 years old

Emergency Phone Numbers

Dial 000 for Police, Ambulance or Fire.

Language

English

Points of Interest

In Sydney visit Hyde Park Barracks Museum, Sydney Tower, Sydney Harbour and the Opera House. In Melbourne visit Old Melbourne Gaol, Museum of Victoria and National Gallery of Victoria. Try scuba diving along the Great Barrier Reef or white water rafting in Tasmania. Also see Cascade Brewery in Tasmania or the wineries of South Australia and Victoria. *Always present your ISE Card.*

Telephone

To call the U.S or another country from Australia, just dial 1800 881 011 for AT&T. An English language voice will assist you in placing your call. To call Australia from U.S., dial 011-61-city code-number.

ISE Calling Card Access Code

0800 150 812

Time Zone

Eastern Standard Time plus 15 hours or GMT plus 10 hours.

Tipping

Tipping is discretionary.

Tourist Office

Australian Tourist Commission
2121 Avenue of the Stars
Suite 1200
Los Angeles, CA 90067
Tel: 310-552-1988

Transportation

The three major airports are located in or near Sydney, Melbourne and Perth. Buses, taxis and airport shuttles connect the airports to the cities as well as city to city. Quantas and Ansett offer discounted air passes on internal travel. Train travel is not extensive.

AUSTRIA

Accommodations

Hotels, pensions, apartments, and youth hostels are among the options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:00am-12:30pm and 1:30pm-3:30pm Monday-Friday and most are open until 5:30pm on Thursday. Post offices are open 8:00am-12:00noon and 2:00pm-6:00pm Monday-Friday. Most businesses are closed on holidays.

Capital

Vienna

Climate

Daytime Fahrenheit temperature range from mid 20's to mid 30's in the winter and mid 50's to high 70's in the summer.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

Police 133, Ambulance 144, Medical Assistance 48-00.

Language

German

Points of Interest

In Vienna visit St. Stephen's Cathedral, Hofburg, Imperial Palace Complex and Riesenrad. Also visit the Old City of Innsbruck and in Salzburg visit Getreidefuss #9 (Mozart's Birthplace). *Always present your ISE Card.*

Telephone

To call the U.S or another country from Austria, just dial 0800 200 288 for AT&T, or 0800-677-664 lower rates with you ISE Calling Card. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Austria from U.S., dial 011-43-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Restaurant and hotel bills include service charge, but it is customary to leave an additional 5%. Tip 10% of fare for taxi drivers, 1 euro tip for porters and 50 cents for restroom attendants.

Tourist Office

Austrian National Tourist Office
3450 Wilshire Blvd.
Suite 2480
Los Angeles, CA 90010
Tel: 310-477-3332

Transportation

Major airports are Vienna, Innsbruck, Graz, Klagenfurt, Linz, and Salzburg. Taxis, rental cars and buses are available from the airports. Trains connect cities with frequent service. Auto trains are operated on some routes. Eurail Passes are suggested for substantial savings on rail and steamers. Free steamer travel on Lake Wolfgang, 50% discount for streamers on Lake Constance and free rail travel on several routes are also available with the Eurail Pass.

BELGIUM

Accommodations

Hotels, family boarding houses, farm holidays, and youth hostels are popular. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:15am-12:00noon and 2:00pm-4:00pm on workdays. Most businesses are closed on public holidays.

Capital

Brussels

Climate

Average daytime Fahrenheit temperatures range from mid 30's to low 40's in the winter and mid 50's to mid 70's in the summer.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

Accident, Ambulance and Fire 100, Police 101, Breakdown service 233 22 11.

Language

Dutch is spoken in the North; French in the South.

Points of Interest

In Brussels visit the Grand Palace, Royal Museum of Art and History and St. Michaels's Cathedral. In Antwerp visit Our Lady's Cathedral and the Royal Art Gallery. *Always present your ISE Card.*

Telephone

To call the U.S or another country from Belgium, just dial 0800 100 10 for AT&T and an English language voice prompt will then assist you in placing your call. Or 0800-49943 for low priced ISE Calling Card service. Pay phones may require coin or card to place call. To call Belgium from U.S., dial 011-32-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Most restaurants include a service charge. Taxis include tip in meter reading. Tip suggested for porters and coat room attendants is 25 cents per bag.

Tourist Office

Belgian National Tourist Office
745 Fifth Ave., Suite 714
New York, NY 10151
Tel: 212-758-8130

Transportation

Brussels has the major international airport. Other airports include Antwerp, Ostend and Liege. Taxis are available 24 hours daily from the airport. NO scheduled bus services connect cities, but there are private companies who operate sightseeing coaches. Rail transportation is suggested, since no domestic air service operates in Belgium. Eurail Pass is suggested, and it does offer 50% savings on Europabus. Car ferries and hovercraft connect Continental Europe to England.

BRITAIN

Accommodations

Options include hotels, bed & breakfast, castles, and country homes. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-3:30pm Monday-Friday. Post offices are open 9:00am-5:30pm Monday-Friday and 9:00am-12:30pm on Saturday.

Capital

London, England; Cardiff, Wales; Edinburgh, Scotland

Climate

Average daily Fahrenheit temperatures range from high 30's in winter to low 60's in the summer.

Currency

British Pound, UKL

Drinking Age

18 years old

Emergency Phone Numbers

Dial 999 for police, ambulance or fire.

Language

English, Welsh and Scottish in their respective countries.

Points of Interest

In London see Westminster Abbey, Houses of Parliament and Harrods. Also visit Windsor Castle, St. David's and Cardiff Castle. *Always present your ISE Card.*

Telephone

To call the U.S or another country from Britain, just dial 0800 89 0011 for AT&T, or 0800-032-6297 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. To call Britain from U.S., dial 011-44-city code-number.

Time Zone

Eastern Standard Time plus 5 hours or GMT.

Tipping

Hotels and restaurants where service charge is not included leave 10-15% additional. Tip porters 10P per bag, taxis 10-15%, and hairdresser's 2UKL.

Tourist Office

British Tourist Authority
551 5th Ave Rm 701
New York, NY 10176
Tel: (212) 557-5092

Transportations

Major airports are Heathrow (busiest airport in Europe), Gatwick and Stansted in London. Others are Manchester, Birmingham, Prestwick and Edinburgh. Take taxis, bus, car rental, rail or underground from the airport. Buses connect major cities and are also convenient for sight seeing. The red double-decker buses are still a great way to see London. The rail system is easy to use and the BritRail Pass offers you a discount on unlimited rail travel. Other options are ferries, jetfoils and hovercraft.

BULGARIA

Accommodations

Youth hostels, hotels, campgrounds and private rooms arranged through local tourist offices. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:30am-4pm weekdays. Post offices are open from 8 or 9am until 6 to 8pm weekdays, depending on the size of the city.

Capital

Sofia

Climate

Average daily Fahrenheit temperatures range from 20's to 30's in the winter and 50's to low 80's in the summer.

Currency

Lev (Lv; plural: Leva)

Drinking Age

21 years old

Emergency Phone Numbers

Police 166, Fire 160, Ambulance 150.

Language

Bulgarian

Points of Interest

Visit Palace of Culture, National Museum of History, the Museum of Fine Arts; the Opera runs from Sept.-June. South of Sofia, visit Rila Monastery; at Ploudiv, see Old Town and the Roman Marble Amphitheater. *Always present your ISE Card.*

Telephone

To call the U.S or another country from Bulgaria, please call 00 800 0010 for AT&T service. To call Bulgaria from U.S., dial 011-359-city code-number.

Time Zone

Eastern Standard time plus 7 hours or GMT plus 2 hours.

Tipping

15 to 20% is customary.

Tourist Office

Balkan Holidays, Tourist Information
41 East 42nd St., Suite 508
New York, NY 10017 USA
Tel: 212-573-5530

Transportation

The major airport is near Sofia, bus or taxi will connect you with the city. Options for ground transit include buses, trolley buses, trams and train.

CZECH REPUBLIC

Accommodations

Youth Hostels, camping grounds and some private rooms are among the options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:00am –4:00pm weekdays. Post offices are open 7:00am-8:00pm weekdays, and 7:00am-7:00pm Saturday.

Capital

Prague

Climate

Average daily Fahrenheit temperatures range from mid 20's to high 40's in the winter, and 50's to 70's in the summer.

Currency

Czech Crown

Drinking Age

18 years old

Emergency Phone Numbers

Police 158, Fire 150, Ambulance 155.

Language

Czech

Points of Interest

Visits Stare Mesto, Charles Bridge, Hroznova, climb the defense tower for a beautiful view of Prague. Visit the Old Jewish Cemetery & Jewish Town Hall, Prague Castle, Cathedral Tower and Petrin's sady. Two of the most famous Prague theaters are the National and Estates. Also in Prague, visit Ufleku, the oldest surviving brew house. *Always present your ISE Card.*

Telephone

To call the U.S or another country from Czech Republic, just dial 00-800-222-55288 for AT&T service and an English language voice prompt will then assist you in placing your call. Available from select locations. To call Czech Republic from U.S., dial 011-42-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Tipping is discretionary, varies 10 to 15%.

Tourist Office

Cedok Central European Tours & Travel
10 East 40th ST, Suite 3604
New York, NY 10016 USA
Tel: 212-689-9720

Transportation

The major airport near Prague is Ruzyně, located 17 km west of Prague. Train travel is extensive and cheap. Buses are faster and slightly more expensive than trains.

DENMARK

Accommodations

Options available include hotels, apartments, villas and youth hostels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-4:00pm and until 6:00pm on Thursday
Post offices are open Monday-Friday 6:00am-5:30pm and until noon on Saturday.

Capital

Copenhagen

Climate

Daily Fahrenheit temperatures range from mid 20's to high 30's in the winter, and mid 50's to high 60's in the summer.

Currency

Krone

Drinking Age

18 years old

Emergency Phone Numbers

Police, Fire, Ambulances, and Accidents 000, Doctors 0041, Breakdown Service (1) 14 22 22.

Language

Danish

Points of Interest

In Copenhagen visit Tuborg Brewery, Jen Olson's World Clock, the Little Mermaid and Tivoli Gardens. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Denmark, just dial 800 100 10 for AT&T and an English language voice prompt will then assist you in placing your call. Or dial 8088 5538 for low priced ISE Calling Card service. To call Denmark from the U.S., dial 011-43- city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Hotels and restaurants usually include service charge. Tipping is discretionary.

Tourist Office

Danish Tourist Board
655 3rd Ave.
18th Floor
New York, NY 10017 USA
Tel: 212-949-2333

Transportation

International Airports are in Copenhagen (service from U.S). Billund, Tirstrup, Aalborg, Ronne and Stauning. Taxis and rental cars are available from the airport. The rail system connects most cities. Eurail Passes provide discount pricing as well as some free travel. Free ferry crossings from Aarhus to Kalundborg and from Knudshoved to Halskov and free steamer travel operated by Stena Line are offered with the Eurail Pass. Other fares are reduced up to 50%.

FINLAND

Accommodations

Youth hostels, camping and hotels. Local tourist offices will help you find the cheapest options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open from 9:00am-4:00pm weekdays. Post offices are open 9:00am-5:00pm weekdays.

Capital

Helsinki

Climate

Average daily Fahrenheit temperatures range from low teen's to high 30's in the winter, and 40's to high 60's in the summer.

Currency

Euro

Drinking Age

Standard 18, but as high as 25

Emergency Phone Numbers

10022 Police, 112 Ambulance & Fire.

Language

Finnish

Points of Interest

Visit Finland's largest art museum, Art Museum of the Ateneum, Kansallismuseo, Jean Sibelius Monument, Market Square and Old Market Hall. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Finland, just dial 0800 11 0015 for AT&T and an English language voice will then assist you in placing your call. Or dial 0 800 112 010 for low priced ISE Calling Card service. Pay phones may require coin or card to place call. To call Finland from the U.S., dial 011-358- city code-number.

Time Zone

Eastern Standard Time Zone plus 7 hours or GMT plus 2 hours.

Tipping

You need not tip servers; the bill is often rounded up. Other tipping is discretionary, 10 to 15%.

Tourist Office

Finnish Tourist Board
655 3rd Ave.
18th Floor
New York, NY 10017 USA
Tel: 212-949-2333

Transportation

The major airport is in Helsinki, and Finland has three domestic carriers, which offer reduced airfares for youths for internal travel. Bus and train travel cost about the same, but the trains are not as extensive.

FRANCE

Accommodations

Hotels, farm holidays, villas, apartments, and youth hostels are some options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Bank hours are 8:00am-4:00pm Monday-Friday. Post offices are open Monday-Friday 8:00am-7:00pm and in large towns open Saturday until noon.

Capital

Paris

Climate

Daily Fahrenheit temperatures range from mid 30's to low 40's in winter and mid 50's to 70's in summer. Warmer temperatures can be expected in the south of France.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

Police 17, Fire 18, Medical: SAMU ambulances 45-67-50-50, SOS Medicines 47-07-77-77 for 24 hour emergency help.

Language

French

Points of Interest

In Paris see the Eiffel Tower, Louvre Museum, Champs Elysses and Montmartre. Elsewhere in France visit Normandy, Loire Valley and the Riviera. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from France, just dial 0800-99-0011 for AT&T. An English language voice will then assist you in placing your call. For lower priced ISE Calling Card service call: 0805 113 721. To call France from the U.S., dial 011-331- city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Suggested 15% at restaurants if not already included 1 Euro per bag for porters, 10% for taxis and 1 Euro for attendants.

Tourist Office

French Government Tourist Office
9454 Wilshire Blvd.
Suite 303
Beverly Hills, CA 90212 USA
Tel: 900-990-0040

GERMANY

Accommodations

Choices include hotels, castles, holiday flats, farm holidays and youth hostels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Bank hours are 9:00am-12:30pm and 2:30pm-4:00pm Monday-Friday. Many branches located in shopping malls are open later and on weekends. Post offices are open 8:00am-6:00pm Monday-Friday and until noon on Saturday. Most business close for public holidays.

Capital

Berlin

Climate

Average winter temperature is 32 degrees Fahrenheit, dropping 15 degrees lower in the mountains which are covered with snow from December to March. Summer average temperature is 70 degrees F and cooler in the mountains.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

Police 110, Ambulance and Fire 112, Red Cross (DRK) or Medical Emergency Service (Arztlicher Notdienst), Breakdown Service (ADAC).

Language

German

Points of Interest

Visit The Black Forest, the Bavarian Alps, King Ludwig's Castle and Lake Constanz. Check locally for hours and admission costs of museums, castles, and exhibitions. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Germany, just dial 0 800 225 5288 for AT&T or 0800-100-6492 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. To call Germany from the U.S., dial 011-49- city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Service charge is included in prices at hotels and restaurants, but it is customary to tip waiters by rounding the bill up to the next even amount. Tip taxis and hairdressers 10%.

Tourist Office

German National Tourist Office
11766 Wilshire Blvd., Suite 750
Los Angeles, CA 90025
Tel: 310-575-9799

Transportations

Major airports include Berlin, Cologne, Dusseldorf, Frankfurt, Munich, Nuremberg, and Stuttgart. Most airports offer 24 hour taxis, coaches, rental cars, and rail. The German Rail System is quite extensive and the preferred method of transportation. Eurail Passes are suggested, as they offer discounts and even free travel. Free ferry crossings from Puttgarden to Rodby, free steamer on KD Germany Rhine Line on many routes, and free Europabus travel are a few of the bonuses with a Eurail Pass. Scheduled and excursion host services operate on most rivers, lakes, and coastal waters. Passenger and car ferries connect Britain and Continental Europe to Germany.

GREECE

Accommodations

Options include hotels, apartments, villas, farm holidays, bed & breakfasts and youth hostels.. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:00am-2:00pm Monday-Thursday and 8:00am-1:30pm on Friday. Post offices are open Monday-Friday 7:00am-8:30pm and Saturday 7:30am-2:00pm. Most businesses close for public holidays.

Capital

Athens

Climate

Daily Fahrenheit temperatures range from low 40's to 50's in winter and high 60's to 80's in summer.

Currency

Euro

Drinking Age

None set by law

Emergency Phone Numbers

Police 100 or Tourist Police 171, fire 199, Ambulance 166.

Language

Greek

Points of Interest

Athens: Ascend Acropolis Hill and visit the Parthenon. Also see Oracle's home, Olympia and Osios Loukas Monastery. Check with the National Tourist Office for hours and admissions information for museums, castles, and exhibitions. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Greece, just dial 00 800 1311 for AT&T or 00-800-125-741 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Greece from the U.S., dial 011-30- city code-number.

Time Zone

Eastern Standard Time plus 7 hours or GMT plus 2 hours.

Tipping

Service Charge is usually included in hotel, restaurant bills, and taxi fares, but it is customary to leave an additional small tip.

Tourist Office

Greek National Tourist Organization
611 West 6th St.
Suite 2198
Los Angeles, CA 90017
Tel: 213-626-6696

Transportation

Athens has the major airport, but other international airports in Greece are Thessalonika, Corfu and Heraklion. Taxis and rental cars are available from the airports. Busses connect the airports to cities as well as city to city. Rail service operates between most cities. Ferries, boats, and cruise ships connect most cities. Ferries, boats and cruise ships connect the islands to the rest of the country and all of Europe. Eurail Passes are suggested for discount and often free travel. For example, steamer travel between Patras and Brindisi or vice versa on the Hellenic Mediterranean and the Adriatic Di Navigazione is free with the Eurail Pass.

HONG KONG

Accommodations

Hotels, hostels, camping grounds and guesthouses. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-4:30pm weekdays, 9:00am-12:30pm Saturdays. Post offices are open 8:00am-6:00pm weekdays, and 8:00am-2:00pm Saturday.

Capital

Victoria

Climate

Average daily Fahrenheit temperatures range from 50's to 60's in the winter, and 70's to 80's in the summer.

Currency

Hong Kong dollar

Drinking Age

21 years old

Emergency Phone Numbers

999 Police, Ambulance & Fire.

Language

Cantonese & English

Points of Interest

Visit the Hong Kong Cultural Centre, Studio Theatre, Grand Theatre, Aw Boon Haw Garden, Ocean Park and Po Lin Monastery. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Hong Kong, Just dial 800 96 1111 for AT&T or 800 967 389 for low priced ISE Calling Card service. An English language voice prompt or AT&T Operator will then assist you in placing your call. To call Hong Kong from the U.S., dial 011-85-city code-number.

Time Zone

Eastern Standard Time plus 13 hours or GMT plus 8 hours.

Tipping

If not included in the bill, 10% is usually suggested.

Tourist Office

Hong Kong Tourist Assn.
10940 Wilshire Blvd.
Suite 1220
Los Angeles, CA 90024
Tel: 310-208-4582

Transportation

The Major airport is the New Hong Kong Intl. Airport. Use taxis, buses, Train & MTR for ground travel. The Kowloon-Cantron Railway travels between Hong Kong and China, special travel passes are available for the MTR subway and KCR.

HUNGARY

Accommodations

Hotels, hostels, university dorms and campgrounds. Bungalows are also available, contact the Hungarian Camping or Caravanning Clubs. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-5:00 pm weekdays, but close are 3:00pm on Friday. Post offices are open 8:00am-8:00pm weekdays, 8:00am-3:00pm Saturdays.

Capital

Budapest

Climate

Average daily Fahrenheit temperatures range from mid 20's to high 40's in the winter, and mid 50's to low 80's in the summer.

Currency

Forint

Drinking Age

18 years old

Emergency Phone Numbers

07 Police, 05 Fire, 04 Ambulance

Language

Hungarian, German, English

Points of Interest

Visit Buda Verhegy (castle hill), ride the 19th century siklo (cable car). The Buda vari palota offers several museums. A fun trip would be Margitsziget (Margaret Island), it offers thermal baths and beautiful garden pathways, or Pal-volgyi caves to see unbelievable stalactite formations, and the wine cellars of Valley of the Beautiful Women in Eger. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Hungary, just dial 06 800 011 11 for AT&T or 06 800 17053 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Hungary from the U.S., dial 011-36- city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

10% tip usual.

Tourist Office

Ibusz Travel
1 Parker Plaza
Suite 1104
Ft. Lee, NJ 07024
Tel: 201-592-8585

Transportation

The major airport, Ferihegy, is located near Budapest. Eurail, East Rail and Hungarian trains, bus and subway are the best choices for ground transportation.

ICELAND

Accommodations

There are many youth hostels or sleeping bag accommodations found on farms, at summer hotels and in guesthouses, and during the summer in many school houses. Camping is permitted only at designated campsites. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open Mon-Fri 9:15am- 4:00pm. Post offices are open Mon-Fri 8:30am- 4:30pm and Sept-May Saturdays from 10:00am-2:00pm.

Capital

Reykjavik

Climate

The temperature remains fairly moderate year round; it usually does not rise above 60 degrees Fahrenheit in the summer nor go lower than 20 degrees Fahrenheit in the winter.

Currency

Krona

Drinking Age

21 years old

Emergency Phone Numbers

112 Police, Ambulance & Fire.

Language

Icelandic

Points of Interest

Visit Pjoominjasafn (National Museum of Iceland), Listansafn Islands and Asmundur Sveinsson Sculpture Museum. Visit Vioey Island; ferries run there regularly. Take a dip in one of Reykjaviks geothermal-heated pools. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Iceland, just dial 00 800 222 552 88 for AT&T or 00 800 8700 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Iceland from the U.S., dial 011-354- city code-number.

Time Zone

Eastern Standard Time plus 5 hours or GMT.

Tipping

Tipping is discretionary, averages 10-15%.

Tourist Office

Icelandic Tourist Board
655 3rd Ave.
18th Floor
New York, NY 10017
Tel: 212-949-2333

Transportation

The major airport is located near Reykjavik; airport shuttle service is offered. For ground travel, the options include buses, car rentals and cycling.

IRELAND

Accommodations

Hotels, boarding houses, farm holidays, bed & breakfasts and youth hostels are among the options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 10:00 am – 12:30pm and 1:30 – 3:00pm Monday-Friday and until 5:00pm one day a week. Post offices are open 9:00am – 6:00pm Monday – Saturday and may close at lunchtime. Most businesses are closed for public holidays.

Capital

Dublin

Climate

Average daily Fahrenheit temperatures range from low 30's to 40's in winter and from 50's to 70's in summer.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

Police, fire, ambulance, life-boat and coastal rescue dial 999.

Language

English

Points of Interest

See Dublin Castle, Phoenix Park, Malahide Castle, Blarney Castle to kiss the Blarney Stone, St. Patrick's Cathedral and Trinity College. Check with the tourist office for hours and admissions for museums and attractions. *Always present your ISE Card.*

Telephone

To call the U.S. from Ireland, just dial 1 800 550 000 for AT&T or 1800 992 363 for low priced ISE Calling Card service. An English language voice will then assist you in placing your call. Use UK access code number in Northern Ireland. To call Ireland from the US, dial 011 353 +city code number.

Time Zone

Eastern Standard Time plus 5 hours or GMT.

Tipping

Most hotels and restaurants include a 10-15% service charge. Taxi drivers should be tipped 10%, and porters normally get .50 per bag.

Tourist Office

Irish Tourist Office
757 Third Ave
New York, NY 10017
Tel: 212-418-0800

Transportation

Major airports are in Dublin, Shannon, Cork, Waterford and Knock. Taxis, buses, trains and rental cars are available from airports. Bus and rail operate around the country. The Eurail Pass is suggested for discount rail travel. It also offers free expressway bus travel operated by CIE and free ferry crossings on Irish Continental Line for several routes. Ferries operate to Britain and Continental Europe.

ISRAEL

Accommodations

Many youth hostels, bed and breakfast, guest houses, hotels and campsites. Youth hostels, and campsites. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open Mon-Fri 8:00am-12:00pm and 4:00pm-5:30pm three nights a week depending on the bank. Post offices are open Sun., Mon., Tues., and Thurs. 8:00am-12:00 noon, 3:30pm-6:30pm; Wed. 8:30am-1:30pm; and Fri. 8:00am-Noon; Closed Saturday.

Capital

Jerusalem

Climate

Average daily Fahrenheit temperatures range from 40's to 50's in the winter, and 60's to 80's in the summer.

Currency

Shekel

Drinking Age

18 years old

Emergency Phone Numbers

Dial 100 for Police, 101 Ambulance, 102 Fire.

Language

Hebrew, Arabic & English

Points of Interest

Visit Haifa's Bahai Temple, Persian Gardens and Biblical sites such as Mount of Beatitudes, Safed, Tabgha, Capernaum and the Wailing Wall in Jerusalem. South to Qumran where the Dead Sea Scrolls were found, continue to Massada, the last Jewish stronghold against the Romans. End your day by taking a dip in the Dead Sea. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Israel, just dial 180 949 4949 for AT&T or 180 920 3300 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. To call Israel from the U.S., dial 011-972- city code-number.

Time Zone

Eastern Standard Time plus 7 hours or GMT plus 2 hours.

Tipping

Suggested 10% for restaurants, no tipping for taxis unless you have luggage, then its 5%.

Tourist Office

Israel Government Tourist Office,
6380 Wilshire Blvd., Suite 1700
Los Angeles, CA 90048
Tel: 213-658-7462

Transportations

The major airport is Tel Aviv, but there are regular flights to Jerusalem and Eilat using the domestic carrier Arkia. Buses are highly recommended for your ground travel. Train travel is not extensive. The route between Tel Aviv and Jerusalem is beautiful.

ITALY

Accommodations

Hotels, apartments, bungalows, villas, farm holidays, and youth hostels are among the options. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:35am-1:35pm and 3:00pm-4:00pm Monday-Friday. Post offices are open 8:30am-2:00pm Monday-Friday and 8:30am-12:00noon on Saturday.

Capital

Rome

Climate

Daily Fahrenheit temperatures range from high 30's to mid 50's in the winter months and low 60's to high 80's in the summer.

Currency

Euro

Drinking Age

None set by law

Emergency Phone Numbers

Police 113, Gendarmerie (emergencies) 112, Poison antidote center 116, Public assistance 116, Chemists 116, Breakdown services 116.

Language

Italian

Points of Interest

In Rome see Vatican City, Pantheon, Roman Forums and Colosseum. Also visit Pompeii. Hours and admissions vary for museums, castles and exhibitions. Call telephone No. 116 or the tourist office for information. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Italy, just dial 800 172 44 for AT&T or 800 895 675 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Italy from the U.S., dial 011-39- city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

If not included in the bill, 15% is usually suggested at bars, restaurants and for taxi drivers and guides.

Tourist Office

Italian Government Tourist Board,
12400 Wilshire Blvd.
Suite 550
Los Angeles, CA 90025
Tel: 310-820-0098

Transportation

The major airports are Rome and Milan, but many other cities such as Venice, Palermo are also used by airlines from major European cities. Train service is extensive with high speed services from Rome to Milan.

JAPAN

Accommodations

Options include hotels, bed & breakfast type motels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseCards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-3:00pm Monday-Friday, 9:00am-12:00noon the first and last Saturday of each month. Post offices are open 9:00am-5:00pm Monday-Friday and 9:00am-12:00noon on Saturday.

Capital

Tokyo

Climate

Average daily Fahrenheit temperatures range from mid 30's to low 50's in winter, to 70-85 in the summer.

Currency

Yen

Drinking Age

20 years old

Emergency Phone Numbers

Dial (03) 264-4347 to reach the Tokyo English Life Line.

Language

Japanese

Points of Interest

In Tokyo see Noh by Torchlight, Omotesando, the Imperial Palace, Tokyo National Museum, and Denbo-In Temple Garden. In Kyoto see Gion Corner, Katsura Imperial Village, Nijojo Castle and Kyoto Costume Museum. In Osaka see the National Bunraku Theatre, Cherry Blossoms at the Mint and Osaka Castle. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Japan, just dial 00 539 11 for AT&T or 0053 112 1399 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Japan from the U.S., dial 011-81- city code-number.

Time Zone

Eastern Standard Time plus 14 hours or GMT plus 9 hours.

Tipping

Tipping is not customary in restaurants, taxis or most other places. The only time a tip should be given is for a bellhop or porter at the airport or hotel. Larger hotels and restaurants include a 10% service fee in the bill; smaller hotels and restaurants do not.

Tourist Office

Japan National Tourist Organization
624 S. Grand Ave.
Suite 1611
Los Angeles, CA 90017
Tel: 213-623-1952

Transportation

The major airport is the New Tokyo Int'l Airport at Narita which is located 60km from downtown Tokyo. From the airport take a train, taxi, bus, or car rental. Buses are the least expensive. Buses and Trains connect major cities and are also convenient for sightseeing. Japan Rail also offers a Japan Railpass similar to the Eurail Pass. This must be purchased prior to departing the USA. Other options are ferries, jetfoils and hovercraft.

KOREA

Accommodations

Options include hotels, bed & breakfast type motels. For instant reservations at thousands of bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-4:30pm Monday-Friday, 9:30am- 1:30pm Saturday. Post offices are open 9:00am-5: 30pm Monday-Friday and 9:00am-12:30pm on Saturday.

Capital

Seoul

Climate

Average daily Fahrenheit temperatures range from high 15-37 in winter to low 71-87 in the summer.

Currency

Won

Drinking Age

19 years old

Emergency Phone Numbers

Dial (02) 353-6475 to reach 24 hour emergency service for foreigners.

Language

Korean

Points of Interest

In Seoul see Ch'angdokkung Palace, Kyonbokkung Palace and the National History Museum of Korea. In Suwon see the Korean Folk Village and the Suwonsong Fortress. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Korea, just dial 0072 911 for AT&T or 0030 911 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Korea from the U.S., 01182- city code-number.

Time Zone

Eastern Standard Time plus 14 hours or GMT plus 9 hours.

Tipping

Tipping is not customary in restaurants, taxis or most other places. The only time a tip should be given is for a bellhop or porter at the airport or hotel. Larger hotels and restaurants include a 10% service fee in the bill; smaller hotels and restaurants do not.

Tourist Office

Korea National Tourism Corp.
3435 Wilshire Blvd.
Suite 350
Los Angeles, CA 90010
Tel: 213-382-3435

Transportation

Major airports are Incheon and Kimpo Int'l in Seoul, Kim Hao Int'l in Pusan, and Cheju Int'l on Chejudo Island. In Seoul take taxis, bus or car rental from the airport. Once in Seoul the subway and trains are available. Buses and trains connect major cities and are also convenient for sightseeing. Other options include ferries, jetfoils and hovercraft.

MALAYSIA

Accommodations

Hostels, YMCAs/YWCAs, hotels and also in larger cities bed and breakfast. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-3:00pm weekdays. 9:30am-11:00am Saturdays. Post offices are open 9:00am-5:00pm Mon-Fri and 9:00am-Noon Saturdays.

Capital

Kuala Lumpur

Climate

Average daily Fahrenheit temperatures range from high 70's to 80's year round.

Currency

Ringgit

Drinking Age

21 years old

Emergency Phone Numbers

999 for police, fire and ambulance.

Language

Bahasa, Malaysia and English

Points of Interest

Visit National Mosque, Kota Bahru district, Central Market and Chinatown in Kuala Lumpur. In Penang see Kek Lok Si Temple, Snake Temple, Penange Hill and Penang Bridge. There are many beautiful beaches and Pulau Tioman is one of the most beautiful islands in the world. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Malaysia, just dial 1 800 80 0011 for AT&T or 1800 804 146 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Available from select locations. To call Malaysia from the U.S., dial 011-60-city code-number.

Time Zone

Eastern Standard Time plus 13 hours or GMT plus 8 hours.

Tipping

Suggested 10% to 15% tipping is discretionary.

Tourist Office

Malaysia Tourism Promotion Board,
818 West 7th St.
Los Angeles, CA 90017
Tel: 213-689-9702

Transportation

The major airport is near Kuala Lumpur, use train, city bus or prepaid taxi to connect with the city. There are two domestic carriers, Malaysia and Pelangi offering services to smallest airports. There are also several "low cost – no frills" airlines. For your ground transport bus and train are best choices.

NETHERLANDS

Accommodations

Choose from hotels, farm holidays and houseboats. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseCards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-4:00pm or 5:00pm Monday-Friday. Post offices are open 8:30am-5:00pm Monday-Friday and until noon on Saturday. Most businesses are closed on public holidays.

Capital

Amsterdam

Climate

Daily Fahrenheit temperatures range from low 30's to the mid 40s in the winter and mid 50s to high 60s in the summer.

Currency

Euro

Drinking Age

18 years old

Emergency Phone Numbers

In Amsterdam; Doctors 64-21-11, Ambulance 5-55-55-55, Police 22-22-22, Fire 21-21-21, Breakdown service 06-08-88.

Language

Dutch

Points of Interest

In Amsterdam visit the Rijksmuseum, Rembrandt Huis, Anne Frank House, Van Gogh Museum, the Binnenhof, Ridderaal and the Amsterdam Diamond Center. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Netherlands, just dial 0800 022 9111 for AT&T or 0800 020 3235 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Netherlands from the U.S., dial 011-31 city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Hotel, restaurant and taxi fees usually include service charge, but it is customary to give an extra tip. Also tip guides cloakroom attendants and restroom attendants.

Tourist Office

Netherlands Board of Tourism
9841 Airport Blvd.
Los Angeles, CA 90045
Tel: 310-348-9333

Transportation

International airports are in Amsterdam, Rotterdam, Eindhoven, and Maastricht. From the airport to town take trains, taxis, car rental or bus. An extensive rail system links the country. Eurail Passes offer discounted rail travel in Europe. In fact, rail travel between Enkhuizen and Stavoren is free during the summer with the Eurail Pass.

Accommodations

Hostels, backpacker resorts, hotels and farm stays (bed & breakfast). For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-4:30pm weekdays. Post offices are open 9:00am-5:00pm weekdays, closed Saturday.

Capital

Wellington

Climate

Average daily Fahrenheit temperatures range from 40's to 60's in the winter, and 60's to 80's in the summer. Winter is June to September; summer is December to March.

Currency

New Zealand Dollar

Drinking Age

21 years old

Emergency Phone Numbers

111 Police, Ambulance & Fire.

Language

English

Points of Interest

Visit Fox and Franz Glacier, Hagley Park, Westland National Park, Mt. Cook, Fjordland National Park and on the North Island visit Rotorua thermal reserves, Waitomo Caves and Bay of Islands. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from New Zealand, just dial 000 911 for AT&T or 0800 445 108 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call New Zealand from the U.S., dial 011-64-city code-number.

Time Zone

Eastern Standard Time plus 17 hours or GMT plus 12 hours.

Tipping

Tipping is discretionary

Tourist Office

New Zealand Tourism Board,
501 Santa Monica Blvd.
Suite 300
Santa Monica, CA 90401
Tel: 800-388-5494 or 310-395-7480

Transportations

Major airports are in Auckland and Christ Church. Air New Zealand and Virgin Blue offer discounted air passes on internal travel on a standby basis. Bus and train travel is economical, speedy and efficient.

NORWAY

Accommodations

Options range from hotels to private homes to youth hostels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders

Business Hours

Banks are open Monday-Friday from 8:15am-3:30pm and until 5:00pm on Thursday. Post office hours are 8:00am-5:00pm Monday-Friday, until 7:00pm Thursday; and 9:00am-1:00pm Saturday.

Capital

Oslo

Climate

Daily Fahrenheit temperatures range from mid 20's in the winter to high 60's in the summer.

Currency

Krone

Drinking Age

18 years for beer,
20 years for wine and liquor

Emergency Phone Numbers

Police 002, Ambulance 003, Fire and Accidents 001.

Language

Norwegian, English widely spoken.

Points of Interest

In Oslo see the Viking Museum, Radnuset, Akershus Castle and Fortress. Also visit Lofoten Islands and Jotunheimen Mountains. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Norway, just dial 800 190 11 for AT&T or 800 11 357 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Norway from the U.S., dial 011-63-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Hotels and restaurants include service charge and no additional tip is expected. Taxi drivers might be given a few Kroner for handling heavy luggage.

Tourist Office

Norwegian Tourist Board
655 3rd Ave.
18th Floor
New York, NY 10017
Tel: 212-949-2333

Transportation

Oslo has the main international airport but others include Bergen, Stavanger, Trondheim, and Narvik. Use taxi, bus, rail, or car rental from the airport. Between towns use bus or rail. A Eurail Pass is an economical way to see the country and the rest of Europe. Flights within Norway are not expensive, but if traveling at a slower pace, don't pass up the ferries and steamers as transportation. The Eurail Pass offers about 30% reduction on the steamship fare between Kristiansand and Hirtshals.

PHILIPPINES

Accommodations

Youth hostels, home stay programs (most meals are included) and hotels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-3:00pm or 4:00pm weekdays. Post offices are open Mon-Fri 8:00am-5:00pm, closed on Saturday & Sunday.

Capital

Manila

Climate

Average daily Fahrenheit temperatures range from 70's to 90's year round.

Currency

Peso

Drinking Age

18 years old

Emergency Phone Numbers

Police 166, Ambulance 911.

Language

Filipino and English

Points of Interest

Visit Fort San Pedro, Plaza Libertad, the Magellan Cross, Saint Augustin Church and San Carlos Museum, and Malacanang Palace. There are many beautiful beaches, such as Boracay Island, and Palawan Island. Olango and Sulpa Islands are great places to snorkel and dive *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Philippines, just dial 105-11 for AT&T. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. To call Philippines from the U.S., dial 011-63-city code-number.

Time Zone

Eastern Standard Time plus 13 hours or GMT plus 8 hours.

Tipping

Service charge is added in major hotels and restaurants. Small tips for taxi drivers, doormen and bell boys.

Tourist Office

Philippine Department of Tourism,
3660 Wilshire Blvd.
Suite 216
Los Angeles, CA 90010
Tel: 213-487-4525

Transportation

The major airport is Ninoy Aquino, near Manila. Use airport shuttle, city bus and taxi to travel into the city. There are bus and train lines for ground transport, but the ferries seem to be most frequently used. They are fast, cheap and always very busy.

Accommodations

Hostels, private rooms, university dorms (during July & August), bungalows and campgrounds. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/ise/cards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-6:00pm weekdays. Post offices are open 9:00am-5:00pm weekdays, and 9:00am-1:00pm Saturday. In the major cities they are open 24 hours.

Capital

Warsaw

Climate

Average daily Fahrenheit temperatures range from 20's to 40's in the winter, and mid 60's to high 80's in the summer.

Currency

Zloty

Drinking Age

18 years old

Emergency Phone Numbers

997 Police, 999 Ambulance, 998 Fire.

Language

Polish

Points of Interest

Visit Stare Miasto (Old Town), the National Museum, Lazienki and Wilanow Palaces. In Gdansk visit Dlugu Targ (Old Town). Gdansk Historical Museum, and Westerplatte. Tatra National Park at Zakopane is perfect for hikers and skiers. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Poland, just dial 00800 111 1111 for AT&T or 00800 111 3535 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available at select locations. Use special AT&T dedicated telephones. To call Poland from the U.S., dial 011-64-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

15%-20% is customary.

Tourist Office

Orbis Polish Travel Bureau
342 Madison Ave.
Suite 1512
New York, NY 10173
Tel: 212-867-5011

Transportation

The major airports are near Warsaw and Krakow. Trains and buses connect you to neighboring countries, as well as the ferries. Eurail is not valid in Poland.

PORTUGAL

Accommodations

Choose from hotels, villas, apartments, or youth hostels. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:30am-11-45am and 1:00pm-2:45pm Monday-Friday. Post offices are open 8:00am-7:00pm but the main post office and locations at airports are open 24 hours daily. Most businesses are closed on public holidays, and many close for lunch.

Capital

Lisbon

Climate

Temperatures in Fahrenheit range from mid 40's to high 50's in the winter months and from mid 60's to low 80's in the summer.

Currency

Euro

Drinking Age

None set by law

Emergency Phone Numbers

Police 366141, Fire 211111, Ambulance 115 or 617777, Doctor 860131, Breakdown services in Lisbon (1) 775475.

Language

Portuguese

Points of Interest

In Lisbon visit Alfama and the Museum of Ancient Art. Elsewhere in Portugal see Torre Dos Clerigos and the Christian Shrine at Fatima. Most museums are open 10:00am-5:00pm except Mondays, holidays and lunchtime. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Portugal, just dial 800 800 128 for AT&T or 800 812 993 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available from select locations. To call Portugal from the U.S., dial 011-351-city code-number.

Time Zone

Eastern Standard Time plus 5 hours or GMT

Tipping

Suggested 10-15% for restaurants and taxi drivers.

Tourist Office

Portuguese National Tourist Office,
590 Fifth Ave.
4th Floor
New York, NY 10036
Tel: 212-354-4403

Transportation

Lisbon, Oporto and Faro have international airports. From the airport into the city, choose from taxis, car rentals and buses. Eurail Passes are honored for discount rail travel.

RUSSIA

Accommodations

Hostels, backpacker resorts, dormitories, and home stays are common. Hotels offer several classes of rooms. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit www.hb-247.com/aff/iseccards – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-Noon, 1:00pm-5:30pm weekdays. Post offices are open Mon-Fri. 8:00am-2:00pm and 3:00pm-9:00pm; Saturday 8:00am-2:00pm and 3:00pm-7:00pm; Sunday 9:00am-2:00pm and 3:00pm-7:00pm.

Capital

Moscow

Climate

Average daily Fahrenheit temperatures range from low teens to 30's in the winter and 50's to 70's in the summer.

Currency

Ruble

Drinking Age

19 years old

Emergency Phone Numbers

Police 02, Fire 01, Ambulance 03.

Language

Russian

Points of Interest

Visit Red Square, the Kremlin, FUM, St. Basil's Cathedral, Pushkin Square, Arbat and Patriarch's Ponds. Gorki Park, Moscow's amusement park, and Izmailovski Park, a large outdoor market, are popular with out-of-towners. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Moscow, just dial 110 1010 for AT&T or 810 800 2092 1012 for low priced ISE Calling Card service. From other cities, just dial 325-5042. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available from select locations. Extra charges to call from outside city. To call Russia from the U.S., dial 01-7-city code-number.

Time Zone

Eastern Standard Time plus 8 hours or GMT plus 3 hours.

Tipping

Tipping is discretionary, varies 10-15%.

Tourist Office

Intourist Travel Information Office
630 Fifth Ave.
Suite 868
New York, NY 10111
Tel: 212-757-3884

Transportation

Major airports are located near Moscow and St. Petersburg. City bus, metro, airport bus and taxi will connect the airports to the cities. For your ground transport the rail and bus network are your best choices.

SINGAPORE

Accommodations

Your best choices are furnished service apartments, and budget hotels. There are YMCA's and YWCA's also available. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-3:00pm weekdays, 9:30am-11:00am Saturdays. Post offices are open 9:00am-5:00pm Mon-Fri closed Saturday.

Capital

Singapore

Climate

Average daily Fahrenheit temperatures range from 70's to 80's year round.

Currency

Singapore Dollar

Drinking Age

21 years old

Emergency Phone Numbers

Police 999, Fire 999, Ambulance 99.

Language

Mandarin, English, Malay, Tamil

Points of Interest

Visit Sungei Buloh Nature Park, Yu Hwa Yuan, Singapore Botanic Gardens, National Museum, Singapore Zoo and night safari. Jurong Bird Park, one of the largest aviaries in the world. You may want to try your luck at Bukit Turf Club and then end your vacation at Sentosa Island, which means peace and tranquility in Malay. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Singapore dial 800 011 1111 or 800 120 3480 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available from select locations. To call Singapore from the U.S., dial 011-65 -number. (City codes not required.)

Time Zone

Eastern Standard Time plus 13 hours or GMT plus 8 hours.

Tipping

Tipping is discouraged in hotels and restaurants, a 10% service charge is added to the bill.

Tourist Office

Singapore Tourist Promotion Board
8484 Wilshire Blvd.
Suite 510
Beverly Hills, CA 90211
Tel: 213-852-1901

Transportations

The major airport is Changi Airport. Public bus, subway or taxi will connect you with the city. MRT (subway) and bus service are two good choices for ground transport, both offer special passes.

SPAIN

Accommodations

The most popular types are hotels, villas, apartments, and farm holidays. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:00am-1:00pm Monday-Saturday. Post offices are open 9:00am-2:00pm Monday-Saturday.

Capital

Madrid

Climate

Temperatures in Fahrenheit range from mid 30's to low 50's in the winter months and low 60's to low 90's in the summer months.

Currency

Peseta

Drinking Age

None set by law

Emergency Phone Numbers

National Police 091, Fire: Madrid 080, Barcelona 2535353, Ambulance: Madrid 4501900 or 4799361, Barcelona 2307000 or 2358300, Breakdown service 91.

Language

Spanish

Points of Interest

Visit La Mancha, and The Moorish Alcazar Palace in Madrid. Most museums are closed Mondays, Sunday afternoons and lunchtime daily. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Spain dial 900 99 0011 for AT&T or 800 099 665 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. To call Spain from the U.S., dial 011-34-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Suggested 10% for restaurants and taxis.

Tourist Office

National Tourist Office of Spain
8383 Wilshire Blvd.
Suite 960
Beverly Hills, CA 90211
Tel: 213-658-7188

Transportation

Major airports are in Barcelona, Granada Ibiza, Las Palmas, Madrid, Malaga, Palma de Mallorca, Santander, Tenerife, and Valenci. Taxis, buses and car rentals are available at all major airports. Intercity buses and the rail system (Renfe) connect all of Spain. The Eurail Pass allows unlimited discount travel within Spain or around Europe. An example of extra savings with the Eurail pass is a 20% fare reduction for transportation between Algeciras and Tangiers. Ships and ferries connect Spain with the Balearic Islands and Canary Islands as well as Britain and other areas of Europe.

SWEDEN

Accommodations

Choose from hotels, farm holidays, cottages, or youth hostels. Youth hostels varies: some are even in old ships. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 9:30am-3:00pm Monday-Friday and until 5:30pm in large cities. Post office are open 9:00am-6:00pm Monday-Friday and 9:00am-1:00pm Saturday.

Capital

Stockholm

Climate

Daily Fahrenheit temperatures range from low 20's to low 30's in the winter and from mid 40's to low 70's in the summer.

Currency

Swedish Krona

Drinking Age

20 years old

Emergency Phone Numbers

Police, Ambulance and fire 90000, 24-hour pharmacy 218934, 24-hour auto service and towing 131000.

Language

Swedish, English widely spoken

Points of Interest

In Stockholm visit the Royal Palace, Skansen, Wasa Museum, and National Museum of Art. Also visit the Archipelago Islands and the Old Town Gamla Stan. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Sweden dial 020 799 111 for AT&T or 0200 888 074 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available from select locations. To call Sweden from the U.S., dial 011-46-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Hotels usually include 15% service charge and Restaurants include 13% service charge in menu prices. For taxi drivers, 15% fare is suggested.

Tourist Office

Swedish Tourist Board
655 3rd Ave.
18th Floor
New York, NY 10017
Tel: 212-949-2333

Transportation

TMajor airports are in Stockholm, Gothenburg, Ostersund, Kiruna, and Malmo. Taxis, airport bus, limo, car rental and rail are available from the airport. The Eurail Pass is honored in Sweden for discount rail travel. Bonuses obtained with the Eurail Pass are as follows: free steamer travel between Stockholm and Helsinki, Aland Frederikshavn; and free ferry service between Helsingborg and Helsingor. An extensive system of ferries, ships, steamers, hydrofoils, and hovercraft operate around Sweden and to Britain and the Continent.

SWITZERLAND

Accommodations

Hotels, guesthouses and youth hostels are some of the choices. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseCards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:30am-4:30pm Monday-Friday. Post offices are open 7:30am-12:00noon and 1:45pm-6:30pm Monday-Friday. Also open 7:30am-11:00am Saturday. Most businesses closed for holidays.

Capital

Bern

Climate

In northern areas, average Fahrenheit temperatures range from mid teens to low 50's in the winter and high 40's to mid 80's in the summer. In the south, temperatures are usually 10 degrees warmer.

Currency

Swiss Francs

Drinking Age

17 years old

Emergency Phone Numbers

Police 117, Fire 118, Ambulance 144.

Language

German, French, Italian

Points of Interest

Visit the city of Lucerne, the Jungfrau, Titlis, Schilthorn and Matterhorn mountains, and the old city of Berne. Some museums and exhibitions may be closed on Mondays. Check with the tourist office for more information. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Switzerland dial 0800 890011 for AT&T or 0800 837 798 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Pay phones may require coin or card to place call. Available from select locations. To call Switzerland from the U.S., dial 011-41-city code-number.

Time Zone

Eastern Standard Time plus 6 hours or GMT plus 1 hour.

Tipping

Service charge is included in hotel and restaurant bills. Taxi fares include tip, but it is customary to round the bill up to the next higher, even amount. i.e. if the meter reads Fr. 14.20, you pay Fr. 15.00.

Tourist Office

Swiss National Tourist Office
222 N. Sepulveda Blvd.
Suite 1570
El Segundo, CA 90245
Tel: 310-335-5980

Transportation

International airports are in Geneva and Zurich. Taxis or rail are available from the airports. No scheduled bus service operates from the airports but the postal bus links the mountain areas. Swiss Rail is an excellent way to get around Switzerland, and a Eurail Pass is suggested for substantial savings. Regular steamer services on many lakes are either free or discounted 50% with the Eurail Pass. There are numerous lake ferries to choose from and even steamers with restaurants on the larger lakes.

Accommodations

Options include hotels, bed & breakfasts. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:00am-5:30pm Monday-Friday, 9:00am-12:00pm on Saturday. Post offices are open 8:00am-5:30pm Monday-Friday and 9:00am-12:30pm on Saturday.

Capital

Taipei

Climate

Average daily Fahrenheit temperatures range from a low of 53-66 degrees in winter to a high of 76-92 in summer.

Currency

New Taiwan Dollar

Drinking Age

18 years old

Emergency Phone Numbers

Dial (02) 3213175 for any emergency.

Language

Mandarin

Points of Interest

In Taipei see the National Palace Museum, the Chinese Culture and Movie Studio, the Chang Kaishek Memorial, and the Sun Yatsen Memorial. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Taiwan dial 00801 102 880 for AT&T service. An English language voice prompt will then assist you in placing your call. To call Taiwan from the U.S., dial 011-866-city code-number.

Time Zone

Eastern Standard Time plus 13 hours of FMT plus 8 hours.

Tipping

Tipping is not customary in restaurants, taxis or most other places. The only time a tip should be given is for a bellhop or porter at the airport. Larger hotels and restaurants include a 10% service charge to the bill, smaller hotels and restaurants do not.

Tourist Office

Taiwan Visitors Assn.
166 Geary St.
Suite 1300
San Francisco, CA 94108
Tel: 415-989-8677

Transportation

The major airport is the Chiang Kaishek Int'l Airport in Tao Yuan, 40 km SW of Taipei. Take taxis, bus or car rental. Buses are the least expensive; some taxis may charge up to 50% more than what the meter reads. Trains are available once in Taipei. Buses connect major cities and are also convenient for sight seeing. The rail system is easy to use. Other options are ferries, jetfoils and hovercraft.

THAILAND

Accommodations

Youth hostels, guesthouses, reasonable hotels and university dorms. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/iseccards> – all reservation fees waived for ISE Cardholders.

Business Hours

Banks are open 8:30am-3:00pm weekdays, closed Saturdays. Post offices are open 8:00am-5:00pm weekdays, closed Saturday.

Capital

Bangkok

Climate

Average daily Fahrenheit temperatures range from 70's to 90's year round.

Currency

Baht

Drinking Age

21 years old

Emergency Phone Numbers

Police, Ambulance & Fire- Dial 911.

Language

Thai, English

Points of Interest

Visit the Royal Grand Palace, Temple of the Emerald Buddha, cruise down the river to the famous Floating Market and the Temple of the Dawn. In northern Thailand you can experience elephant rides through the jungle and river raft trips. *Always present your ISE Card.*

Telephone

To call the U.S. or another country from Thailand dial 1 800 0001 33 or 001 800 120 665 514 for low priced ISE Calling Card service. An English language voice prompt will then assist you in placing your call. Includes "Lenso" public phones. To call Thailand from the U.S., dial 011-66-city code-number.

Time Zone

Eastern Standard Time plus 12 hours of GMT plus 7 hours.

Tipping

Suggested 10% for restaurants & taxis, 10% is automatically added in hotels.

Tourist Office

Tourism Authority of Thailand
3440 Wilshire Blvd.
Suite 1100
Los Angeles, CA 90010
Tel: 213-382-2353

Transportation

The major airport is the new Bangkok International Airport. Buses, trains and taxis connect you with the city. Bus and train travel is extensive, reliable and affordable.

UNITED STATES

Accommodations

Options include hotels, motels, bed & breakfasts, apartments and youth hostels. Wyndham hotel brands including Days Inn, Knights Inn, Howard Johnson, Wingate by Wyndham, Ramada, Travelodge, Super 8, Baymont Inn & Suites, Wyndham Hotels and Resorts, Hawthorn Suites and Microtel Inns & suites offer 10% discount with ISE Card. For instant reservations at thousands of hostels, bed & breakfasts and budget hotels, visit <http://www.hb-247.com/aff/isecards> – all reservation fees waived for ISE Cardholders.

Business Hours

Bank Head Offices are open 9:00am-4:00pm Monday-Friday, but branches in shopping malls are often open until 8 p.m. as well as on weekends. Post offices are open Monday-Friday 7:30am-5:00pm and Saturdays 9:00am-12:00pm. Most businesses are closed for public holidays.

Capital

Washington, DC

Climate

Temperature in Fahrenheit rang from 20's to 50's in the winter and 60's to 90's in the summer.

Currency

US Dollar

Drinking Age

21 years old

Emergency Phone Numbers

Police, Ambulance & Fire- Dial 911.

Language

English, Spanish

Points of Interest

Many museums, art galleries, national parks, and historical monuments and amusement parks such as Disneyland and Disney World. *Always present your ISE Card.*

Telephone

To call other countries from the U.S., Dial 1 800 225 5288 for AT&T or 1 800 706 1333 for low priced ISE Calling Card service.

Time Zone

Eastern-Central-Pacific

Tipping

Hotels, restaurants & taxis, 15-20%.

Tourist Office

Contact the nearest US Embassy

Transportations

Major airports are located in all states and most cities. Airlines offer special visit USA passes. Contact ISE Cards for information. Limited train service on the east coast connecting Boston-NYC-Washington, DC Greyhound Bus service throughout the country; buy bus pass overseas for unlimited 1-month service. Other options are taxis, and rental cars.

ELIGIBILITY

All students studying full time at an accredited institution during the current academic year, are eligible for the ISE card (full-time student version), no matter what your age.

There is also a Faculty version for full-time members of all education institutions.

If you are no longer studying but aged under 26 you can apply for the Youth Version. While the Youth Card doesn't offer as many discounts as the student card, it still provides all the important medical and travel protection.

ISE Cards are valid for one year from the date of issue and lost cards cannot be replaced - a new one must be purchased.



Mail:

International Student Exchange Cards, Inc.
11043 N. Saint Andrew's Way
Scottsdale, Arizona 85254, USA

Telephone:

(800) 255-8000 (toll free USA)
(480) 951-1177 (international calls)

Facsimile:

(480) 951-1216

E-mail:

info@isecard.com