



Business Travel Hacks

Our hints for travelling with ease

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At ThoughtWorks, travelling is part of our daily business. Many of our consultants became travel experts over time and collected several tips for you to make travelling and being away from home more comfortable. We divided all tips and tricks into three different categories which are food, packing, transportation.





Food



Eating a balanced diet while travelling can be very challenging and sometimes you do not want to go eating out in restaurants.

Here are some ideas of what you can have for breakfast and dinner, while staying in a hotel room without a kitchen or kitchenette.

BREAKFAST

Breakfast is the easiest to make in the hotel/apartment room. Compared to how expensive eating breakfast out is, it's a good way to save money without sacrificing on taste.

Here are some ideas:

- Porridge (if you don't have a kettle it also works with hot water from the sink) **with fruits** (vary it with dried banana or small pieces of chocolate).
- Muesli with fruits.
- Yoghurt with fruits.
- Overnight oats with fruits: all you need is a screw glass jar and the ingredients.

DINNER

Depending on where you're staying, dinner can be almost impossible to make yourself unless you want to relive your student days. However, with a small kitchenette – or even just a microwave/kettle or hot water from the sink – you can make a surprisingly tasty meal. Here are some ideas:

Try thermos cooking:

Throw some pasta into a thermos with hot water and let it sit for about 15-20 minutes. Throw in some jarred pesto or tomato sauce (or herb butter). Cucumber salad on the side with a squeeze of lemon and salt. This method works for Bulgur and Quinoa as well.

Have your own picnic in our hotel room:

A variety of vegetables (peppers, cucumbers, tomatoes), hummus, yogurt, cheese, olives, salami sticks, slices of raw ham and baguette or bread. Put everything on your hotel bed and enjoy.

Some more inspiration? Here you go:

- Pasta/Couscous with pesto or with tuna & lemon.
- Couscous salad (prepare the couscous with some vegetables, herbs and lemon).
- Pre-cooked rice for the microwave, add soy sauce and lime juice, sliced avocado, smoked salmon trout or tuna. Vary it by adding cucumber, tofu, boiled eggs, jalapenos, cilantro.

Our 5 Top Tips:

1. Tic-tac containers to carry spices.
2. Have a spork with you.
3. Take chop sticks instead of a fork as they're easier to keep clean.
4. Camping kitchen knife for cutting vegetables and collapsible bowl.
5. Use the minibar (unless you don't have one) for keeping your food fresh.



Packing



When you're having to pack nearly every week, it can be hard not to get complacent and end up forgetting things. We share some tips so that you will never forget something.

- Keep it simple: Only take what you absolutely need.
- Use checklists of all the essentials you need for your business trip.
- Use two wash bags with more or less identical content (2x toothbrushes, 2x shaving equipment). Always keep one of the bags in your travel luggage.
- Different people prioritise different things when it comes to luggage but one thing will always allow for more space: Roll your clothes instead of folding them.
- Avoid trolleys: They are noisy and uncomfortable with cobble-stone – use backpacks with a laptop case and with an expandable size.
- Use ziplock bags, so everything is perfectly organised (biggest one for clothing, smaller ones for cables and adapters).
- Have a little pair of roll up slippers as hotel carpets/floors aren't always the cleanest.
- Take a fascia roll/ball with you, in case the hotel bed is killing you.
- Even if you have the ability to keep things at the hotel/apartment over the weekend, just don't - it makes it so much harder to think about what to pack, and remember where everything is.
- Portable phone charger (in case you don't have access to electricity on the train).



Transportation



Whilst Google is your best friend when it comes to figuring out the local public transport here are a couple of extra insider tips for a smooth trip door to door:

- Use car or bike sharing options – sometimes it is quicker than using other public transportation.
- Try to use the train instead of the plane. For some journeys it can be quicker via train and you can collect some Co2 karma points. If you are travelling by train, use apps for “comfort check-ins” that allow to travel without being asked for your ticket on the train at all – doze off early Mondays.
- It’s also a good idea to invest in good headphones and an e-book for travelling.

And keep always in mind – travelling broadens your horizon:
Get to know other cities and their traditional regional dishes.

*We are curious.
What’s your personal travel hack?*

*Text us on **Twitter** (@thoughtworks_de) with
the hashtag **#TWTravelHacks**
or write us an **email**.*

About ThoughtWorks

We are a software company and a community of passionate, purpose-led individuals. We think disruptively to deliver technology to address our clients' toughest challenges, all while seeking to revolutionize the IT industry and create positive social change.

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