



美國華聯商會

Peninsula Chinese Business Association

April 1, 2020

Dear Members and Friends,

I spend one third of my life away from home. I am a frequent flyer and started traveling thirty-two years ago. Everyone has their preferences when it comes to traveling and mine is simple: always fly economy. That is why I never concur with pilots when they say, "*Please sit back and enjoy the flight.*" I only rely on the airline to bring me from point A to B. Although my expectations are low, I still learned a handful of practical travel tips that I would like to share with you.

Ever since 9/11, all major airports require travelers to remove shoes when going through security checkpoints. Can you imagine how much bacteria your feet pick up when you walk across the metal detectors? So please, wear socks or wipe your feet with an alcohol napkin before you put your shoes back on.

While waiting at the gate, many travelers charge their phones with the USB outlets on the seats. Be careful when doing this. The person sitting across the aisle could be hacking your phone and stealing your information. Consider using portable chargers or the outlets on the aircraft which are much safer.

The first thing to do after boarding is sanitizing. Wipe the tray table, armrest, headrest, monitor, and the seat belt buckle with an alcohol napkin. Don't trust the airline to sanitize the cabin thoroughly within a short time frame in between flights.

Window seat, or aisle seat? Both have pros and cons. If you often use the restroom, you feel like you're bothering other passengers when you sit next to the window. However, you have the bonus space in between the chair and window to lean on while napping. If you choose an aisle seat, and you store your carry-on under the seat in front of you, you have the option of stretching your legs into the aisle. With new commercial aircrafts, which have dramatically changed from luxury accommodations to a simple means of conveyance, the interior is much more compact and the aisle is narrower. So, you could wake up by people passing and the service cart knocking your feet. Another consideration - which aisle seat is better? Window aisle, or center aisle? Window aisles have two passengers needing to get in and out of their seats, but the center aisles only have one.

Nowadays, I seldom eat airplane food, but not because they are not tasty. MSG and sodium can elevate your blood pressure and keep you awake. Besides, how can the food possibly stay fresh when it was prepared more than 10 hours prior? Instead, consider packing food for long-haul

flights. I bring cup noodles to warm me up in the middle of the journey; a sandwich for the main meal; peeled oranges to moisturize my throat; nuts for snacking.

Jetlag is a significant problem for many travelers. One way to manage your inner bodyclock is to time your meals as if you are already at your final destination. Rather than watch movies, try to read so that you can relax and fall asleep on the flight.

One part of the safety announcement always gets me thinking:

"If there is an emergency, the oxygen masks will drop down. Secure your mask first before helping others."

This to me as an excellent metaphor for life. We can spend our time putting on other people's oxygen masks but neglect to put on our own. Don't forget to prioritize your personal needs. In doing so, you will not only help yourself, but you will be more equipped to help others. The reality is, you cannot pour from an empty glass; you cannot give what you haven't got.

So, what does putting on your oxygen mask first look like for you? What breathes life into you?

Please pause for a moment and think of your top priorities.

Safe Travels,

Johnny DaRosa

Johnny DaRosa
President

johnnydarosa@post.harvard.edu



美國華聯商會

Peninsula Chinese Business Association

致：美國華聯商會會員及朋友們，

我是一名「長期旅客」，32年前已經開始我的旅客航程。心中一算，我這生有三份之二的時間都是離家在外，而且今後，旅程仍會繼續。人在旅途，每個人對旅程、航機都有不同的要求、不同喜好。但我對航機的要求卻很簡單：請將我從A點送往B點。我常選擇乘坐經濟客艙，所以我從不贊同機師所說：「請你們輕鬆坐下，享受這趟愉快旅程。」作為一位經驗豐富的旅客，一方面對旅客守則絕不陌生。也更樂意在此，與大家分享一些實用心得：

美國自從發生911恐怖襲擊及「波鞋炸藥」事件後，全國主要機場的安檢級別，一律提升。關員要求乘客通過安檢時需要脫鞋，這措施即時令你的腳底與骯髒地板零距離。你們能否想像，當大家赤腳步行通過金屬探測器時，腳底可以沾上多少細菌？不想與它們打交道，請大家穿上襪子。或在完成安檢後，請用酒精消毒紙巾徹底清潔腳底，才穿回鞋子。

在登機閘口的地區，常有很多旅客，使用座位上公用的USB插座，為手機充電。但請大家小心，當你使用這些公用充電器時，在你附近的黑客就可以入侵你的手機，竊取你的個人資料及信息。請考慮使用私人便攜式充電器，或航機上更安全的充電設備。

登機後需要做的第一件事，就是消毒。用酒精消毒紙巾，認真擦拭餐桌、座位扶手、座位頭枕、螢光幕顯示屏，還有安全帶及安全扣。不要相信航空公司，能在航班交替之間的短促時間內，能為機艙進行徹底消毒。要遠離病菌，不是自求多福，而是自行消毒。

你會選擇靠窗座位，還是靠通道座位呢？兩者均有優缺點。在狹窄的經濟客艙，屬寸土必爭之地。如選擇靠窗座位，座位與窗戶之間有額外的數吋空間，當你小睡時可作為身體依靠，令你睡得較安穩。但缺點是，如果你是一位頻頻上洗手間的乘客，那麼，你就會

給你鄰座的乘客造成打擾。如你選擇靠通道座位，並準備將你的隨身行李或物品，置於你前方座位下。那麼幾乎無處容身的雙腿，便可伸出通道，還可乘機舒展筋骨。隨著新型的商用客機面世，以往豪華又舒適的機艙，已戲劇化的淪為簡單的運輸工具。機艙內務求用最少的空間，容納最多，又複雜的設施，通道也就變得更狹窄。所以，你要有心理準備，你可能會被路過的人打擾，或會被服務餐車撞著雙腿而驚醒。

你還有另外考慮，就是那一排座位較好？靠窗的一排、還是中間的一排呢？靠窗一排的座位，會有兩名乘客進進出出。中間一排座位，則只有一位乘客進出。我這樣分析，希望可以幫助大家，作出最適當的選擇，讓大家在長途航程中，少一點失望。

現在，我已經很少在航機上進食「飛機餐」及小食。不是嫌它不夠美味，而是此等食物內含味精及鈉質，容易令人失去睡意，更會令血壓上升，不利健康。而且「飛機餐」在我們嚐第一口的 10 個小時前，就已經準備好，那有新鮮可言。大家何不考慮，為自己的長途航程帶上私人食物？我會選擇三明治作主食，零食有果仁。機艙內乾燥，吃橘子最潤喉。我還會帶上低鈉杯麵，好讓好讓在漫長的航程中途，給自己暖暖胃。

時差，是很多旅客需要面對的重大問題。要調節體內的生理時鐘，其中一個方法，就是以目的地的時間，來決定你現在用餐時間。另外，閱讀，比看一齣電影更可以令人放鬆心情，從而更易入睡。

航機上每次「安全指引」的廣播，總令我有所思考：

「如果發生緊急情況，氧氣面罩會自動掉落，請先妥善為自己戴上面罩，然後才幫助別人。」

在於我而言，這是人生的「最佳隱喻」。在機艙，我們為別人戴上面罩，而忽略為自己配戴。回到現實生活，我們往往只顧他人的需要，而忽略自身的需求。請將自己放在優先考慮的首位吧，這就是「自己優先」。這一來你不僅可以幫助自己，而且更有能力幫助有需要的人。現實是，我們不能從空杯子倒出清水；沒有能力，便淪為無能為力，何以施予？所以請先裝備好自己、照顧好自己，才更有力量幫助別人。

"請先為自己戴上氧氣面罩"，即是「自己優先」，這一詞對你有何啓示？要令自己實行「自己優先」，請先將它和"自私"一詞硬脫鉤！

請你稍停半刻想一想，在你漫漫人生中，什麼是你的「自己優先」？什麼才是你的重要首選？

祝大家旅程安全，

美國華聯商會 會長

羅世傑 謹啟

Johnny Darosa

johnnydarosa@post.harvard.edu

二零二零年四月一日

中文翻譯：Doris Wong (嘉嘉工作室創辦人)