

# Insight

WTC COMMUNITY WEEKLY



## HOME FOR EID

If you're planning on a homecoming (*mudik*) for the Eid holidays, make sure you are prepared physically and psychologically.

Physically, you can do a regular check up and consult with your doctor, do some exercises, get enough sleep and eat well before the journey. Your entourage and vehicles must also be in a top condition to travel.

Psychologically, aim to arrive safely. When the psyche wants to arrive quickly, it will affect the reflexes of the brain, hands, and feet and impact the body's reflexes in encountering obstacles ahead. Be patient, keep a positive mood and enjoy the trip.

In tradition, Indonesians prefer *mudik* by road. The Transportation Ministry estimated around 27 million cars were used last year - making it the most popular choice. Behind it was motorcycle with 25 millions, and while it is not ideal for a long-distance travel, there is just no escaping it. Public transportations such as buses, trains and airplanes are also viable options but the surcharged pricings may make you think twice.

Yours truly,

the community editor

## WHAT'S NEW?

Tips for a safe and comfortable *mudik* by the National Transportation Safety Commission (KNKT):

1. Get enough rest
2. Avoid foods that cause drowsiness
3. Adhere to traffic rules and speed limit
4. Maintain safe distance
5. Check for tire pressure
6. Study and understand the route before driving
7. Use navigation apps
8. Make sure lighting and braking system function properly
9. Avoid carrying excess weight
10. Stop in a safe place every two hours if you're tired