



The FedRooms Check-in

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Help Desk

Hours: M-F, 7:00-3:30 CDT

Contact:

1-800-226-1741

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More chances to learn the basics about FedRooms!

Attend the upcoming **FedRooms 101** training sessions. The session will be held via webinar on Wednesday, March 12, 2008 at 2pm central time. Visit the [FedRooms 101](#) link on the traveler page at [FedRooms.com](#) for additional information. FedRooms will also host private sessions for groups of 15 or more. Contact krista@fedrooms.com for details.

Newsletter Feedback

Do you have feedback about the FedRooms Check-in newsletter? Let us know what you think by taking a brief survey at <http://www.zoomerang.com/survey.zgi?p=WEB2278TZWL2XR>

Travel Fun Fact

The Mediterranean Sea gets its name from the Latin phrase meaning "sea in the middle of the land."
-Source: www.triviaplaying.com

Quote of the quarter

"The site is great. I have recommended it to my colleagues!"

-Federal traveler, via [fedrooms.com website usability survey](#)

FedRooms Website—.com versus .gov

Travelers often inquire about why the search engine on the FedRooms website ([www.fedrooms.com](#)) is located at a .com address rather than a .gov address. Because FedRooms is the official government-wide, government-sponsored program, travelers often expect a .gov address.

FedRooms is an outsourced program, contracted through the General Services Administration (GSA). Therefore, the server that hosts [FedRooms.com](#) is privately owned, and is attached to a database housing the more than 5,000 hotels in the program.

The GSA also hosts a website at [www.fedrooms.gov](#), which contains program information and links travelers directly to the search page.



Got breakfast?

Nearly 55% of FedRooms participating properties include breakfast in the FedRooms Rate

Tips on fighting germs at 35,000 feet

Winter is the height of the cold and flu season, and the stress, altered sleeping patterns, and confined quarters associated with business travel can leave travelers exceptionally vulnerable. Following are some tips on staying healthy in the air and on the ground.

Wash hands

Since colds and the flu spread through droplets and close contact, it is important to wash hands frequently with soap and warm water, particularly after touching surfaces in public areas or after shaking hands. FDA-approved antiseptic liquid or foam hand cleansers are also effective. Avoid touching eyes, nose or mouth, because germs are easily spread that way.

Cover mouth and nose

If coughing or sneezing, wear a mask that covers nose and mouth. If a mask is not available, use a tissue to cover these areas when sneezing. Containing the infection at the source is easier than trying to avoid contact with germs that are already in the cabin.

Drink plenty of fluids

Whether sick or not, drinking plenty of fluids is key to feeling good in flight according to the American Dietetic Association (ADA). Low levels of humidity in airline cabins can have a dehydrating effect, particularly on long flights. Staying hydrated wards off headaches and the dry noses and throats that may leave passengers susceptible to infection.

Fortify yourself

A healthy diet rich in fruits and vegetables helps boost immunity all year long; flu shots are one of the best defenses.

Sources: CWT Traveler, CNN

Newsletter sponsored by...



ROYAL SONESTA HOTEL

BOSTON

The FedRooms Check-in, continued

Hotel Spotlight



Royal Sonesta Hotel, Boston

Continental Breakfast is included in Per Diem Rate

Spectacular views surround you at the Royal Sonesta Hotel Boston.

Set on the Cambridge side of the Charles River, this newly renovated, modern hotel features original contemporary art and exceptional service. Its ideal location puts you minutes from the best of Boston and Cambridge, with shopping, museums and historic sites all nearby.

Known as one of the city's best luxury hotels, all of its 400 well-appointed guest rooms and suites overlook the Charles River, Cambridge or Boston's stunning skyline.

First class amenities include two highly acclaimed riverfront restaurants, superb meeting facilities, and a Health Club with indoor/outdoor pool with retractable roof, extensive exercise facilities, saunas and a full range of luxury spa services. Guest room amenities include mini-bar, coffee maker, and HDTV and Channels.

Click [here](#) to book now.



ROYAL SONESTA HOTEL
BOSTON

Incorporating fitness into travel

With the new year rapidly approaching, many people have a renewed focus on health and fitness. Keeping up with a fitness routine is especially challenging when away from the familiarity and predictability of home.

For frequent travelers, there are ways to overcome the health and fitness obstacles inherent in business travel. First and foremost, travelers should have a plan and stick with it.

"If [exercising is] not convenient, it's not going to happen," said Erin Kaese, co-founder of Athletic-Minded Traveler. She offers the following tips:

- Keep an extra set of workout clothes (shoes, top, shorts, light jacket) packed and in a suitcase for the next scheduled business trip.
- Work out in the morning, before the activities of the day begin.
- Check out gym partnerships. Many health clubs and hotels have affiliations that will allow travelers to work out in another club for free or for a small fee.
- Maintain healthy eating habits. Pack healthy snacks and try to choose nutritious options from restaurant menus whenever possible.

Sources: CWT Traveler Newsletter, CNN, Athletic-Minded Traveler

Did you know? More than 60% of FedRooms participating properties extend the FedRooms Rate for leisure travel. Check rates for your next vacation at FedRooms.com.



FedRooms Fast Facts

- There are currently more than 5,000 hotels in the FedRooms program from around the world. In 2008, FedRooms expects to increase that number to more than 6,500.
- FTR states the federal travelers must give FedRooms Rates first consideration when traveling on official business.
- FedRooms is the official government-wide lodging program managed by the U.S. General Services Administration. (GSA).

FedRooms FAQs

- Q:** FedRooms Rates are stated to be at or below federal per diem, but when I called the hotel and asked for the government rate it was more than per diem. Why?
- A:** The FedRooms Rate and the government rate are not the same. In order to receive the guarantees associated with the FedRooms Rate (at or below per diem, 4pm or later date-of-arrival cancellation policy within the U.S., no cancellation fees), you must ask for it by name.
- Q:** When I went to the website and conducted my search, several hotel were returned. However, when I went to book, they did not have the FedRooms Rate available. Why?
- A:** Just because a property is listed on FedRooms.com does not guarantee availability. As with any other hotel rate, the FedRooms Rate may be sold out from time to time.