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WANDERLUST MARTINAIR'S EUROPE

Wan-der-lust (wan'der-lüst') Ger.; n., an instinctive impulse or a great desire to rove or travel about. *Random House College Dictionary, revised edition.*

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Road Wise *continued* from page 10

friend-of-a-friend in hopes of wangling an invitation. That's not as manipulative as it might seem: Everybody does it, and as you meet people and make friends, you'll find yourself inviting them to stay with you when they visit the States. If you don't know anybody over there, consider Servas, an organization whose goal is to promote people-to-people contact. Members all over the world agree to welcome one another free for a night or two or more. There's an entrance interview and \$45 fee. For information, call (212) 267-0252.

Students sometimes sleep their way across the continent, traveling by train at night and saving the money on lodgings. It's a great strategy, though not for too many nights running. The steady throb of the train should rock you into a baby-like sleep, but if you can't sleep sitting up you better shell out \$15 or so for a *couchette* — a fold-down sleeping shelf — on your next overnight journey, and make sure your belongings are securely attached to your person. Overnight ferries also can save the cost of a hotel.

How to Be a Frugal Gourmet — Sort of

Most Europeans don't spend a fortune on food, and look how well they fare! The trick is to follow the customs of the country. Breakfast light, but not on the hotel tab: You'll get a better deal at a corner cafe. (The major exceptions would be Great Britain, where humongous B&B breakfasts could see you straight through to tea, or Scandinavia, where the morning spread is just as lavish as the noon meal, at a third the price.) For your pig-out of the day, cut loose at lunch. Follow the workers to their favored haunts and order the daily special, often with wine or beer thrown in, for a pittance. (In pricey Scandinavia, alcohol-free restaurants are cheaper, and an entree usually entitles you to seconds on vegetables; it can't hurt to ask.) Other price-cutting tricks: If you stand to eat — in a German *Imbiss* (wurst stall), for example, or Italian *rosticceria* — you'll probably pay half-price. "Self-service" has become the universal code word for cheap eats, not that you ever have to tip anyway, because in most countries service is *compris* (already accounted for); always inquire. But be on the alert for