



# Center for Global Studies Study Tour Information Packet 2018-19

## Important Date

September 5, 2018

- Passports due
- Completed CGS Paperwork due (see the checklist)
- \$250 deposit due (refundable)



## CGS Study Tours 2018-19

### Arabic Trips

February, to Morocco and Qatar. \$2700

- Homestay at Bridges Center for Culture and Communication in Rabat, Morocco
- Touring Morocco
- Homestay at Middle-East International School in Doha, Qatar

### Chinese Trips

April break, Three-City Tour. \$2700.

- Homestay with Guang Ming High School in Shanghai, China
- Touring and comparative study of Hong Kong, Taiwan, and Shanghai

Late May, Cultural Exploration. \$2700 (grade 12 only)

- Homestay with Zibo #1 High School in Zibo, China
- Touring with a language/culture theme selected by the group

### Japanese Trips

November 5-17 or 18, one of two options below. \$2700

- 1) Visiting Japanese historical cities and homestay at Shintoku High School & Kojo High School
- 2) Visiting Cambodia and homestay at Kojo High School

February, to Hiroshima with homestay at Nagisa High School (grade 12). \$2700

### All-School Trips

November, Rwanda. \$3500

- Study of post-genocide cultural and political reconstruction
- Conversations with government officials
- Safari
- Gorilla-trekking

February or April, Puerto Rico. \$500

- Visit to schools
- Cultural examination of post-hurricane reconstruction

## Travel Decisions

We determine the safety of our travel decisions from information gathered from the US State Department Travel Advisories, from the travel advisories posted by the country of travel, and from discussions with our sister-schools and other contacts in a country. We check advisories 6 months before, 3 months before, and again just before purchasing plane tickets for any given trip. We will cancel a trip if travel advisories here or abroad are elevated for a particular country or if specific warnings exist saying US citizens are being targeted. We purchase travel insurance for our flights, so if a study tour is cancelled for safety reasons, deposits will be refunded.

## Payment Schedule

Payments can be made according to our schedule below, or in a lump sum, or you may contact Ms. Parham to request a different payment plan. We ask that, if you need an extended payment plan for a November trip, you begin payments over the summer. All payments are refundable until plane tickets are purchased.

Payments may be made in cash or checks. All checks should be made out to NPS. Please put your child's name in the "memo" line of your check. We provide receipts for cash received.

On September 5, a \$250 deposit is due for all trips. This is refundable. Additional payments are non-refundable once plane tickets are purchased.

### November Trip, Japan Kojo: \$2700

Sept 5: \$250 deposit  
Sept 19: Payment 1--\$1225  
Oct 1: Payment 2--\$1225

### February Trip, Japan Hiroshima: \$2700

Sept 5: \$250 deposit  
Oct 1: Payment 1--\$850  
Nov 1: Payment 2--\$800  
December 1: Payment 3--\$800

### November Trip, Rwanda: \$3500

Sept 5: \$250 deposit  
Sept 19: Payment 1--\$1625  
Oct 1: Payment 2--\$1625

### April Trip, China: \$2700

Sept 15: \$250 deposit  
December 1: Payment 1--\$850  
Jan. 12: Payment 2--\$800  
Feb. 12: Payment 3--\$800

### February Trip, Morocco and Qatar: \$2700

Sept 5: \$250 deposit  
Oct 1: Payment 1--\$850  
Nov 1: Payment 2--\$800  
Dec 1: Payment 3--\$800

### May Trip, China: \$2700

Sept 15: \$250 deposit  
Jan 12: Payment 1--\$850  
Feb 12: Payment 2--\$800  
March 12: Payment 3--\$80

### Puerto Rico: approximately \$500.

Sept 5: \$250 deposit  
Final payment date and amount will be announced in September.

# Financial Aid Options

We offer several types of financial aid. Amount of aid given to a single student will depend on the number of students who apply for aid and on the amount of aid available. Students who have received CGS study tour financial aid before, or attended a CGS study tour before, will be placed on the waiting list for aid.

Aid awards will be announced in October.

## Payment Plans

Any student may request a payment plan, even if you do not apply for other types of aid. You may choose payments that fit your schedule, and you may begin making payments now for any trip. If you would like extended payments for the November trip, we ask that you begin making payments over the summer. Please meet the payment deadlines you establish for each trip. See Ms. Parham if there are special circumstances.

## Academic Scholarships

**CGS Scholar:** This is based on academic performance and school involvement. Requires an essay. Award: \$500

**PTSO Scholar:** This is based on academic performance, school involvement, and demonstrated financial need. Your family must be a member of the CGS PTSO. If you are not currently a member, the fee is \$10 and you can join anytime. Requires submitting the PTSO scholarship application.

Award: \$500

**Various Scholarships:** These are based on academic performance and school involvement. Require an essay.

Award: \$100-\$500.

**Papallo Scholar:** This is based on academic performance and school involvement. Requires an essay.

Award: \$250-\$2000. Based on availability of award.

**The Joy Award:** This is a full scholarship to a student who shows strong academic performance, true international-mindedness, integrity, and school involvement. Requires an essay. Award: \$2700-\$3500. Based on availability of award.

## Need-based Aid

This is based on the family's demonstrated financial aid. Requires completing the financial aid form. Award: \$250-\$3200.

- Students who qualify for free/reduced lunch are automatically eligible for need-based aid.
- Other students may submit parents'/guardians' IRS 1040 forms for review.
- If your family's circumstances have changed and are not reflected in your parents' 1040, please provide a written explanation of your current circumstances in addition to their 1040.

## Study Tour Eligibility

All students must meet the following criteria to be eligible for a study tour:

1. Cumulative GPA of 2.2.
2. No failures or H's in the quarter before or quarter of the trip.
3. A grade of C or higher in language class in the quarter before and quarter of the trip.
4. Good behavioral standing. CGS reserves the right to deny participation in the trip for behavioral reasons or concerns about the level of maturity for the trip.

## Study Tour Independent Study Credit

Students who participate in the study tour may receive a ½ elective credit. All students are responsible for completing certain academic expectations. These include:

- Students will ask all teachers for assignments prior to leaving and will complete all assignments.
- Students will participate in mandatory study hall while on the study tour.
- Students will complete any additional assignments while on the study tour, such as the blog assignment.
- Students will complete two weeks of mandatory after-school study hall upon returning from the study tour.
- Students will complete the Study Tour Seminars with a grade of B or higher.
- Students will complete their photo essay project and present it to the chosen audience.

Students who fail to meet initial eligibility requirements may appeal to Ms. Parham. Students who have been approved for the trip, but whose grades or behavior change and who no longer meet the eligibility requirements, may not be allowed to go and may not receive refunds. Make good decisions, please.

## Saturday Seminars

Seminar #1: Date TBA, before the Study Tour. 9 AM to Noon. Topic: Staying with a host family.

Seminar #2: Date TBA, before the Study Tour. 9 AM to Noon. Topic: Being a “student” in the host school and traveling. Typically, a parent meeting follows, from 1-2 p.m.

Seminar #3: Date TBA, after the Study Tour. 8 AM to Noon. Topic: The photo essay project.

# Vaccinations

For US Citizens, no vaccinations are **required** to enter most countries we visit. Currently, the US Center for Disease Control (CDC) **recommends** the following:

## China

Routine vaccinations  
Hepatitis A  
Typhoid

## Morocco and Qatar

Routine vaccinations  
Hepatitis A  
Typhoid

## Rwanda

Routine vaccinations  
Yellow Fever  
Hepatitis A + B  
Malaria  
Typhoid  
Rabies

## Japan

Routine vaccinations

Some travelers may require additional immunizations. Please contact your child's pediatrician soon to discuss the best options for your child.

The Norwalk Health Department has vaccines available. You can contact them as follows:

Phone: 203-854-7776. They have clinic hours on Tuesday mornings and Wednesday afternoons. It can take up to a month to get an appointment. If you live outside Norwalk, please contact your local health department for information.

Check the Department of State website for the current precautions listed for your Tour country:

**<https://travel.state.gov/content/studentsabroad/en/beforeyougo/health/vaccination.html>**

Other helpful websites:

<https://www.cdc.gov/features/vaccines-travel/>

<https://wwwnc.cdc.gov/travel/destinations/list>

# What does a Study Tour Look Like?

## Arrival

- Bus trip to the airport from CGS
- Long waits in lines
- Long flight
- Awesome views
- Exquisite airplane cuisine
- Arrival in host country, meet host families

## A Typical Day being a Guest

- Up, breakfast with family
- Off to school with host sibling
- Meet with CGS group; check in and study hall
- Shadow in classes / special events
- Shadow host sibling to clubs, activities
- Home to dinner with the family
- Study (for your own work, and also so host sibling can study)
- Bed

## A Typical Day Touring

- Up, breakfast, on the bus
- Traveling, sight-seeing, walking, climbing stairs, taking photos
- Traveling, more walking, more stairs, more photos, bus tour, local cuisine for lunch
- More walking. Even more stairs.
- Dinner, more local cuisine, more walking, and back to hotel
- Study hall!
- Curfew

## Departure

- Tears and wailing
- Ride to airport
- Long waits in lines. More tears and wailing.
- Long flight, awesome views
- Strong sense of guilt: you should be finishing your homework but you're much too exhausted
- Bus from airport to CGS
- Family awaiting you eagerly at CGS

# Traveling

## Passport

- Make a copy (keep separate from passport) and memorize your number, date, and place of issue in case it gets lost. Leave a copy of your passport (picture page) with your parents/guardians. We will have a copy in CGS, too.
- Get a special travel pack (money belt, neck pouch) for valuables including your passport. You will need your passport to change money and for flights in/out of the country.

## Money

- Cash and/or Debit Cards (best exchange rate): Get a 4-digit password.
- Credit cards are accepted in major cities, but not in rural areas.
- Traveler's checks are not recommended at this point.
- The amount of spending money to bring is up to the individual.

## Packing & Clothing

- Comfortable shoes—Sneakers are ideal. Don't let blisters slow you down!
- Pajamas (your classmates and host families will see you in your pajamas)
- Bring clothes that mix & match, hide stains, and resist wrinkles.
- Bring extra socks, underwear, and other inner-wear to last the trip. You may not be able to do laundry.
- ***Don't over pack.*** It is OKAY to wear the same outer-outfit for a few days.
- Special Clothing:
  - Trips to Japan will require the school's uniform
  - Some trips will require one slightly dressy, conservative outfit
- NO tank/spaghetti strapped tops, low-cut tops, midriff tops, low-rise pants or ripped jeans.
- Be conservative in your clothing, accessories, hair, and makeup.
- Remember to leave room in your luggage for gifts and souvenirs that you will buy.

## Laundry

Don't count on having access to do laundry. In emergencies, you can ask to do a load of laundry at your host family's apartment. You can also hand-wash garments at night in the hotel. In general, be ready to recycle outer-garments.

## Personal Hygiene

Even if you can't do laundry regularly, make a plan so you don't get funky. Be considerate of your bus-mates.

## Luggage

- One checked bag.
  - Typically, a bag must weigh under 40 LB. Most airlines require dimensions not exceeding 30" x 18" x 10"
  - Wheeled suitcase is recommended.
- One carry-on bag (a small backpack or shoulder bag is recommended) which can also be used for touring.
  - Pack a toothbrush, small toothpaste, deodorant, and floss for the long trip.
- Toiletries - pack liquid items in Ziploc bags to prevent leaks; only pack travel size bottles, none over 3 ounces. Extra Ziploc bags are a good idea to keep your luggage contents organized and give you more space for new purchases.



## Other Helpful Items

- Earplugs
- Extra pair of prescription glasses/contacts; and or sunglasses
- Sunscreen
- Journal for keeping notes and observations
- Camera or smartphone
- Extra battery charger
- Outlet plug converter/adaptor
- Personal hygiene products
- Tissue packets for use in public restrooms; travel size hand sanitizer or anti-bacterial wipes
- Any personal favorite snacks/protein bars
- Vitamins
- Medicines: Aspirin or Tylenol, Imodium or Pepto-Bismol, lozenges, decongestants, your own special medications, Band-Aids (**As per Norwalk Public Schools policy, you will need Physician Authorization for all medications, over-the-counter and prescriptions**)

## Gifts

You should bring gifts for your host family. Think small, lightweight, and unique gifts:

- CGS T-Shirts make nice gifts for your homestay family
- Homemade photo album of your life and family in the USA
- Unique objects/gifts that are meaningful, representative of New England or American culture
- T-shirts, hats or bags with English writing, especially famous university, high school, or sports teams logos
- Candies and Snacks: gum, gummy bears, fruit snacks, jelly beans, chocolates, cookies (Pepperidge Farm is based in Norwalk), Girl Scouts Cookies and popcorn.

## Food and Water

- ***Drink only boiled or bottled water. And avoid ice.*** Use boiled or bottled water for brushing teeth. Tap water is only for washing up. (Japan is the exception.)
- Drink plenty of fluids, especially while we are touring.
- Do not buy food on the streets. Exceptions are food that you see being cooked and served hot on clean or disposable plates and commercially packaged foods.
- Do not eat raw vegetables or unwashed fruits.

## Electricity

- There are 2 types of adjustments for electricity: converters, which change the voltage, and adaptors, which change the shape of the plug-in. Most phones do not need converters.
- Use the chart below to find the voltage (V) for each country. Then, check the back of your device to see if you need a voltage converter.
- You will need an adaptor so your device fits the plug. An outlet plug adapter can be purchased from any major chain, such as CVS, Target, REI, EMS, and Radio Shack.

→ China: 220 V. 50 Hz. Plug Type: A / C / I

→ Japan: 100 V. 50 Hz / 60 Hz. Plug Type: A / B

→ Qatar: 240 V. 50 Hz. Plug Type: D / G

→ Morocco: 220 V. 50 Hz. Plug Type: C / E

→ Rwanda: 230 V. 50 Hz. Plug Type: C / J

## **Communication**

- Teachers will have portable wifi with them at all times, so students or parents can always reach them by phone.
- Contact your phone carrier before leaving for the study tour; arrange for wifi only, if possible, to avoid massive data charges. Alert them that you will be making overseas calls.
- Students and chaperones will join a wifi-based app to stay in communication during the trip.
- Students and chaperones will post daily blog posts to keep family and friends updated.
- Portable wifi will allow students some access to teacher websites and online materials during study halls.

## **Insurance**

We purchase limited insurance (both medical and trip coverage) for the tours. Please check with your insurance company to make sure that your child has health insurance coverage abroad.

## **Health Forms**

All students traveling abroad must complete a health form for the BMHS school nurse (this is part of the permission slip form). If the student has any medication on file with the nurse's office, or if the nurse is aware of any other medication a student normally takes or plans on taking, the health form **MUST** be signed by a physician indicating that the student can self-administer the medication. (The health form is included in the Forms Packet.)