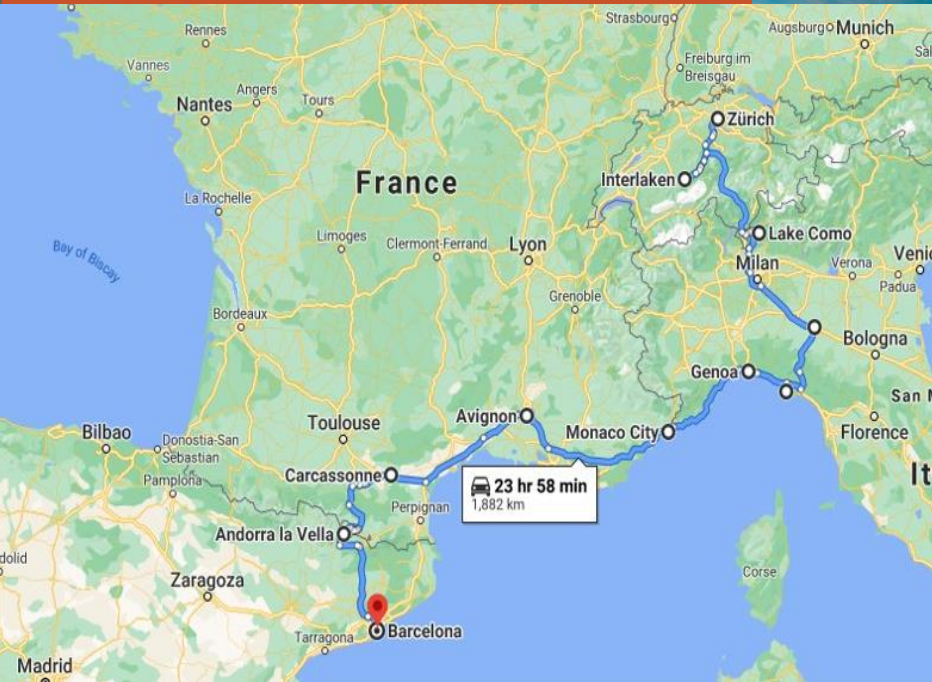


Switzerland to Spain

The Six (Countries) in One Tour

June 20 - 30, 2023



*Note – this trip is not affiliated with Moscow Middle School or the Moscow School District. It is an independent student/parent educational opportunity.

All the information from this meeting
can be found at: globalxpedititions.weebly.com

Switzerland to Spain

The Six (Countries) in One Tour

June 20 - 30, 2023



GlobalXpedititions

Expanding your worldview through international travel

Moscow, Idaho – globalxpedititions.weebly.com



👍 "like" us on
facebook

At "Globalxpedititions"



Agenda

- Welcome: Cell phones off please
- Just 106 days away 😊
- Email updates
- Collection of Passport and Emergency Cards
- Photo Book and Mug Shots
- Rules and roles
- Safety Matters
- Travel leaders & Tour Director: Michael
- Travel Itinerary update and map
- When do we leave
- Counting groups
- Rooming arrangements and expectations
- Covid protocols
- Ubuntu and travel mantras
- Traveler vs. Tourist
- Social Media and Photo Etiquette
- Travel tips & Phones, debit cards, etc.
- Currencies and spending cash
- Luggage and liquids talk
- Homesickness and medical supplies
- Team building
- Travel gifts
- Next meetings
- Questions, Comments, Freaking Outs 😊





- It is very important to make sure you read all emails that relate to this trip
- Please notify us of email address changes or if you have additional ones to add to our list
- All traveling students should have an active email and check it regularly
- Action Required vs No Action Required
- 60 days out expect
 - *“THE BIG Email – Know before your go”*



Passports & Emergency Contact Information

- Thank you for providing the FIVE color copies of the Traveler Emergency and Insurance form

- All items will be added to our traveler contact info and medical books we carry while on tour


- **Any updates** prior to travel send them to us ... **accuracy matters**

- While on tour we will carry your passport and Vax Cards
 - Buy a Vax Card Protector NOW



COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.
Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.



Last Name _____ First Name _____ MI _____

Date of birth _____ Patient number (medical record or IIS record number) _____

Vaccine	Product Name/Manufacturer		Date	Healthcare Professional or Clinic Site
	Lot Number			
1 st Dose COVID-19			mm dd yy	
2 nd Dose COVID-19			mm dd yy	
Other			mm dd yy	
Other			mm dd yy	



Photo Mug Shots

Purpose:

- ❖ To get familiar with the group

Share with:

- ❖ Traveling parents
- ❖ Traveling kids
- ❖ Your tour directors
- ❖ Other group leaders



Make sure I got your photo tonight to create our mug shot book

Rules and Roles

GlobalXpeditions Travel Rules and Expectations

Travel Company's Role: The travel company we select is responsible for coordinating all logistical aspects of our travel adventure. They will plan our breakfasts and dinners, transportation, accommodations, excursion information, and much more. They will also provide local knowledge about our destination and will be available 24/7 to assist the group in any way that is needed.

Trip Advisors' Role: Our job as trip advisors is to set our behavioral expectations for the group (see below). We will also oversee all trip supervision and discipline (if needed) and we will stay behind in the rare case of an emergency (i.e., medical issue, a passport is lost or stolen, etc.). Lastly, we will ensure that every student and trip participant is fully supported while abroad.

Adult Role: All adult trip participants, besides the travel staff and the trip advisors, fall into this category.

- The most important role of the adult participants is to be supportive and always encouraging to all students and ALWAYS model good behavior.

- Adults must act as strong role models for the student participant. Please adhere to the following rules during the trip:

- All adults are expected to attend ALL group activities and shall understand that all group activities are mandatory to attend.

- No person of the opposite sex is allowed into your room at any time.

- The use of substances that are illegal in Idaho (including vaping) are forbidden on ALL tours (To be clear, even if something is legal in another country but is not allowed in Idaho, it is not allowed on this tour).

- Adults - Excessive use of alcohol or intoxication is also strictly prohibited on tour.

- All students are to participate in ALL group activities and shall understand that all group activities are mandatory to attend.

- No individual is allowed outside of their hotel at night. Each night after the group checks into the hotel rooms the advisors will set a reasonable time to be in rooms; these times are to be strictly followed.

- All students are to have fun, be flexible, and learn about a new culture.

- All students are to be respectful. This includes showing respect to the people we might meet while on the trip. This also includes respecting the local customs and traditions of the countries we visit.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- Any smoking, drinking, or use of illegal substances are forbidden on this tour. The possession of inappropriate materials, weapons, drug paraphernalia, etc. is also strictly prohibited. To be clear regardless of the laws within the countries we visit, if something is NOT legal in Idaho it is not allowed on this tour at any time.

- No one is allowed to invite people from outside of our trip to "hang out" or be around our group without the approval of an advisor.

- Students are to be respectful. This includes showing respect to the people we might meet while on the trip. This also includes respecting the local customs and traditions of the countries we visit.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

- No one is to ever venture off on their own without the approval of an advisor.

➤ *If you can't be trusted at home and school than you may want to reconsider staying on this tour.*

➤ *Breaking these rules could land you back on very expensive plane ticket home. Be Good! 😊*



Safetymatters

- Explorica, State Department, CDC
 - Matthew and Jason don't decide when it is safe to travel ... we have a network of experts.
- We will re-evaluate every trip IF something arises in that area, region, etc.
- Seen it before...Japan and Tsunami, China and North Korea issues, France and train strikes, Turkey and security issues, Covid 19 pandemic.
- What happens if a new Covid surge arises
 - What if the trip cancels?
 - What if...



Trip Leaders: Jason Albrecht, Matthew Haley, Stacy Albrecht,
Daniel Haley, and Sara Lawrence



Student Applicants – Trip focus
Adult Applicants – Supporting role

Meet our Tour Director

Michael Wighton

Michael Wighton was born and raised in Canada, with a basketball in his hand and track cleats on his feet. During high school, he was developed by the same coach and program as Steve Nash, becoming provincial champions and reaching the 2nd ranking nationally, as well as earning his place as starting shooting guard for various regional select teams. Since college, Michael has spent nearly every year of his life abroad, now following a career in the arts. Armed with a Yale undergraduate degree and a Master's degree in Acting from the Moscow Art Theatre, he has been lucky enough to become a university professor and soap opera star in Greece, a globetrotting stage actor throughout Europe and Russia, a translator in Switzerland, a vagabond in Japan, and now a proud father in Copenhagen. To this day he still takes part in sport as often as possible, somehow managing to keep up with the young-uns, especially where it involves a beach and a volleyball. Travelling remains a lifelong passion too, making sure to always have trekked through more countries than the number of candles on his birthday cake.



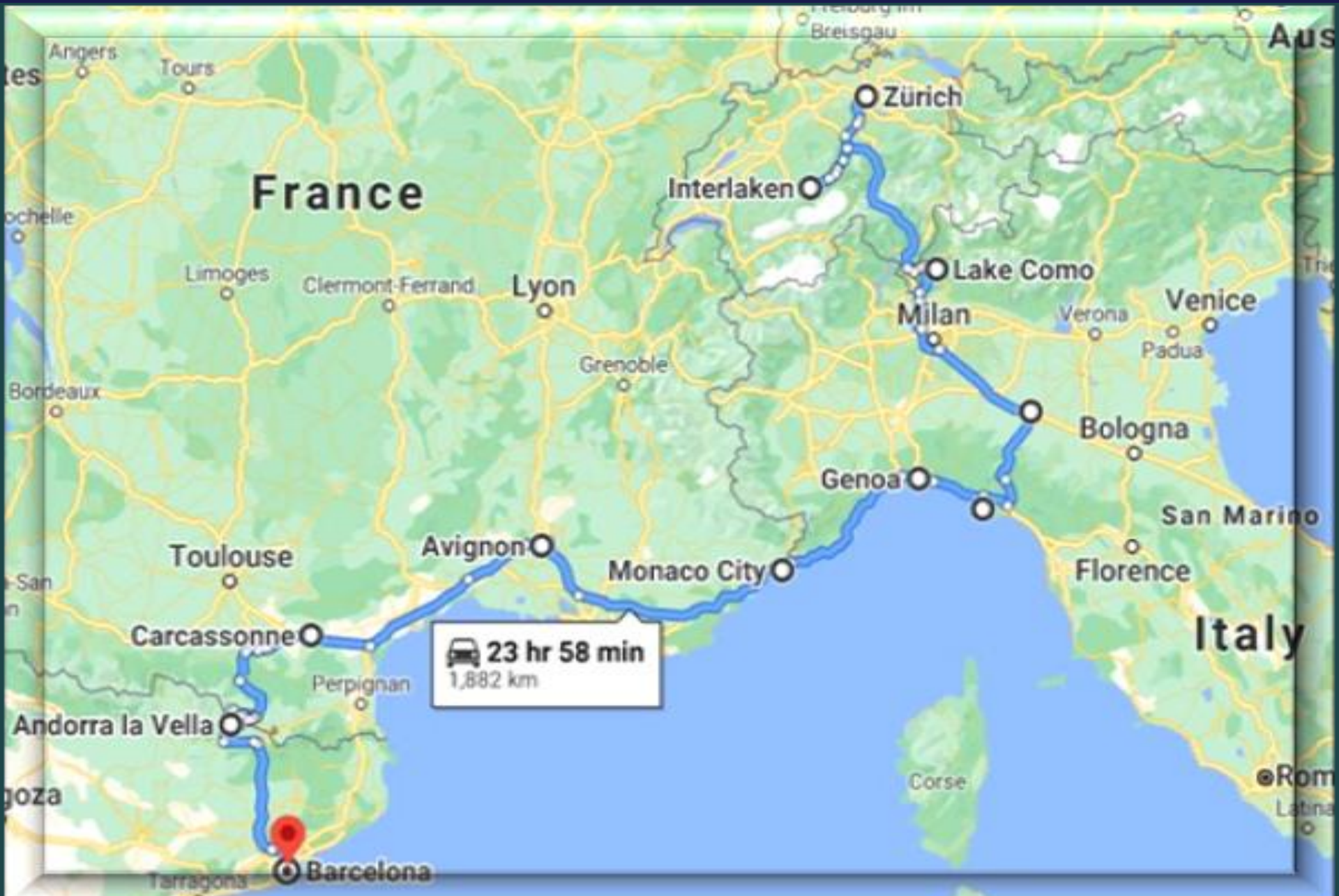
Itinerary Update

- Only 106 Days Away!!!!
 - (Departure date June 20)
- We will be riding a bus together to Seattle and are flying out from there
- Expect an early bus from MMS



- Flights: Middle seats and we are spread throughout the plane
- Flights will be shared as soon as they are confirmed (Early May)

Our adventure route



When do we leave??



No updates currently. Should be coming soon 😊

- Pre – Departure Meeting on 6-19-23 at 6pm at MMS
- Bus Meeting time at MMS: EARLY on 6-20-23
 - Will be updated as soon as we have the flights
- All Stay Behinds should already be set with Explorica and contacted by JP
 - No New Stay Behinds are Allowed

Switzerland to Spain Counting Groups

Jason and Stacy's Group

1	Jason	Albrecht
2	Jessie	Hansen
3	Ashley	Hansen
4	Mary	Martin
5	Max	Martin
6	Liam	Bacon
7	Baylee	Carpenter
8	Riley	Edwards
9	Miranda	Fenley
10	Ethan	Fenley
11	Arlo	Woodland
12	Haili	Hull
13	Dakoda	LameBull
14	Sara	Lawrence
15	Thomas	Lawrence
16	Orion	McClory
17	Mattea	Nuhn
18	Charlie	Roesler
19	Holly	Steele
20	Kiera	Steele
21	Marcus	Swift
22	Lydia	Watson
23	Elliana	McFarland
24	Stacy	Albrecht



**Rule
of 4**

We ALWAYS
travel in small
groups of no
less than FOUR



Let's Practice

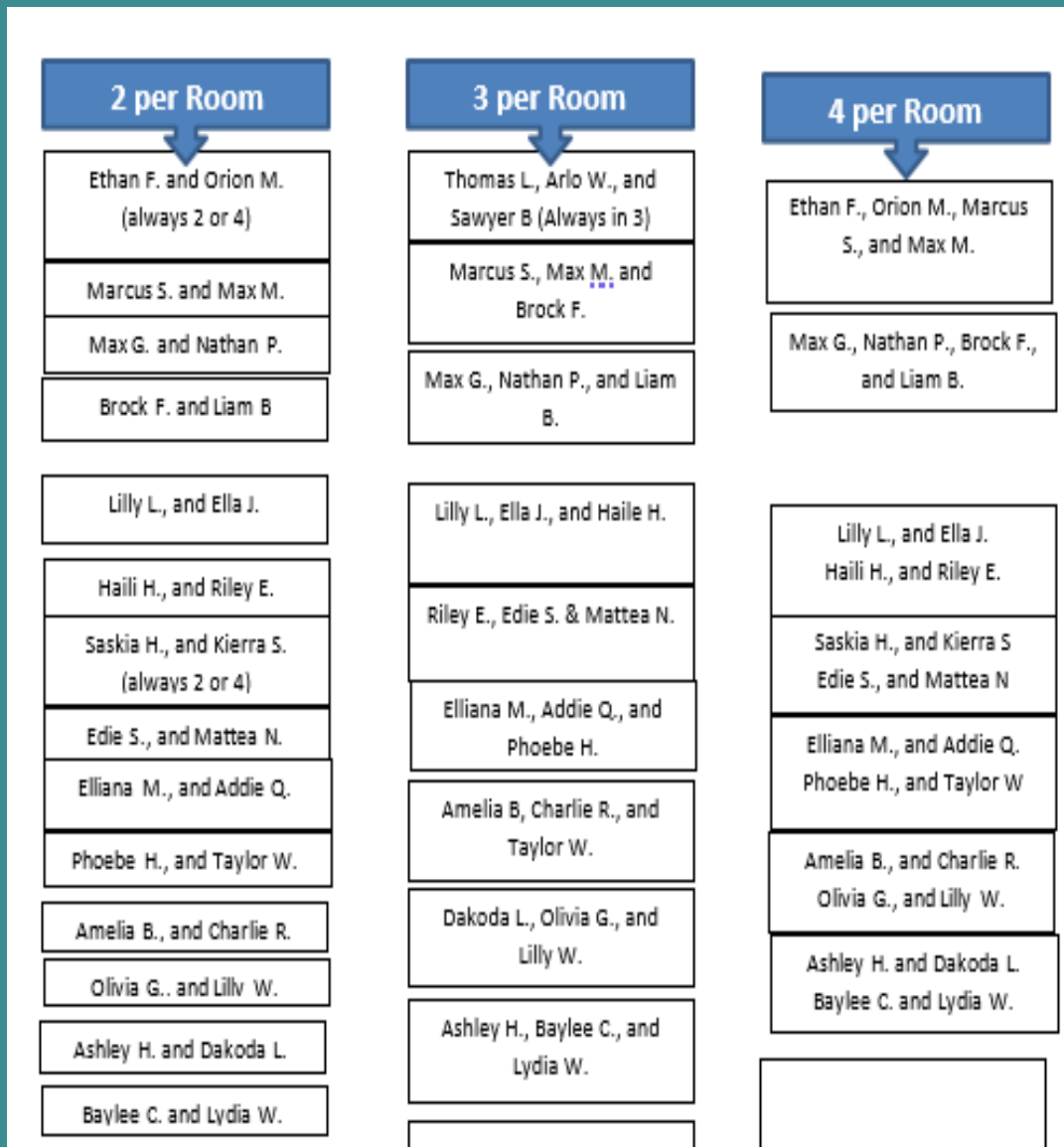
Matthew and Daniel's Group

1	Matthew	Haley
2	Cara	Haley
3	Kenadie	Haley
4	Lynne	Haley
5	Phoebe	Haley
6	Lorie	Quist
7	Adelaide	Quist
8	Max	Gropp
9	Saskia	Hohenlohe
10	Ella	Julye
11	Nathan	Poler
12	Edie	Sumner
13	Lilly	Loftus
14	Jessica	Loftus
15	Sawyer	Belknap
16	Lisa	Belknap
17	Genevieve	Fealy
18	Brock	Fealy
19	Olivia	Goodrich
20	Wendy	Goodrich
21	Lilly	Wight
22	Cody	Williams
23	Taylor	Williams
24	Amelia	Barker
25	Daniel	Haley

Rooming arrangements for Kids

These are set up to accommodate different rooming options that may occur on the trip. They were created based on your recommendations and our rooming needs.

Thank you for being flexible...remember we are in Europe!



Remember we EXPECT your best behavior. That's why we chose YOU to come on this adventure. We expect the best from the best!

Rooming arrangements for adults

2 per Room Separate Beds

Mary Martin and Jessie
Hansen

Lynne Haley and Gen Fealy

Holly Steele and Lorie Quist

Jessica Loftus and Miranda
Fenley

Wendy Goodrich and Lisa
Belknap

Sara Lawrence and Cody
Williams

2 per Room Shared Bed

Jason and Stacy Albrecht

Matthew, Cara, Kenadie

Singles

Daniel Haley



We're back 😊

How has Covid changed our trips?

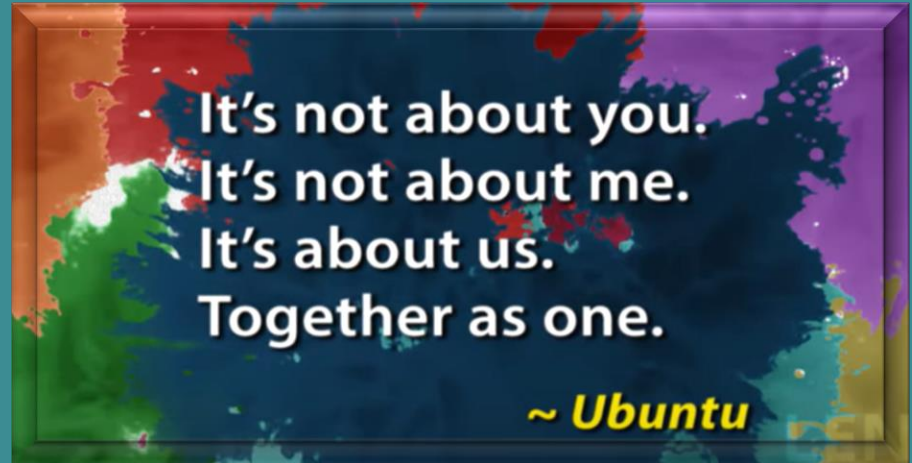


Travel in the age of Covid

- **Flexibility** and **adaptability** are KEY for all international travel
 - Full Vaccinations with two boosters (Adults) one for (students) are being required prior to travel
 - Masks must be carried and used if required
 - **Note:** ALL OF THESE MAY CHANGE BEFORE WE TRAVEL ... so be FLEXIBLE

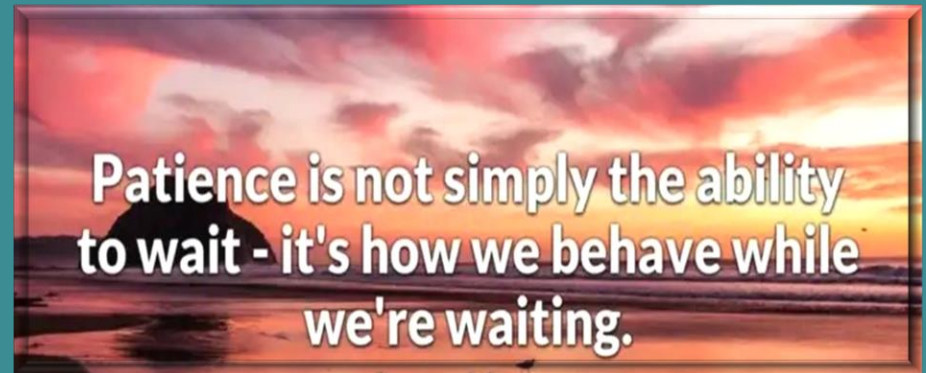
Traveler Ubuntu

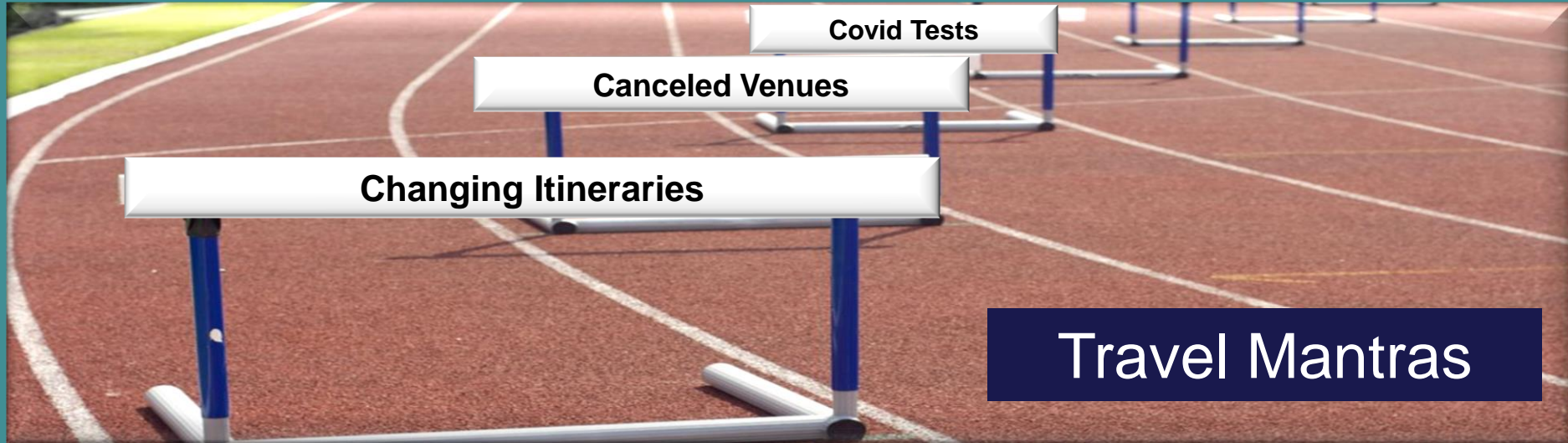
“We are in this together!
We are a travel family!
Each part/choice/action
that a person makes will
impact everyone.”



Educational Group travel requires of both students and parents:

- Flexibility
- Patience
- Cooperation
- Following the lead of your tour leaders





Travel Mantras

- With these potential hurdles our group needs to embrace these ideas:
- "Hurry up and wait" - We will have very busy and very slow times
- "Rolling with the punches" - When you are tired, stressed, and annoyed you need to still be a GREAT teammate!
- "We are in this together! We are a travel family!"
 - Each part/choice/action that a person makes will impact everyone."
- Remember we are lucky to travel ... Be ready for anything

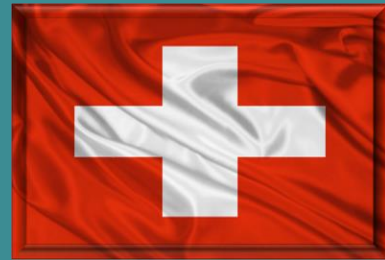
Tourist vs. Traveler

	OBSERVES	
Just there to look around and see the notable "must sees"		EXPERIENCES
		Immerses themselves in the culture
STICKS OUT		BLENDS IN
Separates themselves from the people and the local culture		Makes friends and connections with the locals
COMPLAINS		CURIOUS
Constantly makes comparisons between here and home		Asks questions and explore with an open mind
OBLIVIOUS		SENSITIVE
Doesn't pay attention to people or surroundings		Aware and respectful of cultural norms
RESULT		GOAL
A nice tan and a thinner wallet		Values are shaped and lifetime experience is gained
SOUVENIR		KEEPSAKE
An overpriced gift shop trinket		A unique piece of physical culture

2 tips for avoiding the stereotypes:

- 1 BE RESPECTFUL**
Wherever you are, be respectful of the cultural traditions and values of the place you're visiting.
- 2 BE YOURSELF**
Don't disregard or disown your own identity. Stay true to yourself, while still acclimating to the present culture.

Remember we are guests in their countries!!!



Switzerland



Italy



Monaco



France



Andorra



Spain

Social Media and Photo Etiquette

Think about appropriate times to take photos

- Hotel rooms and bathrooms are NEVER OK
 - Pictures in these settings should not be taken or shared

➤ Think before you snap and reflect before you post

- If you need to ask if it is appropriate ... it is probably NOT

➤ Always ask permission – It is ok to ask and never OK to embarrass someone

➤ We have a Zero Tolerance Policy while on tour - which you signed already



A few more travel tips

Do try to speak the language. Everyone appreciates the effort, but may respond in English as they love to practice what they've learned (*will practice next meeting*)



Do expect to walk 15,000 + steps per day
wear comfortable shoes

Don't be surprised to find businesses and shops closed for an hour or two between 1 p.m. and 4 p.m.

Do dress appropriately when visiting churches. When entering any church be sure that your shoulders, knees and midriff are covered

Don't eat and **do** turn off cell phones when visiting museums and churches. Do keep your voice down



Do buy a "Dumb" watch with an alarm
your cell phones may not always work and remember "If you are not early you are late!"



Do eat sweets
every day
It's that good



Cell Phones, Debit Cards, & Internet

- Check your phones and know your phone company's policies for international travel!



- Check with your bank and let them know you will be traveling overseas!
- Check that your name is on YOUR bank card and know your NUMERICAL pin #. Practice prior to travel! 😊
- We will stop at ATMS when we arrive in country and will give you an idea as to how much to get at that time.



- Follow Facebook to keep connected and expect a few emails from Matthew while on tour

Six countries and two currencies



Switzerland uses the Swiss Franc
1 Swiss Franc = 1.09 USD



Euros will be used throughout the rest of the trip
rate is 1 Euro = 1.09 USD



Spending Cash

- \$500 spending cash encouraged for lunches and souvenirs
- If Covid tests are required by countries or airlines, then this is an additional expense to the applicant – estimated \$200



Luggage

- Pack once, then remove 1/3 - Pack light
- Parents have the final say on what you pack
- Understand the 3 1 1 policy for liquids (3 oz bottles, 1 quart size bag, 1 bag only)
- Lost luggage – pack your backpack with essentials ... just in case
- One small carry-on plus one personal item
- Pack an extra bag and send gifts home
- See our full packing list on our website for your travel prep



Homesickness while on tour???

Know that homesickness is very common on all travel tours. You are away from home, in different beds, eating strange foods, and touring with new people. Don't be embarrassed if you are homesick. But you do need to work through it.

TRAVELERS: Here is how to work through your homesickness:

While on tour:

- Make the most of your tour – Stay positive
- Use your friends and roommates to minimize homesickness
 - Talk about it with them if needed
- Make sure to check in at home occasionally
- If you start feeling overly homesick ... let Sara know!



PARENTS: If your child reaches out to you while on tour about being homesick:

- Remind your child that it is normal
- Keep your child positive – Remind them that this tour is short and life changing, and they will be home soon! Enjoy it while you are there!
- Encourage them to chat with their friends and Sara

Keep safe and be prepared while on tour

Make sure you are prepared while on tour to help yourself when needed:



We have other items too but here are basic items for you to pack: Basic medical kit might include:

- Band aides, pills to consider: Ibuprofen/Tylenol, Pepto-Bismol, Dramamine (non-drowsy), cough drops/lozenges

- *If taking these items, please let our medical person know – need help with dosages? We can assist!!!!*

- *We do have a medical person available, but they are not a walking pharmacy – if travelers need additional resources, they will need to purchase those while on tour – help can be provided in purchasing these items if needed*



- Prescription Medicines: Pack what you need: Make sure to include them on your emergency information form and carry them in their original containers

- All travelers must be independent and competent in the taking of their own medications - Discuss dosages with your child before tour



Keep safe and be prepared while on tour

PREVENTION is always best – How to stay healthy:

- Keep hydrated while on tour
- Protect yourself from the sun – Sun hat and sunscreen
- Everyone carries an airline “sick bag”



Food Allergies while on tour:

- Allergy table cards prevent food confusion – Make sure your allergies are known and updated
- This will be provided to you prior to the tour departure by your travel leaders



Team Building Saturday on *May 20 at 9am-1pm at Phillip's Farm*

Critical team building for our group
to be able to travel successfully

Team Goals

- Learn names and faces
- Discuss and work on the dynamics of international group travel
- Promote flexibility in the post Covid traveling world



ALL travelers (Adult and Student) MUST attend... Mark your calendars now

Gifts for your Adventurer

- ✓ Money belt
- ✓ Travel wallet with a zipper pouch
- ✓ Carry on luggage (22"-14"-9")
- ✓ Book about our destination
- ✓ Adaptor pack & voltage converters
- ✓ Reusable TSA approved toiletries bag
- ✓ Tri-State or similar gift card
- ✓ "Non smart" watch
- ✓ Light weight and easy dry clothes
- ✓ Scarf for cover up
- ✓ Portable charger
- ✓ Ear buds/headphones
- ✓ Neck pillow/ eye mask
- ✓ Reusable water bottle
- ✓ Travel journal
- ✓ Travel toiletries kit
- ✓ Mini first aid kit
- ✓ Comfortable facemask



Switzerland-Spain 2023– Schedule of meetings/events

- March 6, 2023 History and travel logistics @ 7pm in the MPR
- May 8, 2023 Pre-travel information @ 7pm in the MPR
- May 20, 2023 Saturday Team Building Day #2 (pre-trip) 9am-1pm at Phillips Farm
- June 19, 2023 Night before departure meeting. Time TBD
- June 20-30, 2023 Our adventure is on!
- August 21, 2023 Reunion Dinner 7pm @ Gambino's

All meetings and times are subject to change and you will be notified of any changes in advance. Please remember that all travel participants, including traveling adults, are required to attend at least 85% of all team meetings.

Questions, Comments, and/or Freaking Outs



This PowerPoint and more information can be found at our website:



GlobalXpeditions

Expanding your worldview through international travel

Moscow, Idaho – globalxpeditions.weebly.com



 "like" us on
facebook

At "Globalxpeditions"

