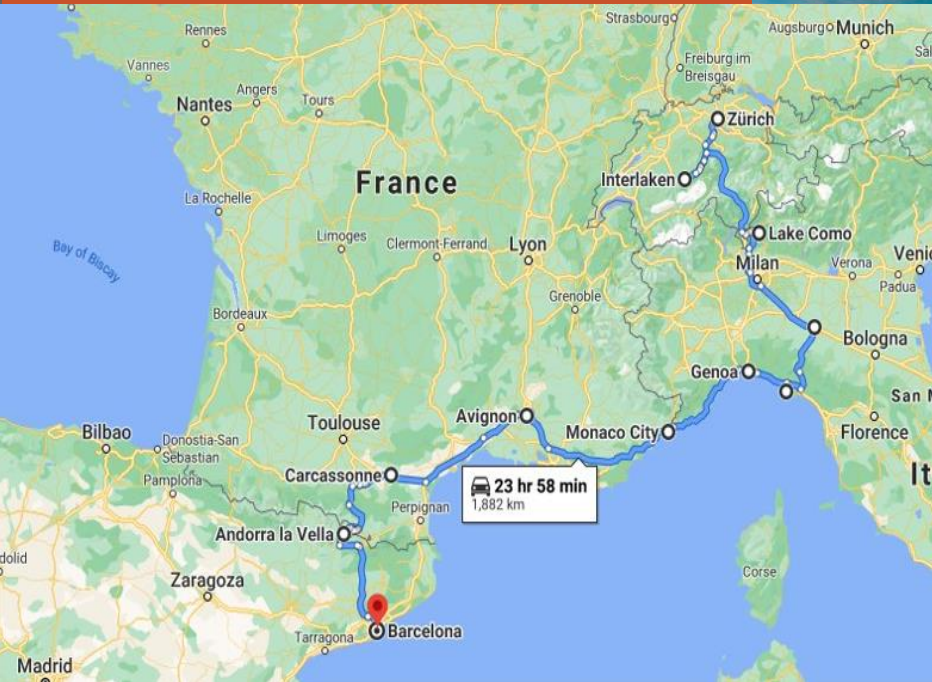


# Switzerland to Spain

*The Six (Countries) in One Tour*

*June 19 - 29, 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](http://globalxpedititions.weebly.com)

Switzerland to Spain

*The Six (Countries) in One Tour*

*June 19 - 29, 2023*



**GlobalXpedititions**

*Expanding your worldview through international travel*

Moscow, Idaho – [globalxpedititions.weebly.com](http://globalxpedititions.weebly.com)

  "like" us on  
**facebook**  
At "Globalxpedititions"



# Meeting Agenda

- Website and Facebook
- Whose traveling with us and our trip leaders
- Read emails and let us know if your account changes
- Safety, Global State of Travel and Explorica
- How has Covid changed our trip
- Hurdles to Travel
- Traveler's Ubuntu
- Itinerary Update: a few venue changes
- Upcoming deadlines
- Spending cash and itinerary
- Items for the group (passports, expectations, rooming)
- Rules and Roles
- Social Media Etiquette
- Rooming requests
- A few more travel tips (luggage, dress, religious sites)
- Home sickness
- Keep safe and be prepared on tour
- Team Building
- Wreathe Wrap up
- Holiday gift list
- Future meetings
- Questions and/or concerns



# 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



## 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

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



Student Applicants – Trip focus  
Adult Applicants – Supporting role



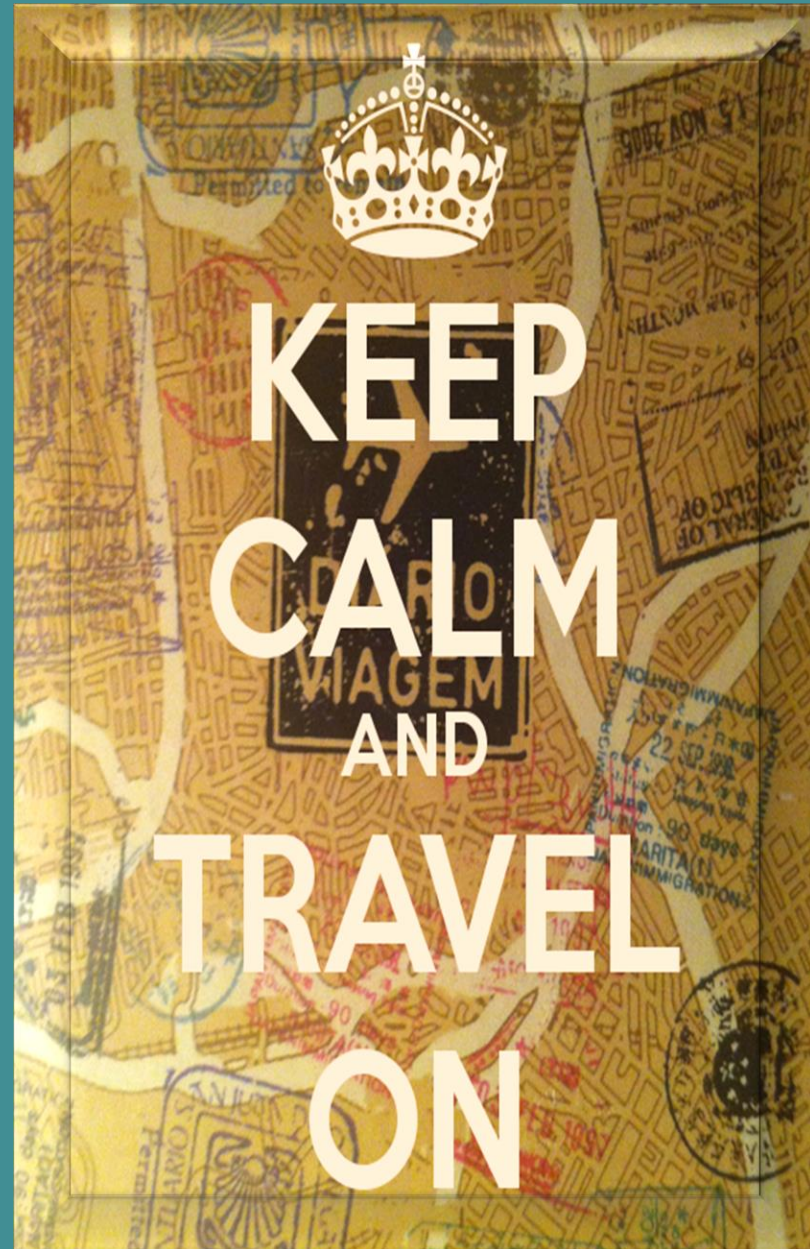
- It is very important to make sure you read all emails that relate to this trip
- Please notify us of email address changes or if you have additional ones to add to our list
- All traveling students should have an active email and check it regularly





# **Safety**matters

- 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 again?
  - What if...



# We're back 😊

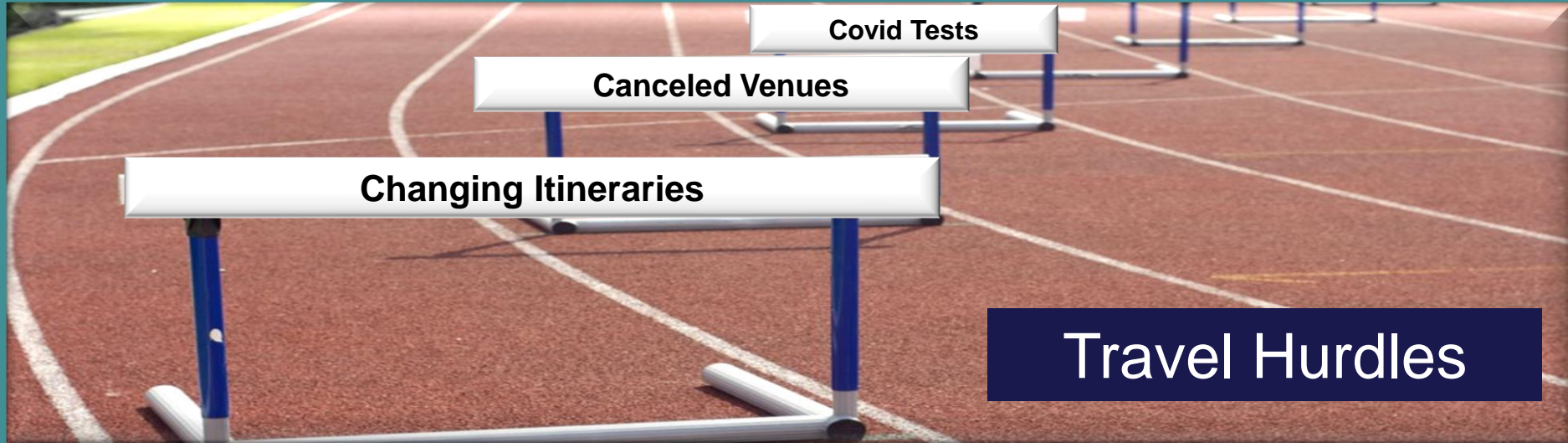
## How has Covid changed our trips?



## Travel in the age of Covid

- **Flexibility** and **adaptability** are KEY for all international travel
  - Full Vaccinations with two boosters are being required prior to travel
  - Masks, spacing, and traveling/rooming in pods are possible
  - Passports are taking longer to get You should have them by now
  - **Note:** ALL OF THESE MAY CHANGE BEFORE WE TRAVEL ... so be FLEXIBLE



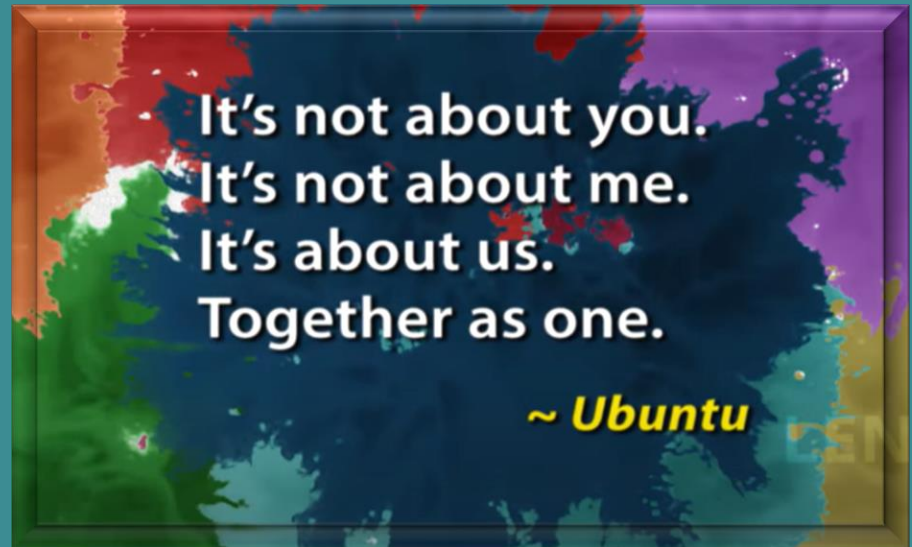


## Travel Hurdles

- With these potential hurdles our group needs to embrace this 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

# 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



# Itinerary Update

- Only 195 Days Away!!!!
  - (Departure date June 19<sup>th</sup> )
- We will be riding a bus together up to Spokane and are flying out from there ...Time TBA



- Flights: Middle seats and we are spread throughout the plane.
- A few tweaks:
  - Train to Schynige Platte is now a gondola ride up Mt Eigergletscher
  - Genoa beach IF time permits
  - Medieval dinner is now a flamenco show

- Transportation to the airport options: Time of flights will determine airport transportation and meeting the night before

# 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.



# Upcoming deadlines



110 days prior to departure: 3/1/23

- **Last date for ANY name changes( \$200 fee after this date)**  
Please confirm that all participants' first, middle, and last names (including your own) are spelled correctly and match EXACTLY as they appear on their passports. Also, confirm all birth dates are listed and correct. Make sure to send Explorica your passport information
- **Last Day for Individuals to Submit any Special Travel Requests**  
please have any travelers interested in doing this contact us before this date. (Staying longer, special rooming, food allergies, etc.) **flight stay behind changes (for a \$195 fee plus change in airport fees)**
- **Participants NOT on monthly auto-pay**  
**75% of Tour Balance Due on 3/1/2023 for all participants**  
*(The remaining amount 25% IS DUE BY 4/15/2023)*

# 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



# Items for the Group

- We will carry all passports and Vaccination Cards... take photos on your phone
- Rooming requests are considered and accommodated as much as possible – Be flexible
- Buy a watch with an alarm  
Cell phones may not work



“If you’re not early you’re late”

# Passports

- Valid through **December 2023** (6 months after our return date)
- Passports will be checked at our March meeting and must be in hand by then. Make sure it is signed



- ALSO... Double check that the name on your Explorica account matches your passport EXACTLY



# 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 forbidden on this tour).

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

- All passports are held by Jason and Matthew.
- All participants are expected to have fun, be flexible, and learn about a new culture.

### Student's Role:

- The role of all student participants is to have fun, increase global understanding, and to create new friendships and lifelong memories.

- To ensure that you accomplish this goal, please adhere to the following rules:

- All students are to participate in 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.
- No individuals are 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.

- 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 being respectful to the environment.

- 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! 😊*

# Social Media Etiquette: How to travel in the social media age

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



# Hotels are being booked

**June 20 - 22**

Hotel Bellevue  
Baren  
Dorfstrasse  
Switzerland



**June 27 - 29**

Hotel Rialto Barcelona,  
Spain



**June 24 -25**

Ibis Hotel  
Styles Nice  
Vieux Port,  
Nice, France



**June 26 - 27**

Hotel Adonis la  
Barbacane  
Carcassonne,  
France



# Room Request Information

- Rooming assignments based on your requests as much as possible. List will be ready by the next meeting in March.
- Each person should be rooming with at least one person that they requested ... we will try to accommodate everyone to the best of our ability
- Understand that this might change depending on our grouping needs while on the ground



\*\*If a student wants to request a twin room it is \$30 per hotel room/night and for adults to request a single it is \$40 per hotel room/night.\*\*

# Final Rooming Arrangements

- Please write down three people that you would enjoy rooming with while abroad
- We will do our best to honor these requests but WILL NOT guarantee anything
- While abroad, rooming is a changing thing ... BE FLEXIBLE!
- You may only record three people
- All adults will room with another adult
- Private rooms for adults are available for an additional charge (\$40/night)

-----  
I, (Print your first and last name) \_\_\_\_\_, would like to room with the following three people; they are listed below in order of preference.

(Note: Please do not feel like you need to preference three people or anyone at all. Three is the maximum amount of people you can preference, but there is no minimum. If you do not have a preference, please check the box at the bottom that indicates that and we will automatically place you in a group).

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

I do not have a rooming preference!

# 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 a lot – wear comfortable shoes

**Do** dress appropriately when visiting churches. When entering any church in Italy, 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



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

**Do** eat sweets every day  
It's that good



# Luggage



- Pack once, then remove 1/3 😊
  - Pack light
- Parents have the final say on what you pack
- 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
- Full packing details will be shared next meeting but our full packing list is already located on our website



# 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.

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, on tour
- If you start feeling overly homesick ... let Sara know!



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

- Remind your child that it is normal
- Keep your child positive – Don't let them be upset and frustrated while on tour
- 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

➤ All travelers must be independent and competent in the taking of their own medications



# 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

### Food Allergy or Dietary Restriction Card

Name of Traveler:

*Jason Albrecht*

Food Allergen that **MUST** be avoided



GLUTEN



PEANUTS

# Talking points from Sara Lawrence

- This is a wonderful opportunity for students to practice being responsible for their own physical health in a controlled environment! I will be just a shout away when needed and we can partner together.
- Parents, set them up for success! Go through the kit with your kiddos and talk about each item, i.e.. what is each item, what is it used for, how is it used, can I do this by myself?
- The med person will have a supply of all these items as well and many, many more for the “not so common” occurrences and emergencies. Parents don't need to send items for every possible issue they can think of.



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

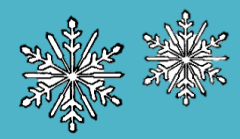
Critical team building for our group  
to be able to travel successfully

## 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



# Holiday 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



# Switzerland-Spain 2023– Schedule of meetings/events

- Dec. 5, 2022 Culture Night & final rooming preferences, roles/expectations, etc. @ 7pm in the MPR
- 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 18, 2023 Night before departure meeting. Time TBD
- June 19-29, 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](http://globalxpeditions.weebly.com)



👍 "like" us on  
**facebook**

At "Globalxpeditions"

