

May 9, 2022 at 7 - 8pm





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

## **Agenda of Meeting**

- Welcome: Cell phones off please
- Just 42 days away ©
- > Tonight's meeting requirements
- > Safety Matters and Covid updates/Protocols
- > Phone tree
- Meet our tour director
- Hotels, busses, planes, boats, etc.
- Rooming arrangements
- Hotels and hotel safety
- Mug shots
- Counting groups
- > Traveler vs. Tourist
- Travel Smart / Travel Safe
- Travel Itinerary updates
- Last minute packing reminders- Stacy
- > On tour tips
- Nurse Tiffany , Homesickness, and med updates
- Phones, debit cards, etc.
- > Tour Diary
- May 21st Team building Day
- > June 19 Day before meeting
- Calendar of upcoming events
- Questions, Comments, Freaking Outs ©





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

www.globalxpeditions.weebly.com

## Glad to be back in person and moving forward!

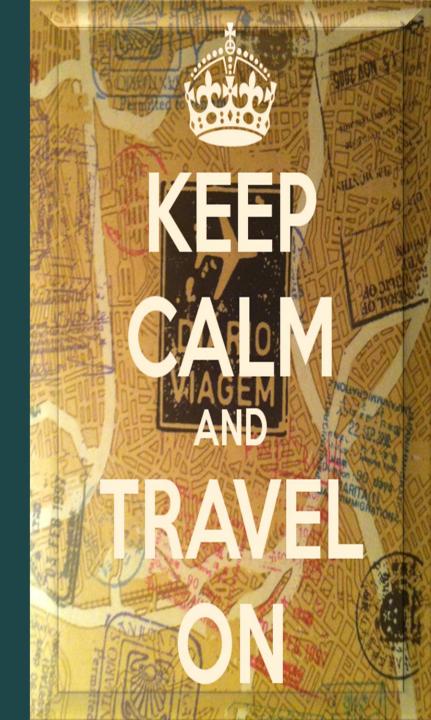


## Tonight's meeting requirements

Mask Optional and Social distance when possible



- Explorica and the State Department
- Jason and Matthew
- Re-evaluate like every trip IF something arises
- Seen it before...Japan and Tsunami; China and North Korea issues, France and train strikes, Covid, etc. We will take care and make things work!
- Keep flexible as we navigate the next 42 days – 30 days out we should know more about all things travel:)
  - Update at our Team Building Day



## France and Explorica Covid Protocols

#### As things sit today .... THESE MIGHT CHANGE

#### All Explorica international travel requirements must be met:

- For June 2022 travel, all travelers must be fully vaccinated
  - 18+ means three shots (boosted) and under 18 means two shots (not boosted) this can change
- All travelers must take a COVID-19 test before travel
  - PCR test 72 hours before travel or antigen test 48 hours before travel
- All travelers should travel with their original CDC cards as well as electronic copies.

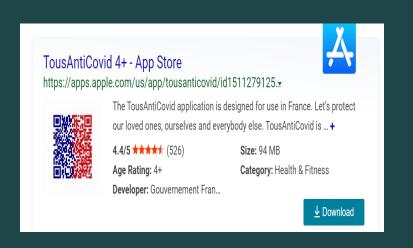
#### <u>France</u> entry requirements

- Travelers must complete the <u>Passenger Locator Form</u> https://app.euplf.eu/#/ at least 24 hrs prior to arrival to obtain a QR code for entry
  - It is recommended that you carry a printout of the PLF information in case you encounter any questions from airline or port of entry officials at the time of your travel.



If this is still needed ... We will send further instructions for how to complete this when we are closer to departure as things may change. 30 days prior to travel we should know more specifics

### France and Explorica Covid Protocols continued



If this is still needed ... We will send further instructions for how to complete this when we are closer to departure as things may change. 30 days prior to travel we should know more specifics

We might need everyone to complete the Tous Anti Covid App process:

- Visitors can download the Tous Anti Covid app for easy access to the PLF form (which you can fill in and save the QR code on your cell phone to show it to border control upon entry in France).
- Expect: Every traveler is subject to a random health screening on arrival which may include being asked to take a rapid antigen test
- Know: The CDC COVID-19 Vaccination Record Card documenting COVID-19 vaccination for many U.S. travelers should be accepted at all facilities requiring such proof.

# France and Explorica Covid Protocols Vaccine Specifics continued ...

<u>Accepted Vaccines</u>: Currently only the Pfizer, Moderna, AstraZeneca, and Johnson & Johnson vaccines are accepted for entry into France. Travelers must also be fully vaccinated, which now occurs one week after the second dose of Pfizer, Moderna, or AstraZeneca, and four weeks after the single dose of Johnson & Johnson.

NOTE: Since February 1st, 2022, in order to continue to be considered as fully vaccinated to enter the country, persons aged 18 or over wishing to enter the national territory must have received a dose of complementary messenger RNA vaccine no later than 9 months following the injection of the last required dose. The Johnson & Johnson and AstraZeneca vaccines are NOT accepted as a booster dose.

At least 7 days must pass from the time of receiving the booster before entering France. Booster must be complete by 6/13/22

This does NOT apply to minors under 18 ... as of RIGHT NOW

## Covid plans between now and flying out June 20th

This is what we know as of now and it could change. We will let you know.

## Right Now



TEST NOW: Take a weekly at home Antigen test. IF you are positive for Covid 19, contact your doctor to get a note that you tested positive. This will require an official test from the doctor or pharmacy to confirm the at home test

WHY do this? A positive test and doctors note between now and June 9th, 2022, means that you will not need to test prior to departure with our group

### DO NOT TEST AFTER JUNE 9

A positive test and doctors note prior to June 9<sup>th</sup> gives you 90 days of no testing for travel and positive test within 10 days of travel means you cannot go on the tour

## Picking up pre-Travel Test



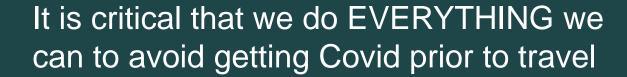
Everyone must test negative prior to departure for our tour! OUR PLAN RIGHT NOW ...

We have arranged for a free PCR testing packet that you will need to pick up from us on <u>June 8<sup>th</sup> from 4-6pm at Mr. Matthew Haley's house at 833 Nez Perce Street (NOT Drive)</u>

- <u>Explorica Travel Rule:</u> Explorica is requiring that we all take a monitored (PCR), lab test, within 72 hours of travel OR a monitored/lab-based Antigen test within 48 hrs
- This is not a France requirement, but an Explorica Policy that we MUST follow
- Doing this official testing protocol will guarantee money back from the insurance company if you test positive for covid prior to departure

## Staying Healthy prior to departure





- Isolate as much as possible after school is out on June 8<sup>th</sup>
- consider wearing an N95 style mask as you go out in public

Our best defense is to stay healthy and avoid a positive test result prior to travel

 WE want EVERYONE to go with us but if you test positive prior to travel ... you cannot go



# Taking the Covid test prior to travel



#### For the test:

## How will the testing work?

YOU WILL TEST on FRIDAY JUNE 17<sup>th</sup> in the morning AND have it to the UPS store by 11:00am to ensure it goes out with the early mail

You CANNOT take it earlier as it will not comply with the 72-hr rule, so the test needs to be taken Friday morning

- You will need to NOT eat/drink/smoke anything ½ hour before the test
- You will need to follow the directions in the packet to have a nurse observe you spitting in the vial and sealing it in the envelope
- This will require downloading Zoom so you can see/hear the nurse
- Make sure to have your photo ID or passport handy as they will ask to see it online
- Once you finish your test:
  - The sealed envelope will then need to be delivered to the UPS store 676 W Pullman Rd, Moscow by 11:00am
    - If you miss this window you will not travel with us

# When test results are returned to you



#### Vault Medical Services, P.A. 2232 Dell Range Blvd, Ste 271 Cheyenne, WY 82009 212-880-5494



#### SARS-CoV-2 Assay / COVID-19 Testing Report

For documentation only. This is not a bill.

Patient Name: Jason Albrecht	Date of Birth: 11/03/1969	
Provider: Alexander Pastuszak, MD	Provider NPI: 1609020130	

Date of Test	Description	
04/29/2022 01:09 PM EDT	Infectious agent detection by nucleic acid (DNA or RNA); severe acute respiratory syndrome coronavirus (SARS-CoV-2) (Coronavirus disease [COVID-19] amplified probe technique (PCR) using high-throughput technology	

	DATE	
RESULT:	04/30/2022	NEGATIVE
	08:29 PM EDT	

The Infinity BiologiX TaqPath SARS-CoV-2 Assay is a RT-PCR-based test run by the Infinity Biologix LLC, located in Piscataway, NJ (CLIA Lic #: 31D2077913; CAP Lic #: 8981166). This test was developed and its performance characteristics were determined by Infinity Biologix LLC. It has been authorized for use in testing for the SARS-CoV-2 virus by the FDA under an Emergency Use Authorization (EUA #: 200090).

These results have been reviewed, approved, and signed by:

Alexander Pastuszak, MD

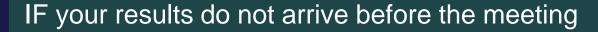


## Receiving and sharing your results:

- You should receive your test results via email before our meeting on Sunday, June 19<sup>th</sup> at 6:00pm at MMS
- You must email those results to Matthew
  - Make sure to open the results and send us the full letter that shows your name, date and the NEGATIVE result on the test. You CANNOT just send us the icon that says your name and Negative. It must be the entire form

You also must print a copy to take with you and even take a picture of the form or download the form on your phone

What happens IF you don't get results prior to the 6:00 meeting?



- 1. Email Matthew and let him know
- 2. Take an at home rapid test to ensure you do not have Covid and come to the meeting. We will hope that your results are still on the way but want to make sure (in case you're positive) that you don't spread it to the group.



What happens IF you do pop positive on the test we mail in?



A positive tests means that you will not be able to travel with us. You will take the positive confirmation and contact Explorica to start the refunding process. There is nothing we can do at that point. Therefore, we MUST do ALL we can to avoid getting sick before our trip.

## How do we get back to the USA?



- The USA requires a covid test to enter. Explorica will provide these test prior to departure from our final hotel. This is included in the tour fees
- If you are negative, you will get an email confirmation which allows you to return
- If you test positive, you will remain in quarantine in France. Explorica will cover the costs of quarantine up to \$2,000 per person
- One of our group leaders will stay at the hotel in a separate room and will be quarantined with you. When we finally meet the requirements to leave, we shall do so
- Specifics will be case by case

## Group Emergency Phone Tree



Double check our phone tree to ensure we have your best AT HOME phone/emergency contact while we are overseas

## Meet our Tour Director

#### **Michael Wighton**

Born and raised in Canada, Michael has spent nearly every year of his life abroad since entering college. Armed with a Yale undergraduate degree and a Master's degree in Acting from the Moscow Art Theatre, he's 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 most recently a new father in Copenhagen. Traveling has always been a passion, and at the moment he's managed to trek through more countries than the number of candles on his birthday cake. Teaching and tourism have also remained a central part of his life, since his very first job as a tour guide on Vancouver Island to his days now sharing the secrets of Europe with curious Explorica travelers. Every new tour still manages to surprise, as one of his greatest pleasures is the chance to share a trip with new people, introducing them to the sites of each city they'd most hoped to find.





## Hotels, Planes, Buses, & Ferries



Hotels: Rooming based on which rooms are available. We will do our best to stick to the requests provided by you

<u>Planes</u>: The airlines will provide you with a ticket/seat on the morning of departure. We will not be shuffling at the last minute on the plane. Sit in your assigned seat please

Buses: Boys and girls in separate seats at all times

Boats: They will provide the seating and we'll roll with the punches

## **Rooming Arrangements** for Students

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!



#### 2 per Room

Nick O. and Tanner F.

Jennings S. and Trevor G.

Luke M. and Kellan W. (always 2 or 3)

#### 3 per Room

Nick O. Tanner F., and Trevor G.

Luke M., Kellan W., and Jennings S.

#### 4 per Room

Nick O., Tanner F., Trevor G., and Jennings S.

Megan P. and Jessa S.

Ashley H. and Letta A.

Kaitlyn F. and Mina B.

Josie R. and Victoria F.

Bella H. and Kacie C.

Abby D. and Violet M.

Geneva M. and Kelly S.

(Always 2 or 4)

Brenya H. and Trinity C.

(Always 2 or 4)

Addison C., Mckenna B., and Ashley U (Always 3)

> Bella H., Kacie C., and Megan P

Ashley H., Letta A., and Jessa S.

Kaitlyn F., Mina B., and Josie

Abby D., Violet M., and Victoria F.

Bella H., Kacie C., Megan P., and Jessa S.

Josie R., Victor F., Kaitlyn F., and Mina B.

Ashley H., Letta A., Abby D.,

Geneva M., and Kelly S.

Violet M.,

Brenya H., and Trinity Clark

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



Kathy Duke and Sally Makamson

Ramirose A. and Miranda Fenley

Mary Shook and Jessie

Tiffany Skinner (Medical personnel single)

Matthew Haley and David Stodick 2 per Room Shared Bed



Jason and Stacy Albrecht

Daniel and Rebecca Haley



Singles

Brad Martin

Kara Besst

Jayme Uhrig

Kate Roll

## Hotels we will be staying in

June 21 Hotel Ibis Paris Berthier (Paris)

June 23-25 Brit Hotel (Loches)

June 25-26 TBD Hotel (St. Malo)

June 26-27 Kyriad Hotel Prestige (Dives-sur-Mer)

June 27-29 TBD Hotel (Strasbourg)

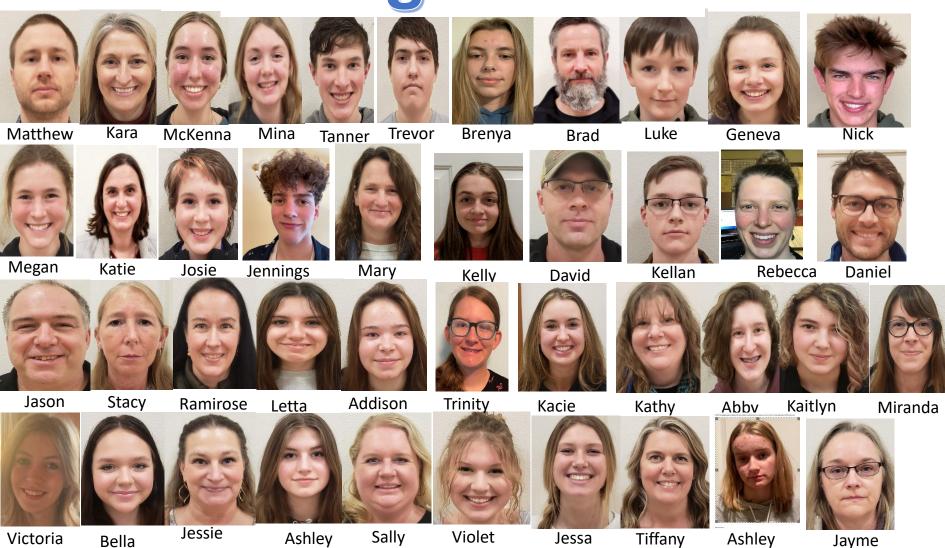
June 29-30 TBD Hotel (Paris)

For further details, please see your Explorica Account

## Hotel Safety

- Upon checking in, immediately review evacuation procedures that normally will be posted in your room and be sure to know where the emergency exit is in case of fire.
- When out of your room for the day, do not leave cash, passports, computers, or valuables in plain sight.
- If your hotel room has both a deadbolt and a latch, use both when you are sleeping.
- Remember any damages or missing hotel items will be charged directly to you and we will not leave the hotel until it is paid.
- Do not open the door unless you know who it is. We (your group leaders) will always announce that it is us when we do bed checks.

# Mug Shots



## Paris and the Loire Valley Travel Groups

Jason and Stacy's Group

Jason
Stacy
Rami
Roseletta
Addison
Trinity
Kacie
Kathy
Abby
Miranda
Kaitlyn
Victoria
Bella
Jessie
Ashley
Sally
Violet
Jessa
Tiffany
Ashley
Jayme



We ALWAYS
travel in small
groups of no
less than FOUR





Matthew and Daniel's Group

1 Haley	Matthew
2 Besst	Kara
3 Besst	McKenna
4Briggs	Mina
5 Fealy	Tanner
6 Griswold	Trevor
7Hegy	Brenya
8 Martin	Brad
9 Martin	Luke
10 McClory	Geneva
11Odberg	Nicholas
12 Poler	Megan
13 Roll	Katherine
14 Roll	Josephine
15 Shook	Jennings
16Shook	Mary
17 Stodick	Kelly
18 Stodick	David
19 Weaver	Kellan
20 Haley	Rebecca
21Haley	Daniel

**Practice!** 



#### **OBSERVES**

Just there to look around and see the notable "must sees"

#### STICKS OUT

Separates themselves from the people and the local culture

#### COMPLAINS

Constantly makes comparisons between here and home

#### **OBLIVIOUS**

Doesn't pay attention to people or surroundings

#### RESULT

A nice tan and a thinner wallet

#### SOUVENIR

An overpriced gift shop trinket

#### EXPERIENCES

Immerses themselves in the culture



#### **BLENDS IN**

Makes friends and connections with the locals

#### CURIOUS

Asks questions and explore with an open mind

#### SENSITIVE

Aware and respectful of cultural norms

#### GOAL

Values are shaped and lifetime experience is gained

#### KEEPSAKE

A unique piece of physical culture

## 2 tips for avoiding the stereotypes:

BE RESPECTFUL
Wherever you are, be respectful
of the cultural traditions and
values of the place you're
visiting.

2

#### BE YOURSELF

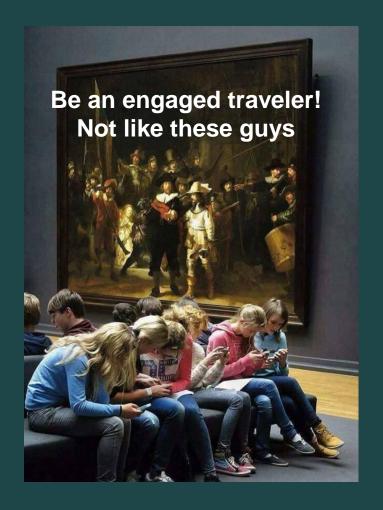
Don't disregard or disown your own identity. Stay true to yourself, while still acclimating to the present culture.





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# Remember we are guests in their country



## Pickpocketing schemes and your best defense



The "sandwich" technique: The stall stops suddenly, and the pick bumps into the mark from behind, lifting her wallet. Remember, take care of your money and valuables in a money belt and know that some people make a living trying to get your money. Be alert, but not afraid.







# One member of the pickpocket team pretends to drop what she's carrying. When the mark stoops to help, the second pickpocket lifts her wallet from her purse.

#### Common pickpocketing schemes

- Spilling something on you
- Bump into you
- Distract you by dropping something
- People asking for a Euro.
- People launching things into the group
- Pick pocketers often work in teams.

## Things to know before you go to France

- Restaurants Customer vs. Cuisine
- Tipping
  - No need in France ... there is a service fee built in
  - IF YOUR SERVICE WAS AMAZING ... maybe a Euro MAX
- Bubbly water is popular for a price
- Use the potties after you eat!!!
  - Restrooms are not public in France, and you will be charged to use them ... if you go to a restaurant, museum, etc. GO POTTY ©
  - Keep a few single Euro coins for potty on the go moments
  - Mottos: "Free time is pee time" and "Make your bladder gladder"
- At the store ... bags are not free ;)
  - If you go shopping and need a bag, expect to pay! Best bet is to carry your items



## Things to know before you go to France

## Hotels USA vs. France

- > Expect smaller and unique rooms
  - Our US rating system does not translate to Europe;)



How to work your room lights?





DO NOT expect an

alarm clock

Welcome to the world of the Bidet



Elevators are often tiny ... use the stairs



This is called a towel dryer ... so nice

# Itinerary Update

- Only 42 Days Away!
- We will meet at MMS at 6:00 AM to pick up the bus to the airport ©
  - Bus Company TBA





Flights – Middle seats and we are spread throughout the plane ... no requests allowed/changing seats

We will have several bus trips.
 Boys and girls seat separately.



# When do we leave??



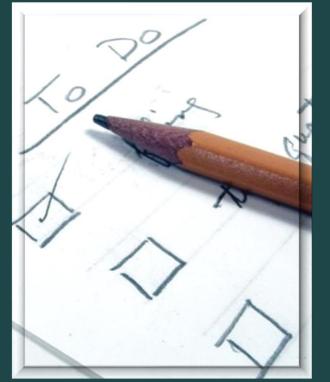
Flight	Departing	Arriving
DELTA AIR LINES 921	GEG (SPOKANE) Monday, June 20, 2022 12:30:00 PM	ATL (ATLANTA) Monday, June 20, 2022 7:54:00 PM
DELTA AIR LINES	9:40:00 PM	CDG (PARIS) Tuesday, June 21, 2022 12:20:00 PM
DELTA AIR LINES 221	CDG (PARIS) Thursday, June 30, 2022 10:10:00 AM	SLC (SALT LAKE CITY) Thursday, June 30, 2022 12:35:00 PM
DELTA AIR LINES	SLC (SALT LAKE CITY) Thursday, June 30, 2022 10:55:00 PM	GEG (SPOKANE) Thursday, June 30, 2022 11:35:00 PM

- Remember they are subject to change before departure
  - DO NOT call the airlines for special requests/seat assignment
  - If you have any dietary needs for the airlines ... talk to Daniel tonight
- Pre Departure Meeting on 6-19-22 at 6:00 pm
- Bus Meeting Time at MMS 6:00 am on 6-20-22

## Last Minute Packing Reminders



- Dress for travel! Pack light and make sure to have appropriate clothes for the religious sites (shoulders covered and skirts/shorts past the knee)
  - ✓ Make sure all liquids are placed in a clear plastic bag and meet airline requirements



- ✓ Pack in plastic bags, use dryer sheets, and bring bag for dirty laundry
- Bring extra batteries as well as chargers, adaptors, and converters
- ✓ Backpack vs. Carry on -Keep under 35lbs total
- ✓ Extra bag for souvenirs
- √ N95 or Similar Mask (pack several)

Additional questions? Please read the packing list we have provided or Matthew's departure email

## **Passports and Luggage**



Keep your possessions organized:

- Colored flagging tape on all luggage
- Use colored dots and your counting numbers on passports
- We carry all the passports and CDC cards "We'll never lose one, we might lose 50"



## Traveler's Macarena



# When a traveler always checks to ensure they have their "items":

- Money belt/purse
- Cell phone
- Passport and emergency contact sheet



On-tour clip



## Passport and Emergency Contact Sheet



#### A traveler's best friend:

The ONE sheet everyone carries with them 24/7

#### **This document includes:**

- Emergency instructions
- Color copy of their passport
- Flight and hotel information
- Your passport information for custom forms if needed
- CDC card copies

#### Traveler Contact/Emergency Sheet

Note: If you ever get lost or turned around while traveling, stay calm and go ask a person (store clerks, policemen, etc.) to use their phone to call our Explorica Tour Guide Michael Wighton his number is NEVER PANIC ... you will be just fine. Here is all of the hotel and flight information for you to use as a point of reference.

#### Team Advisors: ONLY WHILE IN THE US

Jason Albrecht Cell # 509-330-2182 (within the US) Matthew Haley Cell # 208-596-5592 (within the US) Stacy Albrecht Cell # 509-330-0231(within the US) Daniel Haley Cell # 208-301-5008 (within the US)

#### **Explorica United States' Contact:**

1.617.210.6194 then follow the prompts for an "on tour emergency" and that will get you to a live person 24 hours a day 7 days a week.



#### Accommodations Information

June 16 - June 18

Hotel Ibis Aero Budapest

Ferde u. 1-3: Budapest, 1091: Hungary

Phone Number: +36 13479700

June 21 - June 23

A&O Salzburg

Fanny-von-Lehnert-Straße 4

Salzburg, 5020 Austria

Dhama Ni.....ham 140 2000047F44

## "At Home" Packet for Parents

✓ When you attend the June 19 departure meeting, we will be handing you a packet with the following Information:



- □Contact phone numbers
- ☐ Hotel and flight and Information
- □Copy of traveler's passport
- □Emergency Phone tree



## **Nurse Tiffany**

- > Do not wait to share your thoughts, feelings, and medical needs with Tiffany
  - > She is here to help and be a resource while on tour
- Things Tiffany should know:
  - > If you are taking a medicine
  - Any medical updates that are new since the March meeting
    - Before you leave, provide any new info to Tiffany
  - If you start feeling ill
  - If your friend reports issues
  - If you have any dietary concerns/allergies/etc.

#### Constant reminders from Tiffany

- Stay hydrated always This prevents illness, heat exhaustion, jet lag, etc.
- > Be careful filling up your water bottles from local taps
- Use hand sanitizer and wash your hands often
- Keep sunscreen applied avoid being burned
- In case of an emergency Keep your emergency contact paper with you while traveling and follow the instructions. Also, know our meeting point so you can find your leaders

## 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 though 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 every once in a while on tour
- If you start feeling overly homesick ... let Tiffany 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 Tiffany

# Cell Phones, Debit Cards, & Internet

Check your phones and know your data plan!





- Follow on Facebook Search: Globalxpeditions
- Check with your bank and let them know you will be traveling overseas
- We will get cash at the first ATM we find in country
- > Check your name is on your card





## Online Tools: Tour Diary

The ability to "share" [1] the experience via email and social media as well as activity updates from the Tour Director [2]



# Team Building Day

- Saturday, May 21 9am-3pm
- Phillip's Farm Moscow, Idaho7 miles north of Moscow offHwy 95
- ALL travelers (Adult and student) need to attend so we can get organized for our longawaited journey to Europe!





## Day Before Departure Meeting on JUNE 19

- Meet at MMS at 6:00pm for pre-trip check-off
  - > All travelers and stay-at-home contacts must be there
- Bring your passport/CDC cards, Negative covid test, France passenger locator form, luggage, and backpacks for weighing and tagging
- ➤ Hit the sack and get up EARLY! You need to be at MMS at 6:00 AM to catch the bus to Spokane
- "If you are not early ... you are late!"



# Paris and the Loire Valley Tour 2022 – Schedule of meetings/events

- May 21, 2022 Team Building Day at Philips Farm with Trajectory (9am 3pm)
- ➤ June 17, 2022 Covid testing using provided kits to UPS by 11:00am
- June 19, 2022 Night before departure meeting (Bring passport/CDC card. Negative covid test result, Passenger locator form, luggage, backpacks for tagging and weigh-in). 6:00 pm
- > June 20, 2022 Departure for Europe 6:00 AM MMS

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.

## UPCOMING ITEMS FROM US

- MAKE SURE WE HAVE YOUR BEST EMAIL We expect to send out emails often from here on out. There will be two types of emails ACTION REQUIRED and INFORMATIONAL
- PLEASE DO NOT MISS AN ACTION ITEM :)



## Questions, Comments, and/or Freaking Outs





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



## Global Xpeditions

"Expanding your world view through international travel."

www.globalxpeditions.weebly.com

# Travel Quiz Questions to prepare you for your tour! (Kids ONLY, No Phones ☺)

- To start our tour we fly in to this capital city? Name the city and country.
  - Paris, France
- What famous WW II site will we be visiting?
  - The Beaches of Normandy
- What famous DaVinci creation is on display in the Lourve? (aka the single most expensive insured item in the world?
  - Mona Lisa
- A large famous estate in the Loire Valley is referred to as a?
  - Chateau