Welcome

Summer 2010 Alternative Break to

Dharamsala, India

Seeking Peace in Complicated Times
Lessons from the Tibetan Diaspora

May 15 – June 7, 2010

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Thanks

for sharing this amazing experience with us. We’re so excited to embark on this physical, academic, and emotional journey with you. We hope that this unique trip to Dharamsala, India, will change the way you perceive the world and inspire you to create your own waves of change on campus, in D.C., and beyond.

This is no ordinary summer trip. It will challenge and exhaust you. We also hope it will empower you and enrich your academic journey at American University.

In this packet, you will find everything from the history of the Tibetan conflict to a packing list and information about fundraising. Throughout the process of preparing for this trip, we encourage you to investigate the topics in which you are most interested. This will be an incredible learning experience for everyone, so feel free to share with the group any articles, videos, or whatever else you find that pertains to the trip.

We look forward to meeting and working with you!

Best,
Kathleen, Ellie, and Rachel Lynne

Trip Logistics

Trip Dates: May 15 - June 7, 2010
Student Leaders: Ellie Ezzell, Kathleen McKenna, Rachel Lynne Smith
Staff Advisor: Susan McDonic

Estimated Cost: $2500 - $3000
Costs includes airfare, food, lodging, transportation and all activities.
The Chinese invaded Tibet in 1950. After nine years of occupation and negotiation the Dalai Lama, the spiritual and political leader of the Tibetan people, fled Tibet and was granted asylum in India, in the wake of an attack on Lhasa, the capital of Tibet. To date, one in six Tibetans have been killed, and Tibetans in Tibet risk torture and death for possessing even a picture of the Dalai Lama. Fleeing this repression, thousands of refugees have followed the Dalai Lama into exile, most arriving in the Himalayan mountain town of Dharamsala.

As early as 1959, the UN General Assembly issued resolutions acknowledging the “autonomy which [the people of Tibet] have traditionally enjoyed” (UN Resolution 1353). Later, in 1961, the UN called for the “principle of self-determination of peoples” concerning the Tibet issue (UN Resolution 1723). Since then, the Dalai Lama has received the Nobel Peace prize for his work in advocating peaceful means of protest and has modified his demands for an independent Tibet to a truly autonomous Tibet. However, despite talks between the Dalai Lama’s representatives and the Chinese government, little progress has been made.

On this trip to Dharamsala, we will explore the Tibetan refugee experience, one that is particularly important because the Tibetans have in many ways successfully rebuilt their culture in the context of a new home. In Dharamsala, they have constructed a democratic government, rebuilt monasteries, and created a renowned school system. However, as their religion and people continue to be marginalized in Tibet, it is becoming increasingly difficult for the Tibetans in exile to preserve their culture in India, a place where even those born in Dharamsala, never having seen Tibet, are given the temporary title of “refugee” and are in effect country-less.

We will focus on three main concepts. The first, how Tibetans have rebuilt many of their institutions to create an infrastructure for a working society. We will visit some of these institutions, such as the Government-in-Exile, the Tibetan Youth Congress, and the several educational establishments. Secondly, we'll examine how the Tibetans have worked to preserve their culture and religion. We’ll visit monasteries, centers for preserving artisanship, and historical museums. Finally, we will study the changing roles of people within the Tibetan Diaspora. We will speak with women’s rights advocates, religious leaders, political prisoners, and modern families. We will explore the positive and negative effects of Tibet’s opening up to the world after centuries of self-imposed isolation.

Additional Resources*:

**BBC Timeline:**
- [http://news.bbc.co.uk/2/hi/asia-pacific/country_profiles/629566.stm](http://news.bbc.co.uk/2/hi/asia-pacific/country_profiles/629566.stm)

**Friends of Tibet History:**

**Chinese Interpretation:**
- [http://www.rangzen.com/history/views.htm](http://www.rangzen.com/history/views.htm)

**Volunteer Tibet History:**

**History of Little Lhasa:**
- [http://www.tibetanworld.com/dasaguide.htm](http://www.tibetanworld.com/dasaguide.htm)

*Keep in mind that these histories might be biased towards either the Tibetans or Chinese.*
Maps & Geographical Information

Map of the Tibetan Provinces now occupied by China.

Tibet in relationship to India and China.
We will fly into New Delhi, the Capital of India.

We will stay in Dharamsala, the home of the Tibetan Government-in-Exile.

Geographical Information about Tibet

Population
* **Language:** Tibetan (of the Tibeto-Burmese language family). The official language is Chinese after Chinese occupation in 1959.
* **Staple Food:** Tsampa (roasted barley flour)
* **National Drink:** Salted butter tea
* **Typical Animals:** Wild yak, Bharal (blue) sheep, Musk deer, Tibetan antelope, Tibetan gazelle, Kyang (wild ass), Pica

* **Average Altitude:** 14,000 Feet
* **Highest Mountain:** Chomo Langma (Mt. Everest) 29,028 ft
* **Average Temperature:** July 58º F; January 24º F
* **Provinces:** U-Tsang (Central Tibet), Amdo (NE Tibet), Kham (SE Tibet)

Source: http://www.savetibet.org

* **Size:** 2.5 million sq. km.
* **Capital:** Lhasa
* **Population:** 6 million Tibetans and an undetermined number of Chinese, most of whom are in Kham and Amdo
* **Religion:** Tibetan Buddhism is practiced by 99% of the Tibetan
Tentative Itinerary

Itinerary is subject to change.

Not only is this itinerary *subject* to change, it *will* change! We’re constantly working on ways to make our trip more meaningful, more efficient, and better suited for our specific group. Now that we know who we will be taking on the trip, we can really begin to edit and finalize this itinerary. As always, your opinions are welcome! Feel free to e-mail us at any time with ideas, questions, or concerns.

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Leave Washington, D.C. for New Delhi, India</td>
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| **Day 2** | Arrive in New Delhi.  
|          | Take free shuttle to Hotel Star.  
|          | Time to rest and adjust time change.  
|          | Group dinner and reflection.  
|          | Night at Hotel Star                                                         |
| **Day 3** | Leave Delhi for Dharamsala by plane.  
|          | Time to get settled in and explore.  
|          | Walk the “Monastery Loop” around the Namgyal Monastery.  
|          | Group dinner and reflection.  
|          | Night at Ladies Venture Guest House.                                         |
| **Day 4** | Meet for breakfast & on-site orientation.  
|          | Walk around Dharamsala as a group to become acquainted with the city.  
|          | Lunch.  
|          | Tour Tibetan Museum at the Namgyal Monastery.  
|          | Talk by Pema, young Tibetan refugee.  
|          | Group dinner and reflection.  
|          | Night at Ladies Venture Guest House and screen movie about Tibet.            |
| **Day 5** | Meet as group at 9.  
|          | Go to Central Institute of Higher Tibetan Studies.  
|          | Meet with Dawa, a Tibetan historian.  
|          | Lunch at the Peace Café.  
|          | Volunteer at Tibet Hope Centre teaching English to monks and refugees.  
|          | Nightly group reflection.  
|          | Pick up luggage from hotel.  
|          | Tea with host families.  
<p>|          | Dinner and night with host families.                                         |</p>
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<tr>
<th>Day</th>
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| Day 6 | Meet as group at 9.  
Visit and tour the Tibetan Government in Exile's headquarters.  
Speaker from Tibetan Government in Exile, Karma Thinlay  
Lunch  
Go to the Library of Tibetan Works & Archives and the Cultural Museum (both located at the compound of the Government in exile).  
Orientation to Independent Projects (walking tour and explanation)  
Nightly group reflection  
Dinner with host family. |
| Day 7 | Meet group at 9.  
Begin Independent Projects* from 10-noon  
Lunch  
Speaker from Tibetan Youth Congress (possibly Tsewang Rigzin)  
Volunteer at Tibet Hope Centre 4 to 6:30.  
Nightly group reflection.  
Return to host family for dinner and night. |
| Day 8 | Meet group at 9.  
Continue Independent Projects from 9:30 to 11.  
Speaker Lhasang Tsering on Tibetan militant movement  
Lunch  
Visit Tibetan Children’s Village.  
Cooking lesson at Llamo’s Kitchen from 5 to 7.  
Nightly group reflection.  
Return to host family for night. |
| Day 9 | Meet group at 9.  
Continue Independent Projects from 9:30 to 11.  
Meet with Students for a Free Tibet.  
Speaker from Tibetan Conflict Resolution Center to speak on tensions between local Indian population and the Tibetan refugees  
Lunch  
Volunteer with Gu-Chu-Sum (organization to help former political prisoners)  
LHA Yoga at 5:30 p.m.  
Nightly group reflection.  
Return to host family for dinner and night. |
| Day 10| Meet group at 9.  
Spend day at Norbulingka Institute to visit and see traditional Tibetan art.  
Lunch  
Audience with His Holiness the 17th Gyalwa Karmapa.  
Return to Dharamsala.  
Nightly group reflection.  
Return to host family for dinner and night. |
| Day 11| Free day with host family.  
Host family celebration at 5.  
Nightly reflection meeting after celebration.  
Night with host family. |
| Day 12| Meet at 9 as a group.  
Day trip to Palmpour & Palmpour Tea Cooperative  
Picnic lunch.  
Short trek to Bunla Chasm  
Short stop at Tashijong Gompa  
Return to Dharamsala.  
Brief orientation on monasteries and religion.  
Dinner & Move into monastery. |
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<tr>
<th>Day</th>
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<tr>
<td>Day 13</td>
<td>Breakfast. Go to College for Higher Tibetan Studies to begin 2 day class on Buddhism. Lunch</td>
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<td>Return to the monastery to volunteer. Dinner. Night at monastery &amp; Nightly Reflection</td>
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<tr>
<td>Day 14</td>
<td>Breakfast. Go to College for Higher Tibetan Studies for day 2 of studies. Lunch. Return to</td>
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<td></td>
<td>monastery to volunteer. Dinner. Night at monastery &amp; Nightly Reflection</td>
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<tr>
<td>Day 15</td>
<td>Breakfast. Continue Independent Projects from 9:30 to 11 Meditation class at monastery.</td>
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<td>Audience with Tenzin Palmo to discuss the changing role of women in Tibetan Buddhism. Lunch</td>
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<tr>
<td></td>
<td>Volunteer at monastery. Dinner. Movie at the movie theater. Night at monastery &amp; Nightly</td>
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<tr>
<td></td>
<td>reflection</td>
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<tr>
<td>Day 16</td>
<td>Breakfast. Continue Independent Projects from 9:30 to 11 Speaker Rinchen Khandu Choegyal from</td>
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<td></td>
<td>Tibetan Women's Association and Tibetan Nuns Project Lunch Volunteer at Yongling and Creche</td>
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<td></td>
<td>School (daycare) Dinner. Tibetan dance recital. Night at monastery &amp; Nightly reflection</td>
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<tr>
<td>Day 17</td>
<td>Last full day in Dharamsala. Catch up day, time to visit museums, shop, visit host families if</td>
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<td></td>
<td>desired, etc. Group dinner in Dharamsala. Tabla concert. Nightly reflection and night at</td>
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<td>monastery.</td>
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<tr>
<td>Day 18</td>
<td>Group breakfast &amp; Reflection Time Take bus to Pathankot. Leave for Delhi on train.</td>
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<tr>
<td>Day 19</td>
<td>Arrive in Delhi Shopping at Connaught Circle and Fab India Lunch Visit Lodi Garden, reflect</td>
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<td>about the trip Visit Tibet House museum Dinner in Manjulcatilla (Delhi Tibetan Community)</td>
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<td></td>
<td>Bollywood Movie Night at Hotel Star.</td>
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<tr>
<td>Day 20/21</td>
<td>Leave New Delhi for Washington, D.C. Arrive in Washington, D.C. Begin Post-Trip Activism!</td>
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“He who would travel happily must travel light!”
–Antoine de Saint-Exupery

A Note on Packing

Lugging a heavy pack around for the entire time we are in India can be extremely tiresome for you, and for the rest of the group. Remember that we can find almost anything you’ll need in India, and you’ll also want to have room to pack gifts to take back to the U.S. Seriously challenge yourself to pack light, and lighter still…you definitely will not regret it!

There will be opportunities for “self-service” laundry where we’ll be staying.

There will be plenty of times when we’ll be piling into a train or bus and we don’t want to end up like this!

Packing List

BAGS
- Travel Bag: Make sure you can carry it for at least one mile.
- Daypack: A book-bag to use for daily excursions.
- Stuff Sacks: Light-weight and compact, using stuff sacks to separate clothes, food, toiletries for example, will bring order to your pack and allow you to pack and repack as we travel.
- Ziploc Bags: Like stuff sacks, these can be invaluable for keeping things organized and dry.

IMPORTANT DOCUMENTS AND MONEY
- Passport: Valid for at least 6 months from the beginning of your program.
- Extra Copy of Passport: to be stored apart from passport.
- Spending Money: This of course depends a great deal on your personal spending/shopping habits. Some participants spend less than $100 of personal money, while others spend over $1,000. We suggest bringing at least $500 in American Express traveler’s cheques, in a mix of $20 and $50 denominations.

GEAR
- Money Belt: A very important item to wear daily, under your clothes, safely hiding your passport, money, etc.
- 2 Water Bottles: Please bring two, one-quart, metal or plastic bottles. Sigg and Nalgene bottles can be found at local outdoor gear shops. We recommend that one of your bottles be a Katadyn Exstream XR water bottle as it has a water filter built into it. It’s come in very handy when filtered water is not easily accessible.
- Head Lamp/Flashlight and batteries: Flashlights are okay, but headlamps are more convenient.
- Alarm Clock/Watch: Travel-size, to catch early buses and trains.
- **Swiss Army Knife**: Pack this in your checked luggage, not in your carry-on bag.

**CLOTHING**
- **Outer Shell**: Water-proof or gore-tex, ideally light-weight and breathable.
- **Sweater/Fleece jacket**
- **Three T-shirts**: in good shape, but prepared for wear and tear.
- **Nice shirt**: for meetings and special occasions.
- **Two Pairs of Pants**: ideally light weight.
- **One Pair of Jeans**: a comfortable pair.
- **Five Pairs of Socks**: make sure at least two are good hiking socks.
- **Five Pairs of Underwear**: plus bras for females (at least one should be a sports bra).
- **Sleepwear**: Ideally, T-shirt/shorts can double for this. Minimize extra weight!
- **Skirt/Dress**: Ankle-length skirt, Dress with long sleeves. Good idea for women, though we will have opportunities to purchase traditional clothing in Asia.
- **Sneakers**: Durable and comfortable, for daily wear.
- **Sandals**: Good for every day use in hot weather.
- **Visor/Sunhat**: for sun protection.
- **Sunglasses**: with UV protection.

**TOILETRIES** (Just the basics! No hair driers, hot irons, etc.)
- **Toothbrush & paste**
- **Hair brush/Comb**
- **Shampoo**
- **Chapstick**
- **Sunscreen**
- **Medications**: That you take regularly. Keep pills in original containers to avoid head-aches with Customs. AltBreak leaders will carry a separate, comprehensive first aid bag.
- **Glasses/Contacts/Contact Solution**: if you wear them. (Extra pair of glasses is a good idea).
- **Tampons/Pads**: They may be difficult to purchase in India

**OTHER**
- **Towel**: Small and light beach towel size (and ideally fast-drying).
- **Camera & film**: Film is widely available in Asia. You should bring an extra camera battery and memory card if using a digital camera.
- **Notebook/Journal**
- **Pen/Pencil**
- **Book**: Ideally about the places we will visit (we can swap around to minimize weight).
- **Photos**: Pull together a small book of photos to share with fellow participants, homestay families, and new friends that you meet on the program. The photos can show the area that you are from and people who are important in your life.
- **Homestay Family Gifts**: Please bring a small gift from home for your homestay family as a small token of gratitude. Something that has a connection to your own country, culture, city, town, and/or neighborhood is always appreciated (i.e. a coffee table book of your home town, a small calendar with something significant to you on it, etc.)

**OPTIONAL**
- **Shorts (for sleeping)**: One pair, at least mid-thigh length (shorts won’t be appropriate much of the time; in fact, you may never wear them, but they can be good to sleep in).
- **Bandana**: These can serve multiple purposes while traveling.
- **Umbrella**: A lightweight, travel umbrella can serve you well in rain or shine.
- **Extra Stuff Sacks**
- **Duct Tape**: Wrap a bunch around your water bottles and pull it off as you need it.
- **Insect Repellent**
- **Playing Cards**
- **Purell**: A small bottle of anti-bacterial hand gel or anti-bacterial hand-wipes.
- **Ear plugs**: Helps you sleep on long flights and bus rides.
Most Importantly,

bring an open mind. You will take part in new and different experiences every step of the way, many of which may take you outside of your comfort zone. You’ll also meet people (including your own group members) unlike anyone you’ve ever met. Having an open mind is essential to making this experience all that it can be for yourself and the group as a whole.

PLEASE REMEMBER: We strive to be model visitors and therefore ask that everyone bring clothing that is lightweight and durable, but that also covers the body well and looks respectable. Tie-dyed shirts, clothing with inappropriate phrases, cut-off jeans, clothing with rips or holes, tight fitting leggings, and tank tops are inappropriate as they show disrespect for local cultures.

Information for the packing list adapted with additions from: [http://www.glab.org/mt/BBSpring10/2009/12/get_ready_get_set_start_packin.html#more](http://www.glab.org/mt/BBSpring10/2009/12/get_ready_get_set_start_packin.html#more)

Travel & Safety

Safety abroad is our top concern. Therefore, we will take every measure we can to ensure that maximum travel safety in India is achieved before, during, and after the trip. We will send a copy of our itinerary and emergency information to the American Embassy in India. When we arrive, we will have an established phone tree to alert families that we have arrived safely. Phone cards will be available to purchase in India to call home. Read further for more travel and safety tips.

Before Travel:

Prescription Medications | There may be limitations on the kinds or amounts of medication you can bring into a country, and Customs may prevent you from having medication shipped to your host country. Check into these limitations and make arrangements before you leave.

Insurance | Check with your insurance provider to be sure that you will be covered while abroad.

Documentation | Make sure you have a signed, valid passport and visa. Also, fill in the emergency information page of your passport before you go! Leave copies of your itinerary, passport data page and visas with family or friends at home, so that you can be contacted in case of an emergency.
General Safety Information | Check for Travel Warnings and Public Announcements for the countries you plan to visit. Also, familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, while in a foreign country, you are subject to its laws!

During Travel

Money:
Do not become a target for thieves by wearing conspicuous clothing and expensive jewelry and do not carry excessive amounts of cash or unnecessary credit cards.

Deal only with authorized agents when you exchange money to avoid violating local laws.

An ATM has just been installed in Mcleod Ganj with the Bank of India. However, some international ATM cards have been reported to be rejected by the ATM. It is advisable to bring alternate methods for procuring cash - such as credit cards and traveler’s checks.

The Bank of Baroda in Dharamsala will give cash advances at a nominal 2% service charge, but you need to call a day in advance to gain authorization (ph: 21375). There are many cash advance places in Mcleod Ganj that charge a steeper 5% service charge.

Travellers Cheques and Cash can be exchanged for Indian rupees at many places in Mcleod Ganj and Dharamsala.

General Safety Information:
Avoid live animal markets and poultry and pig farms.

Avoid and do not handle any sick animals, including cats, dogs, birds, and swine.

Avoid touching any surfaces that may be contaminated by poultry droppings, and do not swim in any body of water that is used by birds.

Always maintain high levels of personal hygiene. Frequent hand washing is very important. Wash hands before and after food preparation.

Pack household disinfectant and alcohol-based wipes/ hand sanitizer.

Do not leave your luggage unattended in public areas and never accept packages from strangers.

When overseas, avoid demonstrations and other situations that may become unruly or where anti-American sentiments may be expressed.

Remember, Alternative Breaks are 100% Drug and Alcohol Free.
Pre-Departure Meetings

We will begin our Pre-Departure Meetings as soon as possible. The purpose of these meetings is to build strong, positive group dynamics, become familiar with the Tibetan-Chinese conflict, prepare for travel, and foster intriguing group discussions. Each meeting will run one to two hours long.

Pre-Departure Meeting Syllabus

(Subject to Change)

**Week One: Basics**
Introductions, ice breakers, trip overview, paperwork, immunizations, university rules.

**Film Screening: Cry of the Snow Lion**

**Week Two: Who, What, Why?**
Review names, continue discussion, why should we care?, introduction to Buddhist Culture, introduction to meditation

**Week Three: Social Justice**
Brief meditation, review names, geography lesson, discussion on diaspora, gender issues

**Film Screening: Seven Years in Tibet**

**Week Four: Field Trip**
Shambhala Meditation Center of Washington, D.C.

**Week Five: Religion & Human Rights**
Brief meditation, discussion on Buddhism, discuss what we can do

**Film Screening: Ten Questions for the Dalai Lama**

**Week Six: Culture (Shock)**
Brief meditation, Tibetan culture discussion (medicine, food, family structure, religion), Global South

**Optional Meeting: Bonding**
TBD. Possibly a movie screening, yoga class, or Indian dinner

**Week Seven: What to Expect**
Packing list, questions

**Week Eight: Questions**
Packing list, questions

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**Partner Organizations**

During our trip and pre-departure meetings, we plan to work with these partner organizations:

1. The Tibetan Hope Center
   [http://www.tibethopecenter.org/](http://www.tibethopecenter.org/)

2. The Tibetan Children’s Village

3. Gu-Chu-Sum
   [http://www.guchusum.org/AboutUs/WhatWeDo/tabid/86/Default.aspx](http://www.guchusum.org/AboutUs/WhatWeDo/tabid/86/Default.aspx)

4. Tibetan Women’s Association
   [http://www.tibetanwomen.org/about/](http://www.tibetanwomen.org/about/)

5. Youngling Creche and Kindergarten

6. Tibetan Nuns Project
   [http://www.tnp.org](http://www.tnp.org)
Thank you for joining us on this exciting trip! We look forward to working and learning with all of you soon!

Suggested Reading List:


Herman Hesse. *Siddhartha*. NY: New Directions, 1951


Michele Martin. *Music in the Sky: The Life, Art & Teachings of the 17th Karmapa Ogyen Trinley Dorje*. Snow Lion Publications, 2002. - If our karma permits, we’ll be able to have an audience with this Karmapa who is the head of the Karma Kagyud sect of Tibetan Buddhism.


Mick Brown The Dance of 17 Lives: The Incredible True Story of Tibet’s 17th Karmapa

Michele Martin, Music in the Sky: The Life, Art and Teachings of the Seventeenth Karamapa, Karmapa Orgyen Trinley Dorje
Suggested Films:

**Regarding India:**

**Regarding Tibet:**
Kundun (1997), Windhorse (1997), The Cup (1999), Seven Years in Tibet (1997), The Cry of the Snow Lion

Works Cited

Information for this Welcome Packet was adapted with additions from:

http://www.g-lab.org/mt/BBSpring10/2009/11/check_out_these_books_and_film.html#

http://www.g-lab.org/mt/BBSpring10/2009/12/get_ready_get_set_start_packin.html#more

http://travel.state.gov/travel/living/living_1243.html

http://www.volunteertibet.org/community/dharamsala.php

https://indiavisa.travisaoutsourcing.com/get-a-visa

http://www.units.muohio.edu/internationalprograms/healthsafety.php

http://www.units.muohio.edu/psf/police/General_Information/TravelAbroad.shtml
WELCOME TO ALTERNATIVE BREAKS!!!!

Congratulations on being selected to participate in an Alternative Break trip! You are about to embark on a journey of transformation, reflection, activism, and community involvement. As you know, the Alternative Break program is student-run, with the Community Service Center (CSC) and the Alternative Break Coordinator serving as resources for the student leaders of each trip.

Please read this letter carefully for important information about

FORMS YOU MUST TURN IN TO CSC: ON WEBSITE: www.american.edu/altbreak under “Participant Applications & Forms”

- Medical/Emergency Contact form
- Copy of health insurance card
- Consent & Release Waiver Form
- Copy of passport (for international trips)
- Code of Conduct Signature form

PAYMENT DEADLINES:

Monthly payment installments are due according to your payment schedule. Talk to your trip leaders for dates.

ONLINE PAYMENT INSTRUCTIONS:

1. Log-on to my.american.edu, click on the Finances or Life@AU tab.
2. Under your personalized links, click on “Alternative Break E-payment.”
3. Choose your trip.
4. Enter your credit card information and click submit!
5. Payments are non-refundable.

PAYMENT INSTRUCTIONS VIA CASH OR CHECK:

1. Obtain deposit slip from Community Service Center with the trip Account # to ensure that the payment is placed in the correct account.

2. Bring payment and Deposit Record to the payment windows in Student Accounts (before 4:30 PM in Asbury 300).

3. Bring the original payment receipt back to the Community Service Center (MGC 273). You must keep a copy of the receipt for yourself. If you do not bring back the receipt we have no way of knowing if you paid!!!

4. Put the receipt in your trip box in the CSC.

5. Payments are non-refundable.
IMPORTANT INFORMATION:

☐ The pre-departure meetings are MANDATORY. You must attend in order to get to know other students on your trip, learn about your destination and talk about health/safety issues.

☐ You are responsible for making an appointment with your doctor to find out which immunizations you need.

☐ You are covered under AU’s international travel insurance (information from Alt Break website: http://www.american.edu/finance/rmehs/inttravel.cfm)

☐ Safety, US State Department, CDC immunizations, and other links are on the Alternative Break website. www.american.edu/altbreak

☐ Your leader is responsible for providing the trip itinerary and destination information. Please ask them any questions you have.

☐ Academic credits: You can either do an independent study with a professor of your choice or take SIS 386: Selected Topics in Global Social Justice. (Register through Alternative Break office.)

☐ Fundraising for your trip: If you solicit checks from individuals or businesses, they should be made out to “American University” and mailed to the AU Development Office. See the Alternative Break website for more information.

AU EMERGENCY CONTACT INFORMATION:

202-885-3636 Public Safety


2nd Marcy Campos, Community Service Center Director; work: 202-885-7378, cell: 301-996-6343, home: 301-270-6343

3rd Fanta Aw, Assistant Vice President, Campus Life; work: 202-885-3357 home: 301-562 1499, cell: 240-413-2277
EXPECTATIONS & CODE OF CONDUCT:

The following is a list of minimum expectations; your individual trip groups will discuss and formulate additional participant expectations as necessary.

Code of Conduct:

1. Participate in all mandatory weekly pre-departure meetings.
2. Make payments and turn in all necessary forms on time.
3. Travel with the group at all times.
4. Abide by the alcohol and other drug free policy of Alternative Breaks.
5. Prepare individually for your trip by completing required readings.
6. Behave in a safe and responsible manner.
7. Respect the customs and local community.
8. Respect your trip leader, fellow participants & faculty/staff advisor.
9. Process the AB experience individually and with your group through reflection, conversation and other group activities.
10. Follow-up after trip with activism on social justice issues learned.

Program Reminders:

1. Turn in all necessary forms on time.
2. Participants who wish to receive course credit for participation will be required to complete additional criteria. SIS 386 or independent study credit is optional. See individual trip advisor for details.
3. Participants must become aware of relevant health and safety risks relevant to your destination. You are responsible for making an appointment with your doctor to find out which immunizations you need.
4. Make payments on time.
5. All payments made to Alternative Break are non-refundable.

I understand that failure to comply with any of these expectations may result in my inability to participate in the trip, dismissal from trip at my own expense, or may affect future Alternative Break participation.

Print Name: ____________________________ AU ID: ___________

Signature: ______________________________ Date: ___________