

TRIP INFORMATION SHEET

Patagonia in Depth: Hiking, Glaciers, Culture, and More
Led by Dave and Pat Van Wylen '80
March 15–28, 2022



Welcome

Hello Study Travelers! We are grateful you have chosen to participate in Travel with St. Olaf College and are working to prepare a program worthy of your high expectations.

The mission of this Study Travel program is to:

- experience the landscapes of this breathtakingly beautiful part of the world
- actively explore nature in community with like-minded travelers
- get to know the unique culture of the Río Negro area surrounding Bariloche
- encounter other perspectives while deepening your understanding of your own viewpoints
- engage in stimulating conversations with like-minded travelers

To achieve these goals, we will visit many sites and enjoy conversations throughout the program. Some days may be quite full, while others have more free time so that you may explore your own interests, reflect on what you are seeing and learning, enjoy the ambience of the ship, and to decompress. Time to process new ideas is integral to grasping the accuracy and implications of those ideas. Simply savoring the sights, sounds, smells, and tastes of another culture can deepen your learning experience.

Equally important to reaching the program's goals is getting to know the others in your group. A rapport with those sharing your encounters can strongly enhance your learning experience. Connecting to and discussing issues raised by this Travel program with your fellow travelers can augment your encounters and strengthen your new feelings, perspectives and knowledge. Your program leaders will strive to create a relaxed, safe environment in which discussion flows easily and all perspectives are welcome.

I wish you an enriching and enlightening program.

A handwritten signature in black ink that reads "Heidi Quiram". The signature is fluid and cursive.

Heidi Quiram
Director of Alumni & Family Travel

P.S. A great deal of the information normally covered in this trip information sheet is provided in the trip information packet provided by our tour operator, Knowmad Adventures. See the Documents section within the program web page.

General Resources

As a reminder, please familiarize yourself with the many resources we have online at stolaf.edu/travel > Menu > Prepare for your Adventure, including the overseas travel insurance coverage, how to be an independent group traveler, safety overview, and much more.

Recommended Readings

Dave and Pat provided some resources and links specific to this program in an email to the group on December 5th. If you have not seen that email, let me know. My contact information is at the bottom of this sheet.

A Thoughtful Journey

In the spirit of study travel, here are some questions to contemplate while you travel:

- what kinds of connections can I make with locals?
- how can we overcome preconceptions about the destination, culture, and people?
- in what ways can we build bridges to what we're seeing, hearing, doing, and learning?

Your faculty leaders will also pose discussion questions throughout the program.

Connecting to the Group

A group transfer will be provided on arrival in Buenos Aires. More information on this will be provided about 3 weeks prior to departure.

A Typical Day

A typical day will normally start with a good breakfast and a departure time between approximately 8 and 9 a.m. On every Travel program we try to strike a balance between scheduled activities and time on your own. We work to include activities we feel are essential to the educational theme, or which get you into an area where you can do many things. Your guide or hotel front desk staff can provide many suggestions for free time on-site. Don't forget to use free time to process what you are learning, seeing and feeling, to shop, or simply to rest.

Activity Level

Movement between cities will be by private, air-conditioned motor coach. We will often move around within cities on foot. One philosophy of St. Olaf Travel is that any destination is more fully experienced on foot. In addition, this program is designed to be more active than the average study travel program. The times of higher activity will be balanced by down times as well. Activities are encouraged, but you can choose to spend your time alternatively as desired.

Meals

Breakfast will be at the hotel and may vary from continental to a more robust buffet.

Either a group lunch or dinner is included each day. Occasionally a buffet may be available, but more typically these will be set menus chosen by the restaurant or tour operator. ***It's imperative that you have informed us of your dietary restrictions so that we can take these into account when ordering group meals.*** Beverages of any kind (including non-alcoholic) are typically not included at group meals, so you should plan to have some small bills in the local currency to cover your drinks. Tips are included at group meals.

Medical Facilities

If you are taking regular medicines or even home remedies, it is highly recommended that you bring along a sufficient supply.

Be aware that U.S. Medicare does not apply overseas, and that some travel medical insurance is included with your program fee, including emergency medical expenses, emergency medical evacuation, medical repatriation, accidental death and dismemberment, security evacuation, natural disaster evacuation, and some trip cancellation and trip interruption coverage.

Please visit the US State Department's web site for the latest Health information for each country. Get started at travel.state.gov and click on Country Information. Then type the country name into the box under "Learn about your destination."

Hotel Notes

Our group hotels are likely to have laundry services available. Such service is sometimes expensive. We recommend bringing some laundry soap and doing small batches of laundry in your hotel sink/bathtub. Some hotels will not provide shampoo or soap, this is often in support of green initiatives. Consider packing a travel sized version of hygiene products. Hairdryers are available at most hotels, either in the room or from the reception desk. Washcloths are not always supplied at hotels around the world, but may be available at the reception desk. Many showers in overseas hotels share a floor with the rest of the bathroom or will not have a shower curtain.

Time Difference

Right now Argentina is 3 hours ahead of Central Standard Time. When it is noon in Northfield, it is 3 p.m. in Buenos Aires. However, Minnesota will spring ahead to Central Daylight Time on March 13, 2 days before departure. Argentina no longer observes Daylight Saving Time, so by departure day, Argentina will be 2 hours ahead of Minnesota.

Metric Conversion

The rest of the world uses the metric system of measurement. You will find temperatures given in degrees Celsius, gas and oil sold by liters (1 U.S. gallon = 3.78 liters), and road speeds posted in kilometers per hour (1 mile = 1.6 kilometers).

To convert Celsius to Fahrenheit:

- multiply the Celsius temperature by 9
- divide the answer by 5
- add 32

Thus, if the temperature is 20 degrees Celsius: $20 \times 9 = 180 \div 5 = 36 + 32 = 68$ degrees Fahrenheit.

Others say you can simply take the Celsius temperature, double it, and then add 32. For example, if the temperature is 20 degrees Celsius: $20 \times 2 = 40 + 32 =$ about 72 degrees Fahrenheit.

Airport Security

Visit tsa.gov/travel for up-to-date guidelines on getting through the security lines faster, what you can bring, the liquids rule, proper identification, and more.

Customs (Going Home)

You may import \$800.00 worth of goods duty-free and must pay a 10% tax on the next \$1,000.00. You must declare all purchases, so keep sales receipts, especially for larger purchases. When your purchases exceed \$800 you can avoid paying customs fees by mailing to yourself items costing up to \$200 and marked "personal purchases." Of course, you would want to check that the postage paid isn't greater than the customs fee. Mail only one package per day, because multiple packages mailed the same day and exceeding \$200 when added together will be charged the appropriate customs fee. Limitations exist for tobacco, alcohol and perfume. For more information visit the U.S. Customs and Border Protection web site at www.cbp.gov. Click on the Travel section, then choose "Pleasure and Vacation Travel (Know Before You Go)."

Miscellaneous Tips

- Investigate – prior to departure – how to replace lost traveler’s checks and credit cards.
- Bring with you only those credit cards and documents you will need.
- Do not take or wear expensive jewelry. It can be stolen, even when you are wearing it.
- Put your name and address on the outside and the inside of each piece of luggage.
- Make sure you receive a claim check for each piece of checked luggage.
- Read the fire safety instructions in hotels and know where the exits are located.

If you have any questions at any time, do not hesitate to contact the Travel Director:

Heidi Quiram

Direct 507-786-3629

Email *quiram@stolaf.edu*