

TRIP INFORMATION SHEET

America's Struggle for Civil Rights: Religion, Race, and the Work of Justice
Led by David Booth, Associate Professor of Religion, and Ann Tobin, Retired Attorney
April 5-14, 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:

- study the history of the American civil rights struggle of the late 20th century
- contemplate basic questions about the ongoing struggle around race in American society
- examine contemporary arguments about race
- discuss the role religion plays in race conflict
- 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

General Resources

As a reminder, please familiarize yourself with the many resources we have online at stolaf.edu/travel > Menu > Prepare for your Adventure, only some of which may apply to a domestic program.

Recommended Readings

The Resource List has been posted on the program web page: stolaf.edu/travel > Menu > Browse by Destination+ > North & Central America+ > 2022 Civil Rights.

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 local residents?
- how can we overcome preconceptions about Southern culture, its history, and current relationship with the area in which I live?
- in what ways can we build bridges to what we're seeing, hearing, doing, and learning?

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

Connecting to the Group

The address of the group hotel and the timing of the first gathering will be provided in an email with the subject line "Final Notes and Tips" about 3 weeks prior to departure.

A Typical Day

A typical day will normally start with a good breakfast and a departure time on our bus between approximately 8 and 9 a.m. On most days, we will set out to see several cultural sites or museums; we will coordinate our departure time in order to maximize our time at the site. Factors will include opening and closing times as well as anticipated tourist traffic. We will typically return to the hotel in time to relax and freshen up for dinner, if not well before.

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 program leader, local guides, 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. You should be able to walk fair distances in one shot — at times it will be a mile or more. Past participants have reported that between group activities and their own explorations, their pedometers have logged 7 to 10 miles in one day. Make sure to have an already-broken in pair of walking shoes along; on certain days, these will be your best friends.

Weather

Be sure to check your favorite app or web site for forecasts in each city shortly before departure, keeping in mind that the forecast could change. Temperatures could fluctuate by 5 or 10 degrees warmer or cooler. We recommend bringing multiple light layers to that you can add or remove as necessary to stay comfortable.

Clothing Suggestions

Be sure to dress comfortably; we will be out and about for several hours each day. There is no need to dress up for dinner, but if you prefer to swap your jeans for slacks, please do what makes you most comfortable. As mentioned above, we recommend bringing multiple light layers to that you can add or remove as necessary to stay comfortable.

Meals

Breakfast will be at our hotels 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 not always included at group meals, so you should plan to have some small bills in the local currency to cover any beverage other than water. Tips are included at group meals.

That leaves either lunch or dinner on most days for you to explore the local cuisine at your own comfort level and budget.

Medical Facilities

If you are taking regular medicines or even home remedies, it is highly recommended that you bring along a sufficient supply. We cannot guarantee what local pharmacies might be near the hotel. Otherwise, you will encounter the level of medical care that you are used to in the United States.

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.

Money

How much money you budget for this program depends on what you plan on doing during your free time, and what kind of meals you like to eat. (Yogurt from the corner store will cost less than a three-course lunch with beer or wine at a local café).

We strongly recommend carrying a variety of forms of money, so you will not be without funds if one form should fail or be stolen. ATMs are readily available in each city we'll stay in, so that you can take out smaller increments of money if you wish.

It's typically helpful, too, to inform your bank/credit card company before departure that you'll be traveling and to which countries.

Airport Security

Visit [tsa.gov/travel](https://www.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.

Packing Tips

- Mix and match several items of clothing. Pick a scheme like black, brown or navy.
- Take an all-purpose jacket, one that is warm, can double as rain gear, and has pockets.
- Do not take anything that would upset you if you lost it, such as valuables and jewelry.
- Take only comfortable shoes. Match all or most of your wardrobe with one or two pairs.
- Roll clothing in your suitcase to maximize space and cut down on wrinkling.
- A dressier outfit is appropriate for any performances that may be scheduled on your program (i.e., not jeans).
- Small backpacks are very useful as a day pack. Many days we will be out and about for several hours and you will want to carry water, a small umbrella, and layers.

Don't forget to pack

- Credit card account numbers and toll-free phone numbers for card replacement
- Insurance contact information

- A copy of the itinerary — if your name and flight tags go missing, the airline will still know how to contact you or where to send your luggage
- Contact solution or an extra pair of glasses in case you break or lose yours, and your prescription
- Perhaps a small, battery powered alarm clock if you're not bringing your cell phone

Items to carry with you

- Vaccination card
- Neck safe or money belt
- Photo ID
- Medical insurance card
- Travel insurance provider information and contact numbers
- Prescription medications in their original containers
- Small amount of over-the-counter medications for headaches or allergy relief (these items are readily available for purchase at reasonable prices throughout our journey)

Items to leave with someone at home

- Copy of the identification page of your passport
- Credit card account numbers and toll-free phone numbers for card replacement
- Photocopy of your medical insurance card
- Travel insurance provider information and contact numbers
- Photocopy of your itinerary, which will include hotel contact information closer to departure
- Prescription medication information

Visit www.onebag.com for more packing tips, including what to pack, what to pack it in, how to pack and packing lists.

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

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