

## TRIP INFORMATION SHEET

### Picturesque Mediterranean

Led by David Anderson, President of St. Olaf College, and Priscilla Paton, Author  
April 13–24, 2023

### Welcome

Hello graduates, families, and friends! 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:

- encounter the cultures, histories, food and drink, art and architecture, and more, of Italy, Croatia, Montenegro, Greece, France, and – for some of you – Spain
- learn from local guides at the sites you'll visit on any shore excursions you've booked
- engage in stimulating conversations with like-minded travelers

We are working on three group gatherings during the sailing, and will be getting that information to you soon, so that you can connect with and enjoy the company of your fellow graduates, families, and friends of St. Olaf.

Not to be overlooked are the benefits that come from merely disconnecting from your usual routine. Studies have shown that taking time away from your usual life stresses can have physical and mental health benefits. People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals. In addition, engaging with your community – in this case, the St. Olaf community – can also help manage stress and make us more resilient.

And so, I wish you an enlightening and rejuvenating trip!



Heidi Quiram  
Director of Alumni & Family Travel

### 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?

### General Resources

As a reminder, please familiarize yourself with the many resources we have online at [stolaf.edu/travel](http://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.

## Timeline

Here's what to expect in the lead-up to departure:

- Feb 03, 2023: Preliminary air schedules (if applicable)
- Mar 20, 2023: Online check-in is available via email
- Mar 24, 2023: Final Cruise Vacation Summary, Go Next Program Manager Information & Pre/Post Cruise information (if applicable to you). Note that luggage tags are also available at the pier when you arrive for embarkation, if needed.
- Apr 07, 2023: Safety Video via email

## Helpful Information from Oceania

*You must have completed your registration at Oceania.com in order to receive your Cruise Vacation Guide and avoid any delays in the processing of your Final Cruise Vacation Summary.*

The Cruise Vacation Guide is usually sent through U.S. mail approximately 90 days prior to the sailing date.

Included in the Cruise Vacation Guide are: Luggage Tags, Ship Information, Passport & Visa Information, Summary of the booking, Deck Plan, Shore excursions, and General cruise Information. Your Cruise Vacation Guide is a preliminary document and serves as a keepsake.

You will need to show a copy of your Final Cruise Vacation Summary – which will be an electronic document sent about 21 days prior to sailing – along with a valid passport for embarkation. You should double-check now that your passport is valid for at least three months past your return date, preferable six months.

Oceania Cruises does not issue any "vouchers" for ancillary items, such as shore excursions. These items are indicated on the Final Cruise Vacation Summary.

## On the Ship

As mentioned above, we are working on three group gatherings during the sailing, and we hope you will make an effort to attend and share the joy of traveling with your fellow graduates, families, and friends of St. Olaf.

Otherwise, your time during the sailing is your own – have breakfast and dinner where you like, when you like, with a variety of dining options from flip-flops casual to “La Reserve,” a wine bar hosting wine tastings during the day and a 7-course dinner with premium wine pairings (all at a surcharge).

Or, enjoy the many amenities of *Riviera*, including the Wellness Spa, a heated pool, three whirlpool spas, fitness center, fitness track, golf putting greens, golf driving nets, paddle tennis, shuffleboard, croquet, bocce court, The Board Room: a cards playing room with board games, afternoon tea, Baristas: a complimentary patisserie and specialty coffee bar, full bars, piano bar, multiple lounges and sun decks, dance floor, entertainment, casino, beauty salon, three duty-free Boutiques, the Culinary Center cooking school at sea, hands-on classes from artists-in-residence at the Artist Loft, and probably some things that I missed.

## Weather

Be sure to check your favorite app or web site for forecasts in each port city shortly before departure, keeping in mind, of course, that the forecast could change, and that 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

Oceania says: "Recommended on board clothing is resort or country club casual. For evening dining, elegant casual resort wear is suggested. We request that casual jeans, shorts, t-shirts, baseball caps, sandals, or tennis shoes not be worn in the restaurants after 6 PM. Baseball caps may be worn in the Terrace Café after 6 PM."

## Medical Facilities

There is a – hopefully unneeded – Medical Center with resident physicians and nurses on call 24-hours. 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.

If you want the latest health information for each country on this sailing, you can visit the US State Department's web site. Get started at [travel.state.gov](https://travel.state.gov), click on International Travel, and then on Country Information. Then type the country name into the box under "Learn about your destination."

## Money

Oceania says: "For European voyages, Euros may be purchased from reception. All foreign currency exchange transactions will be charged to the guest's on board account and a 5% transaction fee will be applied by Oceania Cruises." You can, however, access euros from any ATM at the airport or in cities. How much money you budget for this program depends on what you plan on doing during your free time.

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. Pickpocketing is prevalent around the world. You should consider carrying your money and credit cards in a buttoned pocket or money belt — i.e., someplace secure.

The exchange rate on January 24, 2023 was approximately €1.00 to \$1.08.

## 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:

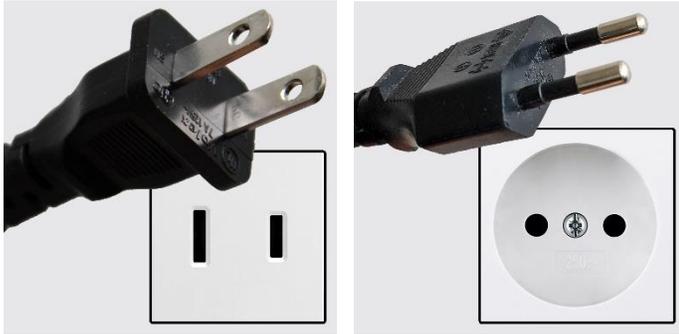
- multiply the Celsius temperature by 9
- divide the answer by 5
- add 32

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, and it will get you close enough. For example, if the temperature is 20 degrees Celsius:  $20 \times 2 = 40 + 32 =$  about 72 degrees Fahrenheit.

## Electricity

Oceania says: “Each stateroom has 2-110 volt outlets and 2-220 volt outlets which can be used for items such as battery chargers, hair dryers, razors and personal hygiene items.” I was utterly and completely unable to verify whether the outlets take European or U.S. plugs. I recommend you bring a multi-adaptor, just in case.



U.S. style plug

European style plug

Most gadgets and chargers these days – for laptops, tablets, and phones, whether Apple or Android – are Dual Voltage: dual voltage appliances are designed to work on either 110V or 220V without a converter. Be sure to check this before you leave.

## 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.

## Customs (Re-entering the U.S.)

Check the current customs regulations by visiting the U.S. Customs and Border Protection web site at [www.cbp.gov](https://www.cbp.gov). Click on the Travel section, and under U.S. Citizens, choose Know Before You Go. Within that section there are sub-sections with helpful information.

## 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.
- 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

- 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
- Electrical plug adapters, just in case (see above).

### Items to carry with you

- Neck safe or money belt
- Passport and another picture ID
- Overseas or non-toll free numbers for credit card replacement
- Medical insurance card
- Travel insurance provider information and contact numbers
- Prescription medications in their original containers (be sure to pack extra in case your return home is delayed)
- Small amount of over-the-counter medications for headaches or allergy relief or other remedies that you normally take

### Items to leave with a trusted person 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
- Copy of your itinerary
- Prescription medication information

Visit [www.onebag.com](http://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 or stolen 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 once on board and know where the lifeboats are located.

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

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