

ROAD SCHOLAR

Adventures in Lifelong Learning

**Dive in and Discover: Snorkeling in
Palau and Yap**

Second Packet

**Program # 18535
January – December 2012**



PACIFIC
ISLANDS
INSTITUTE

Pacific Islands Institute
3566 Harding Avenue, Suite 202
Honolulu, Hawai`i 96816
Phone: (808) 732-1999 Fax: (808) 732-9555
E-mail: info@pac-island.com
Website: www.explorethepacific.com

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ROAD SCHOLAR

Dear Road Scholar,

We hope you are as excited as we are to be only months away from your Palau and Yap Snorkeling Road Scholar program. Today's mailing is your second packet of preparatory materials designed to briefly profile the country you will be visiting. We have provided basic information on the history of the country, currency/exchange information, and some helpful packing tips. Remember, any additional preparations you make for this great journey can only enhance your experience, broaden your knowledge base and inevitably contribute to everyone's learning adventure.

Your choice in destinations is excellent; both Palau and Yap have a rich history and culture. The lush landscapes and breathtaking ocean scenes are sure to make a lasting impression.

Thank you in advance for allowing us to encourage your journey of lifelong learning.

A Hui Hou – Until we see you soon!

A handwritten signature in black ink that reads "Andrew A. Lockwood". The signature is written in a cursive, flowing style.

Andrew A. Lockwood
PII Road Scholar Director

THE REPUBLIC OF PALAU

INTRODUCTION



PALAU PROFILE

GEOGRAPHY

Palau, also known as “Belau,” is a small island nation in the western Pacific Ocean. Palau is made up of about 200 islands that are part of the Caroline Islands in a chain that lies about 500 miles east of the Philippines. The chain extends approximately 100 miles from north to south and is about 20 miles wide. Palau has a total land area of 177 square miles.

Palau’s largest island, Babeldaob, is also spelled “Babelthuap.” Palau’s northern islands are of volcanic origin and have rich soils. Most of these islands are fertile and have many trees. The southern islands, called the “Rock Islands” (Palauan name is “Chalbacheb”) are upraised coral formations formed from the weathering of ancient uplifted reefs. The islands have secluded beaches, tranquil channels, clear water, spectacular coral formations and an abundant and varied marine life. Most of these islands are too rugged for people to live on; however, their spectacular natural beauty makes them a major tourist attraction.

PEOPLE

Most Palauans are descended from the original settlers of the islands thousands of years ago. About two-thirds of Palau’s people live on Koror Island and like in the FSM, most of them work for government agencies. The rest of the islands’ people live in scattered rural villages, farming the land for mostly subsistence use. The main foods of Palauans include seafood and taro, a plant with a starchy, edible underground stem.

English and Palauan are the official languages in all states except Sonsoral (Sonsorlese and English are official), Tobi (Tobi and English are official), and Angaur (Angaur, Japanese, and English are official). Palauan children must attend school between the ages of 6 and 14. About three-quarters of the people of Palau are Christians (Catholics, Seventh-Day Adventists, Jehovah’s Witnesses, the Assembly of God, the Liebenzell Mission, and Latter-Day Saints). The other one-third of the population follows a local, indigenous religion known as Modekngai, which emphasizes traditional Palauan culture and values.

The population of Palau is approximately 20,796 (July 2010 estimate) with ethnic breakdown listed as Palauan (Micronesian with Malayan and Melanesian admixtures) 70%, Asian (mainly Filipinos, followed by Chinese, Taiwanese, and Vietnamese) 28%, and white 2% (2000 est.).

ECONOMY

The economy consists primarily of subsistence agriculture and fishing. The government is the major employer of the work force, relying heavily on financial assistance from the US. The population enjoys a per capita income of twice that of the Philippines and much of Micronesia. Long-run prospects for the tourist sector have been greatly bolstered by the expansion of air travel in the Pacific and the rising prosperity of leading East Asian countries.

Palau’s GDP (purchasing power parity) is \$164 million (2008 estimate). GDP numbers reflect U.S. spending. The GDP real growth rate is at 5.5%, estimated in 2005. The GDP per capita (purchasing power parity) is \$8,100 (2008 estimate).

Palau’s total labor force was estimated at 10,200 in 2005 with an unemployment rate of 4.2% in 2005. Agricultural products include coconuts, copra, cassava (tapioca), and sweet potatoes.

Palau exports approximately \$5.882 million (2004 estimate) worth of commodities such as trochus (type of shellfish), tuna, copra, and handicrafts to such export partners as the U.S. and Japan. Palau imports approximately \$107.3 million (2004 estimate) worth of commodities such as machinery and equipment, fuels, metals, and foodstuffs from the United States.

Under the terms of the Compact of Free Association with the US, entered into after the end of the UN trusteeship on 1 October 1994, provides Palau with up to \$700 million in US aid over 15 years in return for furnishing military facilities. Currency used in Palau is the United States Dollar (USD).

HISTORY

Archaeological evidence suggests that Palau was one of the first island groups in Micronesia to be settled. Studies indicate that today's Palauans are distant relatives of the Malays of Indonesia, Melanesians of New Guinea, and of the Polynesians. The original Palauan ancestors may have arrived from Southeast Asia at least 4,000 years ago.

The most noteworthy early foreign contact took place in 1783 when the vessel *Antelope*, under the command of English Captain Henry Wilson, was shipwrecked on a reef near Ulong, a Rock Island located between Koror and Peleliu. With the assistance of Koror's High Chief Ibedul, Wilson and his men stayed for three months to rebuild his ship. Upon departing, Captain Wilson took Ibedul's son, Lebuu, to England for schooling. Lebuu's untimely death from smallpox in England prompted a return voyage carrying news and gifts for Ibedul. From that time onward, many foreign explorers sailed through Palauan waters and the islands were exposed to further European contact.

Foreign governance of the Palauan islands officially began when Pope Leo XIII asserted Spain's rights over the Caroline Islands in 1885. In 1899, Spain sold the Carolines to Germany, which established an organized program to exploit the natural resources. Native labor was conscripted to mine phosphate in Angaur and coconuts were planted to expand copra production.

After Germany's defeat in World War I (1914-1918), Japan administered the islands under a mandate by the League of Nations. Japan also concentrated on the economic development of the islands and free public and vocational schools were established for Palauans. The Japanese influence on the Palauan culture was immense as it shifted the economy from a level of subsistence to a market economy and property ownership from the clan to individuals. In 1922 Koror became the administrative center for all Japanese possessions in the South Pacific. The town of Koror was a stylish metropolis with factories, shops, public baths, restaurants and pharmacies. The population reached a record high of 40,000 people, of which fewer than 10 percent were Palauans.

After the end of World War II in 1945, the Japanese settlers were sent back to Japan. The United States administered the Palau islands under a United Nations trusteeship called the Trust Territory of the Pacific Islands from 1947 until 1994. As part of its mandate the US was to improve Palau's infrastructure and educational system in order for it to become a self-sufficient nation. This finally came about on October 1, 1994, when Palau gained its independence upon the signing of the Compact of Free Association with the United States. In December 1994, it became a member of the United Nations.

GOVERNMENT

Palau is a republic in free association with the United States. Under this arrangement, the Palauan government controls the nation's internal and foreign affairs. However, the United States is responsible for the defense of the islands. In exchange, the U.S. military is granted access to the islands for 50 years.

It has been said that for its population Palau is one of the most over governed places on earth. In addition to the American style national government, with the executive, legislative, and judicial branches, there is also the traditional Council of Chiefs that acts as an advisory board to the President. Palau's small landmass is then divided up into 16 separate States, each with its own Governor, constitution, and legislature.

POLITICAL CONDITIONS

Palau took its first step in standing on its own feet as an independent nation in the modern world when it gained independence from the United States in 1994 and dominion over its internal and foreign affairs. However, Palau is now in the middle of its next task, which is to gain economic independence as well. From 1995 - 2009, under the terms of the Compact of Free Association with the United States, Palau received more than \$450 million in assistance over 15 years economic aid from the United States will either cease or decrease and In January 2010, Palau accepted a \$250 million financial package that will cover a 15-year period.

Palau one day hopes to have in place an economic foundation to pave the way towards full independence by reducing its dependence on foreign aid.

BUSINESS HOURS

Business hours are generally Monday through Friday from 8:00 am to 4:30 pm. Banking hours are 10:00 am to 3:00 pm Monday through Thursday and 10:00 am to 5:00 pm on Fridays.

ELECTRICITY

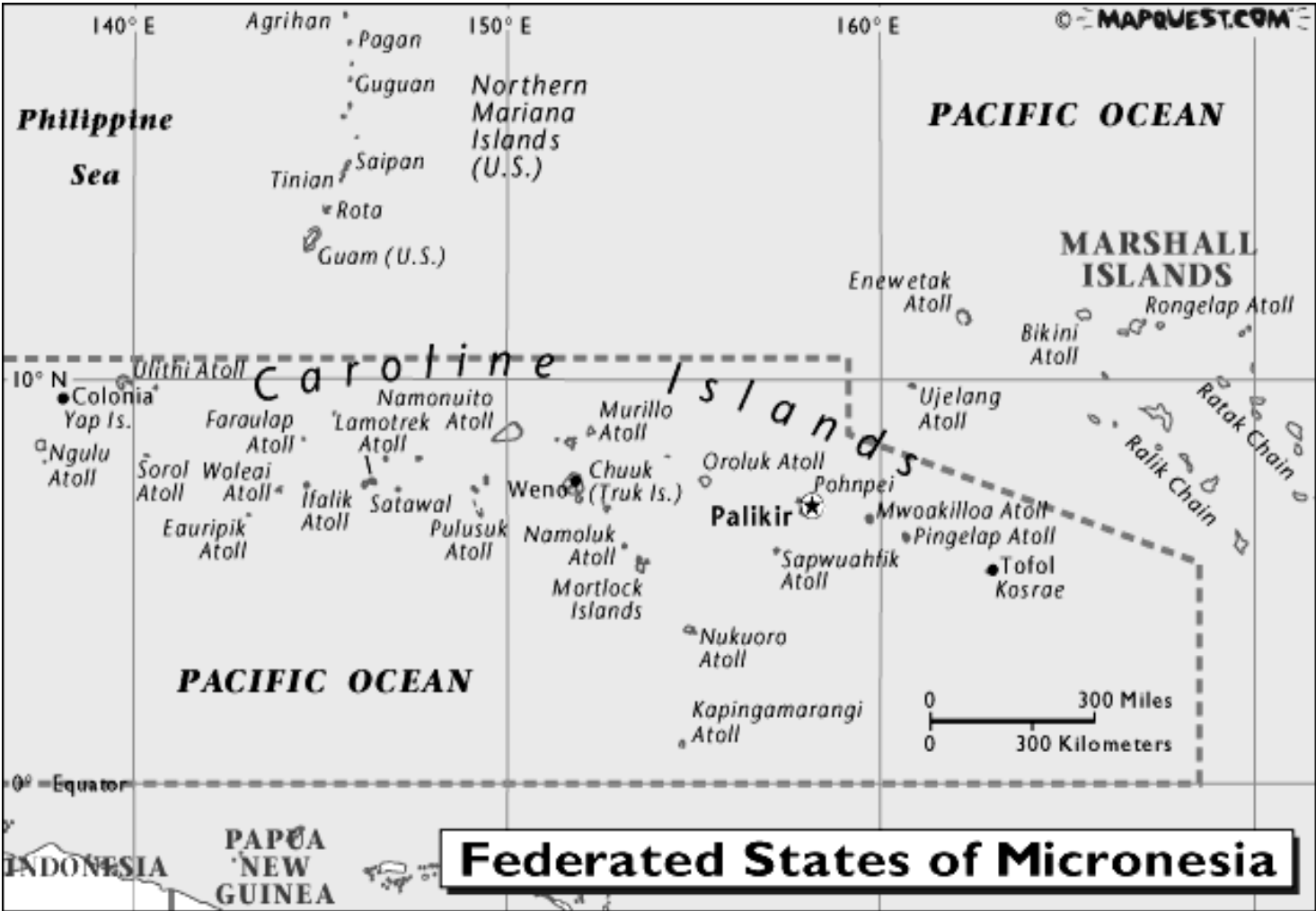
All normal wall outlets are 120 volts, 60 cycles with U.S. plug patterns.

TIME ZONE(S)

The Republic of Palau lies West of the International Dateline and is one day ahead of the rest of the United States. The official time in Palau is Greenwich Mean Time plus nine hours.

When it is noon in Palau, it is either 10:00 or 11:00 pm the day before in New York (depending upon the time of year and daylight savings adjustments).

THE FEDERATED STATES OF MICRONESIA INTRODUCTION



FEDERATED STATES OF MICRONESIA (FSM) PROFILE

GEOGRAPHY

The Federated States of Micronesia (FSM) consists of four major island groups with a total of 607 small islands spread across more than one million square miles in the Western Pacific, about 2,500 miles southwest of Hawaii, lying just above the Equator. Generally speaking, FSM comprises what is known as the Eastern and Western Caroline Islands, about 65 of which are inhabited. While the country's total land area amounts to only 270.8 square miles, the islands extend 1,700 miles from East (Kosrae) to West (Yap). Each of the four States (Chuuk, Pohnpei, Kosrae and Yap) centers around one or more "high islands" and all but Kosrae include numerous atolls.

Yap State is made up of 4 large islands, 7 small islands and 134 atolls. It has approximately 12,000 people and a total land area of 45.6 square miles.

Chuuk State with an approximate population of 55,000 people, has a total land area of 49.2 square miles and includes seven major island groups.

Pohnpei State, with a population of 35,000 people, has 133.4 square miles of land area, of which 130 is accounted for by Pohnpei island, making it the largest in FSM.

Kosrae is essentially one high island of 42.3 square miles and a population of about 8,000 people.

PEOPLE

The population of the FSM is estimated at 106,836 (2011 estimate) and the population growth rate is estimated at -0.3138% (2011). The general ethnic character of the people of the FSM is Micronesian, with a small number of Polynesians, primarily on Nukuoro and Kapingamarangi atolls of Pohnpei State. These are the only indigenous Polynesians in all of Micronesia. There are a total of nine ethnic Micronesian and Polynesian groups. Today, the influence of European and Japanese contacts can also be seen.

Each of the four States exhibits its own distinct culture and tradition, but there are also common cultural and economic bonds that are centuries old. Cultural similarities include the importance of the traditional extended family and clan systems that are found on each island.

ECONOMY

Economic activity consists primarily of subsistence farming and fishing. The islands have few mineral deposits worth exploiting, except for high-grade phosphate. The potential for a tourist industry exists, but the remote location, a lack of adequate facilities, and limited air connections hinder development. The Amended Compact of Free Association with the US guarantees the Federated States of Micronesia (FSM) millions of dollars in annual aid through 2023, and establishes a Trust Fund into which the US and the FSM make annual contributions in order to provide annual payouts to the FSM in perpetuity after 2023. The country's medium-term economic outlook appears fragile due not only to the reduction in US assistance but also to the slow growth of the private sector.

The FSM's GDP or purchasing power parity is \$238.1 million (2008 est.). The GDP is supplemented by grant aid, averaging perhaps \$100 million annually (2002 est.). The GDP (real growth rate) is 2.8% (2005 est.), and the GDP per capita (purchasing power parity) is \$2,200 (2008 est.).

Two-thirds of the FSM's labor force is government employees, and the unemployment rate was at 22% as of 2002. Industries include tourism, construction, fish processing, crafted items from shell, wood, and pearls, agricultural products of black pepper, coconuts, cassava (tapioca), sweet potatoes, pigs, and chickens. The FSM exports approximately \$14 million (2004 est.) worth of commodities such as fish, garments, bananas, and black pepper to such export partners as Japan, the U.S. and Guam. The FSM imports approximately \$133 million (2004 est.) worth of such commodities as food, manufactured goods, machinery and equipment, and beverages to such import partners as the U.S., Japan, and Hong Kong.

Under terms of the Compact of Free Association, the US pledged \$1.3 billion in grant aid during the period 1986-2001; the level of aid has been subsequently reduced. Currency used in the FSM is the United States dollar (USD).

HISTORY

In 1525 Portuguese navigators in search of the Spice Islands (Indonesia) came upon Yap and Ulithi. Spanish expeditions later made the first European contact with the rest of the Caroline Islands. Spain claimed sovereignty over the Caroline Islands until 1899. At that time, Spain withdrew from its Pacific insular areas and sold its interests to Germany, except for Guam which became a US insular area.

German administration encouraged the development of trade and production of copra. In 1914 German administration ended when the Japanese navy took military possession of the Marshall, Caroline and Northern Mariana Islands. They began their formal administration under a League of Nations mandate in 1920. During this period, extensive settlement resulted in a Japanese population of over 100,000 throughout Micronesia. The indigenous population was then about 40,000. Sugar cane, mining, fishing and tropical agriculture became the major industries.

World War II brought an abrupt end to the relative prosperity experienced during Japanese civil administration. By the War's conclusion most of the islands infrastructure had been laid to waste by bombing, and the islands and people exploited to the point of impoverishment.

The United Nations created the Trust Territory of the Pacific Islands (TTPI) in 1947. Ponape (then including Kusaie), Truk (now Chuuk), Yap, Palau, the Marshall Islands and the Northern Mariana Islands, together constituted the TTPI. The United States accepted the role of Trustee with the UN directive to "promote the economic advancement and self-sufficiency of the inhabitants." The President of the US appointed a High Commissioner of the TTPI, and he, in turn, appointed an administrator for each of the "Districts" mentioned above. The TTPI remained under the civil administration of the US Navy Department until 1951, when authority passed to the Department of the Interior. In 1979, upon implementation of the FSM Constitution, the US officially recognized the establishment of the FSM national and state governments. Self-sufficiency, however, remained a dim prospect, in part because private-sector growth had never been encouraged by the TT Administration.

On July 12, 1978, following a Constitutional Convention, the people of four of the former Districts of the Trust Territory, Truk (now Chuuk), Yap, Ponape (now Pohnpei and Kusaie (now Kosrae) voted in a referendum to form a Federation under the Constitution of the Federated States of Micronesia (FSM). United Nations observers certified this referendum as a legitimate act of self-determination. Thereby, the people reasserted their inherent sovereignty which had remained dormant, but intact, throughout the years of stewardship by the League of Nations and the United Nations.

Upon implementation of the FSM Constitution on May 10, 1979, the former Districts became States of the Federation, and in due course adopted their own State constitutions. Nationwide democratic elections were held to elect officials of the National and four State governments. The Honorable Tosiwo Nakayama, the former President of the Congress of Micronesia, became the first President of the FSM and formed his Cabinet. The new Congress of the FSM convened, elected the Honorable Bethwel Henry as Speaker, and began to enact laws for the new Nation. A judicial system was established pursuant to the National and State constitutions. Thereupon, the United States entered upon a period (1979-86) of orderly transfer of governmental functions consistent with the terms and intent of the UN Trusteeship Agreement.

The Compact of Free Association with the US was signed on October 1, 1982, and entered into force on November 3, 1986. The Federated States of Micronesia became a member of the United Nations on September 17, 1991.

GOVERNMENT

The government of the Federated States of Micronesia is a constitutional government in free association with the United States of America. There are four administrative divisions or states: Chuuk, Pohnpei, Kosrae and Yap. The legal system is based on adapted Trust Territory laws, acts of the legislature, municipal common, and customary laws. There is universal suffrage at 18 years of age. The FSM is totally dependent on the US for its defense.

BUSINESS HOURS

Business hours are generally Monday through Friday from 8:00 am to 4:30 pm. Banking hours are 10:00 am to 3:00 pm Monday through Thursday and 10:00 am to 5:00 pm on Fridays.

ELECTRICITY

All normal wall outlets are 120 volts, 60 cycles with U.S. plug patterns.

TIME ZONE(S)

The islands of the FSM lie west of the International Dateline and are one day ahead of the rest of the United States. However, time zones differ between states. The official time in Yap is the same as Guam: Greenwich Mean Time plus ten hours. The official time in Pohnpei is Greenwich Mean Time plus eleven hours. When it is noon in Yap, it is either 9:00 or 10:00 pm the day before in New York (depending upon the time of year and daylight savings adjustments).

CURRENCY AND EXCHANGE

The U.S. dollar is used throughout Micronesia so currency exchange will not be necessary for this program.

Do not carry large amounts of cash. Other options are traveler's checks, credits cards, and ATM (bank) cards for obtaining currency. Depending on arrival times and days, and the program schedule, it may be a day or two before you can get to a bank. Traveler's checks usually provide the most security but may not be the most convenient. Major credit cards are widely accepted in most major cities, but fees and service charges vary from company to company. The same is true of ATM cards. If you take your ATM card with you, be sure you have a personal identification number (PIN) designed to work overseas. According to many reports, ATMs offer the best exchange rates but service charges may be added. The program staff on site will give you the information they have during orientation, but the best advice is "know before you go."

PACKING GUIDELINES

GENERAL ADVICE

The most important advice anyone can give you about packing is to travel light! Airlines now have strict rules on the amount, weight, and size of both carry-on and checked baggage. Plus, less luggage means shorter waits for baggage claim, less to carry around, and easier Customs inspections.

Before you pack, check the condition of your luggage. Airlines can refuse to accept fragile or damaged pieces. If you have to purchase new bags, choose luggage that is lightweight, roomy and easy to carry, yet durable enough to withstand rough treatment. Choose material that will not sag or rip as it moves along the conveyor.

Please limit your luggage to one suitcase and a small backpack to use as a carry-on bag. Most of the carry-on baggage restrictions do not apply to purses, coats, camera equipment, or briefcases.

Baggage restrictions may vary from flight to flight depending on the design and passenger load of each plane, but a good rule of thumb is a total of two bags per person (one check-in luggage and one carry-on). The flight attendant has the final say as to whether your bags can be taken on board as carry-on luggage or whether the baggage must be checked as cargo. These rules have been made with your safety and comfort in mind. Check with the airline or your travel coordinator for detailed information on baggage regulations and fees.

Your carry-on must have a secure closure for theft prevention and not be an open bag. We recommend a backpack, rather than a shoulder bag, so that your hands are free during field trips. While traveling, your carry-on should be used for medicine, a change of clothing, basic toiletries, a jacket, camera equipment, film, reading material, and a folding umbrella. On field trips, you will use your backpack for rain gear, a water bottle, camera equipment and snacks. The generous amount of rain in some areas is what makes them so green and appealing, but it also means that you should never be too far from your poncho or small, easily carried, collapsible umbrella. A light poncho, rather than a raincoat, is the recommended wet weather garment. It will cover you and your backpack in a heavy downpour, and will drape to your feet like a tent, when seated. It will also allow for better air circulation in warm and humid weather.

Choosing a wardrobe of basics will help you deal with space limitations. Select clothes that will coordinate around one or two colors.

Prepare a kit of miniature toiletries in small plastic bottles to save space and weight. Don't fill bottles to the top if you are flying because the pressure may cause the contents to expand. These should all be packed in a heavy plastic bag in case of leakage. If you are bringing these in your carry-on baggage, please remember the 3 oz limit in a clear quart-size bag. Visit www.tsa.gov for more information.

When deciding what to take with you, anticipate articles that you may want to purchase at your destination. And, always include a collapsible nylon tote bag that will fit easily into your luggage to accommodate new purchases and other articles that seem to expand upon repacking. Pack tightly. Packing loosely wastes precious space and causes clothes to wrinkle.

Shoes should be packed in shoe mittens or an old pair of socks to protect other clothes from being soiled. You may also want to stuff your shoes with underwear and socks so that they won't be crushed during your flight.

Dresses, shirts and blouses can be packed in plastic dry cleaner bags to limit wrinkling. Roll pajamas, nightgowns, sweaters and other casual wear to fit into small spaces where possible, but don't cram your suitcase full. If you have to force your luggage to close, remove a few items to prevent broken hinges or zippers along the way.

Always carry your travel documents, medication, jewelry, traveler's checks, keys and other valuables in your hand luggage. Items such as these should NEVER be packed in luggage that you plan to check.

CLOTHING AND PACKING SUGGESTIONS

The following list should be used as a guide. Neat, casual attire is acceptable in most instances. A secret to lightweight packing is to take tops (shirts, blouses) and bottoms (skirts, shorts, slacks), which can be combined and layered. Whites tend to get soiled and black is hot, so consider other colors. You will have no problem getting your clothes laundered during this program. We recommend only cotton or poly/cotton clothing; polyester can be too warm. Wash and wear (quick drying) fabric is easier to care for. Remember, you will be carrying your own luggage, so pack light! *"WHEN IN DOUBT, LEAVE IT OUT!"*

Everyone

- passport
- medical insurance card
- prescription medicines
- Imodium AD or other anti-diarrhea pills
- Sunscreen (minimum SPF 30)
- sun hat or visor
- sun glasses
- sea-sickness preventatives (e.g. meclazine, patch, wristbands, and ginger candy)
- 1 lightweight sweater or long-sleeved shirt (for cold airports)
- 1 lightweight rainproof windbreaker
- 1 pair of reef or old canvas shoes (to wear in the ocean)
- Ziploc bags to protect your camera and film from the humidity, and currency in your money belt from humidity and sweat
- 1 pair sandals or rubber slippers
- snorkel, mask, and fins* (optional)**
- 1 pair good, comfortable, covered walking shoes suitable for rain or mud and short hikes
- folding umbrella and/or rain poncho
- small flashlight, extra batteries

- | | |
|---|---|
| <ul style="list-style-type: none"> ❑ Handi-wipes (disposable towelettes) and/or anti-bacterial gel ❑ Reusable water bottle** ❑ underwear and socks (nylons are too hot) ❑ handkerchief or towel to wipe perspiration | <ul style="list-style-type: none"> ❑ sleepwear ❑ mosquito repellent ❑ lotion for sunburn ❑ swim suit ❑ beach towel |
|---|---|

*** We suggest you bring your own snorkel equipment (snorkel, mask, fins) to ensure proper fit and maximum comfort, although equipment will be provided for all.**

**** We recommend that you bring along a small water bottle that you can refill throughout the program. (You will appreciate having this during field trips.)** It is very important that you consume enough water daily. It is very easy to get dehydrated in tropical climates and we recommend drinking at least 1 ½ your usual daily water consumption.

Men

- 2 lightweight trousers and/or jeans
- 2-3 walking or bermuda shorts (no gym shorts)
- 2-3 aloha or collared sport shirts (for hotels, nice restaurants and villages)
- t-shirts or golf shirts (for beach days and to wear while snorkeling)

Women

- 1-2 dresses - loose fitting cotton, calf length*
- 4-6 cotton blouses or t-shirts
- 1-2 cotton skirts or pareo* (length of colorful cloth worn as a dress or skirt by ladies/men in the Pacific)
- 1-2 cotton slacks
- 2-3 bermuda shorts
- 1 t-shirt to wear while snorkeling to prevent sunburn

** Traditional custom in Yap require that **women dress so that the thighs are fully covered**. Previous participants have suggested that they prefer to have an outfit that is slightly nicer than their daily wear on excursions and fieldtrips for special evenings such as the Welcome Dinner – however there is no need for fancy or formal clothing (no jackets, ties, cocktail dresses, etc).*

Optional

- | | |
|---|--|
| <ul style="list-style-type: none"> • 1 pair dress or non-walking shoes • personal items (soap, shampoo, toothbrush and paste, medications, etc.) in small, airtight plastic containers • washcloth • travel alarm clock • digital camera (don't forgot battery recharger) or regular camera with lots of film, and extra battery • binoculars | <ul style="list-style-type: none"> • small first aid kit (including insect repellent, Band-Aids, antibiotic ointment or powder, etc., over-the-counter remedies in original containers only) • small notebook and pen • small sewing kit • plastic bags (one for wet items, one for dirty laundry) • combination passport/money pouch, (and 2 extra passport photos & photocopy of the front page of your passport) |
|---|--|

- lightweight daypack or fold-up/expandable tote bag
- snorkel, mask, and fins, if you own them (otherwise, snorkel equipment will be provided in Palau and Yap as part of your tuition)
- “Safe Sea” -"Safe Sea" is a lotion, a combination of sunscreen (SPF 30) and Jellyfish sting protection
- soft foam ear plugs
- hand-held fan

Bring your **Passport and Medical Insurance Card**: make two 8 1/2 X 11 **photocopies of your passport picture/information pages**. Put one copy in your suitcase, and **send one to us with the enclosed Health and Information sheets**. A lost or stolen passport is trouble!

Parents in the Pacific, like parents throughout the world, don't want their children to beg. Candy, balloons, manufactured toys, etc. are foreign to many of these children. Their pleasures are usually simpler, handmade, and within their parents' means. Likewise, gifts and other monetary contributions given to individuals can sometimes create an unnecessary sense of obligation and are not encouraged. In an effort to preserve their local culture and traditions, we ask that you kindly adhere to this request.

MEDICATIONS

Pack a supply of all medications you take regularly. Make sure your supply will be sufficient to last the entire trip, including any unexpected delays. It is recommended to bring along copies of your prescription and, if you have an unusual prescription, carry a letter from your physician explaining your need for the drug. As an extra precaution, carry the generic names of your medications with you because pharmaceutical companies overseas may use different names from those used in the United States

Medications available by prescription or over-the-counter sale in many countries do not necessarily meet the standards for safety, quality and consistency found at home, and familiar brands may not be available. Thus, the safest course of action is to pack plenty of what you are likely to need.

To prevent problems if your luggage is lost or misrouted, keep medications in their original containers and pack them in carry-on luggage.

SECURITY TIPS

Use a luggage strap to avoid accidental openings due to rough handling or cabin pressure and carry the keys in your hand luggage. Remove old claim checks to avoid confusing baggage handlers about your destination.

Identify your luggage both inside and outside with your name, address and telephone number and make sure the outside tag is securely fastened to your luggage. This will help if your luggage is lost or stolen and will save time when you are picking up your bags at the claim area.

The Transportation Security Administration has recommendations for types of locks to secure your luggage. For more information please visit their website at:

www.tsa.gov/travelers/airtravel/assistant/locks.shtm

A copy of your itinerary with your address and your destination should be included in your luggage in the event you and your bags get temporarily separated. This information will help minimize any delay in retrieving lost luggage.

Check your luggage early to ensure that your bags not only make your originating flight but your connecting flight (if you have one) as well.

Report lost or damaged luggage immediately before you leave the airport. Make sure you have a complete list of the contents of your bags as well as a detailed description of the luggage in question.

TEMPERATURES BY MONTH (°F)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Micronesia	72-86	72-86	72-87	74-88	74-88	75-87	76-87	75-87	74-86	74-86	74-87	74-87

* Please note that high humidity can increase the overall temperature.

WEATHER

The climate in the Micronesia is tropical and humid. Temperatures are relatively consistent throughout the year, ranging between 70 - 90°F. Average daily temperature is around 82 degrees with humidity well over the 70% range. In general, the more comfortable months are December through March, when there is less humidity and rainfall.

GENERAL INFORMATION

ROAD SCHOLAR POLICIE, PROCEDURES & ADVICE

ALL-INCLUSIVE PROGRAM COST

The full Road Scholar program package, with airfare arranged by Road Scholar's designated Travel Coordinator, includes the following:

- round-trip international airfare from/to designated U.S. departure cities (when you purchase the program with airfare arranged by Road Scholar's designated Travel Coordinator);
- instruction by expert lecturers, many affiliated with leading educational institutions;
- educational field trips, often involving special access not generally available to tourists;
- excursions to places of interest;
- cultural events and a variety of other enrichment activities;
- room and board (any meals excluded from the program cost are noted in the catalog);
- group transportation during the program;
- a Group Leader to accompany you through the program;
- modest gratuities for program-related staff;
- the Road Scholar "Travel Assistance & Insurance Plan".

Airport departure taxes and visa fees may also be included in the cost of many programs. There are exceptions where it is more efficient for participants to handle these particulars themselves. You will be advised if/when such taxes and fees are to be billed and how payment should be made.

A ROAD SCHOLAR GLOSSARY

Road Scholar combines learning with travel in special ways. We hope this brief glossary of terms will be helpful in understanding Road Scholar's distinctiveness and how we differ from commercial enterprises and other non-profit organizations.

- **Program:** The Road Scholar experience consisting of instruction, field trips, excursions, and enrichment activities as well as included meals, accommodations, and internal transfers. We refer to Road Scholar experiences as "programs" rather than "trips" because the focus is on learning while exploring, not simply sightseeing.
- **Instruction:** May be referred to as lectures, classes, presentations. Instruction consists of sessions in which faculty (professors, teachers, lecturers, specialists, local experts) address the entire Road Scholar group. Sessions may be indoors or out, may be given as background or on-site during field trips, and are typically interactive with time for questions and answers.
- **Field trips:** Group outings in which faculty (or official guides where required by local laws) interpret/explain/illustrate connections between lecture topics and related sites in the field.
- **Excursions:** Group outings to places/sites representing interesting aspects of local history, culture, people, etc. Excursions are considered broadly educational and need not be directly related to lecture topics. They are for general interest and a well-rounded experience.
- **Enrichment activities:** Organized group activities that enrich the program through experiencing enjoyable aspects of the locale, people, and culture. Enrichment activities may include cultural events such as music, dance, theater; folklore presentations; folk dancing/singing; storytelling; recreation; viewing and discussing films/videos;

participating in games typical of the country and/or locale; meeting and interacting with local residents. Enrichment activities vary greatly from program to program depending on local resources.

CARRYING YOUR BAGGAGE

Wherever possible, porter service is included in your program cost. However, this may vary from program to program and even from site to site depending on local circumstances, e.g., porters may not be available in some areas; in certain situations the cost could be prohibitively expensive; some motor coaches and other transport have space for only one bag per person. For these reasons, Road Scholar urges you not to bring more baggage than you are capable of carrying comfortably by yourself if needed. The Program Coordinator and/or Travel Coordinator will advise you of any specific baggage limitations or restrictions. We want you to enjoy yourself as much as possible – not be exhausted from carrying heavy bags.

CURRENCY AND EXCHANGE

The U.S. dollar is used throughout Micronesia so currency exchange will not be necessary for this program.

Do not carry large amounts of cash. Other options are traveler's checks, credits cards, and ATM (bank) cards for obtaining currency. Depending on arrival times and days, and the program schedule, it may be a day or two before you can get to a bank. Traveler's checks usually provide the most security but may not be the most convenient. Major credit cards are widely accepted in most major cities, but fees and service charges vary from company to company. The same is true of ATM cards. If you take your ATM card with you, be sure you have a personal identification number (PIN) designed to work overseas. According to many reports, ATMs offer the best exchange rates but service charges may be added. The program staff on site will give you the information they have during orientation, but the best advice is "know before you go."

DESIGNATED TRANSFERS

Airport transfers – from the arrival airport to the first program site at the beginning of the program, and from the final program site to the departure airport at the conclusion of the program – are included in your cost if you purchased the standard Road Scholar program with international flights arranged by our designated Travel Coordinator.

EVALUATION PROCEDURES

Program evaluation is an integral element of our work. To assist in this process, you will have an opportunity to rate various aspects of your experience at each study site. On-site evaluation forms are important to indicate positive aspects of your experience as well as any problems or concerns. They should be completed and left with the Group Leader prior to departure so that s/he can deal with them right away. The Program Coordinator receives and reviews site evaluation forms. After the program, you will receive an evaluation form in the mail from Road Scholar headquarters to rate the program overall. Post-program evaluation forms should be returned directly to Road Scholar.

EXPENSES ABROAD

All of your Road Scholar program components are included in the program cost, but you should have sufficient funds available for any purchases you wish to make and for unforeseen events such as accidents or illness, losing luggage or personal effects, etc. As explained elsewhere, the Road Scholar *Travel Assistance and Insurance Plan* operates on a reimbursement basis for covered expenses. Neither the Group Leader nor other program staff is authorized to make cash outlays to participants. In the event of a mishap such as losing luggage or important personal effects, or your needing to pay for a doctor's visit, you will need access to local currency.

To summarize: while all of your Road Scholar program components are included in your program cost, it is your responsibility to pay for all other expenses you may incur during your time abroad. For the most comfortable and enjoyable experience, please plan accordingly.

INSURANCE

The “Welcome to International Road Scholar” brochure included with your enrollment notice explains that your program cost includes the Road Scholar “Travel Assistance and Insurance Plan.” The primary purpose of this plan is to provide 24-hour assistance for emergencies. In addition, the plan provides insurance coverage in the event of accidental death or dismemberment. The plan also provides limited, supplemental, medical and baggage insurance. Please read the brochure carefully to understand the scope and limitations of coverage.

Please review your personal insurance policies and this emergency assistance plan to determine whether, together, they provide adequate coverage for your individual needs. Please be aware that the Medicare/Medicaid program does not provide payment for medical services outside the United States.

The Road Scholar “Travel Assistance & Insurance Plan” applies for the program dates published in the catalog or subsequent notices. Independent travel (before, during, or after the published program dates) is not covered by this plan.

Road Scholar also provides an opportunity to purchase optional “Trip Cancellation, Interruption & Travel Delay Insurance”; please note that the “Travel Assistance Plan” does not include trip interruption or cancellation protection. Road Scholar cannot issue refunds to participants for program days missed due to accidents, injuries, illnesses, or other emergencies. Should you have questions about this or other financial matters, please contact Road Scholar directly.

NO SMOKING POLICY

The great majority of participants are non-smokers. Some never smoked at all and many have stopped smoking because of the health hazards involved. Others have respiratory problems made worse by second-hand smoke. While we cannot regulate the habits of residents of other countries, we try to minimize the effects of smoking during Road Scholar programs. We try to insure that smokers and non-smokers are not assigned as roommates; if there is no other option than to assign a non-smoker and smoker as roommates, the smoker is asked to refrain from smoking in the room. Where available, we try to utilize non-smoking areas in restaurants, lounges, etc. For the benefit of everyone, smoking is prohibited in classrooms and other enclosed areas as well as on motor coaches or other conveyances used for group travel and transfers. Group leaders, drivers, and other staff are expected to observe non-smoking areas established during the program.

SEAT ROTATION

We ask that participants rotate seating during transportation for field trips, excursions, and transfers throughout the program.

SOME ADVICE ABOUT SHOPPING

No matter where you are in the world, shopping is an optional free-time activity and not part of the Road Scholar program. For participants who wish to buy souvenirs, handicrafts, or expensive items such as cameras, jewelry, paintings, perfume, rugs, etc., we offer the following advice for your benefit and greater enjoyment of the program.

- Neither the Group Leader nor other Road Scholar program staffs are permitted to lead shopping expeditions. If you have a particular request, a member of the staff may be able to suggest known shops or vendors, but this should never be taken as encouragement to make purchases or endorsement of the value, quality, or authenticity of particular items.

- Neither Road Scholar nor the Program Coordinator organization has partnerships or other relationships with vendors of any kind. We do not request, receive or accept commissions from vendors, nor do we act as guarantors, agents, or expeditors for merchandise to be shipped later. Please do not ask the Group Leader or other staff to assist you in this regard.
- When and if you visit local factories, galleries, handicraft shops, or other establishments as part of the program it is for the educational value involved. You are always free to make – or not make – purchases as you like. Road Scholar groups should never be subjected to a high-pressure “sales pitch” so if you encounter such a situation, please notify Road Scholar.
- If you wish to buy souvenirs or other items, always compare prices first. No one associated with the Road Scholar program can ever guarantee you will get the “best” price.
- In some places, antiques or artifacts of cultural value may not be taken out of the country without inspection by local authorities and payment of substantial export duties. It is possible that such antiques or artifacts could even be confiscated at pre-departure customs inspection. Buy only from reputable, licensed dealers and never on the “black market.”
- Most of all, if you choose to purchase art, handicrafts, or other items, we hope it will be as reminders of a wonderful experience with another country and its people.

TIPPING

Road Scholar recognizes that some participants might like to reward individuals who have provided outstanding service during the program. This is not necessary, as modest gratuities are included in the program cost. If you wish to reward someone for the service they have provided, please do so on a private, individual basis and refrain from “passing the hat” or requesting contributions for a group collection as the practice makes many people uncomfortable. Group Leaders and other program staff are instructed not to request tips for themselves and/or take up collections for other staff, the driver, etc. Please do not ask them to do so. Participating institutions are prohibited from soliciting gifts or donations from their Road Scholar students. If you experience breaches of this policy, please notify Road Scholar headquarters. Outside of scheduled program activities, tipping should be guided by local customs. The custom in the South Pacific is generally no tipping. Hotels may have a Christmas box in which to place leftover change which will be divided among the staff at Christmas. Your Group Leader can further advise you on local practices.