Travel in Belize...
Trip Itinerary

Friday, March 13: Travel from Ithaca, N.Y. to Punta Gorda, Belize

Saturday, March 14: Meet Plenty Belize and GATE project team, tour town and farmer’s market.

Sunday, March 15: Travel to GATE program communities and meet home-stay families.

Monday, March 16: Work with GATE program

Tuesday, March 17: Work with GATE program

Wednesday, March 18: Work with GATE program

Thursday, March 19: Work with GATE program

Friday, March 20: Travel back to Punta Gorda. Participate in 3rd Annual Toledo Food Fair.

Saturday, March 21: Day trip out at sea and the cayes with snorkeling and swimming. Debrief with Plenty Belize staff in the evening.

Sunday, March 22: Travel from Punta Gorda, Belize to Ithaca, N.Y.
Travel from Ithaca, N.Y. to Punta Gorda, Belize

6:15am: Depart Ithaca, NY (ITH) via US Airways 4680
7:45am: Arrive New York, NY (LGA)
   Change airlines. Time between flights: 1hr 10min

8:55 am Depart New York (LGA) via American Airlines 2015
12:15pm: Arrive Miami, FL (MIA)
   Change planes. Time between flights: 0hr 55min

1:10pm: Depart Miami, FL (MIA) via American Airlines 2173
1:20 pm Arrive Belize City (BZE)
   Change airlines. Time between flights: 1hr 10min

2:30pm: Depart Belize International Airport via Maya Airlines 117 and Tropic Air
3:50pm: Arrive Punta Gorda, Belize
   Total flight duration: 9hr 5min
Saturday, March 14th

Meet Plenty Belize and GATE project team, tour PG town and farmer’s market.
Sunday, March 15th

Travel to GATE communities and meet home-stay families.
Sunday, March 15th – Thursday, March 19th

Work with GATE program schools and communities
Friday, March 20th

4th Annual Toledo Food Fair
Saturday, March 21st

A day at the beach!
Boating, swimming, and snorkeling around the cayes...
Sunday, March 22nd

Travel from Punta Gorda, Belize to Ithaca, N.Y.

9:30am: Depart Punta Gorda via Maya Airlines 104
10:35am: Arrive Belize City (BZE)
   **Change airlines.** Time between flights: 2 hrs 45min

1:20 pm: Depart Belize City (BZE) via Continental 1612
7:31 pm: Arrive Newark (EWR)
   **Change airlines.** Time between flights: 1 hr 50min

9:20pm: Depart Newark (EWR) via Continental 8669
10:25pm: Arrive Ithaca, NY

**Total duration: 12 hours**
Travel Logistics...
Travel Costs

The **course budget** will cover all **in-country** travel expenses such as:

- In-country flights and travel
- Meals
- Accommodations
- Tours
- Interpretation
- Project supplies
Travel Costs

**Students** will be responsible for covering the following expenses:

- ✓ Roundtrip flight to Belize:
  - From Ithaca: $1023.55
  - From Newark: $789.55

- ✓ Health and travel insurance: ~$100

- ✓ Any necessary immunizations: ~$100

- ✓ Miscellaneous travel expenses: airport departure tax ($35), taxi to and from airport ($30), snacks, souvenirs, etc.

**Total estimated cost per student:** ~$850-$1200
Due in class ASAP:

- Your **$100 deposit** for the flight. Make checks payable to Cornell University, and write your name and student number on the back.

- A separate piece of paper that includes **your name exactly as it is printed in your passport** and please indicate the airport (Ithaca or Newark) that you will be traveling from.

- Emergency contact information form

- Trip release form
Flight Payment Deadline

You need to pay the balance of your flight (the total flight cost minus your $100 deposit) by

Feb.6\textsuperscript{th}, 2009.

Payment can be made by check or money order, made out to Cornell University.
Travel Documents

Passports:
✓ Citizens of the U.S., Canada, the EU, Australia, New Zealand, and South Africa do not need visas to enter Belize as tourists.
✓ To enter Belize you must have a valid passport that will not expire during the trip.
Health Insurance

✓ Check your health plan to find out what out-of-country expenses you are covered for.

✓ If you do not have insurance that will cover you while abroad, you will need to purchase supplemental insurance for the trip.

✓ Visit Cornell’s SOS International program website: http://www.international.cornell.edu/topic/travel/ and download a membership card to carry with you abroad.
Immunizations

✓ Visit the Gannett Travel Medicine Clinic or your physician at least 4 weeks before departure to seek advice on immunizations for Belize.

✓ Check that you are up to date on tetanus-diphtheria, measles-mumps-rubella, polio, and chicken pox immunizations.

✓ Recommended immunizations include typhoid, yellow fever, hepatitis A and hepatitis B.

  - **Typhoid**: Recommended for all travelers
  - **Yellow fever**: Required for travelers arriving from a yellow-fever-infected area in Africa or the Americas
  - **Hepatitis A**: Recommended for all travelers
  - **Hepatitis B**: Recommended for all travelers
Precautions against Malaria

- Recommended anti-malarial in Belize is **Chloroquine**

- Chloroquine dosage:
  Take one 500 mg dose a week, starting 1-2 weeks before arrival and continuing through the trip and for 4 weeks after departure.

- Insect protection measures are essential to help protect against malarial risk.
Additional Travel Information...

The trip:
• Packing list;
• Travel advice;
• Emergency contact information;
• List of accommodations;
• Updated travel itinerary;
• And other travel Information will be sent out to the group by email and will posted on class trip website:

http://hort.cals.cornell.edu/teaching/courses/hort4940/