# PORT OF SPAIN, TRINIDAD & TOBAGO

Arrive: 0800 Sunday, November 13 Onboard: 1800 Monday, November 14



Brief Overview: Just off the coast of Venezuela lies the small nation of Trinidad and Tobago, two distinct islands that comprise this paradise nation (there is no word for "paradise" in the native language - they were living in it!) Archbishop Desmond Tutu called Trinidad & Tobago a "rainbow country" because of the many different races and traditions that make up the national character and society, harmoniously blending influences from Chinese, Indian, Spanish, English, African and native peoples. The country's music, food, drink, dance, literature and folk traditions all reflect this rich cultural This is most vividly experienced during the annual Carnival activities. A leading exporter of oil, natural gas and pitch, Trinidad & Tobago is not only rich culturally, but also economically. Visitors may be surprised by the lack of beaches, but they will not be disappointed. Just adjust your expectations and be prepared to engage with the biodiversity of the rainforest, local university students and volunteers, and the warm, hospitable people for an amazing encounter in Port of Spain, Trinidad. Don't leave without getting your own steel pan to bring home.



## Highlights:

#### Cultural Highlights:

Day 1: TRI 102-101 River Lime (Local Instruments, river swim & riverside cooking)

Day 1: TRI 103-101 Exploring Paramin Spice Village

Day 1: TRI 115-101 Amazing Race Port of Spain

Day 1: TRI 105-103 Carnival Fete

Day 2: TRI 106-201 Market Day in San Juan

#### **IMPACT Opportunities:**

Day 1: TRI 211-101 Service Learning in Matelot Day 1 or 2: TRI 110-101&201 Habitat for Humanity

### Nature & the Outdoors:

Day 1: TRI 112-102 Caroni Bird Sanctuary

Day 2: TRI 109-201 Tobago Getaway (Reef Snorkel &

Beach)

Day 2: TRI 107-201 Waterfall Hike

Day 2: TRI 114-201 Monkeys, Macaws, & Manatees

Oh My!

Day 2: TRI 108-201 North Coast Beach Day

**TERMS AND CONDITIONS**: In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

# Day 1: Sunday, November 13

IMPORTANT: If you registered in one of the following courses, you have a Field Class on this day. Do not make any other travel plans as this is a designated class day in port for your course:			
COURSE# FACULTY DAY 1 - Sunday, 13 November			
MU 230	Professor David Borgo	Music of Black Americans	
TH 175	Professor Kimberly Bouchard	Storytelling (Section 1)	
LB 171	Professor John Serio	World Literature -The Modern Period (Section 2)	

#### TRI 211-101

#### **IMPACT: SERVICE LEARNING IN MATELOT**

## 2 DAYS/1 NIGHT



This program is an amazing introduction to service learning. At the turn of the 20th century, Matelot was a thriving area visited daily by ferry from Port of Spain to transport cocoa, sugar and coffee from the plantations on this northern coastal town. When the plantations disappeared and the stopped, the residents of the community were, in many ways, cut-off. They experienced "brain drain" as most young people left the area to find work in Port of Spain and beyond. Amizade Global Service Learning partnered with a local organization, Dorcas

women's group, to help foster pride and job creation in this most remote location in Trinidad. Travel 3.5 hours (over very bumpy roads) from the port to Matelot where you will spend 2 days living in the community and learning how this small group of women and visitors from Amizade are teaming together to make a difference in the lives of their neighbors and the community at large. Participants will stay in several homes throughout the community and engage in cultural experiences (local head-wrapping customs), work (various projects) and play (swim and waterfall hike) during their time in Matelot

STANDARD PRICE		Early Booking	
Adult	\$145 \$12		25
Child	\$145	\$125	
TIME			
	Date		Time
Depart	November 13		0800
Return	November 14		1700
HIGHLIGHTS			

- Service activities
- Learn from locals how they are making a difference in their own community
- Really RURAL natural beauty
- Homestay

MINIMUM REGISTRATION: 12 MAXIMUM CAPACITY: 18



See the video from Fall 2015 here.

"Really wonderful! The women were <u>so</u> hospitable, Matelot was beautiful, the head/hair wrapping was fun and I loved exploring the river/waterfront area." -Laurel, Fall 2015 Voyager

#### TRI 211-101

#### IMPACT: SERVICE LEARNING IN MATELOT

#### 2 DAYS/1 NIGHT

Day 1: (L, D)

- Transfer to Matelot
- Lunch
- Orientation
- Hike to waterfall on Mr. Jose's Estate if weather and time permit
- Swimming at Local River
- Cultural Wrap Dressing
- Welcome Dinner
- Reflection

Day 2: (B, L)

- Early morning beach walk
- Breakfast with local elders
- Service Activities
- Early Lunch
- Bus Leaves Matelot at NOON to Get to Ship at 4PM







#### TRI 100-101

### AMAZING RACE PORT OF SPAIN ORIENTATION

#### **FULL DAY**

\$35

\$17





Depart on **foot** and get to know the city of Port of Spain through a fun, competitive, delicious (!) photo scavenger hunt. Participants will be divided into teams and given a list of clues and activities to complete in the allotted time. Consider this your true "Trini" experience. Clues include:

- Learn 2 verses of the popular "Hammer" song
- Order a "doubles" with everything and learn the names of the condiments that make up "everything" (every culture has a version of fried dough, this is the Trini version, and it's delicious – tastes a LOT better than it looks in this photo!)
- Find "The City that Never Sleeps"

All teams will meet together at the end and take turns presenting what they have learned/gathered in song, Trini language and food. You <u>don't</u> want to miss this!

STANDARD PRICE	Early Booking

\$36

\$18

#### Child TIMF

Adult

THAIL				
	Date	Time		
Depart	November 13	1000		
Return	November 13	1300		

#### **HIGHLIGHTS**

- Learn some of the "Trini" language
- Sample classic street food "Doubles"
- Fun clues and Scavenger Hunt exploration of Port of Spain

MINIMUM REGISTRATION: 10 MAXIMUM CAPACITY: 60

#### IMPACT: HABITAT FOR HUMANITY (GROUPS A & B)

**FULL DAY** 



From humble beginnings in Americus, Georgia in 1968, Habitat for Humanity has built more than 500,000 houses, sheltering more than 2 million people worldwide. Their model of 'partnership housing' joins together community groups, churches and volunteers to tackle

the significant social problem of decent housing for all. Spend a day working alongside locals on this BUILD PROJECT with Habitat for Humanity. Students will volunteer on 2 separate sites each day. Group size will be up to 22 students per group. We will fill GROUP A first and then add GROUP B if needed. Habitat for Humanity will provide each participant with a

STANDARD PRICE		Ea	rly Booking	
Adult	\$33	\$2	\$29	
Child	\$33	\$29		
TIME				
	Date	Time		
Depart	November 13		0815	
Return	November 13	3 1600		
HIGHLIGHTS  Habitat Build Project GROUP A (101)  GROUP A (101)				
Habitat Build Project     Local Lunch		ect	GROUP	OUT

Partnership Housing Model

MUM RECIO MINIMUM REGISTRATION: 12 MAXIMUM CAPACITY: 22 per section

volunteer kit that includes a t-shirt, work gloves and will have some work goggles available as needed. Each participant will also receive a local lunch on site and Habitat will provide bottled water and portable toilets at each worksite.

Please Note: The cost of this program includes costs for transportation, lunch, water and volunteer kits. Additionally this program is supported by a donation from the SAS Fund.

"I loved it!! Felt great giving back on Thanksgiving day!" –Cardine, Fall 2015 Voyager

Check out this incredible video from Fall 2015 here. The ultimate IMPACT Opportunity!

### TRI 102-101

### RIVER LIME (LOCAL INSTRUMENTS, SWIM, RIVERSIDE COOKING)



LIME, a word original to Trinidad, has meanings in the Urban Dictionary. Lime (Verb) - to hang out/socialize in an informal relaxing environment, especially with friends; (Noun) - a gathering or chill event. Here is your chance to experience a riverside lime and take part in

something that is truly local. No big agenda here, just a fun opportunity to lime with "Trinis" (local reference to a native of Trinidad), cook with them in the outdoors, do some swimming or hiking, and making music.

STANDARD PRICE		Ear	rly Booking
Adult	\$97	\$92	
Child	\$49	\$46	
TIME			
	Date		Time
Depart	November 13		0900
Return	November 13		1600

**FULL DAY** 

#### **HIGHLIGHTS**

- Learn to LIME
- Outdoor cooking & lunch by the river
- Hand-made musical instruments
- Swim and hike at your leisure

MINIMUM REGISTRATION: 12 MAXIMUM CAPACITY: 22



Hosts for the day are Ba Ba and Modupe Onilu (Modupe is on the left and Ba Ba on the right) who make musical instruments out of natural materials. They will demonstrate how their instruments are made and invite us to be a part of a small concert. The river in the area with its lovely ponds for swimming and

surrounded trails for hiking adds to what would be a most memorable day. Lunch will be cooked at the riverside as part of the river lime. Our bush chefs would be happy to allow members of the group to cook under their expert supervision.

"It was awesome, I got to help pick out food at the market, then help make it and learn about and play eco instruments" –Dominique, Fall 2015 Voyager.

"The Lime is a chance to hang out, swim, listen to music and eat with friends. From there you will learn traditional and some non-traditional methods of making music from nature." - Aiden, Fall 2015 Voyager

#### TRI 103-101

#### **EXPLORING PARAMIN: SPICE VILLAGE**

#### **FULL DAY**

Participants will be amazed at the steep slopes and creative farming methods found in this fascinating agricultural area where many of the people still speak French patois. You will have the pleasure of meeting some of the local spice farmers and joining in the preparation of the harvest for market. The steep mountains make driving almost as challenging as farming, so you will travel these roads in special 4x4 jeeps.

"I thought it was fun to learn about Paramin and the spices grown." –Emali, Fall 2015 Voyager





STANDARD PRICE		Ear	rly Booking
Adult	\$85 \$83		1
Child	\$43	\$40	
TIME			
	Date Time		Time
Depart	November 13		0900
Return	November 13		1600

#### **HIGHLIGHTS**

- Meet & help local farmers
- Learn some of the Patois language
- 4x4 jeep transfer
- Local lunch with families

MINIMUM REGISTRATION: 10 MAXIMUM CAPACITY: 72









The Montserrat Hills of Trinidad are known for growing and harvesting some of the finest Cocoa. Handled traditional and sustainable way, the 'sundried' cocoa beans Montserrat estates such as San Antonio are chosen by

chocolate makers the world over for their quality and superb taste.

Explore the San Antonio Cocoa Estate and witness the life of chocolate: from harvesting the dangling pods on the cocoa trees, to the

processing and fermenting of the cocoa beans, and finally to the manufacturing of the final delicious chocolate product.

STANDARD PRICE		Early Booking	
Adult	\$115 \$10		09
Child	\$58	\$55	
TIME			
	Date		Time
Depart	November 13		0900
Return	November 13		1845

#### **HIGHLIGHTS**

- Learning about Cocoa and chocolate tasting!
- Curry lunch
- Indian History
- Boat ride
- Flight of the Scarlet Ibis

MINIMUM REGISTRATION: 10 MAXIMUM CAPACITY: 44

Whet your appetite with a sampling of chocolate products before enjoying a **delicious curry lunch** at San Antonio. After lunch, drive through Central Trinidad and visit the **popular historic East Indian sites** and monuments such as the Hanuman Statue, the Indo Caribbean Museum, and the Temple in the Sea at Waterloo.

Finish off the day with a visit to the **Caroni Bird Sanctuary**. Here you will view the spectacular national bird of Trinidad, the **Scarlet Ibis**, from the seat of a flat-bottomed boat. Watch hundreds of these magnificent birds fly in to roost at sunset.

## TRI 112-102 CARONI BIRD SANCTUARY HALF DAY



The Caroni Bird Sanctuary is located on the west coast of Trinidad. A swampy area famed for the Scarlet **Ibis** (the national bird of Trinidad & Tobago), which arrive close to sunset bv the hundreds, to roost in the mangroves. This

STANDA	STANDARD PRICE		Early Booking	
Adult	\$48	\$46		
Child	\$24	\$23		
TIME				
	Date Time			
Depart	November 13		1500	
Return	November 13		1900	
HIGHLIGHTS				
<ul><li>Boat ride</li><li>Flight of the Scarlet Ibis</li></ul>				

MINIMUM REGISTRATION: 20

MAXIMUM CAPACITY: 80

tour is by locally built flat-bottom motor boat. Other wildlife that visitors may see from the boat are 150 bird species, including osprey, herons, white flamingos, plovers, and egrets. Also possible sightings of: tree boa, caiman and goggle-eyed-fish.

"Everyone was amazed by the number of birds seeking sanctuary at this one island. It was breathtaking!" –Murillo, Fall 2015 Voyager



Join Professor Adrian Howkins on a journey to trace the history and trade routes from Spain, India, China and Africa that give "Trini" Cuisine its amazing flavors. We begin with a visit to Barry at his Valpark Chinese Restaurant, one of the longestserving 'Trinese' restaurants in the country. Here Barry will

indulge us in a taste of his Cantonese style cooking and a short history of the Chen family's legacy in food. We then make our way to the Lady Young Lookout for a mix of African, Indian, and Jamaican specialties which have dominated the local food landscape for the past 40 years. We continue to the

STANDARD PRICE		Early Booking	
Adult	\$66 \$63		3
Child	\$33	\$3	2
TIME			
	Date		Time
Depart	November 13		1700
Return	November 13		2015

#### **HIGHLIGHTS**

- Local flavors
- Faculty expert
- Taste local foods
- Meet local cooks and chefs

MINIMUM REGISTRATION: 18 MAXIMUM CAPACITY: 40

Savannah for Spanish and Trini-influenced multicultural flavors before our final stop on the avenue with Greek and Arabian specialties.

#### TRI 105-103 **CARNIVAL FETE FULL DAY**



Experience the music, flavor, and

at it!), a full rhythm section (think tribal drums), a limbo contest (you won't believe how low some can go!) and tons of other music and dancing. Additionally, there will be Carnival characters and a DJ to add to the flavor of the event. It wouldn't be Carnival without food and drink. Each participant will receive a wristband for 2 drinks and there will be samples of the best local street food.

Dancing + food + music + Carnival characters + steel drums + limbo = a party you won't forget!

fun of Carnival in Trinidad at a Carnival Fete just for Semester at Sea and students from University of Trinidad & Tobago (UTT). There will be plenty of steel drum music (more than 200 steel drums they might even let you have a go

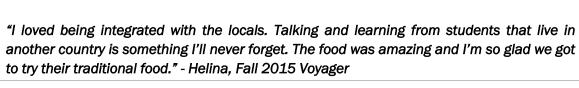
> MINIMUM REGISTRATION: 60 MAXIMUM CAPACITY: 175

STANDARD PRICE Early Booking Adult \$27 \$25 Child \$14 \$13 TIME Date Time Depart November 13 1900 Return November 13 2300

#### **HIGHLIGHTS**

- Carnival craziness
- Steel drum band & interaction
- Local street food & beverages
- "Sea" competition
- LIMB0

Please note: wear a t-shirt (your SAS sea color), shorts and comfy shoes - you will be on your FEET for 3 hours! This trip is sponsored by the Tourism Development Company of Trinidad and Tobago and the local panyard.





# Day 2: Monday, November 14

IMPORTANT: If you registered in one of the following courses, you have a Field Class on this day. Do not make any other travel plans as this is a designated class day in port for your course:				
COURSE # FACULTY DAY 2 - Monday ,14 November				
PSY 465	Professor Karla Gingerich	Adolescent Psychology		
NR 150	Professor Vic Kennedy	Oceanography (Section 1)		
ACT 210	Professor Margerita Lenk	Introduction to Financial Accounting		
SPCM 334	Professor Mary Meares	Co-Cultural Communication		
JTC 328	Professor Donna Rouner	Feature Writing		

#### TRI 109-201

#### TOBAGO GETAWAY (REEF SNORKEL & BEACH)

#### **FULL DAY**



5:30am An early morning **flight** takes us to the serene sister isle of Tobago – this is where you find the WHITE sand beaches and the clear waters of the Caribbean that Trinidad doesn't have. Gain a brief historical perspective of the island with a 1-hour visit to Fort King George. From this vantage point we can get a

panoramic view of the city and the south eastern side of the island.

Then it's time to slather up and make our way to the Pigeon Point beach facility where we take a glass-bottomed boat for a ride to the Buccoo Reef, Nylon Pool and the Coral Gardens. Here you'll be provided with snorkels and

STANDARD PRICE		Early Booking	
Adult	\$229 \$23		19
Child	\$115	\$115 \$109	
TIME			
	Date		Time
Depart	November 14		0500
Return	November 14		1700

#### **HIGHLIGHTS**

- Buccoo Reef
- White sand Caribbean beach
- Taste local foods
- Meet local vendors

MINIMUM REGISTRATION: 18 MAXIMUM CAPACITY: 72

life vests to discover yet another of our treasures. Spend the rest of your time on the beautiful white sand beach at Pigeon Point before catching an afternoon flight back to Trinidad and the ship.

**Please note:** Due to air reservations required for this program, this trip is non-transferable and cannot be traded or exchanged between voyagers on board. **REGISTRATION DEADLINE SEPTEMBER 30.** 

"When I think of the Caribbean, I think of palm trees, beautiful beaches, and perfectly blue water. This is exactly what I found in Tobago. It was so beautiful and exactly how I had pictured it!" - Alina, Fall 2015 Voyager



Join naturalist Courtenay Rooks for a tromp through the swamp. On this walking and kayaking tour through the "Bush Bush" Nariva swamp area, you will have the opportunity to see the Red Howler and Capuchin monkeys; Macaws; Toucans; and possibly the endangered Manatee -- all wonderfully indigenous to Trinidad.

The swamp, located on the east coast
of Trinidad, is the largest fresh water wetland
in the Caribbean. Nariva has been declared
a Ramsar site (an internationally important
and recognized wetland).

Once everyone is ready and properly instructed, we enter Nariva by kayaking

STANDARD PRICE		Early Booking	
Adult	\$166	\$155	
Child	\$83	\$78	
TIME			
	Date		Time
Depart	November 14		0500
Return	November 14	4	1500

#### **HIGHLIGHTS**

- Swamp
- Kayak
- Monkeys and Macaws
- Maybe a Manatee
- Local lunch

along flat water through a spectacular variety of wetland eco systems from

Box breakfast from ship

MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 20

Mangrove to marsh forests and grasslands. After kayaking for over 35 minutes we arrive at the Bush Bush Wildlife Sanctuary, which is a land peninsula that juts out into Nariva Swamp and is home to Red Howler and Capuchin Monkeys. These amazing primates are easiest seen when hiking in the forests. The monkeys can be found among branches of the larger tress of the Seasonal Evergreen Tropical Forests that dominates this area. Since the Howlers and Capuchins

amazing primates are easiest seen when hiking in the forests. The monkeys can be found among branches of the larger tress of the Seasonal Evergreen Tropical Forests that dominates this area. Since the Howlers and Capuchins are very mobile, we may see them very quickly or it may take a lot of sweat and effort to spy them in their natural habitat; patience is key. This area also offers other wildlife such birds like the Black-crested Antshrike, Silvered Antbird, Gallinules, Macaws, or Butterflies like the Blue Emperor Morpho.

We will explore the forest for a couple hours and then take it easy kayaking back to where we started with help from the river's currents. Then we will depart for Plum Mitan. There we meet a local family, the Sooknanans, who are great friends. They will prepare an absolutely scrumptious bus-up-shut country style curry lunch for us. DELICIOUS! After thanking our hosts, we head back to the ship.

"It was a unique experience to go into the swamp. I liked that it immersed us so fully" –Shannan, Fall 2015 Voyager

**Please note:** Students should wear a bathing suit under their clothes (swim suits & surfing trunks are best, Jeans are too restrictive and heavy) and wear SECURE sandals or shoes. BUG SPRAY is critical.

- Kayak Duration is about 30 to 45 minutes each way.
- The Hike is up to 4 hours. Bring enough food and drink for that duration.
- Water Conditions: Flat Water with tidal currents
- Kayaks: Sit-on-top Double and Quad Kayaks
- Everything will get wet so bring phones / cameras in dry bags or double/triple ziploc bags
- Kids are encouraged to join this adventure.
- Make sure you leave a dry change of clothes and towel in the bus to change into for the drive home!





You have to get up early to get the best of local flavor and culture at the market in T-T. Today we make our way to San Juan for a short immersion in this little town's market life. We will be exposed to people, produce and real Trini life. Meet Alice who will give us explanations on some of the medicinal properties of herbs as well as some of the more

common herbs that may be familiar. Participants will also have the opportunity to taste unfamiliar fruit and vegetables. Interact with the locals, bargain for prices or just go paparazzi, capturing images for your collection.

STANDARD PRICE		Early Booking	
Adult	\$36	\$35	
Child	\$18	\$17	
TIME			
	Date		Time
Depart	November 14		0600
Return	November 14		0900

#### **HIGHLIGHTS**

- Small town in Trinidad
- Local Market
- Taste local foods
- Meet local vendors

MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 40

TRI 107-201 WATERFALL HIKE FULL DAY



Drive up to the northern coast to begin our 40-minute trek to the Avocat waterfall. Our walk takes us in and out the crystal clear waters. While trekking we may observe a wide array of birds, which sometimes includes manikins, hawks, parrots and toucans. The climax is the cascading beauty of Avocatt. After 1½ hours of fun and

relaxation we then make our way to Maracas bay for a Bake and Shark lunch and some beach time.

"The waterfall was beautiful and relaxing! Great excursion for this stressful time in the semester!" - Kelly, Fall 2015 Voyager

STANDARD PRICE		Early Booking	
Adult	\$104	\$99	
Child	\$52	\$50	
TIME			
	Date		Time
Depart	November 14		0700
Return	November 14		1500

#### **HIGHLIGHTS**

- 40-minute hike
- Avocatt Waterfall
- 1.5 hours at Maracas Beach
- Local lunch of "Bake & Shark"

MINIMUM REGISTRATION:18
MAXIMUM CAPACITY: 54

#### TRI 110-201 & 202

#### HABITAT FOR HUMANITY (GROUPS C & D)

#### **FULL DAY**



From humble beginnings Georgia Americus, in 1968. Habitat for Humanity has built more than 500,000 houses, sheltering more than 2 million people worldwide. Their model of 'partnership housing' joins together community groups, churches and volunteers to tackle

the significant social problem of decent housing for all. Spend a day working alongside locals on this BUILD PROJECT with Habitat for Humanity T-T.

Students will volunteer on 2 separate sites each day. Group size will be up to 22 students per group. We will fill GROUP C first and then add GROUP D if needed. Habitat for Humanity will provide each participant with a volunteer

STANDARD PRICE		Early Booking	
Adult	\$33	\$29	
Child	\$33	\$29	
TIME			
	Date		Time
Depart	November 14		0815
Return	November 14		1600
HIGHLIGHTS			

- Habitat Build Project
- Local Lunch
- Partnership Housing Model

MINIMUM REGISTRATION: 12
MAXIMUM CAPACITY: 22 per section

package that includes a t-shirt, work gloves and will have some work goggles available as needed. Each participant will also receive a local lunch on site and Habitat will provide bottled water and portable toilets at each worksite.

**Please note:** The cost of this program includes costs for transportation, lunch, water and volunteer kits. This program is also supported by a donation from the **SAS Fund**.

"Being a part of building a future for someone else and helping make their dream come true is an unforgettable, incredible experience." - Alanna, Fall 2015 Voyager

## TRI 108-201 NORTH COAST BEACH DAY FULL DAY



Venture along the mountainous, picturesque North Coast Road through sleepy villages while viewing an abundance of flora and Fauna. Traverse cocoa

estates in the lush Santa Cruz valley. Then retreat to Maracas Bay for a bit of sea, sun and sand and a substantial lunch of our world famous Maracas Bake and Shark and a cooler of cold beverages.

STANDARD PRICE		Early Booking	
Adult	\$66	\$63	
Child	\$33	\$32	
TIME			
	Date		Time
Depart	November 14		0800
Return	November 14		1500

#### HIGHLIGHTS

- Beach time
- Local "Bake & Shark" lunch

MINIMUM REGISTRATION: 36 MAXIMUM CAPACITY: 198

"I had a blast. The beach was gorgeous and the water was great. Food was also outstanding." –Jeff, Fall 2015 Voyager