

Packing for PYLP 2019

General packing guidelines

You should consider...

You will want to keep your luggage light and compact because **YOU** will have to carry whatever you bring. **YOU** will be responsible for carrying your luggage to and from all airports and to and from hotels and host homes. There are no porters or assistants to help you. **Do not forget** that you may want to bring souvenir gifts (pasalubong) back to Philippines, so leave space in your luggage. **PYLP will NOT pay for overweight luggage.**

Baggage allowance...

- Two (2) pieces check-in luggage
 - No more than 50 pounds or 23 kilograms **EACH**
- One (1) piece carry on
 - No more than 22 pounds or 10 kilograms

What to pack

In your carry on...

- Identification papers and important documents. You will need these at the airport in Manila and the US
 - Passport
 - Sealed envelope for US Embassy
 - You will receive your US Non-immigrant (J-1 Visa for Exchange Scholars) at the US Embassy in Manilla. Your immigration documents will be given to you in a sealed envelope. **DO NOT OPEN THE ENVELOPE.** The US Immigration inspector at your US Port of Entry will open these documents.
 - DS2019
- Original copies of signed Agreement/Release Forms
 - Code of Conduct
 - Host Family Questionnaire
 - Indemnification and Medical Treatment
 - Media Release Form
 - Portable Device Agreement
- (Optional) Electronic devices
 - If you bring laptops, cameras, cell phones, etc, put them in carry on
- List of Contacts
 - names, phone numbers, email addresses, and address of US and Philippines contacts
 - US Contacts are provided on a separate sheet in this document
 - Print or copy and place in carry on
- Prescription Medications
 - Include medical prescriptions written out by your doctor and/or pharmacist with English language equivalences.
 - If medication is in liquid or gel form, put in clear, resealable bag and leave on top so you can pull it out quickly when you go through security
- Two (2) days' worth of clothing
 - In case luggage is delayed or missing
- (Optional) Money – you will probably want to exchange money in Philippines, it is difficult in DeKalb
 - Do not put money in check in luggage
 - Note: do **NOT** buy duty free items in airport. These purchases will cause problems in customs.

Put Identification Papers and Important Documents in your carry-on luggage.

Do not put them in your check in luggage.

In your checked luggage...

- Consider warm clothes, see notes under Accommodations and other travel information attached
 - It can be cold in April and May in Illinois
 - Hooded jacket, sweater, fleece pajamas, sweatshirt
- Student clothes to wear during program
 - Jeans, khakis, long sleeved shirts, short sleeved shirts
 - Laundry facilities will be available weekly
- Shoes
 - (Optional) rubber shoes (RS) (called tennis shoes in US) for outside activities and some sport activities
 - Make sure your shoes are comfortable to walk in
- Business attire
 - For the visit to the State Department in Washington DC
- Sports clothing (optional)
 - You may have the opportunity to participate in sport activities either inside or outside
- Toiletries, make-up
- Liquids larger than 3 ounces
 - Put them in plastic bags as the air pressure often causes them to leak during the flight. Protect the other items in your suitcase by putting liquids in bags.
- Extra pair glasses, sunglasses
- Ethnic souvenirs or crafts for new family and friends – **no food or plants**
 - NIU faculty/guest resource person
 - Host family
 - Peer
 - Friend
- Museum session item
 - See **Developing Community Museums** attached
- Pictures of your family, home, community to share with your new friends

Do not bring...

- Formal terno or formal Filipina national costume/gown
 - There is no formal occasion for this attire during the program
- Prohibited items:
 - Plants, fruits, meats, vegetables, clothing made from the skin of endangered animals, ivory, obscene articles or publications, firearms, knives, scissors, tweezers, screwdrivers, cigarette lighters, metal fingernail files, nail clippers, multi-use tools (such as Swiss Army Knives), mace or pepper spray. Any sharp objects will be confiscated.
 - Prescription drugs without a doctor's prescription, drug paraphernalia, and illegal narcotics such as barbiturates and marijuana are strictly prohibited.

Developing Community Museums

By Patrick Roberts

Please ask each student to bring one small item that is meaningful to them and which can be used to communicate something about themselves (interests, hobbies, likes, dislikes, religion, ethnicity, aspirations, influences, etc.) and their communities. It can be a simple, ordinary item that they use every day. Or it can be something that has historical or cultural value. **The important thing is that the item is meaningful in some way to the student who brings it.** Obviously, it should be easily transportable. Students also should NOT bring something that has monetary value or which, if lost or damaged, would be irreplaceable.



Examples:

- A photograph
- A keepsake
- A traditional toy or game
- A coin or token
- A magazine or newspaper
- School materials
- A schoolbook
- A handmade craft or small piece of art
- A piece of traditional clothing or cloth
- A small utensil or item that is used to prepare meals
- An item related to a special holiday

The students will be using these items to create a museum exhibition that teaches young people in the US about themselves and their communities (schooling, home life, leisure activities, holidays, traditions, etc.) through story telling.

List of Contacts – United States

Karla Findley, Administrative Director PYLP

+1-630-945-6726 (mobile, text, What's App  , Viber )

Karla Caldwell Findley (on Facebook Messenger )

kfindley1@niu.edu

Rhodalyne Gallo-Crail, Program Director PYLP

+1-630-785-7304 (mobile)

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Eric Jones, Program Director PYLP, Director Center for Southeast Asian Studies

+1-815-793-4216 (mobile, text, What's App)

Hotel at Holmes

340 Carroll Ave
DeKalb, IL 60115

(You might need this information on your customs forms. This is the address of where you will stay in the US)

Please print or copy this information and put it in your carry on. We hope you will not need to use, but if you do, you will want it very easy to find.

Accommodations and other travel information

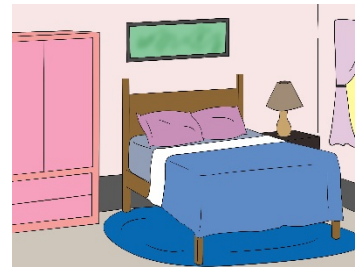
Expenses and Program Allowances: NIU will pay for your housing, dining, and transportation in Illinois and Washington DC. Most of your meals and activities will be paid for as a group directly by NIU. You will be provided a cash allowance for any meals that are not group meals. You will be given this **cash allowance weekly**. You will be responsible for budgeting this cash allowance over the four (4) weeks of the program.



- Your daily expenses such as laundry, shampoo, snacks, and souvenirs will come out of **your own pocket money**. You will be responsible for managing for these expenses as well.

Housing: You will stay in three different locations during your stay. Bedding and towels will always be provided.

1. **Hotel at Holmes** for first 8 nights, then later for 1 night
 - a. On NIU campus
 - b. You will have one roommate
 - c. Each room has
 - i. Microwave
 - ii. Refrigerator
2. **Home Stay** in DeKalb area for 15 nights
 - a. Usually with one other PYLP participant
 - b. Will eat two (2) meals every day with family
 - c. You will experience American family life for two (2) weeks including two (2) weekends
 - d. Don't forget to bring them a gift
3. **Hampton Inn Washington DC – NoMa Union Station** in Washington DC for 4 nights
 - a. You will have one roommate



Meals: You will eat meals at several different locations

- Neptune Hall
 - This is the cafeteria at the university that you will eat at when you are staying at Holmes Student Center Hotel
 - Most lunches throughout the program will be eaten here
 - You will not pay for this with cash, you will sign your name and it will all be paid on one large bill
 - It is an all you can eat service
 - <https://niu.edu/dining/where-to-eat/neptune/index.shtml>
- With host family
 - Breakfast every day before you return to university
 - Most evening meals
 - They might cook, you might cook, you might eat at a restaurant or something else
- Special Outings
 - Baseball game with all you can eat American baseball food
 - In Chicago and Washington DC
 - Sometimes as a group
 - Sometimes on your own (you will need to save your cash allowance for this)
 - Welcome Luncheon and Philippine Culture Celebration
 - Huntley high School – you will eat the same food with American high school students
 - OakCrest – evening meal before performance with retirees
 - ...and more





Computer and Internet Access: Holmes Student Center (HSC), where most of the sessions take place, is wireless enabled. This wireless is available to all guests. At this time, there is no plan to provide login credentials to access computers on campus. When not on NIU campus, you may not have access to the internet. You might not have Wi-Fi connection at your host home.

Weather and Attire: You can expect weather in DeKalb, Illinois in April and early May to be cool, crisp, and rainy. Sometimes it even snows – although usually not very much. Temperatures range between 40 – 60 degrees Fahrenheit (0 – 20 degrees Centigrade). You will definitely want a jacket in the evenings. To prepare you might plan to:

- Bring a jacket
- Dress in layers
 - If you get warm you could remove an outer layer such a long sleeve shirt
 - If you get cool, you can add a long sleeve shirt or jacket



You will not have to bring supplies for a snowstorm. If it snows, we will provide you with warm gloves, scarves, or stay inside so you do not have to be out in the cold.

Important Notice: Travel to visit family elsewhere in the United States will NOT be permitted before, during, or after the program. Family or friends may be permitted to visit participants during the program, at the discretion of NIU Project Director and in consultation with the US Department of State. At no time will family or friends be allowed to accompany the participants during scheduled activities, whether the activities are mandatory or optional. ALL participants will be required to return to their home country **immediately** upon the conclusion of the program.