

Ensenada Service Adventure

March 22-26, 2020



WELCOME & INTRODUCTIONS

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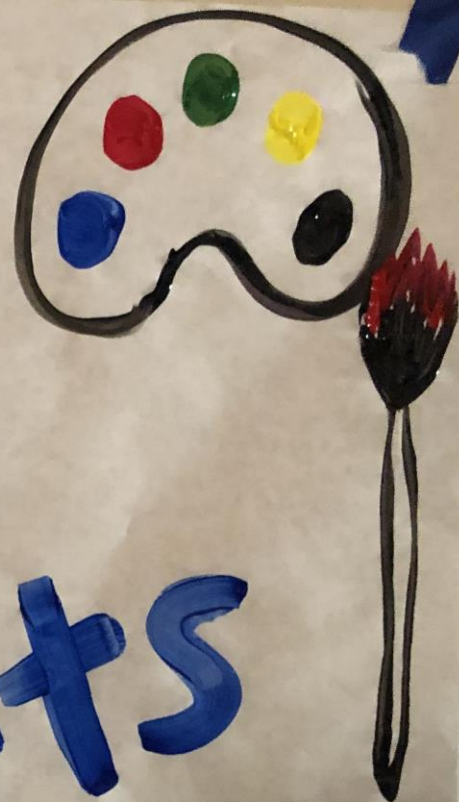








Arts and Crafts















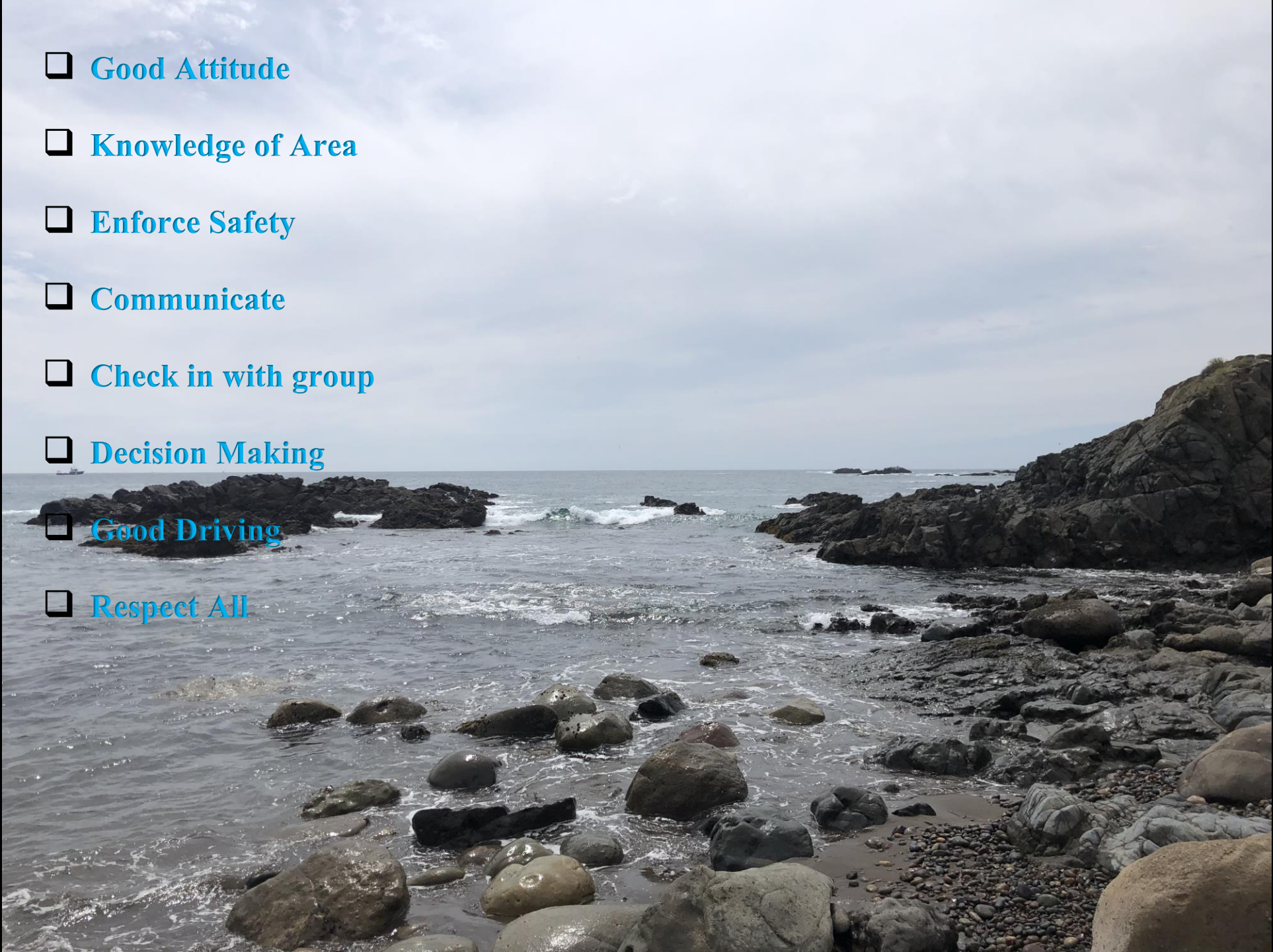






LEADERS' RESPONSIBILITIES

- ☐ Good Attitude
- ☐ Knowledge of Area
- ☐ Enforce Safety
- ☐ Communicate
- ☐ Check in with group
- ☐ Decision Making
- ☐ Good Driving
- ☐ Respect All



Study Away Expectations

Inform us of any Health Concerns

Be well informed

- ▶ Review Trip Information
- ▶ Understand risks and be aware of the possibilities
- ▶ Bring required equipment

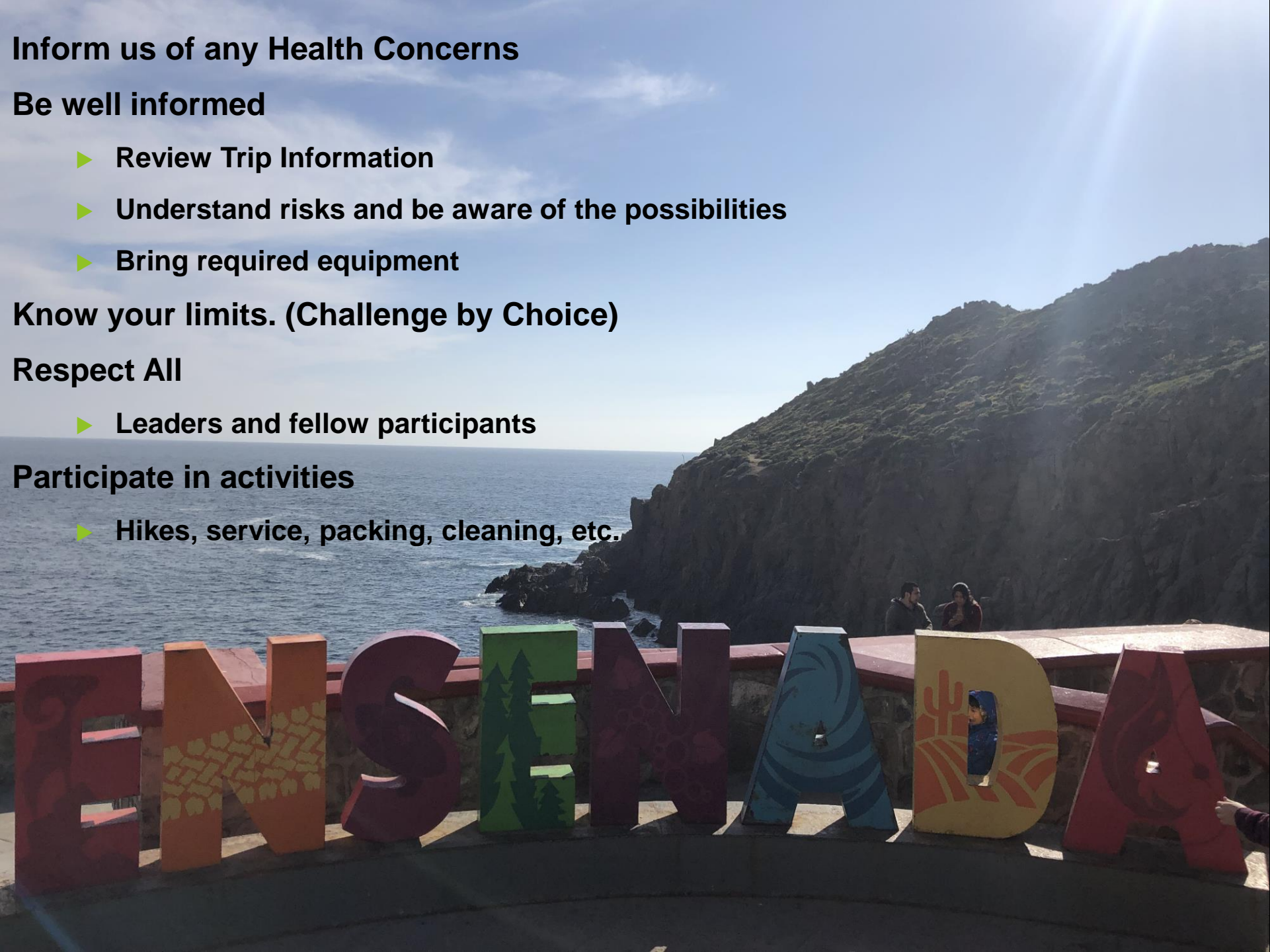
Know your limits. (Challenge by Choice)

Respect All

- ▶ Leaders and fellow participants

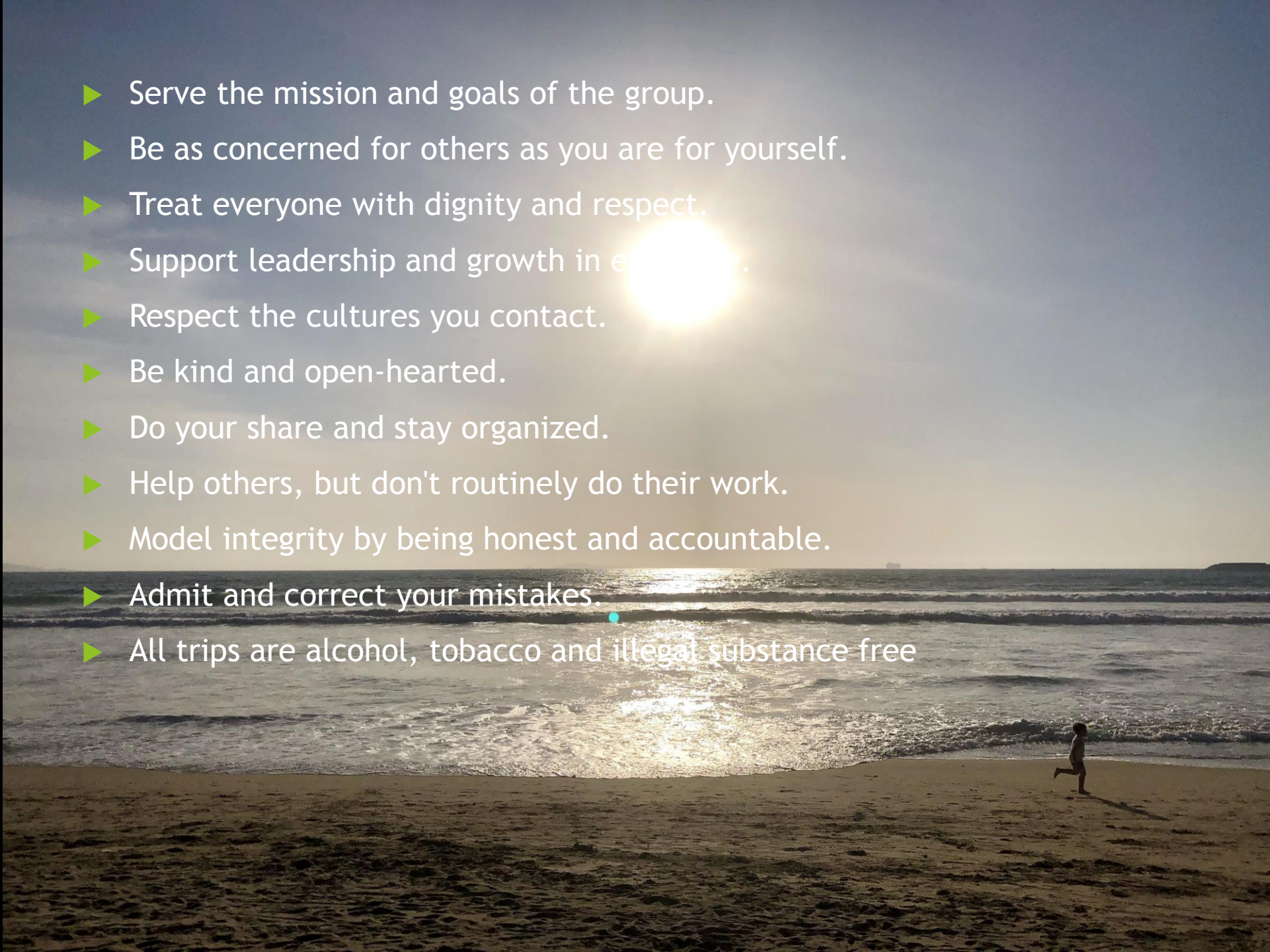
Participate in activities

- ▶ Hikes, service, packing, cleaning, etc.



Expedition Behavior

- ▶ Serve the mission and goals of the group.
- ▶ Be as concerned for others as you are for yourself.
- ▶ Treat everyone with dignity and respect.
- ▶ Support leadership and growth in everyone.
- ▶ Respect the cultures you contact.
- ▶ Be kind and open-hearted.
- ▶ Do your share and stay organized.
- ▶ Help others, but don't routinely do their work.
- ▶ Model integrity by being honest and accountable.
- ▶ Admit and correct your mistakes.
- ▶ All trips are alcohol, tobacco and illegal substance free



Study Away Learning Outcomes

Learning Outcomes

- ▶ By participating in CSUSB's Service Learning Adventure, students will:
- ▶ 1. Recognize the importance of social responsibility and concern for others.
- ▶ 2. Build relationships and the ability to work with others as a member of a team.
- ▶ 3. Develop an appreciation for one's own culture and an understanding of others.
- ▶ 4. Have an increased desire for involvement in volunteerism and service opportunities.
- ▶ 5. Understand the importance of reflection as a tool for life-long learning.
- ▶ 6. Identify their values relating to service and civic engagement.

Reflection as a Tool for Learning

- ▶ An important learning tool and a major component for CSUSB's Service Learning Adventure is reflective time and activities. The reflective piece occurs through individual reflection time, group reflection and discussion time, journaling on the experiences of the day, group exercises or activities and blogging.

ITINERARY

► Day 1

Meet at CSUSB SRWC at 800am, load vans and travel from CSUSB Rancho El Refugio just east of Ensenada Mexico. Along the way we will stop in [Puerto Nuevo for lunch](#) before continuing to the ranch. Once we arrive around 5pm we will receive an orientation to the camp, settling into our bunk house and have dinner.

► Day 2

After breakfast we will spend the morning [volunteering at the camp's Puente de Vida school leading recreation and craft activities](#) with the pre-school to middle school children. After lunch at the camp we will head to a [local beach](#) for some fun and relaxation. After enjoying the sand we head back to camp for dinner and some rest.

► Day 3

Today we head out into the community of [Ojos Negro's Oaxacan Indians](#) for a full day of meaningful volunteer service. Project will vary depending on the community needs at the time. Come prepared to get dirty and work hard.

► Day 4

The morning will be spent volunteering to help some [local seniors](#) at 2 sites in [Ensenada](#). After a boxed lunch we will head to [La Bufadora](#) (ocean blowhole) for [shopping, kayaking and dinner](#) (not provided, bring money). We return to Rancho El Refugio for our final night and reflect back on what we experienced.

► Day 5

After breakfast we pack up the vans and start the journey back to CSUSB. We plan to stop along the way and visit a [local winery for a tour](#) (no tastings) and lunch before crossing back into the USA.

► *Activities, service and itinerary are subject to change without notice.

Baja California state

Level 2: Exercise Increased Caution

- ▶ Exercise increased caution due to crime.
- ▶ Criminal activity and violence, including homicide, remain a primary concern throughout the state. While most of these homicides appeared to be targeted, criminal organization assassinations and turf battles between criminal groups have resulted in violent crime in areas frequented by U.S. citizens. Bystanders have been injured or killed in shooting incidents.
- ▶ Due to poor cellular service and hazardous road conditions, U.S. government employees may only travel on Highway 2D between Mexicali and Tijuana via “La Rumorosa” during daylight hours.
- ▶ There are no restrictions on travel for U.S. government employees in Baja California, which includes tourist areas in: **Ensenada, Rosarito, and Tijuana.**

Safety and Security

- ▶ Tourist and travelers are target for crime “anywhere in the world”
- ▶ No expensive jeweler/watches
- ▶ Do not leave valuable unattended in bars, café’s, airports, and restaurants
- ▶ Purse snatching, pick-pocketing
- ▶ (Beware of your over-friendly strangers)
- ▶ Travel has inherent risk of injuries or death. As a trip participant, you are responsible for your safety
- ▶ Valuables left in the van are not safe
- ▶ CSUSB is not responsible for lost or stolen items
- ▶ Follow the directions of the leaders
- ▶ Buddy system (4)... always tell a leader where you go

CSUSB TRIP-SPECIFIC INTERNATIONAL TRAVEL EMERGENCY PLAN

Passport or other Travel Documents

<https://goabroad.csusb.edu/index.cfm?FuseAction=Programs.ViewProgramAngular&id=26394>

- Waiver
- Photo Release
- Health Info
- Travel Documents

Smart Traveler Enrollment Program (STEP)

Alert Traveler

Travel Insurance

Bank

Phone

What is STEP?

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

Benefits of Enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

<https://travelregistration.state.gov/>

ACCOMMODATIONS

Bunk House

(Bring Sleeping Bags or Sheets and Blankets)

Flush Toilets

Showers

Electricity (no hot tools)

Don't Count on Wireless Service

MEALS

Most Meals at Rancho El Refugio

Meals Not Provided

Lunch in Puerto Nuevo

Dinner in Ensenada

Dinner in California on way home

Weather

- ▶ Highs around 70
- ▶ Lows around 40
- ▶ Chance of Rain



Bienvenidos
a
Rancho el Refugio



What to Bring

CLOTHING

Waterproof Pants and Jacket or Poncho
1 Sweatshirt
1 Warm Jacket
Swim suit
3-4 long pants
2-3 pairs of shorts
3-5 T-shirts
1-2 long sleeve shirts
Sleeping attire
Underwear as needed
Socks as needed (hiking socks, non-cotton)
Hat to protect from sun

SHOES

Sport sandals with heel strap
Hiking/work boots
Comfortable walking shoes

EQUIPMENT

Daypack
Sleeping bag or blankets and sheets, and pillow
Duffle bag or suitcase
2 Reusable water bottles (1 quart)
Drinking cup
Headlamp
Sunglasses
Sunglass keepers
Trash bags for dirty and/or wet cloths
Washcloth and face towel
Camera

*Indicates equipment we can provide

PERSONAL ITEMS

- ▶ Toothbrush with cover and toothpaste
- ▶ Razor and shaving cream (optional)
- ▶ Body wash/soap
- ▶ Shampoo and conditioner
- ▶ Brush or comb (optional)
- ▶ Antiperspirant
- ▶ Towel and washcloth
- ▶ Tampons
- ▶ Cosmetics (optional)
- ▶ Earplugs (optional)
- ▶ Contact lenses and cleaning solution
- ▶ Spare pair of prescription glasses
- ▶ Sunscreen
- ▶ Insect repellant
- ▶ First-Aid (NSAIDs, Band-Aids, After-Bite, personal medications)

DOCUMENTS

- ▶ Passport or other needed travel documents
- ▶ Money, credit cards (notify of travel) for meals and souvenirs (no \$50s or \$100s)

Questions?

