

# Final Information Package

April 23-27, 2024



## Eastern Shore Band

NEW YORK • 2024

- Final notes to keep in mind
- Behavior expectations
- Missing Class Protocol
- Packing List
- Flight Information
- Hotel Information
- Itinerary
- Packing liquids and carryon
- Ef Tour and communication app
- Chaperone groups

# • FINAL MEETING AGENDA and NOTES

**GETTING WORK FOR MISSED CLASSES:** Please, see sheet at the end of this package. Each student must fill the PLAN FOR MISSING CLASSES form and return it to Ms. D'Entremont in the office by Wednesday, April 17th, 2024

## EXPECTATIONS

1. **Being late:** THERE IS NO CHOICE BUT TO BE ON TIME. Make sure you have a watch or a phone (something) that you can tell time with. If we ask you to meet us at 3:30pm, we expect you to be there at 3:25pm, ready to go. Always be 5-10 minutes EARLY. Always. Being late may cost us an outing if we don't arrive at the scheduled time.
2. **Buddy system:** You are not permitted to wander by yourself. This is an agreement you made when you signed the behaviour contract. Likewise, there will be times that we ask you to travel in larger groups. Observe these requirements. If you do not, you will lose your privileges and will not be permitted on your own. We have to look out for everyone's well-being. WE WOULD PREFER THAT STUDENTS ARE IN GROUPS OF FOUR +
3. **Hotel conduct:** It is essential that you are quiet in the hallways. Remember, when we are leaving at 7am, most of the hotel patrons are still sleeping. This includes times when you are walking through areas that are close to doors as well.
4. **Lights out:** While we cannot force you to close your eyes at the lights out time, we are asking that **you are extremely quiet in your rooms at this time.** If there is an emergency, come get Ms. Penwell. Ice runs, borrowing items from another room, etc. MUST be done prior to lights out.
5. DO NOT play music, or watch TV loudly in your rooms. Ever. Thank you.
6. Students are not permitted to bring any gaming systems other than hand held.
7. Students are NOT permitted to get food deliveries to their room. This includes room service.
8. Students are NOT permitted to dye their hair, pierce or tattoo their body while on the trip.
9. Students will not be allowed to partake in the use, distribution or selling of, any tobacco, cannabis or alcohol product or any illegal substance. Doing so will be considered a serious violation with immediate consequences. Vaping is not permitted, students are not permitted to have any vaping paraphernalia on them at ANY point during the trip.

10. **Plane conduct:** Consideration for other passengers is important - Regular rules apply:
- Stay in your seat at the request of the airline.
  - Do not shout while on the plane.
  - If you need to get the attention of someone on the plane, please pass a message (through ESDH passengers only) or wait until an acceptable time to walk to their seat.
  - Clean-up after yourself – do not leave garbage lying around.
  - Be courteous of passengers around you - do not bump seats, make unnecessary noise or call out to someone.

11. Swearing: Don't do it. There is nothing that looks worse on a group of young people than to walk past and hear them cursing. It will have an impact on how people treat us, and it misrepresents the school and the rest of the students travelling with us.

12. Do not climb on statues, walls or fountains, including any areas of the museum.

13. **Clothing:** students may not wear clothing with cannabis (leaves) or alcohol logos, curse words or slogans that could be offensive to anyone.. Students may not wear clothes with objectionable or obscene language or graphics.

15. Phones: You are permitted to use your phones when you like. With the exception of:

- a. During any tour where they ask you to put them away.
- b. During a show/ workshop
- c. When a tour guide is speaking/leading us
- d. If your chaperone/teacher asks you to put it away

Please, make sure that you check with your cell phone provider with regards to your payment plan. Some cell phone companies and plans will charge very large roaming fees as soon as we are out of the country. Be very diligent in verifying your usage ahead of time.

16. You are not permitted to leave the group/meet with other friends or family while away.

17. Do not hang your clothes and towels around the room at the hotel. Limit this to the bathtub/bathroom only.

18. Making demands: This isn't a family trip – we are not able to accommodate everyone's wishes and desires. Please, understand that the schedule is set and it is going to be great!

19. You have a lot of control over how well this trip goes - please, be kind to everyone. Be considerate of your roommates, take your meds, eat breakfast and lunch, drink water, listen to the chaperones. We are set up to have a great great time!

## PACKING

1. Each student is allowed one checked bag at no additional cost ON OUR RETURN TRIP. The trip to NYC will be carry on only (please, see later in the booklet)
2. Please, see attached packing list for suggestions
3. Food allowance: Please, check the attached sheet to ensure what you are crossing the border with is in accord to the allowances.
4. Suitcase: you must carry your own! It is nobody's responsibility but your own to deal with your suitcase. There may be times that you are carrying it up stairs – keep this in mind.
5. Small bag for daily use: When we leave in the morning, we will not be returning to the hotel until late – plan ahead!
6. Bring a water bottle – this will help you greatly throughout the day!

## WHAT TO WEAR

1. Departure Day: Our plane ride is about 2h30. We will leave and start sightseeing as soon as we get there. Dress for a big day that ends at the Empire State Building that day.
2. Rain: We go rain for shine. If it is pouring rain, we are still walking around even in the pouring rain. Please, bring a rain jacket/umbrella/pouch/bag to cover your backpack. \*Check the weather before we go.
3. Shoes: **Wear comfortable shoes each day.** We are walking and walking. Please, bring shoes that you are able to do this in, and fill your pockets with band-aids incase of blisters. *Flats and flip flops will NOT be accommodating after 14++ hours on your feet on concrete - pack accordingly.*

**CHAPERONES:** *Your chaperones are there to look after your best interests. If he/she asks you to do something, it is because Ms. Penwell has asked them to. Please, do not question what they are asking.*

1. Check-in: When you are given your room keys, you will be expected to go straight to your rooms AND WAIT FOR YOUR CHAPERONE. DO NOT LEAVE your room until your chaperone has checked in. This is our way of passing along important information to you, and being sure of where your room is. This is the same protocol every day in the hotel – your chaperone will come to you.
2. Your chaperones are not a glorified suitcase – do not ask them to carry anything for you other than your passport!
3. Your chaperones are not able to give you medication. Please, make sure you bring what you need and make sure it is marked on your health sheet.
4. Your chaperones will carry your passport for you. This is the only thing they are being asked to carry for you.

**BREAKFAST:** Go to breakfast. You'll need it, you paid for it. You will have a voucher to eat at our hotel. We will give you a wake-up call AND a time to get to breakfast each day. We will have 12-14++ hours days, YOU WILL NEED FOOD AND WATER.

We will meet each morning at the breakfast area.

## **MOVING AROUND NEW YORK CITY**

1. Quick and efficient: Listen to the instructions of the chaperones each time we stop.
2. Please, have a way to check the time.
3. Subway - we will be travelling in chaperone groups. Stay close.
4. Side walks - there is nothing New Yorkers hate more than tourists crowding the sidewalks. Always check to make sure there is a passing lane for people and you are not blocking the sidewalk, street.
5. What's App - make sure you are in the group with your chaperone and the ESDH Band community.

**SPENDING MONEY:** *Spending money is a very personable thing. The only thing you need money for is lunch and souvenirs.*

1. YOU ONLY NEED SPENDING MONEY FOR SOUVENIRS AND LUNCH. \$200 USD will help you do some shopping (if desired) and grab some lunch each day. This is only a guide – please, use your discretion.
2. \$800 USD maximum: You are not allowed to bring back more than \$800.00 USD in items without paying duty. (approx \$589 USD)
3. Keeping your receipts: Please, keep all receipts of souvenirs bought while we are away. These are receipts for everything you will be bringing back across the border (not things you have eaten/meals). Your chaperone will give you an envelope - keep all receipts in the envelope and have it totalled on the front for when we land in Halifax on Saturday.
4. Travelling with cards/cash. Interac/debit does not always work (often unless you have a credit-debit card). Cash/preloaded credit cards are the preferred method of travel while we are away. For this reason, we recommend that students have a safe wallet and a zipped pocket/bag to carry their money in.

## CALLING/CONTACT HOME/WIFI

1. Please, sign up for Remind (text @esdhny to 902-800-1292) if you have not already. We will use this to contact home if there is ever an emergency.
2. Ms. Penwell will have a list of all student's cell numbers in order to contact.
3. Find my Friends - with parents permission (if available) we will turn on Find my friends with Ms. Penwell's phone for the duration of the trip.
4. Wireless at the hotel: Wireless is available at the hotel. Students will have very little time throughout the day to make phone calls home (unless they choose to during their free time).
5. We will be posting some updates on the private facebook group - hover your camera here to join.

## OUR GUIDE: DONNA

1. We will have a guide with us. Please, treat them with the utmost respect – listen when they are speaking and ask relevant and meaningful questions. If you have a question that can be asked of a chaperone, please do so.

## WE'RE ALL IN THIS TOGETHER 😊

1. Be understanding
2. Be helpful
3. Understand that people live differently than you
4. Check-in on your friends
5. Keep your chaperone updated
6. Love life – you're going to New York City!!! Leave all your worries behind you and just enjoy the next few days of adventure 😊

## WHAT TO EXPECT ON TUESDAY, APRIL 23<sup>rd</sup>, 2024

1. Arrive at the airport at 7:15am. Make sure you have everything tagged, labeled and ready to go.
2. Follow the signs to US Departures, you will see Ms. Penwell and the group.
3. Check-in with your chaperone. Stay close to them.
4. Stay close to your chaperone to await instructions.
5. Have your passport close to you.
6. Make sure you have all liquids in the 1L baggie, and have easy access to it.
7. We will go through security when everyone has arrived. Please, don't be late. It takes a while to get us all through.
8. When you go through security: Please, be respectful and quiet. DO NOT make any jokes and wait until they speak to you. Once we have crossed through security screening, please head towards your chaperone who will be waiting for you. Ms. Penwell will be at the front. Find her and wait with the group.
9. Be prepared with NO LIQUIDS other than those in your baggie. Empty your water bottle, you can fill it on the other side.
10. You will need to take off jackets to pass security (sometimes you are asked to remove your shoes.)
11. We will try to accommodate seats on the plane as much as possible. We have little control over this. Please, sit in the seat ASSIGNED to you.
12. Are you nervous about the airport? Chat with Ms. Penwell ahead of time, we can make a plan :)
13. Once we pass through security, there will be some free time. Let your chaperone know if you are heading to the washroom, etc. **This is where the buddy system starts – do not go anywhere alone!**
14. Once we go through customs in Newark, give your chaperone your passport.
15. BOARDING THE PLANE: You will need your boarding pass and your passport to board the plane. Keep this safe once you're through security.
16. This day will be exciting and long – take care of yourself so you can enjoy it to the fullest! Eat breakfast, drink lots of water!

# FLIGHT INFORMATION

## Depart

4/23/2024 10:30 AM Halifax Air Canada  
4/23/2024 12:02 PM Newark (EWR) Flight# 8657

## Return

4/27/2024 5:35 PM New York (LGA) Air Canada  
4/27/2024 7:05 PM Montreal Flight# 8641  
4/27/2024 9:00 PM Montreal Air Canada  
4/27/2024 11:33 PM Halifax Flight# 1598

**DEPARTURE:** AC 8657 Halifax to Newark 10:30 am

**RETURN:** AC 8641 New York to Montreal at 5:35pm

AC 1598 Montreal to Halifax at 9:00pm

You can check all arrivals and departures online at <https://halifaxstanfield.ca/>

## Itinerary

### Day 1 – Tuesday, April 23 – Travel & Welcome to New York

12:30pm Bus transfer to New York

2pm: Walking tour

- United Nations Headquarters
- Grand Central Terminal
- Fifth Avenue
- Rockefeller Center
- St. Patrick's Cathedral

530pm Dinner: Fields Good Chicken

7:15pm Empire State Building

### Day 2 – Wednesday, April 24

7am : Breakfast

1030am: Circle Line Liberty Cruise

2pm Guided Tour

- 9/11 Memorial
- St. Pauls Chapel
- Wall Street
- New York Stock Exchange
- Trinity Church
- Charging Bull Sculpture

5pm: Dinner - Havana Central

630pm: Visit Times Square

7pm: Hamilton



## **Day 3 – Thursday, April 25**

7am : Breakfast

10:00am: Broadway Workshop

11:00am: theatre Workshop

2:30pm Tour of Radio City Music Hall

6pm: Dinner - Applebees

## **Day 4 – Friday, April 26**

7am : Breakfast

10:00am - Tour of Lincoln Center

- Avery Fisher Music Hall

- NY State Theatre

- Metropolitan Opera House

2:45pm - Metropolitan Museum of Art

4:30pm - Stop in to see Central Park

5pm - Dinner - tour director will distribute \$20

7pm: Outsiders

## **Day 5 – Saturday, April 27**

7am : Breakfast

10:00am - Guided Tour

- Greenwich Village

- SoHo

- Chinatown

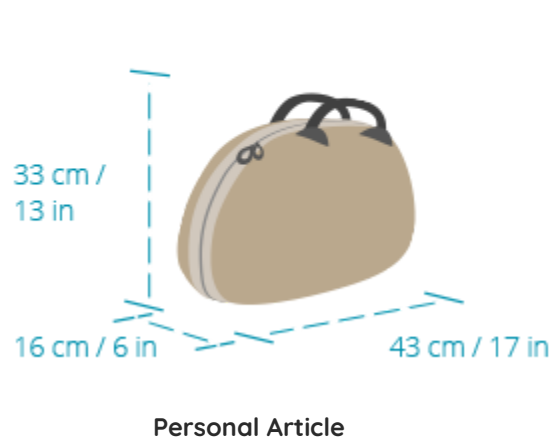
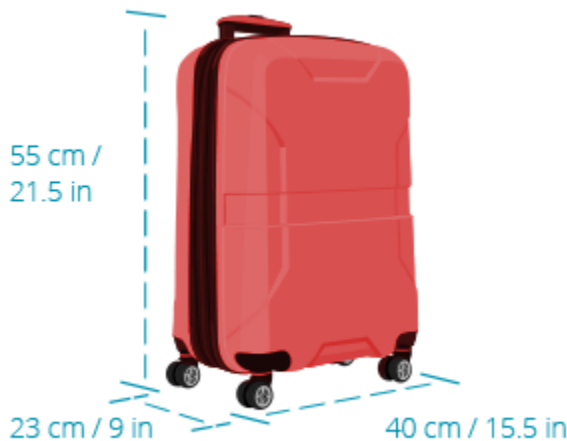
- Little Italy

3:35pm - Bus to Airport

# ESDH Band NEW YORK CITY Packing List



- WE ARE ALL TRAVELING WITH CARRY-ON ONLY LUGGAGE.
- The EF backpack that everyone receives is a perfect carry-on bag size.
- Please, tag your instrument with your EF tag and the piece of music ribbon.
- ← Link to Air Canada carry-on information (QR code).



## What to pack

Pack light! You'll be toting your own luggage around, so bring only what you need. Chaperones are not responsible for carrying anyone's luggage.

## Clothing and Accessories

- Comfortable shoes to wear at ALL times (*be sure you can walk comfortably in ALL your shoes. We will be walking ALL day and night, EVERY day. Appropriate footwear is the best packing decision you can make!*)
- Pajamas
- "Dress casual" clothes for Hamilton & The Outsiders (no athletic wear, ripped jeans, hats, etc.) These should be packaged in a daybag.
- Springcoat/heavy sweater – think evenings (*it averages 16C, with a low of 7C in April. We will be outside walking, rain or shine!*) Shirts (short- and long- sleeved)
- Appropriate clothing for rain (*the show must go on!*) Raincoat
- Socks and underwear for 4 days
- Sightseeing clothing for 4 days

## Toiletries \*there is a clarification document at the end of this package

- Toothbrush & toothpaste (less than 100ml, in your clear plastic bag)
- Shampoo/conditioner (less than 100ml, in your clear plastic bag)
- Soap/Body wash (less than 100ml, in your clear plastic bag)
- Deodorant
- Hairbrush/comb
- Hand sanitizer (less than 100ml, in your clear plastic bag)
- Any medications (in addition to a copy of any prescriptions)
- Spare set of contact lenses/glasses
- **\*\*To avoid excessive luggage, roommates are encouraged to work out who is bringing hair dryers, flat irons, etc.**
- Make-up, hair products, etc. as desired.

## Money

- Bank card (Please, check with your bank about the costs to take money out in other country)
- Spending money for lunches and souvenirs. All breakfast and dinners are paid for (with the exception of the dinner on Saturday since we will be at the airport around dinnertime).
- Optional, but encouraged: a money belt/neck wallet to keep cards and cash safe while traveling.

## Electronics

- Portable battery for phone - we will be out from early morning to late evening most days, your phone may need some life!
- Chargers for phones, ereaders, etc.

## Documents

- Passport—Remember to bring one copy with you in your bag, and give one copy to Ms. Penwell prior to departure.
- A copy of the tour itinerary
- A list of important phone numbers (card will be given to you)
- Copy of any prescriptions (Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)

**Carry-on bag / Day bag:** We will be dropping our suitcases and using our daybags right away when we arrive in New York. You may keep a smaller bag/crossbody in your bag to use throughout the day if you'd like to leave both your bags behind. Please, ensure that both bags have ID tags. All students need to have a small daypack to carry around the city with them each day.

The EF backpack is a perfect carry-on/day bag. Here's a short list of things travellers might need on the first day of the trip. These should be packed in your carry-on in case your checked luggage is delayed:

- Passport
- Money & Banking cards & ID
- Phone cards, chaperone information
- Airline boarding pass (given to you at the airport on April 23rd)
- Medication in its original containers
- Reusable water bottle (empty - you cannot go through security with anything in it)
- Umbrella/rain jacket incase of rain
- large ziploc bag to protect items in case we are walking in the rain for hours
- snacks

## Miscellaneous

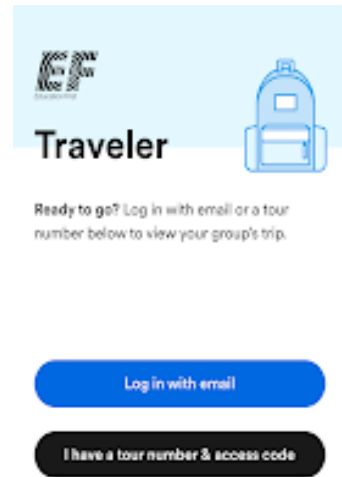
- Snacks for yourself (no peanuts [allergies in group], or fresh fruit/veggies/cheese.yogurt please!)
- Cell phone (make sure Ms. Penwell has the number)
- Sunglasses
- Hat
- Band-aids (especially for blisters! Blister band-aids are a lifesaver!)

\*\* By all means, this list is not absolute. Remember everything is YOUR responsibility. Chaperones are not luggage racks to carry your belongings/keep things safe ☺ You assume responsibility for anything that you leave behind/lose.

# APPS TO DOWNLOAD

## Ef Traveller -

Our tour code is \_\_\_\_\_  
Our access code is \_\_\_\_\_



## What's App



## CHECKLIST FOR EACH DAY - What to bring when you leave the hotel each day

\*\* By all means, this list is not absolute. Remember everything is YOUR responsibility.

Each day, we will leave early in the morning and not return until late. To make the day run smoothly, students should be prepared with a SMALL bag that includes the following:

- 100% ESSENTIAL → Water bottle
- Poncho, jacket and/or umbrella so you can keep going in the rain!
- Band-aids, Kleenex
- Phone and portable charger
- Emergency contact card
- Wallet
- Hand sanitizer
- Snacks
- Ziploc to protect electronics incase it starts to rain
- change of clothes on the days we are going to Hamilton and The Outsiders

# CHAPERONE GROUPS

Students			
Room #	Name	Room #	Name
HAUGHN	Logan Pettipas	MURRANT	Lucas Conrad
	Jagger Arnold		Cameron Griffith *
	Lochlain Reid *		Tylan Murrant
			Carter Ritcey
MURRAY	Avery Andersen	D'ENTREMONT	Angela Hamilton
	Kayla Sloggett		Amber Daniels *
	Karly Monk *		
MURRANT	Lillian Mosher	MURRAY	Joe Cullen *
	Courtney MacKinnon *		Josh Bellefontaine
	Cassie Smith		Carter Dacey
D'ENTREMONT	Felicity Paulin *	HAUGHN	Brody Oakes
	Abbie Bain		Eric Thurber
	Rosa Locke		Matthew Mosher *
			Bailey Karsten
PENWELL	Adrien Carter	PENWELL	Brooke Newcombe
	Olivia McCarthy *		Katie Fraser *
			Samantha Sinclair

# New York City 2024

## Eastern Shore District High School Band

### Behavior Contract

As students of Eastern Shore District High School, each member of the music program is an ambassador of the school and of the community. As well, the safety and well being of the students is the primary thought of the teacher and chaperones on the trip. Students must always be conscious that proper behavior and conduct is expected at all times. The following contract serves to address the above issues.

- (1) All students will be under the direct supervision of the chaperones on the trip.
- (2) All policies of the Halifax Regional Centre for Education and ESDH are in effect for the entire trip.
- (3) The possession/use of alcohol and or other drugs is strictly prohibited. Prescriptions and other medications are exceptions to the rule and should be discussed with the chaperones prior to departure.
- (4) Illegal or inappropriate activities such as vandalism, theft, disrespectful gestures or behavior are unacceptable.
- (5) Reasonable expectations will be detailed for all the members of the band. These expectations include being on time for all group meetings, adhering to *lights out* curfew, respect for self and others, and never traveling alone.
- (6) Students will be assigned into groups, and further into buddies. This process is essential in quickly counting students and is an extra measure of safety. **"No one goes anywhere alone"**
- (7) Students are responsible for their own possessions at all times.

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We, the undersigned, have read and agree to abide by each item detailed herein. We realize that a breach of this contract may result in the student being sent home at the expense of the parent or guardian. In all cases we realize that recovery of monies paid to the tour company is the responsibility of the parent or guardian.

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Students full name

Date

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Student signature

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Parent/Guardian full name

Date

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Parent/Guardian signature

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