

Pre-departure Preparation Namibia

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Payments, Cancellation & Insurance

Payments: Your final payment (minus your deposit) is due six-eight weeks prior to departure. Please check your travel seminar brochure for the specific deadline. You may pay your balance by check or with a credit card (please note we only accept Visa or MasterCard). For some programs, you may be billed directly by the organization or group sponsoring your travel seminar.

Cancellation: Cancellation notices must be received by the Center for Global Education in writing. Your deposit is non-refundable. A cancellation notice received up to 75 days before departure will be assessed only the deposit plus any non-recoverable costs (i.e. flight deposits, visa fee, etc.). A cancellation notice received 61-74 days before departure will be assessed 25% of the total travel seminar cost; a cancellation notice received 31-60 days before departure will be assessed 50% of the total cost. A cancellation notice received within 30 days of departure will be assessed the full program cost.

In the event that a Travel Warning is issued by the US State Department for a country that will be visited during a program and CGE agrees that it is unsafe to travel there (or the sponsor has an existing written policy against traveling to a country/location with a Travel Warning), then we will try to reroute that program to another country. If we need to cancel the program, the participants will be refunded any recoverable expenses.

If there is no Travel Warning, but a participant cancels due to fear of a worldwide crisis, then they may be able to transfer their deposit to another program within the same fiscal year (if agreed upon by CGE); however, they would still be responsible for paying any unrecoverable expenses related to the original trip.

All participants are encouraged to purchase trip cancellation or interruption insurance in the event of a personal or family illness or other unforeseen events.

Cancellation Insurance: We recommend you purchase trip cancellation insurance to protect yourself against emergencies that might prevent you from traveling. Some examples of unforeseen disruptions that could require you to cancel your trip are: you or a family member becomes sick or dies; bad weather or natural disasters that results in closed airports, roads, or hotels; calls to serve on jury duty; terrorist attacks/civil unrest in-country or at home; health epidemics (such as H1N1).

Most travel insurance companies have specific policies in relation to the H1N1 virus. Please check with your provider on their policies for H1N1 coverage. Some companies may offer “Cancel for Any Reason” clauses at an additional cost that will allow you to cancel for any reason. When purchasing these products we recommend you call the company to discuss any exclusions.

NOTE: For many types of cancellation insurance you must purchase the insurance within 14 days of your first payment towards any trip related costs (ie: deposit on program, airline ticket, final payment, ect.).

Travel Health/Accident Insurance: All participants are required to have health/accident insurance that covers medical expenses incurred during the travel seminar and includes emergency evacuation. Please check with your institution to see if they provide coverage for international travel and emergency evacuations. Otherwise, there are a number of reputable providers you may use.

CGE has an account with HTH Worldwide Insurance Services, which provides good medical coverage at our group rate for ages 0-74: \$11.75/weekly or \$40.75/monthly. For more information visit the HTH website at www.hthstudents.com using group access code **BIH-2227**. You do not need to be a student to apply for this coverage. If you need assistance with registering online, please contact our office.

Passport, Visa & Entry Requirements

Passport: The information below addresses passport requirements for U.S. and Canadian citizens. Citizens of other countries living in the U.S. and Canada, should contact the Center for Global Education for further information.

Namibia requires you to have a passport that is valid for at least six months past the scheduled date of departure. While the average processing time for a standard passport application is six weeks, it can take much longer. If your trip is departing within six weeks, we recommend using Expedited Service. Consult the U.S. Department of State’s Web page for fees and procedures: http://travel.state.gov/passport/passport_1738.html

It is recommended on the U.S. Department of State's website that travelers going to or coming from Namibia via South Africa to have six or more unstamped visa pages in their passport. Travelers merely transiting through South Africa (those not stopping over or exiting the international terminal in South Africa) may require fewer blank pages for travel. For more specific information consult the U.S. Department of State's website for entry requirements to Namibia: <http://travel.state.gov/content/passports/english/country/namibia.html>.

Once you receive your new or renewed passport, you sign it on the designated page opposite your picture to validate it. Please send us a photocopy of this page after signing it. Make sure you also have a photocopy for yourself to keep with you during the trip separately from where you keep your passport. It is also a good idea to leave a photocopy with a family member or friend at home.

Keep any documents inserted into your passport or given to you by immigration officials upon arriving in Namibia. You will need to present them upon departure.

Visa & Entry Requirements: The information below addresses entry requirements for U.S. and Canadian citizens residing in the United States. U.S. citizens living outside the U.S. and Canada, and citizens of other countries living in the U.S. and Canada, should contact CGE for further information. If you are a citizen of a country other than the U.S., check with your nation's consulate for visa and entry requirements. CGE will assist you in reviewing information, but the responsibility for obtaining and paying for proper documentation is yours.

Since you will only be visiting Namibia for less than 30 days, no visa is required. You will enter as a tourist. On the arrival form you will need to tick a box under "Purpose of Entry". **Please mark Holiday/Tourist. THIS IS VERY IMPORTANT.** Although your occupation may be a student, you are not entering Namibia to study, as you will not be receiving credit from the Center for Global Education. On the arrival form you will also need to fill in your "Address in Namibia." Please write 5 Simpson Street, Windhoek West. It is address of our guesthouse.

For those who have an extended stay in Namibia that requires a visa, be sure to check that your passport has at least two blank pages in the visa section. This is a new security requirement for those who travel with a U.S. passport.

Air Travel Arrangements, Deviations & Time Zone

Air Travel Arrangements & Deviations: Your air travel, if included in the cost of the program, will be arranged out of the city designated in the travel seminar brochure. The Center for Global Education will use the most convenient connections, efficient routing, and lowest fares possible. Some cities have limited service that may result in multiple connections or long layovers. If you will be making your own travel arrangements, traveling in the country prior to or after the travel seminar, or if you have special travel needs, please contact the Center for Global Education as soon as possible.

It is essential that the name on your travel documents be identical to your name as it appears on your passport. If there is a discrepancy, you could be delayed or required to purchase another ticket. Please check your ticket as soon as you receive it and contact the Center for Global Education if there is a discrepancy. In the event that changes need to be made to the itinerary due to illness, strikes, terrorism, weather, or other causes, these changes will be made to ensure the well-being of all participants. Additional expenses, if any, will be the responsibility of the travel seminar participant, although the Center for Global Education will make every effort to minimize such expenses.

During overseas flights, it is important to get up periodically and move about the cabin to increase blood circulation. While seated, try to straighten your legs under the seat as much as possible and flex your calf muscles every couple hours. Sitting in one position for many hours in a row, especially with your legs crossed, will not only make you uncomfortable but also may pose a health risk. Deep vein thrombosis (DVT) is an extremely rare but potentially fatal condition where a blood clot forms in the calves and then may travel to other parts of the body. Please contact your personal physician if you have any questions about reducing your possible risk of DVT on long haul flights.

Time Zone: Namibia observes daylight savings time during its summer, which is winter in the Northern hemisphere. Therefore, Namibia is seven hours ahead of Eastern Standard Time from October through April, and five hours ahead of Eastern Standard Time during our daylight savings time. The exception to this occurs in September and October (before the daylight savings switch in the Northern hemisphere) when there is a six hour difference due to Namibia's varied daylight savings time schedule.

Packing List & Luggage

Packing Tips: Pack comfortable, modest clothing. Cotton slacks, neat blue jeans, t-shirts without logos and button-down shirts are appropriate – sweat suits, athletic gear, and tank tops or any other revealing clothing are not. Shorts are not appropriate to wear in public, but you may want a pair to wear around the retreat centers.

- Bring an outfit for church, government, and professional sector visits and for special occasions. For men, consider a nice button-down shirt and slacks (ties are not required). For women, a dress, or skirt/slacks and blouse (not a t-shirt) are appropriate. At church services, African men will generally wear a sport jacket or suit and sometimes a tie; women wear skirts or dresses.
- CGE strongly recommends leaving expensive jewelry/watches at home.
- Plan to bring items that are lightweight and can be layered in case of temperature or weather changes or air-conditioned rooms.

- Laundry facilities may not be available to you during the travel seminar. Please plan to hand-wash items in your room.
- Do not bring anything with a camouflage pattern or of a military style.

Suggested Packing List:

- Comfortable walking shoes with a closed toe for rural areas and markets, where there may be mud or biting insects
- Lightweight robe and sandals for shared bathrooms
- Swimsuit (some trips may visit a lake or pool)
- Sweater, sweatshirt or jacket for cool evenings, air-conditioned rooms
- Rain jacket, poncho, or umbrella (if traveling January-April)
- Dressier outfit for church or meetings (described above)
- Toiletries – items such as tampons, mouthwash, and disposable razors are relatively easy to obtain in Namibia; however, you may find it more convenient to bring your own.
- Ear plugs (if you are a light sleeper)
- Medications – most common over-the-counter medications such as Dramamine, Monistat, Pepto-Bismol are available in Namibia; however, it is often easier to bring your own.
- Sun & insect protection – hat, sunglasses, sunscreen, insect repellent
- Photography supplies – camera, extra batteries, film
- Small flashlight & extra batteries (for dark streets, rural areas)
- Refillable water bottle
- Power bars or other high protein snacks, especially for vegetarians
- Small backpack for items you will need for everyday use
- Notebook or journal
- Reading material, deck of cards, etc. for waiting times or delays
- Travel clock, watch, or other timepiece
- Money belt or neck pouch to hold valuables
- ATM card, credit cards
- Moist towelettes and hand sanitizer
- Plug adapter (if you are bringing electrical appliances)
- Passport and photocopy of the photo page (pack separately)
- Small lock for storing your valuables in provided lockers – **REQUIRED FOR NAMIBIA**

Luggage: Most CGE travel seminars to Namibia use South African Airways (www.flysaa.com), which has fairly specific guidelines for economy class passengers. Since they are more restrictive than many U.S. carriers, we urge you to follow their standards. Only one carry-on item is allowed with a maximum weight of 15 pounds, and no larger than 22” by 14” by 9”. International travel baggage restrictions and fees for excess cargo may vary by airline and destination. In general, the maximum allowance per piece of checked luggage is 50 pounds and 62 linear inches (total length + width + height) for international flights.

Due to space restrictions on our vehicles in Namibia, you are allowed to only pack one large, soft-covered bag and one carry-on, plus a purse, camera case or briefcase. Pack as lightly as you can. In general, if you cannot comfortably walk five city blocks with all of your gear, you have

packed too much. You may want to pack a small tote bag or collapsible suitcase in your luggage for souvenirs you will acquire during your trip. The suitcases designed to double as large backpacks are especially good for travel in Namibia.

Weather

Namibia is in the southern hemisphere and seasons are the opposite of North America. The following are average temperatures, not the extremes. As in the U.S., weather patterns can vary frequently.

Namibia (Windhoek)

February-March: Average high is 80-88°F; average low is 59-63°F. Namibia is a very dry county, with most the rainfall occurring during the months of January, February and March.

April-August: Average high is 68-77°F; average low is 43-55°F.

September-October: Average high is 75-85°F; average low is 55-60°F.

November-January: Average high is 85-88°F; average low is 60-64°F.

Outside of Windhoek, temperatures are likely to be 5-10 degrees higher, with the western coast being somewhat cooler.

Money

Most participants find that US \$200 to \$300 is sufficient spending money for a one to two-week seminar. Of course, how much you bring will depend on your personal spending habits. Remember that all meals and program expenses are included in your travel seminar cost.

ATM cards are the most convenient way to obtain cash in the local currency. Traveler's checks and U.S. cash can at times be difficult to exchange into the local currency, except at airports and tourist centers. It is helpful to have some cash in small currency (ones and fives). Try to bring new bills, as some past participants have encountered difficulty in changing bills that are worn, written upon or torn. CGE strongly encourages you to bring a money belt.

Visa, MasterCard and American Express are accepted in many stores. Important: It is a good idea to call your credit card company to let them know that you will be using your card outside of the country for a set time. Some people encounter trouble using a credit card abroad because the

credit card company assumes the card is stolen. We strongly encourage you to bring a money belt.

For current information concerning exchange rates, visit <http://www.xe.com>, as exchange rates for Namibia can fluctuate.

Accommodations & Electrical Current

Accommodations: In keeping with the style and philosophy of the seminar, while in Windhoek you will stay at the Center for Global Education's guesthouse/study center or another local guesthouse. Rooms will be semi-dormitory style with shared bathrooms. In other parts of Namibia, you will stay at a modest guesthouse or church-run retreat center where rooms are semi-dormitory style with shared bathrooms. Some travel seminars may include a homestay to introduce you to family life in Namibia. During a homestay, you may not always have access to hot water or standard mattresses. We are confident that this unique opportunity will enhance your understanding of the region in a challenging, experiential manner.

Electrical Current: The electrical current is 220/240V, the same as in Europe, but different from the U.S. and Canada. The plugs have three rounded prongs. For most U.S. appliances you will need a voltage converter, unless the appliance already has a built-in switch to change the voltage AND an adapter for the plug. If you have a Continental or U.S. adapter you may find that it won't work. One solution is to buy a plug that will fit between your appliance and the adapter once you arrive in Namibia, although it is best that you do without appliances if possible.

Health & Safety Information

Health: Review your vaccinations: Check with your doctor or the Centers for Disease Control (CDC) regarding recommended vaccinations for travel to Namibia. Currently, the CDC recommends that you be up-to-date on diphtheria-tetanus and measles, and that you consider an immune globulin vaccine for protection against Hepatitis A. You may call the CDC at 404/332-4559 or visit their Web site at <http://www.cdc.gov/travel/>

- **Bring enough medical/health supplies.** If you take a prescription or medication, make sure you bring enough to last your entire seminar, including a possible day or two of delay. Be prepared, and bring medical and health supplies for potential problems. Many medications, including common over-the-counter items, may not be readily available.
- **Drink enough water.** Besides drinking contaminated water, the most common health problem is not drinking enough water and getting dehydrated and/or constipated.

- **Wash your hands** with soap whenever possible or use hand sanitizer when soap and water is not available. Clean food and water can be contaminated by dirty hands.
- **Watch your food.** Eat meat, fish and vegetables only if they are well cooked, and avoid salads unless the greens have been washed with purified water. Fruit that you peel is the safest. CGE staff will give you more information on safe eating and drinking habits.
- **Pace yourself.** While strenuous walking is not a regular part of any travel seminar, there may be an occasion when a long walk is necessary to reach a certain location. Varying road conditions make anticipating this walk impossible, although CGE staff will keep you informed whenever possible. If a particular health condition makes strenuous walking a concern, please be prepared to communicate your limitations with your group leader and CGE staff in each country.
- **If you get sick,** please let your trip leader or CGE staff know right away. This will help to pinpoint problems with food and water, and help you to get better and arrange a visit to a doctor or medical clinic if necessary.

Possible Ailments:

Traveler's Diarrhea: Just the change in food, water and climate can lead to an upset stomach. If you get diarrhea, treat it with Pepto-Bismol and drink lots of water. When you are ready to eat again, start with rice, bread, crackers, and broth (bring bouillon cubes or dry soup). Imodium (Loperamide is the generic equivalent) is a stronger medication to be used only when absolutely necessary. It does not cure the diarrhea but slows down the digestive system, which can lead to other problems. Some herbal teas are thought to aid in the prevention and treatment of diarrhea such as ginger root, raspberry, comfrey, and peppermint – feel free to bring some tea bags with you.

Hepatitis A: According to the CDC, travelers to Namibia are at high risk for Hepatitis A. Studies have shown that many cases of travel-related Hepatitis A happen to travelers in developing countries with “standard” itineraries, accommodations, and food consumption behavior.

Malaria: Malaria is a mosquito-borne illness that is present in parts of Namibia, depending on the time of year and the area of the region. CGE will contact you if your travel seminar may encounter a risk of malaria and will advise what precautions will be necessary. In the city of Windhoek, for example, there is no risk of malaria.

HIV/AIDS: 20-25% of the Namibian population is infected with HIV. The HIV virus can only be contracted through unprotected sexual activity and/or the exchange of blood. CGE staff will provide you with more information on HIV/AIDS and ways to protect yourself when you arrive.

Typhoid: Typhoid Fever is a bacterial infection transmitted through contaminated food and/or water, or directly between people. The CDC recommends a typhoid vaccination for those traveling to rural areas or staying long term (more than six weeks).

Safety:

Your safety is our highest concern. Since 1982, more than 10,000 people have participated in CGE travel seminars. CGE has thus gained a great deal of experience with group travel, and having in-country staff helps to ensure an understanding of the situation and realities of Namibia. CGE will not hesitate to cancel a trip should something occur that would make it appear to be unsafe to travel to a specific country or area.

For up-to-date CGE Safety Notices and Information please visit:

<http://www.augsburg.edu/global/about/safety.html>

Out of our extensive experience we have developed the following guidelines for you to observe before and during your travel seminar. These guidelines come out of important safety, security and cultural concerns. At times, the reasons for these guidelines may not always seem obvious to you. Keep in mind that following these guidelines helps to ensure the safety of travel seminar participants, staff and resource people. In addition, it enhances the group's educational experience and fosters long-term relationships of trust and mutual respect which the Center seeks to develop in the region.

If all participants follow these guidelines, it means less inconvenience for you and the group and less work for our staff. Thanks! Please read these guidelines carefully and be familiar with them before your departure.

As you prepare for your travel seminar to Namibia, please keep the following in mind:

- Shorts, short skirts, tank tops or flip flops are often not appropriate for meetings with resource people. However, you may use this clothing during your free time.
- Military clothing and hats could be mistaken for military apparel and should not be taken on the trip. Apparel with U.S. patriotic messages or symbols (such as conspicuously displayed flags) could provoke aggressive responses and should be left at home.
- Bring a small lock for your bag. You should also bring a money belt that can be hidden under your clothes in which to keep your money and important documents.
- Please do not bring flashy jewelry. Any expensive jewelry or watches, or any that looks expensive, should be left at home.
- Bring a pair of closed-toed, flat, non-athletic shoes for factors and government visits.

If in doubt about the appropriateness of an item, it is best to err on the side of caution.

When you arrive at the airport in Namibia:

You may be asked by the officials what your itinerary and schedule is. If so, simply respond: you don't know what your schedule is. (You will receive a tentative schedule of appointments from the Center staff upon arrival in Namibia.) Identify yourself as a tourist if asked; the official purpose of your trip is educational tourism. Watch your bags and documents at the airport, as bags have been stolen before and while loading luggage into the vans.

Do's and Don'ts

While on the travel seminar . . .

Do . . .

- Listen carefully to all safety information during your in-country orientation.
- Keep your passport with you at all times, inside your clothing if possible (unless our staff directs you otherwise).
- Stay close together as a group when you are out in public and always travel in groups of two or more.
- Always ask permission of a person before taping or photographing.
- Be cautious about what you say in public (including airplanes, airports, restaurants and hotel lobbies). There will most likely be people around you who will understand English. Also, North Americans tend to speak in louder voices, so keep your voice at a low level--even when in your hotel room.
- Be respectful of resource people, even those with whom your views differ. This doesn't mean that you have to avoid asking the "hard" questions, just ask them in a non-confrontational way.
- Be respectful of other group members. Before asking multiple questions of resource people, look around to see if other people have questions and remember that people have varied learning styles and may need more time before asking questions. Remember that you are part of a learning community and not simply an independent traveler.
- Drink a lot of water to maintain good health. When the weather is hot, you will dehydrate much more quickly! Our field staff will give you guidelines for finding sources of safe water.

Don't . . .

- Leave suitcases, bags, or purses unattended, even for a minute!
- Handle large amounts of money in public. Know how much you have and where it is.
- Give anybody any reason to rob you. That means don't wear flashy (or any) jewelry, watches, bulging pockets, or expensive-looking sunglasses.
- Disclose the tentative schedule or names of resource persons and groups of which you may be aware. This information should not be given either to "friendly strangers," to other resource persons on the program, or to anyone outside of your group. If you want to ask someone about information provided by another resource person/organization, find a way to do this without mentioning the other person/organization (e.g. "I read before I came that. . .").
- Photograph military personnel or military installations. In many countries, airports and bridges are included in this prohibition. This is true for U.S. immigration and customs areas as well.

Your group will have an orientation session upon arrival in Namibia. You will receive additional information and have the opportunity to ask questions at that time. In the meantime, if you have

any questions about the information above, call the International Travel Seminars Staff at the Center.

NOTE: It's likely you will hear the above guidelines again at various points during your travel seminar. We ask for and appreciate your patience with this fact in advance of your trip.

Policy on Controlled Substances

Policy on Controlled Substances: Because of a past incident with one of our travel seminar groups, we would like to bring the following information to your attention:

The use, possession, transport, or purchase of “controlled substances” (i.e., illegal drugs) by a travel seminar participant carries significant risks and penalties for the participant, the entire group, and the reputation and legal status of the Center for Global Education in the countries in which we work.

A participant who uses illegal drugs while on a Center for Global Education program will be sent home at his or her own expense. If the participant is detained or arrested, legal officials in the site of the arrest (U.S. or foreign country) likely will not permit Center for Global Education staff to contact or assist the detained person in any way. The Center for Global Education’s responsibility for the participant ends at the time of detention or arrest for drug violations.

United States law prohibits the transport of illegal drugs across its borders. Also, U.S. law does not protect U.S. citizens, U.S. residents, or others traveling abroad who violate foreign drug laws. The laws that prevail are those of the country in which the law was broken.

Please reference the U.S. State Department’s Travel Warning on Drugs Abroad for more information http://travel.state.gov/travel/living/drugs/drugs_1237.html

And remember:

The police and customs officials have the right to search your luggage for drugs.

In many countries local laws make no distinction between hard and soft drugs.

United States laws DO NOT apply to Americans abroad who violate foreign laws. Once you are overseas, you are subject to the same penalties for drug violations as the nationals of the country you are visiting.

In some countries, anyone who is caught with even a very small quantity of drugs for personal use may be tried and receive the same sentence as a large-scale trafficker.

If you are arrested for drug possession abroad you may be subject to interrogation and/or solitary confinement for up to a year before trial and receive a mandatory prison sentence of seven years to life if you are convicted.

Suggested Publication Guidelines (for writers)

Suggested Publication Guidelines: Some participants write an article for their community newspaper, organizational newsletter or other media outlet following their travel seminar. In order to minimize risks to the security of resource persons who will meet with your group, without obscuring the written information or losing the strength or credibility of the article, we suggest the following publication guidelines. You will learn more about security-related issues when you arrive in each country. We appreciate your consideration of these guidelines.

- Some people and organizations with which you meet may ask that you not identify them by name in anything published about your visit.
- In order to be more forthcoming in his/her presentation, a resource person may request no photographs, tape recordings or videotaping.
- Visits to United States Embassies are considered by the Embassies as background briefings only and are officially "off the record." Embassy personnel ask not to be quoted or identified by name.
- Cameras and tape recorders usually aren't allowed inside U.S. Embassies.
- Some government offices require that cameras and tape recorders be inspected prior to granting permission to take these items inside the building.
- We request respect for all speakers, whether you agree or disagree with their perspective. Ask the "hard questions," but be aware of the manner and tone in which they are stated.
- Discussing sensitive issues on the phone during your travel seminar is not advisable.

The following are some examples of journalism following the suggested guidelines:

"Some of the church people that had gathered after the trial was canceled were bitter. 'Here you don't see any justice,' said one woman, 'only injustice.'"

"American diplomats and Salvadoran political analysts argue that the gains in curbing gross human rights abuses, stabilizing the economy, training the army and supporting an elected civilian government are essential and hard-won first steps."

"It's going to take a long time,' says a knowledgeable military expert closely associated with the war effort."

"Local religious sources and foreign development workers in different parts of the country report that . . ."

"We often go hungry to feed our children,' says an agricultural laborer with three children."

Gift Giving

The Center for Global Education is committed to building long-lasting relationships with the communities in our host countries. As part of that commitment we have a policy of not giving gifts, no matter how small or inexpensive, to people on the streets, including not giving candy to children. Regardless of the intentions, the practice of gift-giving can lead to ill feelings among both givers and receivers. It also reinforces the stereotype of North Americans as patronizing, wealthy foreigners. If you wish to share something with the people you meet, we suggest you bring postcards, photos or mementoes from your home community and family.

Some groups may decide to make a monetary donation to one or more of the organizations with which they meet. This is always done in coordination with the Center for Global Education staff, and the donation is given to a responsible individual within the organization to ensure that it goes for the intended purpose. This type of gift-giving is always voluntary.

Diversity

The Center for Global Education strives to create for its participants an intentionally diverse community of co-learners where a variety of cultures and backgrounds is represented. Students, faculty, and staff help each other respond to issues of oppression such as racism, sexism, homophobia, economic inequality, xenophobia, and classism, in an environment where diversity expands participants' thinking and worldview.

Under 18 Years Old

The Center for Global Education also coordinates a number of travel seminars for high school youth. Young adults under the age of 18 are welcome to participate on a travel seminar provided they and their parents and/or legal guardians have completed a [travel permission form](#) and checked with the Center for Global Education in advance. There are some travel seminars whose programming allows for the limited participation of children traveling with parents. Requests for children to accompany adult travel seminar participants are considered on a case-by-case basis. All travelers under 18 years of age are required to carry along [two notarized letters](#) or consent forms with their passport. For your convenience, we have provided a [certificate of consent form](#). These forms are located in the Short-Term Program Register Now page.

Contact Information

Due to the relatively short duration of your travel seminar, friends and family should not expect to send you mail. However, friends and family may place a direct-dial call to you. Before your departure, CGE will provide you with direct-dial emergency numbers for the places you will be staying. It is much less expensive to call from the U.S. to Namibia than vice versa. Be prepared to purchase Namibian calling cards upon arrival for calling the U.S. International calling cards purchased in the U.S., as well as 800 numbers, do not function for calling out of Namibia. Most of the accommodations CGE uses do not have phones in the rooms.

After-Hours emergency cell phone carried by a Minneapolis staff member whenever a travel seminar is in progress: 612-817-2830

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2211 Riverside Avenue
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Local: 612-330-1159
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