

Trinidad & Tobago PLU Gateway Semester Program



Energy, Environment, and Cultural Fusion in the Caribbean

Program Handbook *Spring 2015*

Wang Center for Global Education
Pacific Lutheran University

Phone: 253-535-7577 • Fax: 253-535-8752 • Email: wang.center@plu.edu

www.plu.edu/wang-center

Supplemental Handbook to the Wang Center Travel Guide

TABLE OF CONTENTS

Trinidad and Tobago Overview	3
Location	4
Currency Exchange	5
January Schedule	6
Program Schedule (tentative)	7
Bios	8
General Information	
• Essentials	9
• Finances	10
• Contact with home	10
• Mail	10
• Cell Phones	10
• Dress	11
• Gender Issues	11
Academics 2013	
• Reading	12
• University of the West Indies	13
• Coursework	14
• Community Based Education	15
Packing Suggestions	16
Customs and Courtesies	18
Forms	
• PLU TT Student Agreement Form	19
• Independent Travel Release Form	20
Medical and Emergency Information	
• Health	21
• Health Facilities, Immunizations & On-site Support	22
• Safety	23
Important Addresses and Phone Numbers	
• PLU Resources and Contact Information	25
• Trinidad & Tobago Contact Information	26

TRINIDAD & TOBAGO OVERVIEW

When you choose to study away, you've embraced the challenge of moving beyond your familiar surroundings of campus and culture. Your time in the Republic of Trinidad and Tobago will immerse you in one of the world's most ethnically and culturally diverse societies through study at its university, and participation in local community life. Vibrant and colorful, Trinidad and Tobago's celebratory culture will reveal the strong humanity that seeks to bind its different peoples to a shared future where – as their anthem declares – “every creed and race find an equal place.” Nestled at the end of the southern Caribbean's glittering chain (about four miles off the coast of Venezuela), the two lush tropical islands reveal through their rhythms, festivals, and traditions the complexity of this Caribbean society. The people and customs of Trinidad and Tobago emerge from a rich tapestry of race, religion, class, and culture; from various blends of the indigenous Amerindians, of Africans, East Indians, Spanish, French, British, Chinese, Syrian, among others.

You will learn how the legacies of colonialism and historical circumstance have challenged these twin islands – particularly at the intersections of academic, social, political and folk cultures – to maintain an alert and strong democracy. The islands won independence from the British in 1962, and thanks to revenues from its significant oil and natural gas reserves, Trinidad and Tobago's economy is oil and natural gas based with relative economic independence. It is one of the most prosperous countries in the Caribbean, and has been able to avoid undue reliance on the Caribbean tourist trade. The energy sector brings its own set of issues however.

Studying the pressures of global, political and economic interests alongside cultural festivities like Carnival will reveal the subtle resilience of folk culture, while living among the locals will open new insights into your own life and culture. When you pack your bags to return home you will carry with you a wealth of experience and a knowledge that prepares you to be an active citizen of our world.

The PLU program draws you into Caribbean culture and society through your involvement in the artistry, folklore, and festivals of the country, as well as your focused study at the University of the West Indies. Central is your study of the history of Trinidad's world famous pre-Lenten Carnival, and your participation in its events. You will explore Trinidad's bustling capital city of Port of Spain, home of Queen's Park Savannah, the central venue for many festivals. You will visit the industrialized southern region, where the interests of oil production and aluminum smelters clash with ecological concerns. And you will experience the environmental wonders of Tobago's pristine rain forest, the oldest preserved forest in the western hemisphere, as well as golden beaches where each year turtles return to lay their eggs.

Entering Culture

“If life is about experiences, then I wish a thousand more like mine in Trinidad to anyone who longs for adventure and excitement! The thrill of immersing yourself in another culture is intoxicating, and I discovered so much about myself in the process.”


--Caroline Gonia, 2006 Trinidad & Tobago program participant

LOCATION

The Caribbean






TTD/USD 

Interbank Rate +/- 0%
Oct 14, 2014

TTD	USD	TTD	USD	TTD	USD
1	▸ 0.15	15	▸ 2.32	45	▸ 6.97
2	▸ 0.31	20	▸ 3.10	50	▸ 7.74
3	▸ 0.46	25	▸ 3.87	100	▸ 15.48
4	▸ 0.62	30	▸ 4.64	250	▸ 38.70
5	▸ 0.77	35	▸ 5.42	500	▸ 77.40
10	▸ 1.55	40	▸ 6.19	1,000	▸ 154.80

USD/TTD 

Interbank Rate +/- 0%
Oct 14, 2014

USD	TTD	USD	TTD	USD	TTD
1	▸ 6.22	15	▸ 93.35	45	▸ 280.05
2	▸ 12.45	20	▸ 124.47	50	▸ 311.17
3	▸ 18.67	25	▸ 155.59	100	▸ 622.34
4	▸ 24.89	30	▸ 186.70	250	▸ 1,555.86
5	▸ 31.12	35	▸ 217.82	500	▸ 3,111.71
10	▸ 62.23	40	▸ 248.94	1,000	▸ 6,223.42

JANUARY SCHEDULE FOR 2015 *(Subject to change)*

The January schedule in Trinidad and Tobago is designed to introduce you to Trinbagonian people and culture/s, and to provide you with experiences you might otherwise miss at the University.

During the first few days after arrival, you will experience homestays that span the cultural and religious diversity of Trinidad and Tobago. You will also experience a week of local culture in the fishing village of Charlotteville, Tobago, where we stay at Man O' War Bay Cottages.

Tobago is located twenty-one miles northeast of Trinidad, and is accessed by ferry or a fifteen-minute flight from Trinidad. Despite its increasing development of tourism, Tobago still enjoys a slower and more rural atmosphere than Trinidad. With no long term occupation by the Spanish and never settled by large numbers of East Indians, Tobago's colonization by predominantly Protestant European nations set a different ethnic and cultural history to Trinidad. The two islands were administratively linked in the late nineteenth century for – from the British point of view – expedient purposes.

From Charlotteville you take excursions into the Tobago Rain Forest, the oldest protected area in the western hemisphere, and a boat ride around the north part of the island to the bird sanctuary islands of St. Giles. You will receive presentations on village culture and environmental challenges. You also begin intensive work on your J-term course (classes in the morning at the Charlotteville Library). There is limited e-mail access in Charlotteville.

Man O' War Bay Cottages

e-mail: pturpin@tstt.net.tt (emergency only)

Tele: (from USA): 1 868 660-4327

(from Trinidad) 660-4327



Charlotteville, Tobago

Photo taken by Nick Miller

PROGRAM SCHEDULE *(Subject to change)*

Monday, 5 January 2015	Students arrive in the evening at the Piarco airport in Trinidad on one of the flights from Miami or Houston. In Trinidad, you will be met by the On-site Coordinator, Candice Hughes-Bengochea, who will accompany you to your residence at the Caribbean Lodge in Tunapuna.
Tues & Thurs, 6-8 January	Settle in at Caribbean Lodge. Orientation with Trinidadian site coordinator Candice Hughes and meet with Trinidadian mentors Mr. Norvan Fullerton and Mr. Brinsley Samaroo. Prepare for weekend homestay.
Friday - Sunday 9-11 January	Homestays
Monday - Saturday 12-17 January	Charlotteville, Tobago
Monday January 19	Finalize UWI registration J-term course continues Excursions and lectures relating to Carnival University of the West Indies Spring Semester starts (teaching begins)
Fri day, 30 January	J-term course ends
Mon & Tues, 16&17 February	Carnival dates
17 April	Classes end (teaching ends)
27 April	UWI exams begin
15 May	UWI Exams end
Saturday, May 16, 2015	THE PLU PROGRAM OFFICIALLY ENDS Depart TT on early morning flights for the US.

Registration

The UWI registration process starts in October on your home campus and is different to the system your home campus uses. You will choose two courses from the UWI course offerings (and two back-up courses should your first choices not be available). You will also complete the required UWI Health form. PLU will forward to the UWI your pre-registration forms that list your choice of courses. The UWI will verify that you are formally admitted to UWI for the spring semester and will notify you before departure that you have been accepted for study and will likely report on the status of your admission to the courses you selected. **Bring that form with you on the plane when you travel so that you can produce it upon arrival for Trinidad immigration officials!!** Once in Trinidad you will complete the registration process at the UWI registrar's office with help from their staff, as well as the PLU faculty and staff. If your first choice is not available for some reason, your second choice will be activated. Your role in the process may be to visit the department offices for signatures to verify your admission to the class of your choice.

BIOS: Trinidad and Tobago Program 2015

Dr. Barbara Temple-Thurston, Program Director of the Trinidad and Tobago program, is a Professor of English at PLU. Professor Temple-Thurston was born and raised in South Africa where she did her undergraduate degree before coming to the U.S. in 1976. She completed her PhD in Illinois, and then taught at a few colleges in US (South Dakota, Virginia, and North Carolina). She joined PLU in 1990 where she teaches mostly African and Caribbean literature, as well as general Postcolonial literature and theory. Her research interests cover issues of globalization and cultural diversity, as well as Africa and the African cultural diaspora, particularly in the Caribbean. She published a book on Nobel-prize winner Nadine Gordimer (South African), and numerous articles on African and Caribbean literature.

Barbara has been very active in study abroad and international education at PLU. She has led students on January courses to Trinidad and Tobago, Jamaica, and South Africa, and built and continues to direct PLU's semester abroad program in Trinidad and Tobago. In January 2006, she took students to Namibia on a Human Rights and Development course. In the summers of 2005, '06 and '07 Barbara led the orientation for the Lutheran Colleges' Consortium in Tanzania. She continues to direct the PLU Gateway Program in Trinidad and Tobago and manages the scholarship program for Trinbagonian students studying at PLU.

Suzanne Crawford O'Brien is Associate Professor of Religion and Culture at PLU. Born and raised in Portland, Oregon, she received her B.A. in History and Religious Studies at Willamette University, her M.A. in History and Critical Theories of Religion from Vanderbilt University, and her Ph.D. in Religious Studies from the University of California Santa Barbara. Her areas of specialty are religious diversity in North America, comparative religion and healing, and religion and ecology, with particular emphasis in Native American religious traditions. She has published several books including her most recent Coming Full Circle: Spirituality and Wellness Among Native Communities in the Pacific Northwest, which focuses on the indigenous people of Puget Sound and southwest Washington. She will be teaching RELI 231: Myth, Ritual and Symbol during the January term.

Candice Hughes-Bengochea, On-Site Coordinator in Trinidad and Tobago, is a graduate of PLU with a BA in Geosciences and was the first Trinidadian to receive a scholarship to PLU. While at PLU she studied abroad in Botswana, Africa and later completed her MA in Cultural Studies from the University of West Indies. Candice has been the on-site coordinator for five years and works closely with faculty on-site in Trinidad. Candice is involved in logistics, orientation, coordinating and instructing the Living and Learning (L&L) course.

Tanya Ulsted, Wang Center Study Away Coordinator, has managed Gateway programs since July 2011. She has a M.Ed. in College Student Services Administration from Oregon State University and studied abroad in Ecuador. Tanya is involved in logistics, advising, and administration of the T & T Gateway Program.

Mr. Norvan Fullerton is the Director of the Ministry of Community Development's Best Village program; he also works for the Ministry on other cultural programs. He has worked closely with PLU's Trinidad program for many years and has been invaluable to the success of the program. He has visited PLU twice on the Ministry's behalf, accompanied cultural groups to the World Cup in Germany (soccer), and traveled to many other countries as a cultural emissary for Trinidad and Tobago.

Mr. John Cupid is the National Carnival Commission's senior researcher and renowned expert on Trinidad's traditional carnival. He has been the advisor on all folk culture matters since the program's inception and continues to share his wisdom and insight with our students and faculty. His understanding and knowledge of the local cultures are unsurpassed.

Mr. Bhaj Bidaisee is the owner and manager of The Caribbean Lodge where our students have been comfortably housed since the program began. The Lodge is beautifully maintained and serviced, and has wireless internet service. This is Mr. Bidaisee's third year of owning the Lodge.

GENERAL INFORMATION

- Students should have a passport that is valid for **six months past your return date from Trinidad**. Contact PLU's Wang Center for Global Education for information about applying for a passport or renewing your current passport.
- Students need a visa to enter Trinidad and Tobago. The Wang Center will submit your passport with your visa applications by the end of October; be sure you have your valid passport in hand by then.
- Students must purchase their own airline ticket to Miami where they will meet with the PLU group. The group will travel together from Miami to Trinidad. PLU will issue the ticket to and from Miami to Trinidad.
- Upon arrival in Trinidad, be sure to have your letter of acceptance from the University of West Indies (they will send this to you), your passport with valid visa, and your return ticket.
- Be sure to have copies of the list of classes you applied for at UWI that notes the number and the course title. If you want/need major or GenEd credit for these courses, be sure that you have secured such credit from the department chair BEFORE your departure from the US.
- You will be responsible for cleaning and maintaining your own single room at the Caribbean Lodge. You will have access to laundry facilities at the lodge. Once in Trinidad you may want to purchase a mosquito net for your room. See the packing list for more details on items to bring.
- The University of the West Indies provides a shuttle service for students who live in the vicinity of the campus. We encourage our students to use the shuttle service for their own safety, most particularly at night.

ESSENTIALS

- ✓ **Passport** with visa
- ✓ **ID** - ISIC card (obtain from your college or university) or your campus ID
- ✓ **Passport sized photos** - 2 extra, identical color passport photos in case of lost passport
- ✓ **Credit card** (VISA is probably the most recognized)
- ✓ **Debit card** (Should be part of Cirrus and/or other international systems)
- ✓ **Cash** - US dollars. Past participants have carried no more than \$250 in 20's and large bills. Use a money belt with a zipper. For more cash, you can easily visit ATMs in Trinidad. **DO NOT KEEP LARGE AMOUNTS OF CASH IN YOUR ROOM.**

Make photocopies of the following:

- ✓ World Health Organization card (yellow immunization card)
- ✓ Passport ID page
- ✓ Credit and Debit cards, front and back

You will need the following on the 1st day of University of the West Indies registration/orientation:

- ✓ Copy of letter of acceptance from UWI

Always remember when traveling and living in another country,

EXPECT THE UNEXPECTED!

FINANCES

- You will need some personal food money for the first week or so of the program. Typically students spend around US\$35 on meals during this initial period.
- After the initial week, you will receive a monthly stipend for food that PLU will deposit into your account each month. You have a variety of options as far as food is concerned. The Caribbean Lodge provides a fully equipped kitchen with refrigerator space for our students. You can purchase your groceries from the small local grocery around the corner from the Lodge, called Daljitsingh, or buy from Hilo, the more American-style supermarket further away on the main road (within walking distance but an easy maxitaxi ride). Fresh fruit and vegetables can be bought at extremely reasonable prices from the Tunapuna market up the street from the Lodge. Alternately, you can eat at the cafeterias on campus, or the restaurants in Tunapuna, or order out for pizza. Most likely you will cook most of your meals, though the other options have proved popular from time to time! The average cost of a meal in the student cafeteria is between 20 and 35 TT dollars (\$3-\$5.50 USD).
- UWI requires all students to pay student union fees (also known as ‘caution money’) which the program has paid to UWI on your behalf. (This USD\$85 is refundable at the end of the semester if you have no outstanding library books, but this is **solely the student’s responsibility.**)
- You will be issued a cell phone which – if you lose or have stolen – you will need to replace at your own cost. You are required to keep minutes on your phone at all times during the program in case of emergencies at home or in Trinidad.

FINANCIAL TIPS FROM STUDENTS

“The meal stipend was more than sufficient. Buying local is the way to go.”

“The Tunapuna Market was the best! Local fresh fruits and veggies.”

“Cooking together at the lodge not only helped to save but I learned a lot of cool Trini recipes.”

“Always have a bit of cash when on excursions. You never know when you may see a cool souvenir or a unique food to try.”

ACCOMMODATION: The Caribbean Lodge

The Caribbean Lodge is located at #32 St Augustine Circular Road, Tunapuna. It is situated approximately two minutes (walking distance) from the University of the West Indies and close to all major amenities. Tunapuna is a bustling town including a thriving market, banks, shopping and restaurants. The lodge is very secure with on-site security from 6pm-6am daily. It is equip with a communal kitchen, dining and laundry area with cable tv and wireless internet. The owner of the lodge Mr. Bhaj Bidaisee is available if needed. His contact is 1-866-681-1000.

CONTACT WITH HOME

The Caribbean Lodge has wireless internet access, so if you have your own laptop you will have easy access to PLU and UWI campus, and to family and friends. The UWI campus also provides wireless internet access, and there are several computer centers on campus where you will be able to email home if you don’t have your own computer. Your TT cell phone will call the US, but calls can become very expensive. You may prefer to email your parents your cell phone numbers so they may call you.

MAIL

You will get your mail at the Caribbean Lodge. **Your mailing address in Trinidad will be:**

Your Name
Caribbean Lodge
32 St. Augustine Circular Road
Tunapuna, Trinidad
West Indies

NOTE: If you are sent parcels you will likely have to pay “duty” on the parcel; often the duty is greater than the worth of the contents!

CELL PHONES

For safety reasons and ease of communication, students are issued with cell phones shortly after arrival. Students are responsible for ensuring that there are always minutes on their phones and must carry their cell phones with them regularly. If the phone is lost or stolen, students must immediately replace it at their own expense.

DIALING PROTOCOL

US to Trinidad:

1 + 868 (Trinidad area code) + seven digit phone number

Trinidad to US:

1 + area code + number

DRESS

Students tend to dress more smartly for school than students on most US campuses. Women are expected to wear skirts, denim jeans or slacks, blouses, knit tops or dresses while on campus. On campus you may wear capri pants, or jeans, but not shorts. You will find that despite the heat, most students wear jeans. Sleeveless tops (it's very hot) are okay, but low cut or spaghetti strap tops are not acceptable. Men can wear shirts, T-shirts, knit tops and long pants. Very few men wear shorts. Wear comfortable sandals or enclosed shoes.

Although it is warm outside, all UWI classrooms are air-conditioned and can be chilly. It is recommended that you carry a light sweater for this reason.



You will find that students dress much more formally on the UWI campus than in the U.S. Students do not go to class in sweats. Dress in a way that is appropriate and culturally sensitive as you observe other students on campus.

GENDER ISSUES

An open approach to strangers in the street, casual flirtation, or wearing tight and brief clothing is likely to be perceived as signs of promiscuity. American friendliness and TV images have sometimes meant that our women are stereotyped (erroneously!) as “easy.” Women will get a lot of attention from the local men because they will usually be very easy to pick out in a crowd. Be prepared to be courteous but forceful in asserting your rights and desires. **If a woman invites a man to her room it is likely to be considered an invitation for sexual activity and if a woman accompanies a man to his room alone late at night it will likely be interpreted as sexual consent.** Consult with Candice Hughes and the Trinidadian female students you know and respect for advice. Please see the packing suggestions and travel notes below for more information.

Report sexual harassment, if it continues after you have been assertive, to Candice Hughes-Bengochea, our on-site coordinator, and the PLU faculty member (if present). If the harassment takes place on campus, report it to the Director for International Students at the UWI as well as the Campus police.

ACADEMICS 2015

READING

By reading in advance of departure about travel and living abroad, you will greatly enhance your understanding of Trinidad and Tobago, its culture, customs, people, politics, geography, and history. Reading and researching BEFORE you arrive will benefit your stay exponentially. We will require set readings and pre-departure orientations, but you should take the initiative and research, surf the web, and visit your libraries.

Once in Trinidad you will be oriented by Candice Hughes-Bengochea, our on-site staff assistant. You will also begin the presentation series that are part of your Caribbean and Society course, and cover topics such as education, culture, ethnicity and politics. Though these lectures are very informative, it is impossible for our presenters to cover everything. Before you leave the US you will have been given a collection of readings; it behooves you to come prepared—not only will you know more about Trinidad and Tobago, but you will be able to engage our presenters in conversation rather than simply attending in a non-engaged, passive manner.

BEFORE departure:

Read these **required** books:

A Concise History of the Caribbean by B. W. Higman (Cambridge University Press, 2011). (Read before departure for an overview of the Caribbean and as basis for more specific learning to come. This book will be used in your CCS course).

The Insight Guide to Trinidad and Tobago (the most recent edition available)

Read all sections on history, culture, peoples, basic info and travel information. Study the facts and data section at the end of the guidebook. It provides relevant statistics about the country.

A Small Place, Jamaica Kincaid (provided by program for pre-departure orientation)

Other Required Texts:

*The Caribbean: Survival, Struggle, & Sovereignty, C.A. Sunshine

*Caribbean New Wave Short Stories, Stewart Brown

A Brief Conversion, Earl Lovelace

The History of Carnival, by Errol Hill (On Sakai)

Packet of readings (on Sakai)

*The Dragon Can't Dance, by Earl Lovelace

*Wine of Astonishment, by Earl Lovelace

Recommended Texts:

Caribbean Contours (ed.) Minz

The Modern Caribbean (ed.) Knight & Palmer

*Salt, by Earl Lovelace

*A House for Mr. Biswas, by V.S. Naipaul

**A few copies are available at the Caribbean Lodge in the program's 'library.'*

Reading before you leave for Trinidad and Tobago will help you make the most of your experience there!

UNIVERSITY OF THE WEST INDIES, ST. AUGUSTINE

The University of the West Indies (UWI) is an autonomous regional institution supported by and serving fifteen different countries in the West Indies- Anguilla, Antigua & Barbuda, Bahamas, Barbados, Belize, British Virgin Islands, Cayman Islands, Dominica, Grenada, Montserrat, St Kitts/Nevis, St Lucia, St Vincent, & the Grenadines, Republic of Trinidad & Tobago. The St. Augustine campus boasts a current total student population of over 13,000 full-time and part-time students.

The University was founded in 1948 at the Mona Campus in Jamaica, as a University College in a special relationship with the University of London. The University achieved independent status in 1962. The St Augustine Campus, in Trinidad, which was formerly the Imperial College of Tropical Agriculture, was established in 1960. The Cave Hill campus, in Barbados, was established in 1963.

The University has three main campuses. They are: Mona Campus in Jamaica, Cave Hill in Barbados, and St. Augustine in the Republic of Trinidad and Tobago. In addition to the three main campuses, the University has centers in all of its non-campus Caribbean countries. Students on this program take courses at the St. Augustine campus.

The St. Augustine Campus consists of five faculties: Agriculture & Natural Sciences; Engineering; Humanities & Education; Medical Sciences (courses are taken at the Mt. Hope); and Social Sciences.

At the main campus there is a variety of options for eating, including a restaurant, two cafeterias, and fast food. There is also a student bar and other recreational facilities. Sports are coordinated by the Office of Sport & Physical Education (OSPE). Options for students include netball, basketball, tennis, hockey, soccer, swimming, and cricket. In addition, there are many activities and clubs that are run by the Students' Guild, such as karate, dance, hiking, photography, and drama. In addition, we encourage students to join any of the many Clubs and Organizations as this provides a wonderful opportunity to meet locals and become part of the campus community.

The St. Augustine campus is surrounded by three major shopping malls and several local markets within a few miles, where students can find food, clothing, and specialty items. There is a book store, post office, and a bank located directly on campus.

ACADEMIC TIPS FROM STUDENTS

- Access help from Professors during their office hours, it really helps.
- My biggest help in class was from my classmates. Make friends.
- Make use of the UWI library and resources.



COURSEWORK

Taking a combination of courses taught by the visiting U.S. faculty member, Trinidadian experts, and faculty of the University of the West Indies, as well as a service learning project, students receive a total of eighteen (18) Pacific Lutheran University credits for satisfactory completion of the semester.

Required Core Courses

Students take a total of five courses:

1. Caribbean Culture and Society

(4 credits)

Integrates all facets of the program through your experience in the culture. Surveys contemporary Trinidad and Tobago society, examining its various cultural and historical roots. This course begins upon arrival and is led by two Trinidadian coordinators (one academic and one cultural). Course topics include the significance of Carnival, Phagwa, and other festivals, gender and ethnic relations, parliamentary democracy and politics, environmental challenges, religious syncretism, and Caribbean music and dance. The course includes the following components:

- ✓ Presentations by academics and cultural community leaders
- ✓ Readings and discussions
- ✓ Field study experiences and participation in cultural festivities

2. Living and Learning in Trinidad and Tobago

(4 credits)

A community-based education experience complemented with a series of faculty-led discussions, readings, and activities which provide context for the living and learning experience. The students' community-based experience (volunteer service) grants intimate access into the local community and provides a reciprocal opportunity for both students and the community to learn from one another. Previous student placements include: assisting at elementary schools, orphanages, animal humane shelters, museums, clinics, the school for the deaf, among many others.

3. RELI 231 Myth, Ritual, and Symbol (4 credits, GenEd RGT credit)

Taught by Professor Suzanne Crawford O'Brien, PLU Professor of Religion,

4 & 5. Additional courses:

(3-4 credits each)

In keeping with your academic goals, choose **two courses** from the vast selection of UWI offerings posted on their website (go to <http://sta.uwi.edu/onlineForms.asp> and click on "Faculty booklets"). You study in the classroom with other UWI students instructed by UWI professors, take the university exams, and receive their assigned grades.

Past students have selected courses in history, business, economics, psychology, religion, the environment, biology, engineering, sociology, gender studies, steelpan music, literature, math, political science, art, among others. The UWI usually begins its second semester about the middle of January, and ends around the middle of May.

VERY IMPORTANT!!!

TO ENSURE YOU RECEIVE CREDIT FROM YOUR HOME CAMPUS DEPARTMENTS FOR EACH COURSE COMPLETED AT UWI, KEEP AND BRING BACK TO THE UNITED STATES:

- ALL WRITTEN WORK, INCLUDING COPIES OF ANY WORK TURNED IN TO YOUR PROFESSORS AT THE UNIVERSITY OF THE WEST INDIES
- ALL REQUIRED COURSE ASSIGNMENTS
- ANY GRADED ASSIGNMENTS RETURNED TO YOU
- COURSE TITLES, DESCRIPTIONS, SYLLABI AND SCHEDULES
- ANY DESCRIPTIONS OF ASSIGNMENTS AND EXAMS

Some UWI courses taken by past program participants:

GEND	2013	Men & Masculinities in the Caribbean
THEO	1004	Geographical & Cultural World of the Bible
DANC	0806	Dance Technique (Performance)
THEA	0504	Theatre for Children
VART	0602	Contemporary Carnival
CHEM	1061	Introductory Chemistry II
PHIL	1002	Ethics and Applied Ethics
MATH	2160	Analysis & Math Methods II
PSYC	3021	Motivation & Emotions
THEO	1107	Survey of Western Church in Modern World
MUSC	2002	Pan Theory & Practice I
GOVT	3054	Intro to International Relations in the Caribbean
HIST	2102	Latin American History Since 1910
LITS	2208	African II Drama & Poetry
SOCI	3005	Sociology of Health & Illness
THEA	1003	Caribbean Dance II
BIOL	3062	Conservation Biology
LITS	1201	Elements of Drama
THEO	2007	The Pauline Epistles
HIST	2004	History of the West Indies since 1830s
SOWK	1003	Theories & Practice of Social Work I
THEO	2304	The Trinity

COMMUNITY-BASED EDUCATION

Candice Hughes-Bengochea will work closely with the program participants in identifying opportunities and making the appropriate connections for students' volunteer service. More information will be provided upon arrival in Trinidad.

Students are responsible for their own travel to and from volunteer sites. All sites are located within the Tunapuna-Tacarigua area and cost \$6 TT (\$1USD) round trip.

Students usually attend maximum twice a week for 8 weeks thus please budget average \$16 USD for the semester (\$100 TT). Also those volunteering at children institutions are asked to wear appropriate clothing. We have found that T-shirts work best.



TRINIDAD PACKING SUGGESTIONS

Pack lightly! Take only what you can easily carry - rooms are small.

Baggage restrictions on flights to Port of Spain may apply. Check your ticket!

DO TAKE:

- Spending money.....\$1,000-1,500
Lunches and personal spending. Students prefer to use the ATM machine.
- Basic clothes.....Cotton shirts, blouses, jeans (3-4), skirts, slacks, shorts (modest length), tank tops (not spaghetti strap), pajamas
- Shoes and Sandals.....Sturdy walking shoes, dress shoes, comfortable sandals.
- Athletic gear.....Swim suit, beach towel, exercise clothes/shoes, sunglasses
- Sweater/jacket.....Light zip up jacket/sweatshirt recommended.
- Special occasion.....**Business attire** will be needed for the visit to the Parliament; **White clothes:** 1 outfit - scrubs, cotton tee, pants/capris - for Phagwa celebration; **Scrubby clothes:** 1 outfit and shoes to get messy in. **Modest Outfit;** Long loose skirt/pants and loose top with sleeves (short or medium) and scarf for covering head (for women)-for religious occasions.
- Small supply of toiletries.....You will be able to buy them there (a small amount to start with is nice).
- Outing items.....Flashlight, daypack, umbrella, water bottle, sun block, bug repellent, pocket knife
- Combination lock.....Use for a locker on campus
- Alarm clock.....Battery operated.
- Insect repellent w/DEET.....Can purchase repellent in TT. Sawyer's Release Time available at REI is best.
- Glasses.....For contact lens users, take along a pair of glasses; spare glasses for glasses users.
- Film and camera.....If you use film: it is expensive to buy and develop in T & T. Don't have film mailed to you, you pay duty on packages.
- Tape recorder.....You may want to record UWI lectures for later review.
- Photos of family & friends....Important for homestays and you!
- Journal & address book.....For your own personal use
- Laptop computer..... If you have one, you will be pleased to have it with you.
- mp3 or other music player.... Outlets are the same as US.
- Small medical kit.....Band-aids, Neosporin, alcohol swabs, Tylenol, nail clippers. Include enough **prescription medication;** keep prescriptions in original containers and in your hand luggage.
- Small Gifts..... Bring a selection of small gifts from home/school that will make suitable gifts for your home-stay family (Almond Roca, smoked salmon, fancy bar soaps, etc.)
- Notes:** **Outlets** and electricity same as U.S.; you will have washing machines and dryers available for your use; everything is available in Trinidad.

DO NOT TAKE:

Expensive jewelry or other valuables.

Other suggestions:

Bring an around-the-neck, under-clothing style money/passport holder. This is the safest way to carry valuables. Carry your passport and large bills in an underclothes pouch. When shopping or traveling around, carry what you anticipate you might need in a buttoned pocket. It is readily available there, and you won't have to "flash" your passport pouch. If you are pick pocketed (an unlikely event), you only lose a little. Money belts with zippers are also a discreet and handy way to store bills.

INSECT PROTECTION

Clothing and repellent are the first lines of defense against mosquitoes and other insects.

- Insect repellent – bring DEET; recommend a time-release formula of 20% DEET. Sawyer makes this in various bottle sizes.
- Permethrin. This is an insect repellent that you spray on your clothes (mainly shirts and socks). It lasts about 2 weeks and 2-3 washings. Should also be sprayed on mosquito nets.

DRESS IN CULTURALLY APPROPRIATE WAYS: Regarding attire, it is advisable to approximate what local people wear. That means not wearing shorts except at the beach.

Consider your dress and appearance with care and sensitivity before you pack. You will be a guest in Trinidad and Tobago. Trinbagonians value a neat and clean appearance. Avoid bring clothes with any logos that announce "I am an American," or "I am wealthy," or "I am a tourist." You are taken more seriously and demonstrate respect of local culture by conforming to their expectations.

Observe everything, all the time. For one thing, after your stay in Trinidad, you may never return; you will want to have a storehouse of memories and images to last you a life time. One benefit of observation is that we learn about local people: how they interact with each other; how they relate to their children; how they dress.

Generally:

- Do not bring ANYTHING that is dear in terms of sentiment or expense, items that are irreplaceable, items that, if ruined or lost, will bum you out. This includes books, jewelry, clothing, expensive electronics, etc.
- Bring clothes that look neat, that do not wrinkle badly after washing and a towel-press drying. Clothes should be light weight because:
 - ✓ of travel weight
 - ✓ lighter materials are cooler (it'll be very hot and humid)
 - ✓ you may want to wash by hand. Ecologically speaking, washing light weight clothes uses less water.
 - ✓ light weight materials dry faster
- Trini students wear jeans, but many of us have found it almost intolerable to wear denim jeans in TT heat (some students say they would bring one pair)
- Wear cotton. Cotton is cool and allows the skin to breathe (Synthetic, wicking socks seem to hold up better from washing and manage odor best).
- Shoes. Bring a pair of closed-toe shoes, sturdy sandals, and walking shoes. A pair of nice sandals or dress shoes for more formal occasions is useful.

CUSTOMS AND COURTESIES

Greeting people is an important social custom. Always greet a person – shopkeeper, administrative assistant, waitress – warmly and smile. Ask them how they are. Once polite greetings have been exchanged, explain what your business is. Don't forget to thank them for their help. Remember that in Trinidad and Tobago time is less important than courtesy!

Eating customs: The different religious communities have different customs and foods, particularly around religious festival times. Consult your guidebook about details. Trinidadians are very helpful and will enjoy introducing you to different cultural practices.

Family: Trinbagonian families spend a lot of time together and celebrate their many cultural and religious holidays together. Adult children often live with their parents. Families are very welcoming and enjoy entertaining our students and others, particularly on festival occasions.

Diet: Trinbagonians eat quite spicy food, though blander food is readily available. Pizza chains, Kentucky Fried Chicken and Chinese food restaurants are readily available and heavily patronized by Trinis. Chicken, fish and goat are the most popular meats, while vegetables and fresh fruit are abundant. The traditional Trini food is generally a delightful melding of East Indian and West African cuisine.

Recreation: Soccer, track-and-field, and cricket are popular. People enjoy socializing at home, while the club scene is popular with young people.

Photography: When taking pictures of people, ask their permission. That is the polite thing to do.

Traveler's note:

Occasionally unsavory characters may approach you on the street with offers of friendship ("Where are you from, beautiful?" or "How are you doing, my friend?"), merchandise, drugs, and/or possibilities for changing money. Despite how friendly they are, they may only want your money or possibly sex.

How to deal with them? Our advice is to always keep walking: hesitation will give these touts a foot in the door; stopping to talk is trouble. A firm "no thank you," while continuing to walk is usually all that is needed. Sometimes it takes an even firmer, "no thank you." Be firm. Don't stop. Be polite. No thank you: They'll take the hint.

TRINIDAD AND TOBAGO SEMESTER PROGRAM STUDENT AGREEMENT

PLU Trinidad and Tobago Program adopts the following standards, which form the basis for sensible and responsible behavior and promote a healthy and safe learning community. It is expected that all program members will comply with, and actively support these standards. In addition, PLU's student conduct policies and other university policies apply.

MUTUAL RESPECT: All members of the T&T Program community are expected to respect the rights and integrity of others. Conduct which is detrimental to students, faculty, staff, or the program, or which violates local or national laws, is grounds for sanctions or dismissal.

VISITORS: Students are expected to follow the visitor rules as set by PLU (after 6pm sign in your visitors and have them sign out). In addition, students must observe evening quiet times (after 10:00 p.m.), when only quiet conversation and music is allowed out of consideration for those who may be studying, resting, or sleeping.

INFORMED OF WHEREABOUTS: Everyone is expected to sign out from 6:00 p.m. to 6:00 a.m. or at any time when leaving the Caribbean Lodge. Upon leaving, you should indicate time of departure, destination, and expected time of return and sign in upon return (indicating time of return). If your plans change significantly, call one of the students to adjust your destination and/or expected time of return. If you plan to stay away overnight, please complete an "Independent Travel Release Form" (available from the Site Coordinator) and give to the On-Site Coordinator **before** your planned visit.

TRAVEL VEHICLES: Travel in authorized vehicles only – maxi-taxis, taxicabs, and private cars driven by program participants (i.e. home stay family members and program faculty). Avoid using maxi-taxis at night, especially when alone. Students can use the UWI shuttle bus at night in the vicinity of UWI

ILLEGAL DRUGS, AND ALCOHOL: Any illegal drug use or involvement with others possessing or using illegal drugs is grounds for dismissal from the program and immediate return home. Neither the program nor the U.S. Embassy will help you if you are arrested for possession of illegal drugs. Over use or abuse of alcohol results in disruptive behavior, presents a safety risk, or interferes with participation in, or performance of program activities; it is ground for sanction or dismissal.

SEXUAL BEHAVIOR: Trinidad and Tobago has high rates of HIV/AIDS. Students should be extremely careful not to engage in unprotected sexual activity. Moreover, any sexual behavior that is disruptive to the program will also be grounds for sanction or dismissal.

MUTUAL SUPPORT: It is expected that group members will take care of each other. Around the Lodge this means:

- Cleaning up after yourself in public areas and the student kitchen
- Respecting others' property
- Consideration in using community property such as: the TV, washing machine, and clotheslines
- Being considerate of others who are studying by keeping noise levels down

Away from the Lodge this means:

- Traveling in groups and keeping tabs on each other
- Monitoring your own and others' alcohol consumption
- Not leaving anybody alone or behind
- Speaking up and confronting risky or unsafe behavior
- Putting others' safety and wellbeing above "having a good time"
- Being respectful and considerate of local customs and people

I understand and agree to uphold -these community standards:

Name (print): _____

Date: _____

Signature: _____

Students who do not comply with these community standards may be invited to sign a Letter of Mutual Understanding. PLU reserves the right to dismiss any participant from off-campus study for reasons of unacceptable behavior or academic performance at any time.

Independent Travel Release Form

PLU Gateway programs

Form must be completed & turned in at least **24 hours before departure** time

Name: _____

Proposed Departure Date(s): _____

Proposed Return Date(s): _____

Destination(s): _____

Expected Flight / Train / Bus Number to Destination and Time of Departure:

Expected Flight / Train / Bus Number Return Travel and Time of Departure:

Phone number(s) and address(es) where you will be staying and can be reached in an emergency (*use reverse if necessary*):

Name(s) of additional person(s) with whom you will be traveling:

I have read and understand the current US Department of State travel advisory for China / England / Mexico / Norway / Trinidad & Tobago (circle the program in which you will be traveling independently or insert country name(s) here: _____), and I have discussed my travel plans with my program's Site Director before finalizing my plans.

In consideration of being permitted to travel independently from my Gateway Program, I hereby assume all risks in connection with such travel and accept full responsibility for my actions. I further hold Pacific Lutheran University (PLU), its employees and agents harmless in terms of any accidents or incidents that may occur during this travel and release PLU, its employees and agents from any and every claim arising in connection with such travel. I understand that will be traveling independently at my own risk.

Student Signature

Date

Signature and printed name of person accepting this form

Date



MEDICAL AND EMERGENCY INFORMATION

HEALTH

IMPORTANT:

- Dengue fever is the predominant illness caused by mosquitoes in Trinidad. It is rare! In fifteen years of PLU program we have never had an incidence of dengue.
- Your most likely health issue will be either headaches and/or nausea from dehydration (don't forget to drink PLENTY of water!), or mild diarrhea or some form of intestinal upset, usually due to a change in diet. Neither is usually serious if taken care of promptly.
- Infection of cuts and wounds happens faster than at home due to the heat and humidity, so take care to keep wounds clean and treat with an antibacterial ointment.
- If you are not well your first stop is at the UWI health center. The doctor there will evaluate your condition and treat you. If your condition requires hospitalization you will be transported to the St. Augustine Private Clinic. Notify the PLU staff when you are unwell and ensure that other students know about your condition.

- ✓ ALWAYS DRINK PLENTY OF WATER! Heat and humidity are dangerous, especially for people from cold climates.
- ✓ Use sun block, sunglasses, and a sun hat. Equatorial sun is intense; it can burn quickly.
- ✓ Remember that HIV is extremely prevalent in the Caribbean. Abstaining from sex is the best way to prevent HIV and other STD's. Practice safe sex if you do participate. You can purchase condoms at any pharmacy.
- ✓ You will need to be very alert in a new environment. Alcohol is freely available in Trinidad and very much part of the social scene. Note: TRINIDADIANs FROWN UPON EXCESSIVE DRINKING AND DRUNKENNESS AND REGARD IT AS A SIGN OF IMMATURITY! Be aware that alcohol use can lead to dangerous situations and serious problems in a new environment. Excessive drinking is grounds for dismissal from the program.
- ✓ As in the United States, recreational drugs are illegal in Trinidad and Tobago. Therefore, possession/use will result in immediate dismissal from the program. You may see other American students, and Trinbagonians using recreational drugs. **YOU DO NOT WANT TO PARTICIPATE! CONSIDER DOING TIME IN A TRINIDADIAN JAIL!**

Your Own Medical Notes and Things to Remember:

Health & Immunizations



Trinidad and Tobago: Recommendations from the Center for Disease Control (CDC)

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<u>Yellow Fever</u>	CDC yellow fever vaccination recommendation for travelers to Trinidad and Tobago: For all travelers ≥ 9 months of age whose itinerary includes Trinidad. Port of Spain has lower risk of transmission than rural or forested areas. Cruise ship passengers who do not disembark from the ship or travelers visiting only the urban area of Port of Spain (including passengers in-transit only) may consider foregoing vaccination. Vaccination is NOT recommended for those visiting only Tobago. Trinidad and Tobago requires travelers arriving from <u>countries where yellow fever is present</u> to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10-year intervals if there is ongoing risk. <u>Find an authorized U.S. yellow fever vaccination clinic.</u>
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (<u>see map</u> on CDC website) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in the Caribbean, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

Health Facilities & Related Contacts

Health Services Unit (HSU), University of the West Indies

Location

The Health Service Unit is located 50 meters North of Trinity Hall (or on the road bending southeast from the administration offices and towards Trinity Hall). This road also takes you past the Student Advisory Services.

About HSU & Services Provided

The Health Service Unit is an ambulatory health facility, which provides free screening and evaluation by nurses and examinations by general practice physicians as well as specific health promotion activities. The Health Service Unit functions as a [walk-in clinic](#) and [pharmacy](#). This means students are seen on a first come, first serve basis. When they walk into the front desk area, students provide their validated student identification card to the clerk. If it is their first visit to the Health Service Unit, a chart will be made.

(Faculty, University Administration and parents do not have access to a student's confidential medical records. Medical information is only released with their written consent.)

A clinic nurse will call students in from the waiting room. Blood pressure, temperature, height, weight and urine will be noted in a chart and the nurse will ask the reason for the visit. At this point the nurse may either handle the problem in the clinic area or ask the student to sit and wait to see the medical doctor.

All full time registered students have access to the Student Health Plan and students should ensure that their claim form is properly signed and returned to them at the end of their visit. (If students are experiencing problems, the clerk will assist them in completing their form.)

The Health Service Unit at UWI does not provide laboratory, x-ray or dental services. Students requiring specialist care are referred to one of the two preferred private medical facilities nearby.

The Doctor

Dr. Neil Singh

Email: doctor@sta.uwi.edu

Phone: 868-662-2002 extension 2149 or 2152

The Nurse

Ms. Claudette Mejias

Email: nurse@sta.uwi.edu

Phone: 868-662-2002 extension 2149 or 2152

The Counsellor

Mr. Anthony Jackman

Email: counsellor@sta.uwi.edu

Phone: 868-662-2002 extension 2151

The Pharmacist

Mrs. Pamela Townsend

Email: pharmacist@sta.uwi.edu

Phone: 868-662-2002 extension 2150

UWI Ambulance

Phone: 868-662-4783

ON-SITE SUPPORT

Candice Hughes-Bengochea is the On-site Coordinator and is available during office hours (TBA) at the lodge to assist students during the program. Students may also meet with Candice by appointment during the hours of 8am-4pm and she should be contacted IMMEDIATELY in case of emergency.

Students also have access to Counseling and Psychological Services (CAPS) at UWI. The services are free and confidential and students should feel comfortable to schedule an appointment.

Hours: Mon-Fri: 8:30am-7pm

Sat: 9am-1pm

counselor@sta.uwi.edu

662-2002 Ext. 82491

SAFETY

You will love Trinidad's towns and cities. But remember, like any cities in the world there are places where it is not wise/safe to visit. Most likely you will never end up in one of these locations since they are not places where foreigners go. Check with your program leaders for guidance before venturing into areas you are unsure of. Follow these safety precautions while in Trinidad & Tobago:

- The St. Augustine Campus has taken significant steps toward ensuring safety and security of students, employees and visitors. All students are strongly encouraged to make use of the following Campus Security Escort Service available on request from 6:00pm-6:00am (Call Exts. 82120/83510/84319)
Designated secure study areas
Student Shuttle Services
Designated well lit 24-hr patrolled walkways
Emergency Blue Phone Service
Security Hotline (662-4123)
- If you go out at night, always go in groups. This is a MUST for women.
- Only use reliable official transportation services. Taxis' license plates begin with H (stands for Hire). Do not hitchhike or get into any vehicle with unknown people. Private cars' license plates start with P (for private); do not accept rides in cars marked P, even if they say they are taxis.
- Be very careful at the beaches where thefts are common. Do not go to a beach alone. Do not go to the beach at night.
- Do not become involved in political demonstrations on or off campus. This protects your safety and the reputation of the Trinidad & Tobago Program.

SAFETY & SECURITY TIPS FROM STUDENTS

- Don't go out alone at night; always walk with a group.
- Be aware of your surroundings at all times; be smart and alert.
- Pay attention when on public transportation.
- Use only official car taxis at night to drop you off at your destinations and home, rather than walking distances from maxi-taxi drop-off points.
- Bring little locks for backpacks.
- Danger increases with consumption of alcohol; you're safer if you don't drink.

IMPORTANT ADDRESSES AND PHONE NUMBERS

PLU Resources and Contact Numbers

Wang Center for Global Education Staff

Tamara Williams, Executive Director wang.center@plu.edu	FAX	253-535-8752
Pat Bieber, Business and Records Coordinator bieberpk@plu.edu	Office:	253-535-7678
Tanya Ulsted, Study Away Coordinator ulstedtj@plu.edu	Office:	253-535-8375
	Office:	253-535-7628

Other University Resources

Campus Safety campussafety@plu.edu	Office:	253-535-7441
	Fax:	253-536-5061

Fron+ierMEDEX

GO FURTHER. DO MORE.

FrontierMEDEX ID: 352191

Client Name: EIIA

Notice to Physicians/Hospitals: Call FrontierMEDEX immediately for benefits verification and procedures. Call 24 hours a day (multilingual). If you do not have access to a phone, email for assistance: operations@frontiermedex.com | www.frontiermedex.com

FrontierMEDEX Emergency Response Center:

United States, Baltimore, MD +1-410-453-6330 (COLLECT)

TOLL FREE ACCESS - The numbers below must be dialed from within the country
 If your location is not listed or the call will not go through, call the 24-hour Emergency Response Center COLLECT

Australia	1 800 127 907	Mexico	001 800 101 0061
Brazil	0800 891 2734	Philippines	1 800 1 111 0503
China (northern)	108888*800 527 0218	Singapore	800 1100 452
China (southern)	10811*800 527 0218	South Africa	0800 9 92379
Dominican Republic	1 888 567 0977	Spain	900 98 4467
France	0800 90 8505	Switzerland	0800 55 6029
Germany	0800 1 811401	Thailand	001 800 11 471 0661
Hong Kong	800 96 4421	U.K.	0800 252 074
Israel	1 809 41 0172	U.S. & Canada	1 800 527 0218
Italy	800 877 204		
Japan	00531 11 4065		

Or Call Collect +1 410 453 6330

* Dial the first portion of phone number, wait for tone, and then dial remaining numbers.
 For a complete list, go to the FrontierMEDEX website or your company's Member Center (if eligible).

Trinidad & Tobago Resources and Contact Numbers

Candice Hughes, PLU Program Staff Assistant in Trinidad & Tobago, is the official contact person for the Trinidad Program. She should be the first person contacted in an emergency.

If you leave Port-of-Spain for any reason, be sure and tell Candice and someone at the US Embassy your itinerary, transportation arrangements, and if available an emergency contact in the area in which you are traveling.

Candice Hughes-Bengochea

PLU Program On-Site Coordinator
Cell phone number: 1-868-305-0372
Email: hughesca@plu.edu

Professor Barbara Temple-Thurston

Program Director for Trinidad and Tobago Program
Department of English
Pacific Lutheran University
Tacoma, WA 98447-0003
Office: 253-535-8747
Home: 253-761-0964
Email: templeba@plu.edu

United States Embassy

15 Queen's Park West
Port of Spain
TRINIDAD & TOBAGO

Tel: (868) 622-6371-6
Fax: (868) 822-5905
Email: acspos@state.gov