

PREPARATION TRAVEL LIST

2024 Belize Winter Study: History, Art, and Culture

SAB 429 Belize Art & Culture CRN 10400

Professor Jeremiah Donovan

Jeremiah.donovan@cortland.edu

607-753-4310 work/office

607-898-4215 home

24-hour emergency # at SUNY Cortland International Programs Office.

607-543-0774

GUIDES: I suggest you pick up a copy of the “Lonely Planet Guide to Belize” or any one of the many travel guides to Belize. These publications have good overall information on culture, climate, food, and medical.

STUDENT REQUIREMENTS (Details in course syllabus)

You will be required to:

- Complete day by day reflective journal.
- Read one book from the list below and write a 5-page paper on a selected topic from the book.
- Keep a photo essay of your trip experience.
- Submit a 3-4-page paper on the ancient Maya site selected for your oral presentation.
ALL ABOVE MUST BE SUBMITTED BY JANUARY 22, 2024
- Prepare an oral presentation with an assigned partner prior to departure. This presentation (with partner) will be delivered **in Belize**, describing the history and significant highlights of one of the ancient sites we will visit. You will need to put this together prior to departure, so get together (virtually) with your partner and have the 10–15-minute presentation ready on a flash drive for delivery in Belize. It could be in a PowerPoint format with photos and text. Laptop and projector will be supplied.
- Attend all events and activities in preparation for and while on the Belize trip. Participate in evening discussions. Attend nightly meetings to discuss the day’s events and share experiences. Devote one hour each evening to reflective journal writing.

RECOMMENDED BOOKS- Select one for your research paper.

Painting the Maya Universe- Dorie Reents- Budet- Great information on the lives of the ancient Maya gleaned from archaeological discoveries. One of my favorites.

Last Flight of the Scarlett Macaw- Bruce Barcott- Good overall history and contemporary information. Describes the plight of one woman’s struggle (Sharon Matola of the Belize Zoo) to help bring awareness of the natural resources of Belize. Also, a favorite.

Dancing into Dreams- Bryan Just- Great overall history and documentation of the Maya. Topics include customs and politics of the Maya as well as ceramics and other artifacts discovered in burial tombs.

The World of the Ancient Maya - John S. Henderson- Comprehensive text on Maya culture and history. (Cornell University professor)

MEDICAL: If you registered through SUNY Cortland, you already have emergency medical insurance coverage. Carry a copy of your medical history if it is appropriate. **You should consult your personal physician about travel medications to Belize.**

PACKING:

Pack for a warm climate. A good brand wheeled suitcase is best to navigate airports. I recommend that you pack VERY lightly. For instance, I only bring 1 suitcase that will fit in the overhead of the international flight. Check with the airlines for regulations regarding dimensions and weight for carry on luggage. I carry on because I do not want to risk having luggage misplaced on the flight. This has happened to students twice in the past 2 years.

Shoes: Bring water shoes and good hiking sneakers and if you want something for lounging (sandals?). When we visit the ATM offering cave you will need water shoes. Astrals are what my son uses. I use a pair of KEENS. No open toes allowed!! You could use them if we go down the river canoeing and while on the island of Caye Caulker.

Clothing: Bring a light rain jacket (one that scrunches up can work). Do your best to pack light cotton or dry fit clothes (to wear in the cave). Belize is a conservative country, and you should consider your attire when we visit the US Embassy, the Maya Village of San Antonio, and other sites. Laundry services will be available but costly. I usually bring enough for 1 week and that's it. Don't forget to bring a bathing suit. Bring a **light** long sleeve shirt for evenings, sunglasses, a hat, and sunscreen.

Miscellaneous: Mosquitoes are present (although they seemed light last January) and you want to bring some mosquito repellent lotion (no aerosols on the plane).

An umbrella may be useful. You may want to bring a small flashlight or headlamp.

I bring good plastic zip lock bags to protect things I don't want to get wet. Bring everything travel size; deodorant, band-aids and first aid cream for scrapes. Be sure to bring sunscreen. **Everything must be 3 fluid oz. or less or it will be taken at the airport.**

A small backpack for field excursions will be useful. It will hold a rain poncho, small journal, and travel umbrella. I have found that the backpack is not counted as extra luggage if I wear it onto the plane. That way if you pick up souvenirs you can wear that onto the plane upon return.

MONEY: Credit cards will work in some places we will be travelling but not everywhere. Every place will accept US \$'s. 1 US dollar= 2 Belize dollars. Make copies of your passport and keep them separately. Leave one copy with family or a friend.

PHONE: Most cell phones will not work in locations we will be in. **It is important to get fully immersed in the culture and limit communication to the US.** Internet will be available on a limited basis at Chaa Creek and at the hotel.