

WE THE PEOPLE

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Date

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Ready, Set, Let's Go ...

Are you as excited as we are? In just a few weeks we will be on our way to Washington, D.C.! In this newsletter you will find several articles that will help you pack and prepare for a great trip. As always, if you have any questions, be sure to give us a call. Please come prepared to our last meeting with any final forms that need to be turned in. Our last meeting before we depart is on _____, at _____ from _____ to _____. See you soon!



Travel Safety

Traveling is fun and educational, and if you use common sense and are aware of your surroundings and actions, you need not worry about your safety. Here are a few safety tips to remember:

- Carry your wallet, Traveler's Checks or money on you. You may want to use a fanny pack or wallet belt.
- Be alert to your surroundings. If you look vulnerable, you will more likely be an easy target.
- Always keep your possessions in your control (especially wallets, purses, cameras, room keys).
- Be careful what you say in the presence of strangers. Never reveal your room number.
- Take money discreetly from your wallet.
- Keep your luggage locked in your room if you leave. Don't leave money or valuables in your room. Use the hotel safe.
- Carry only the cash or credit or debit cards that you will need. Leave the rest at home.
- Leave valuables you will not need at home.
- Never go out alone. You will need to be with a group at all times. Your adult sponsors must always know where you are. Check with your adult sponsors on where it is safe to be.

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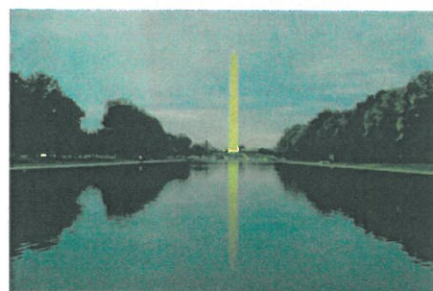
Travel Safety *(continued)*

- Stay near people. Avoid shortcuts through parks, vacant lots and other deserted places.
- Be aware of street vendors as the quality of the goods they sell is often inferior, impostors or stolen goods.
- Never open your motel room door to someone you do not know or invite anyone unknown into your room.
- Never leave with anyone but your group.
- Always double lock your door when you are in your hotel room. Keep your windows and patio doors closed and locked.
- Do not leave your door ajar when you run down the hall. Take your key with you.
- Always let your sponsors know where you are going. Never leave without permission.
- Women should carry their purse in front of them with their hand over the opening and the purse zipper closed. Men should carry their wallet in their front pocket.
- Don't hang your purse over the back of your chair. Hold it on your lap.
- Never leave your room key lying on a table or unattended. Unplug all appliances when you leave your room.
- Heed the traffic lights.

The Art of Tipping

Good etiquette includes knowing how and when to give tips or gratuities while traveling. Here are some guidelines to help you with tipping during your travels. Tips are typically given for good service from meal servers, cab drivers, bellmen and bus drivers. Be sure to keep a supply of \$1.00 bills for tipping purposes. This way you will not need to overtip or avoid tipping. As a general guide, tip the following:

- Delivery to room: \$2.00.
- Skycap & Bellman: \$1.00 per bag or more if bag is extra heavy.
- Waiter/Waitress: 15 to 20 percent of bill, unless it has been already added to the bill.
- Bus Driver: \$2.00 per day.
- Hotel Maid: \$1.00 per night.
- Tour Guide: \$1.00 to \$5.00 depending on the length of the tour.
- Doorman: \$1.00 for hailing a cab or more for special services.



Some typical tips are already built into your fees, such as:

Remember, tipping is not the ultimate reward. Along with a tip, you should treat those who serve you with the same respect and caring that you expect from them.

Packing Tips

Knowing what to pack and what not to pack can make the difference between a relaxing experience and a stressful one. When packing remember:

- If flying, you, your suitcase and carryon might be searched.
- Washington, D.C., is usually very hot and humid at this time of year.
- You are responsible for carrying everything you bring.
- Avoid Nebraska clothing as it makes you a target for panhandlers, etc.
- As you select clothing, remember: If you won't wear it, don't bring it.
- If in doubt, leave it out!
- Limited laundry facilities are available at the 4-H Center. However, there is not much free time to do laundry.
- When flying, one suitcase (under 50 lbs. packed) and one carryon that can fit under the seat.
- When on a bus, one suitcase you can carry and one carryon that will sit with you. You may want a small pillow and/or blanket.
- Appropriate clothing:
 - 1 very casual outfit
 - Up to 10 casual outfits
 - 1 business casual/uniform for Capitol Hill day
 - 1 to 2 business casual outfits for the theater
- Housecoat or robe
- Swimsuit optional
- Toiletries: deodorant, tooth brush/paste, shampoo (travel size for ease of packing)
- Inventory of suitcase
- Spending money/debit card; \$30-\$35 per day is recommended.
- Phone card/cell phone and charger
- Alarm clock
- Camera, plenty of film or digital memory card or batteries (place batteries in suitcase, not in the carryon.)
- Watch
- Small notebook and pens or pencils
- Prescription medication (let sponsors know the medications you have)
- Comfortable walking shoes and an extra pair of shoes
- Umbrella or rain gear
- Luggage fees (both ways) if traveling by plane.
- Label everything you can.



Terms You Should Know

• Advocate

A person who speaks or writes in support or defense of a person or cause.

• Bipartisan

Consisting of, or supported by, members of two parties, particularly two major political parties.

• Congressional District

A division of a state containing approximately 600,000 people represented by one member of the U.S. House of Representatives.

• Great Depression

The worldwide economic downturn that began in 1929 and ended in the late 1930s. It started in the United States and is often associated with the stock market crash on October 29, 1929.

• House Journal

The official register of House floor action as ordered by the Constitution.

• Joint Session of Congress

A meeting of the U.S. House of Representatives and the U.S.

Senate. These meetings occur in the House Chamber, typically for addresses from the President or foreign dignitaries.

• Public Policy

The set of policies that form the foundation of public laws.

• Rostrum

A platform for public speaking. In the House, this is the place from which the Speaker of the House presides.

Source:

<http://kids.clerk.house.gov/high-school/glossary.html>

Logistics

We will meet you in the _____ (Name of airline) ticketing area at _____ a.m. on _____ (date) at _____ (name of airport). Remember! You will need a government issued photo id at the airport. You will also need \$_____ for each bag you check.

Make sure your carryon is no larger than 22 inches by 14 inches by 9 inches deep or you will need to pay to have it checked as well. All carryons must fit underneath the seat in front of you or in the storage bins above the seat.

If you must bring medication with you, make sure it is in your carryon. This also is true for contact lens supplies.

All liquids carried onto the plane must fit into a quart clear plastic bag. No liquids in bottles larger than 3 oz.

Your carryon should contain:

- Medications
- Camera
- Change of underwear
- Snack (airline approved)

NOTE: The following section will be different for each group.

Tell Your Story

When traveling to, and when at the Citizenship Washington Focus conference, you will have many times when you can tell your story to others! People that you meet along the way will be interested in you and what you are doing. How you choose to respond to these people will leave a lasting impression about you, your family and the 4-H program. What story are you going to tell?

When people are visiting with you is a great time to become an advocate for your state, for 4-H

and for teens everywhere. Being an advocate is encouraging someone else to support your cause.

The first step to becoming an effective advocate is being well informed. In your CWF workshops, you have learned about your state, what it means to be a good citizen, and also more about 4-H and the CWF conference.

The next step is to think about and develop your story based on this current information. Take some time now to develop your story! A couple of sentences are usually

enough to answer most questions and create an interest in your listener. Remember to be polite and respectful to those you are speaking with.

Advocacy is a positive skill that you as a good citizen can use to tell others about things you feel good about and value. Being knowledgeable about issues and programs and being prepared are the first steps to respectfully telling your story to others.