Southeast Asia Youth Leadership Program

Participant Resource Booklet

April 3 – April 25, 2014

Center for Southeast Asian Studies
Northern Illinois University
DeKalb, IL, U.S.A.

Funded by the U.S. Department of State Bureau of Education and Cultural Affairs
February 4, 2014

Center for Southeast Asian Studies  
Northern Illinois University  
520 College View Court  
DeKalb, Illinois 60115

Dear SEAYLP Participant:

Congratulations on being chosen for the Southeast Asia Youth Leadership Program (SEAYLP). We look forward to hosting you and 60 other youth participants and adult leaders April 3 – 25. We are looking forward to our time together with participants from Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand, and Viet Nam for a 23-day program at Northern Illinois University and Washington, D.C. The staff of the NIU’s Center for Southeast Asian Studies and the specialized staff of SEAYLP are eager to work together to strengthen both your skills and connections and to improve the future of your region through civic service.

Funded by the U.S. Department of State in cooperation with Northern Illinois University, the purpose of the program is the promotion of mutual understanding between people of the United States and other countries and between ASEAN nations, advancing an appreciation for diversity, cultivating civic engagement and responsibility, developing within participants a commitment to cooperation and a shared vision for the future, fostering skills for leadership and civic activism, promoting cooperation and a shared vision by future leaders, and furthering an awareness of shared global and regional challenges.

While we welcome you and hope to make you comfortable in our country and homes, it is important that you bring your sense of adventure and a flexible disposition. Although we try to keep cultural and religious differences in mind, part of the program is experiencing American and international culture and developing cross-cultural understanding. Things will be different than they are at home, so please be prepared to try new experiences, new foods, and new attitudes, and to look at yourself and the world in new ways.

We are looking forward to these twenty-three days together and a long future of seeing you grow into leaders and global citizens making positive changes in your communities, your countries and the world.

We look forward to meeting you soon and encourage you to submit any questions to us via Facebook on the program page or by email at seaylp@niu.edu.

Sincerely,

Judy Ledgerwood  
Director, Center for Southeast Asian Studies

Maria “Rai” Nihei  
SEAYLP Administrative Director
PROGRAM OVERVIEW

The Southeast Asia Youth Leadership Program (SEAYLP) program is designed to provide high-quality leadership and citizenship development. SEAYLP seeks to nurture participants as the emerging generation of leaders who will actively pursue solutions to issues in their communities and countries. It gives participants confidence and experience in collaboration across ethnic, religious, and national boundaries by promoting mutual understanding between the peoples of Southeast Asia and the United States. The program aims to develop a shared sense of civic responsibility and commitment to community development and to hone leadership skills. To do so, it will focus on three major themes: environmental sustainability, supporting vulnerable groups, and entrepreneurship.

Participants will engage in learning activities on the thematic topics within an international group. There will be short lectures from experts or activists in the field, debates, discussions and engaged activities. The program will include service opportunities and field trips that allow participants to interact with activists and others working to solve local and global problems. Afternoons will be spent learning concepts that span all types of civic engagement, like leadership, communication, conflict resolution, and creating Civic Action Plans. Together, these exercises should help participants move participants towards greater capabilities in leadership and engagement in improving the world around them.

Participants will also meet with American youth leaders at the Global Youth Leadership Camp in Oregon, Illinois. There they will work on more leadership skills, building effective service clubs and teams, understanding diversity issues, and understanding American youth cultures. They will also enjoy fun camp activities, such as hiking, a challenge course, sports, and a campfire.

SEAYLP will move out of the meeting room and into communities to give participants active learning experiences they will be able to employ in Southeast Asia.

SEAYLP is an intense educational and cultural experience. Participants will:

- work in small thematic groups with others from different ASEAN countries.
- read, research, and compose presentations and articles in English.
- evaluate the resources and needs of their local communities.
- investigate the interconnections of nations on issues in the environment, vulnerable groups, and economic development.
- go sightseeing in Illinois and Washington, D.C.
- meet with diverse American high school students at their schools and at the Global Youth Leaders Camp.
- learn about remarkable leaders and how they a difference.
- explore methods of mediation and conflict resolution.
- live with an American family for a week.

When they return to their Southeast Asian homes, SEAYLP participants will bring home a wealth of experiences in leadership and international understanding that will last the rest of their lives. They will have the skills and preparation to make positive changes through civic action.
SOUTHEAST ASIA YOUTH LEADERSHIP
ADMINISTRATIVE STAFF

Judy Ledgerwood

Director, Center for Southeast Asian Studies and Professor, Anthropology

Professor Ledgerwood is a cultural anthropologist whose research interests include violence, memory, the re-construction of meaning in post-war and diaspora communities and gender. She has taught as a visiting professor at Cornell University and the Royal University of Fine Arts in Phnom Penh, and was a research fellow at the East-West Center in Honolulu. She serves on the board of the Cambodian American Heritage Museum and Killing Fields Memorial in Chicago. At NIU, Professor Ledgerwood teaches general cultural anthropology, anthropology and human diversity, history and theory of anthropology, women in cross cultural perspectives, Asian-American cultures, anthropology of gender, the anthropology of violence and peoples and cultures of mainland Southeast Asia.

Maria “Rai” Nihei

SEAYLP, Administrative Director

Rai graduated with a M.A. in Global History from Northern Illinois University. Her research often focuses on NIU’s interactions with Southeast Asia, with programs like hosting pensionados from the Philippines and training Peace Corps volunteers. In 2013, she co-authored Rise of the Sarimanok, a history of the Center for Southeast Asian Studies. As a trained teacher, she enjoys working with young people who are driven to improve themselves and their world through service, as reflected in her involvement in the previous four SEAYLPs and other work.

Pam Rosenberg

Business Manager, Division of International Affairs

Pam has worked with International Affairs while she was a student at NIU (1990-1995). She came back to NIU in 2001 and has worked in the Division of International Affairs since 2005. Pam is the Business Manager for the project, and she'll be working on ensuring all financial arrangements are complete. Pam has been to the Philippines with the Philippine Youth Leadership Program.
Jordan has a M.A. in Anthropology at Northern Illinois University. He is currently interested in and researching Cambodian national identity and nation rebuilding, and forced deportation of refugees back to Cambodia.

Cho is currently pursuing M.S. Computer Science at Northern Illinois University. She is also a Graduate Degree holder in Knowledge Engineering from National University of Singapore. This is her first year working with the SEAYLP Program.
PROGRAM LOCATION

**Illinois** is the fifth-most populous state in the USA and the most populous state in the Midwest region. Sixty-five percent of its residents are concentrated in “Chicagoland,” so most of the state has either a rural or a small town character. Illinois has industrial cities and great agricultural productivity in central and northern Illinois and natural resources like coal, timber, and petroleum in the south. Chicago was founded in the 1830s on the banks of the Chicago River. Growth of industrial jobs in the northern cities and coal mining in the central and southern areas attracted immigrants from Eastern and Southern Europe. Railroads and John Deere's self-scouring steel plow turned Illinois' rich prairie into some of the world's most productive and valuable farmlands. Illinois was an important manufacturing center during both world wars. In the early 1900’s, many African Americans from the South migrated to Chicago for work, established a large community that created the city's famous jazz and blues scene.

Illinois is a leading producer of soybeans, corn, and swine. It also produces cattle, wheat, oats, sorghum, hay, sheep, poultry, fruits and vegetables, buckwheat, horseradish, ostriches, fish, and Christmas trees. Illinois' 76,000 farms cover more than 28 million acres, almost 80 percent of the state's total land area. The average size of an Illinois farm, including hobby farms, is 368 acres with most acreage devoted to grain, mainly corn and soybeans. Nearly 10 percent of Illinois farms have swine, 23 percent have beef cows, and about 3 percent have dairy cows.

**Northern Illinois University** (NIU) is a public state university with over 22,000 students and nearly 1,200 faculty members. The main campus is located in DeKalb, Illinois, approximately 65 miles west of Chicago. It also has campuses in Rockford, Hoffman Estates, and Naperville to provide distance education to those areas. NIU was founded as a normal school or teaching college, but now includes colleges of Business, Engineering and Engineering Technology, Health and Human Science, Liberal Arts and Science, and Visual and Performing Arts as well as Education. There are 57 undergraduate majors and 80 graduate programs, including 20 Ph.D. programs. Undergraduate enrollment is approximately 16,000 and enrollment in graduate or law school stands at about 6,000.

NIU has moral commitments to supporting diversity and service. Such programs like University in Diversity and multicultural clubs on campus, are “designed to acknowledge, educate, and celebrate the diversity of the Northern Illinois University campus community relative to race, gender, sexual orientation, culture, religion, and physical ability.” The student population comes from various ethnic backgrounds, with approximately 40% of the student body being made up by ethnic minorities. Additionally, there are almost 800 international students from 122 different nations also attending NIU. The university also believes in enriching learning through experience and through service, through activities such as internships, study abroad, and community learning.

NIU is represented in crimson and black and by the huskies mascot, Victor E. Huskie. It is a NCAA Division 1 University in the Mid-American Conference for their sports. This means that there is a great deal of team spirit on campus related to various sports, such as baseball, basketball, football (the major Fall sport), golf, gymnastics, running, soccer, tennis, volleyball, and wrestling.
DeKalb, Illinois is only a little over an hour from downtown Chicago and O’Hare International Airport. Despite this, DeKalb maintains its own unique character as a university community with both urban and rural roots. DeKalb has much to explore and enjoy with historical buildings, national and local entertainment, in addition to shopping, dining and recreation. DeKalb is known as the “Barb City,” because Joseph F. Glidden invented barbed wire here. The City of DeKalb was earlier a manufacturing and agricultural town – famous for their corn. Now it is a community of 45,749, in addition to students attending NIU. Some of the highlights of DeKalb are its classic downtown, running a short distance along Lincoln Highway, the Barb Wire Museum, the Ellwood house, and the Kishwaukee River. In the downtown there are local businesses, cafes, bars, and restaurants, including thrift stores, sporting goods, hip gift shops, sports bars, and two Thai restaurants. There is additional shopping and restaurants along Sycamore Road.

Just north of DeKalb, is the city of Sycamore with around 17,000 residents. Sycamore is also a picturesque American town, with a courthouse, a central business district, and historic homes. While distinct towns, DeKalb and Sycamore blur into each other, with the business corridor and the Kishwaukee healthcare area running along Sycamore Road and DeKalb Road between. Many of NIU students, staff and faculty live in Sycamore.

Chicago has numerous nicknames, including: "Chi-town," "Windy City," "Second City," and the "City of Big Shoulders." Chicago is the largest city in the US state of Illinois and the third largest city in the USA, behind New York and Los Angeles. It has nearly 2.7 million residents and the metropolitan area, often called "Chicagoland," which has around 9.5 million people includes parts of Illinois, Wisconsin, and Indiana.

On August 12, 1833, the Town of Chicago was organized with a population of around 200, and within seven years it grew to over 4,000. The City of Chicago was incorporated on Saturday, March 4, 1837. It is located between the Great Lakes and the Mississippi River watershed. Chicago was a hub between the eastern and western US, with its first railway and the Illinois and Michigan Canal each opening in 1848, and a major manufacturing and retail center, especially meatpacking. The canals allowed access from the Great Lakes to the Mississippi River and beyond to the Gulf of Mexico.

Chicago is a hub for industry, telecommunications and infrastructure, with O’Hare International Airport being the second busiest airport in the world. It is a center for business and finance and is one of the world’s top ten Global Financial Centers. Chicago can also proudly call itself the home of the current President of the United States, Barack Obama.

Around 1900, Chicago experienced difficult as its water supplies became contaminated with sewage and industrial waste from the Chicago River, which flowed into Lake Michigan, polluting the primary source of fresh water for the city. In 1900, the city undertook a major engineering feat that reversed the flow of the Chicago River so that water flowed from Lake Michigan into the river.

### Southeast Asia Youth Leadership Program

#### Notes on the Calendar:
- This calendar is not yet confirmed and changes could occur to times & dates. In addition to listed events, each day will include meals and time for reflection.
- Many of these days include Thematic Session noted with VUL, ENV, and ENT. Participants will be assigned to one of these groups and will attend only the events for those groups at that time, like elective classes at school.

#### April 15
- **9:00 a.m.** : Buddhist New Year Eve w/ Host Families

#### April 16
- **9:00 a.m.** : Action Plans I & II
- **10:00 a.m.-1:00 p.m.** : Action Plans III: Seeking Solutions
- **1:30-4:00 p.m.** : Media Workshop
- **4:30 p.m.** : Evening:  Bowling w/ Host Families

#### April 17
- **9:00 a.m.** : Action Plans IV: Seeking & Sharing Solutions
- **1:30-4:00 p.m.** : Team Building: Teambuilding & Simulation
- **7:30-10:00 p.m.** : Eve: Sports and Film Night

#### April 18
- **9:00 a.m.-12:00 a.m.** : LAO Temple @ Lao Temple
- **1:00-3:00 p.m.** : Visit to State Department
- **3:00-4:00 p.m.** : Visit to U.S. Capitol

#### April 19
- **9:00 a.m.-11:00 a.m.** : Organizing Clubs: Toll Center
- **11:00-1:00 p.m.** : Action Plans V: In-Depth Solutions
- **1:30-4:00 p.m.** : Eve: Young Leaders Camp

#### April 20
- **9:00 a.m.-3:00 p.m.** : Action Plan Presentations
- **5:00 p.m.** : Farewell Reception

#### April 21
- **9:00 a.m.-3:00 p.m.** : Action Plan Presentations
- **5:00 p.m.** : Farewell Reception Workshop
CULTURAL EXCURSION GUIDE

Willis Tower, Chicago, Illinois, USA
At a towering 1,450 feet and 110 stories, Willis Tower remains the tallest building in the western hemisphere. Completed on May 3, 1973, the Willis Tower was the world’s tallest building until the construction of the PETRONAS Towers in Kuala Lumpur, Malaysia in 1998. With the antennae, the building was 1,729 feet tall. The Sears, Roebuck & Co. ordered the construction of the building under the firm Skidmore, Owings, and Merrill.

Navy Pier, Chicago, Illinois, USA
Navy Pier is the place where all of Chicagoland and tourists from around the world have come together since 1995 to enjoy the beauty and the thrills of a day on Lake Michigan. From rides to restaurants, exhibitions to entertainment, shopping to dining cruises and tour boats, Navy Pier has it all - in a location unlike any other!

Millennium Park, Chicago, Illinois, USA
Discover a state-of-the-art collection of architecture, landscape design and art that provide the backdrop for hundreds of free cultural programs including concerts, exhibitions, tours, and family activities. In Millennium Park, you’ll find a new kind of town square – a lively, spectacular gathering spot located in the heart of the city and a destination for Chicagoans and visitors alike.

US Cellular Field, home of the Chicago White Sox, Chicago, Illinois, USA
The White Sox are one of two Chicago major league baseball teams, and they play at US Cellular Field on the south side of Chicago.
Lincoln Memorial

The Lincoln Memorial commemorates the President Abraham Lincoln for his leadership during the American Civil War. Henry Bacon designed the memorial with inspiration from the temples of ancient Greece with elements such as the 38 Doric columns. Overall the memorial is 190 feet long, 119 feet wide, and nearly 100 feet tall. The Piccirilli Brothers with Daniel Chester French as the supervising sculptor carved the 19-foot tall sculpture of Lincoln. Approval for construction came from Congress in 1910 and construction began in 1914. The memorial opened to the public in 1922. -“Lincoln Memorial,” http://www.nps.gov/nr/travel/wash/dc71.htm

Martin Luther King, Jr. National Monument

Named in honor of Civil Rights leader Martin Luther King, Jr., the memorial commemorates the movement for equality in the United States. Born to the son of pastor in 1929, Martin Luther King received his doctorate in systematic theology and practiced non-violence to achieve his political goals. King organized numerous boycotts, rallies, and marches to protest institutionalized discrimination against African-Americans in particular. In large part because of his efforts, President Johnson signed the Voting Rights Act of 1965 to ensure that African-Americans and all eligible Americans could vote without intimidation, threats, or legal obstructions. An assassin shot and killed Dr. King in Memphis, Tennessee on April 4, 1968. In 1996, President Clinton signed to law the permission to build a Martin Luther King, Jr. Memorial monument in Washington, DC. The National Capital Planning Commission approved the location for the memorial in 1999. The Department of the Interior finally approved the site of the project in 2006 with the groundbreaking occurring several months later.

FDR Monument

Franklin Delano Roosevelt (January 30, 1882 – April 12, 1945), also known as FDR, was the 32nd President of the United States (1933–1945). He led the United States during some very harrowing times, including the end of the Great Depression and the Second World War. FDR was instrumental in the creation of the United Nations following the world and Bretton Woods, which established the International Monetary Fund and International Bank for Reconstruction and Development During his first 100 days, Roosevelt pushed through legislation, called the New Deal, that produced new jobs, economic growth, and reform of the financial system. This assisted in the US economic recovery between 1933 and 1937. FDR lent support to the Allies in WWII but remained neutral until December 7, 1941, when the Japanese attacked Pearl Harbor. FDR was able to grow beyond a disability brought on by a childhood bout of polio and stands now as an example of how persons with disabilities can reach great success and contribute in huge ways to their communities. During his presidency, however, while he used a wheelchair in private, he made a point not to be seen with it in public as it might be perceived as weakness.
**Jefferson Monument**

Thomas Jefferson (April 13, 1743 – July 4, 1826) was a the principal author of the US Declaration of Independence and the 3rd president (1801–1809). He served in Continental Congress and was the first Secretary of Stated. After the Revolutionary War, he was a commissioner and Minister to France. He worked to define the individual and state rights enjoyed by Americans today. His purchase of the Louisiana Territory from France in 1803 doubled the size of the United States and giving them both sides of the Mississippi River. He also sent the Lewis and Clark Expedition to explore the west. A product of the Enlightenment, Jefferson spoke 5 languages and was interested in science, religion and philosophy. He founded the University of Virginia after his presidency. As part of the tobacco planter elite, Jefferson owned many African slaves and viewed them as being inferior, but he was an opponent of the international slave trade.

**White House**

Construction began in 1792 with George Washington as president, but was not finished until 1800 when John Adams was president. James Hoban designed the building as the architect. The private residence was open free to the public and remains so at this time. Fire damaged the White House in 1814 during the War of 1812 and in 1929 when Herbert Hoover was president. Harry Truman renovated the White House during his presidency. Currently the White House has 132 room, 35 bathrooms, and 28 fireplaces. - http://www.whitehouse.gov/

**U.S. Capitol**

Construction began on the building that represents the will of the American people as the legislature building for the United States. Construction began on the building in 1793 and Congress first took session in the building in 1800. Although British forces set fire in 1814 to it, the building survived with the assistance of rain. Expansion of the Capitol began in the 1850s with an increased number of states in the Union and a larger population. Although construction projects continued into the 21 century, the outside appearance of the structure remains the same as it did in the 1874 designs of Frederick Law Olmsted. The Capitol is where representatives and senators debate on the future of the United States and is the most important building for the Federal government. -http://www.uscapitol.gov/utthecapitol/evolution_of_the_capitol/
Asia Foundation

“The Asia Foundation is a nonprofit, nongovernmental organization committed to the development of a peaceful, prosperous, just, and open Asia-Pacific region. The Foundation supports Asian initiatives to improve governance and law, economic development, women's empowerment, the environment, and regional cooperation. Drawing on nearly 60 years of experience in Asia, the Foundation collaborates with private and public partners to support leadership and institutional development, exchanges, and policy research.” - http://asiafoundation.org/about/

The US Department of State

As the lead U.S. foreign affairs agency, the U.S. Department of State has over 265 diplomatic locations around the world, including embassies, consulates, and missions to international organizations. The Department also maintains diplomatic relations with most countries in the world, as well as with many international organizations. The Department is responsible for promoting peace and stability in areas of vital interest to America, and helping developing nations establish stable economic environments. It is a source of support for American businesses abroad, working to achieve fair business practices in commerce, trade, manufacturing and other interests—while also identifying viable opportunities for American businesses.

The Smithsonian

Founded in 1846, the Smithsonian is the world’s largest museum and research complex, consisting of 19 museums and galleries, the National Zoological Park, and nine research facilities.

Newseum

One of the top attractions in Washington, D.C., the Newseum's 250,000-square-foot news museum offers visitors a state-of-the-art experience that blends news history with up-to-the-second technology and hands-on exhibits. The Newseum Institute serves as a forum for First Amendment study, exploration and education. The mission of the Newseum is to champion the five freedoms of the First Amendment through education, information and entertainment.
PROGRAM EXPECTATIONS

**Class Sessions:** On most days there will be both a morning and an afternoon session. Times and locations for lectures and other events can be found in your planner, so keep it handy. Staff members will also review upcoming events with the group. It is important that you are on time for all sessions and events.

**Action Plans:** You will develop a citizen action plan for community service. Details on how to do this will be discussed in action plan workshops. There will also be several guided work sessions in which you will have the opportunity to ask questions and get assistance with your citizen action plan. Citizen action plans will be presented before you leave NIU for Washington, D.C.

**Diplomatic Simulation:** You will also work with a group in a simulation where you will be required to research and interact with other participants to find solutions to a real-world diplomatic issue.

**Reporting:** Each country group will be expected to submit a copy of their Action Plan powerpoint and complete evaluations in a timely fashion. Continued reporting on Action Plans and group activities are also expected following their return to home countries.

**Facebook:** We encourage you to use the Facebook alumni and program pages to communicate with each other. It is not required but it is a nice way to keep in touch, share information about your achievements, and continue your new friendships beyond the program.

**Behavior:** In all that you do and say, in person, in private, and on media sources, keep in mind during your time here you are a representative of your country and that your actions can reflect positively or negatively on people other than yourself. It is possible that many of the people you meet while in America will have never met a person from your country or area. Building positive relationships is part of what the program is all about. Please, review the Code of Conduct in the

**Security:** While you are here you need to have your name badge, insurance card, and the phone numbers for program graduate assistants with you at all times. You must be in your rooms by 10 p.m. each night, accounted for by your country adults. When you have free time and choose to leave campus, please sign out at the Holmes Student Center hotel desk and let at least one adult know. At no time may you travel outside the HSC or hotel by yourself. Additionally, you may not travel off campus without an adult—with a country leader, program adult, or your host family.

**Visits from relatives and family friends:** Visits from relatives and friends are allowed only in the evenings when there is no SEAYLP program planned. Evening and weekends spent with host families may not be used for visits from relatives or friends. This is time that should be spent interacting with your host families. SEAYLP must be provided with the names and contact numbers from your visiting relatives at least 72 hours before a visit is expected. Relatives or friends wishing to take a student or adult leader out to dinner should email their request to Rai at SEAYLP@niu.edu.

Participants are expected to abide by the **no travel during the program** policy. Participants who miss program activities risk being sent home early.
Roles of the Adult Leaders

Adult leaders are participants first and foremost, but will also serve as advisors, chaperones, guardians, and supporters of the students. They are expected to guide, motivate, and assist the students in attaining the goals of SEAYLP. Specifically, adult leaders must perform the following functions during the training program at NIU:

- Encourage the youth participants to actively participate in every training session or learning activity. Help create a learning environment that is welcoming and comfortable for them to share their thoughts and experiences. Give the students ample opportunities to express their views during the sessions.

- Be a good role model to the students by keeping an open mind to new ideas and developing a mindset for viewing a situation from multiple perspectives. Remember that there is more than one way to look at things. Refrain from disrupting the sessions, out of respect for the guest speakers and facilitators.

- Assist the students in coping with the demands of work in a new environment. Periodically check in with the students about how things are going; monitor their learning progress; guide them in their assignments and in their journal writing.

- Schedule a late afternoon or early evening time to ask the students, “how’s it going?” - a processing time with your group. Please, share any problem or concerns of your group with SEAYLP staff members.

- Guide the students in assessing weekly activities by encouraging their comments and reactions, asking what they think and feel about the training activities. Help the Program Management Team evaluate the effectiveness of every training session/event/trip by providing feedback and attending formal and informal meetings.

- Assume a proactive role during the planning stages of the students’ individual and group Action Plans. Build their leadership skills and confidence by encouraging brainstorming and healthy and productive interactions between participants.

- Foster better relationships, promote camaraderie and respect among all participants by providing emotional support, listening to their comments and taking their concerns seriously.

- Know the program agenda in detail. Adult leaders are expected to coordinate with the NIU SEAYLP Team to avoid conflicts and miscommunication about when and where the group is supposed to be and about other logistical concerns.

- Be responsible for the attendance of the students in all activities. Insist on punctuality.

- Maintain open communication with the NIU SEAYLP Team.

- Maintain contact with your group when you return to home; give the students your moral support, monitor and if necessary, assist them in the implementation of their community action plans.
While you are in the United State you should speak English whenever people outside your country group are present, this includes other SEAYLP participants. If you speak in your own language, people may feel offended or think this is rude, some will even feel distressed. Please, read the article below written by a SEAYLP participant, Raffy, from Spring 2011. He addresses it to his classmates, but the same feelings and opportunities for inclusion and alienation are there in SEAYLP. This program is international, so we need to use the international language of English.

“I sometimes wish that people back in Bible times shouldn’t have been too proud and ambitious to even think of building the Tower of Babel. Why? Because when I’m with people from another country and they start speaking in their own language, I always get a bit paranoid. Who knows? They might be talking about me.

I always had this kind of paranoia last April, when I was in the United States for a 25-day youth leadership program funded by the U.S. Department of State in DeKalb, Illinois. Four countries, all from Southeast Asia, joined that program: Myanmar, Indonesia, Thailand, and the Philippines, each country speaking a different language. I always hung out with my Burmese friends, and oftentimes they would speak in their language real fast, pretty much like the same rate I have when I talk in Cebuano or Tagalog. Although I knew a few Burmese phrases, like “Mingla ba” for hello; “Ta di ya tal” for “I miss you”, and “Chit-tal” for “I love you”, I would always suffer a mental jam each time they spoke in words I was never able to decipher. And being somewhat of an over-thinker, a lot of thoughts, most of them negative, would spin inside my mind. What if they were saying I was fat, or I was a freak, or I was annoying without me even knowing?

A similar incident happened a few weeks after when the summer break was already drawing to a close, but this time, I caused the suspicion. Using the Filipino language, I posted on Facebook a comment on a friend’s photo of her hugging her British-American best friend. She commented back in Filipino as well. A comment from the best friend got in between our comments, saying, “Wait, are you guys talking about me?” When I read that, I was a hundred percent sure that he felt exactly what I did when I was with my friends from Myanmar.

Guess what – we just went global when the campus by the sea made it to Newsweek last May 23 as one of the best colleges and universities in the Philippines, along with Mapua Institute of Technology . . . We cannot avoid the fact that Silliman, being a “melting pot” of cultures, has international students studying inside its portals. We have Koreans, Americans, Iranians, and other nationalities going to school with us, some of them being our classmates – or even seatmates – in our BC or Religion classes, or maybe in our major subjects as well. A lot of them are pretty unfamiliar with either Cebuano or Tagalog, so oftentimes we see them sitting in a corner so quietly, intently listening to the instructor’s lesson. In as much as they would want to talk and socialize with us, we’re too preoccupied with talking with our Filipino classmates (in our language, of course), so they seek refuge in talking to their fellow kababayans in their own tongue. After all, the feeling’s just awesome when you’re in another country and you’re finally able to talk to people from the same country as yours.

The bottom line is this: we are from a “City of Gentle People” after all, so we might as well be gentle enough to respect people from other places by talking in words they can understand whenever they’re in our company, even if it means having to get our tongues twisted or our noses bleeding in the process. The thing my Burmese friends did was actually a violation of the exchange program rules; I don’t think we still need a law to make us aware that talking in front of foreigners in a patois they can’t comprehend is a sign of downright disrespect. Besides, we wouldn’t want to feel like oddballs, or even paranoids, whenever we’re with our international friends and they’re talking in their own language, would we?”

Raffy Cabristante, Weekly Sillimanian, July 13, 2011, “Talking to a Wall".
RETURNING HOME

When returning home, we hope that you will carry with you new friendships, great memories, and new skills and knowledge in leadership, diplomacy, and civic action. Your involvement with SEAYLP should not cease on April 25th, but should continue on through communication with other participants, the U.S. Embassy, and SEAYLP staff in the United States.

**Completing Program Requirements.** We expect each group and each participant to demonstrate civic action in their home countries by working to complete the group action plans. Following completion or new stages of progress we expect participants to send detailed accounts of their actions. For this purpose, surveys will be sent out electronically 3 months and 6 months after the completion of your time here, to collect your reflections on the program and how it has helped you in your service. Additionally, Rai will meet monthly online or by phone with each group until projects are completed.

**Reporting on your Projects.** As you have important achievements with your Action Plans or in your life (like scholarships, leadership roles, etc.) contact program and NIU staff so that we can showcase your achievements in our publications. You may post information on the facebook page, but also email information to Rai at seaylp@niu.edu and Liz at edenius@niu.edu.

**Completing Post-Program Evaluations.** Program and program evaluations help us to improve the program by seeing what works and what does not. Your feedback is very important. Your evaluations help to evaluate how well the program prepared you for your Action Plans.

**Post-Program Mini-Courses.** In Summer and Fall 2014, three to five mini-courses in topics that will assist you in your Action Plans or in future endeavors will be available. Courses will be staff-created, but participants are encouraged to share materials and create their own mini-courses to share with others. While not offered for credit we will provide completion certificates for these course, participants should complete at least one course from those offered.

**Keeping in Touch with Staff.** Many staff and lecturers welcome continued contact with participants, for collaboration, basic interest, and for strong bonds of friendship. We encourage you to maintain these contacts through email, telephone, and social networking sites.

**Keeping in Touch with your National Team.** You national teams should establish ways to connect both electronically and physically in order to continue planning and implementation of your Action Plan. If there is difficulty doing this, you may consult with your adult leader or program staff to find a

**Keeping in Touch with New Friends.** Today, there is no reason to lose touch with new friends from other countries. We have created a program facebook page where you can post messages before, during and after the program. This is a great place to stay in touch with your new friends, we also encourage you to find creative ways to meet physically or virtually following the program.

**Sharing and Connecting with the Alumni.** The US State Department also encourages participants to join the U.S. Department of State’s Bureau of Educational and Cultural Affairs alumni website. This site allows you to network, share stories and information, seek opportunities for funding and work, and enjoy various other resources. You may find this at https://alumni.state.gov/. You may also connect with other alumni with Exchange Alumni at Exchanges Connect, at http://connect.state.gov/.
Internet: You can connect to the internet at the HSC via a laptop by using the guest internet. The wireless connection is strongest in the lobby but may also be available in your rooms. After you receive your log-in ID you can log on to computers in the lab in both the HSC and the library. Please, show your respect by putting away laptops during sessions.

Meals: Some meals are provided, but others will be paid out of your allowance.
- **Blackhawk Food Court** is an inexpensive cafeteria located on the lower level of HSC. It is a good choice for breakfast (7:00—10:30 a.m.).
- Most lunches at NIU will be at **Neptune Dining Hall**.
- **Tip**: you are allowed to take a piece of fruit (like an apple or an orange) and an ice-cream with you.
- There are a number of reasonably priced restaurants near campus. A list and map is provided in this booklet.

Accommodations: During the program you will be staying at a variety of accommodations: the Holmes Student Center (HSC) hotel in DeKalb, with a host family, and at the Comfort Inn in Silver Springs, Maryland (near Washington, DC). While at the hotels, it is important to not disturb others and to not hangout in the hallways. While you are welcome to explore the HSC and hotel, if you leave the building, please follow the rules outlined in the security section.

**Waiting Area for Bus Pick-up (for group field trips):** The NIU bus will pick you up from the **HSC east entrance** on **Normal Road** (not in the bus turnaround area where campus/local buses pick up). Please assemble quietly in this area **ten minutes** before pick-up time. It is essential that everyone is **on time**. The group cannot wait for latecomers.
**HOMEBASE: HOLMES STUDENT CENTER**

**Location:** SEAYLP sessions and initial housing are at Holmes Student Center (HSC) on the campus of Northern Illinois University (NIU). The HSC is the hub of the University and the local bus system. The HSC contains the following:

- Meeting rooms, including Hunt, Capitol, Illinois, Heritage, Lincoln, and University Suite.
- The Sky Room, used for meetings and special events, provides a great view of DeKalb and the surrounding area.
- The Duke Ellington Ballroom, where the university often hosts special events for the school and community.
- Several computer labs, which will be accessible to participants after receiving their log in.
- Several dining locations: Coffee Corner, Subway, the Huskies Hub, and the Black Hawk Food Court.
- The One Card Office where you will receive a NIU ID with your picture on it.
- The University Bookstore, where you can purchase books, school materials, snacks, and NIU wear and trinkets.
- A bank and ATM.
- The Huskies Den, with bowling, billiards, XBOX gaming, a video arcade, and a snack bar.
- A lounge with comfortable seating, meeting tables and a piano.
- Ellington’s Café, where NIU students cook and serve gourmet foods.
- The Sandburg Auditorium where performances and classes take place.

**Room Assignments:** You may stay in the room you are assigned. While you may visit other students (of the same gender) in their rooms, you may not sleep over in other students’ rooms. You may visit with members of the opposite sex in the common room or hotel lounge.

**Curfew hours:** Students must be in their rooms by 10:00 pm. Adult leaders will check to see students are in their rooms. In the morning and evenings, show respect for others by remaining quiet in the hotel hallways.

**Hotel room responsibilities**

- Do not leave your room messy and cluttered. Tidy up your room each morning.
- Please observe quiet hours after 10:00 pm.
- Use utensils, appliances, equipment only for their intended use. For example, an ice bucket should only be used as an ice bucket.
- Before re-charging your cell phones, check its voltage before plugging it in. If it’s not 110V, you will need an adapter or a transformer.
- Unplug room appliances (iron, coffee pot, etc.) before leaving for the day’s sessions.

**Telephone:** You are responsible for long distance calls made from your room at the HSC. You will pay for these calls before you check out. Local calls (DeKalb & Sycamore) are free. **Overseas and domestic calls** made from your hotel room are **very expensive**. It is wise to use phone cards. Use phone cards for all long distance or international calls. You may also use your cell phone for long distance domestic calls.
AT THE HOLMES STUDENT CENTER

**Phone cards:** You will be provided with a piece of paper (phone card) with instructions and a PIN to assist you in making short phone calls to your family and friends back home. If you lose this or your PIN you may contact a staff members to have them reprint these. Each person is provided with $10 of calling credit on the phone card. If necessary, you may buy additional phone cards.

**Logbook:** It is important that you let SEAYLP staff know where you are and whom you are with. A logbook has been placed at the front desk of the hotel. Please make sure you fill out this logbook every time you leave the Holmes Student Center for non-SEAYLP activities. Students who fail to sign in and out of the hotel will be grounded or fined. It is also important that you do not go out alone; for safety always go out with a friend.

**Transportation:** The NIU Huskie Bus system has a number of buses running regularly throughout DeKalb and its shopping areas. Familiarize yourselves with the NIU bus schedule and explore DeKalb during your free hours! Bus 7 goes to the shopping areas in DeKalb. It leaves the HSC bus turn-around every hour on the hour ( :00). The fare is $1 each one way trip.

**Laundry:** Laundry may be done at a coin-operated laundry facility at the Junction Center, south of Lincoln Highway. It opens at 8:00 a.m. and closes at 10:00 p.m. everyday.

**Medical Procedures:** In case of a medical emergency, an ambulance may be summoned by calling 911. If you need medical care, you will need your U.S. State Department insurance card. In addition, you will have a copay of $15 before the appointment.

If you are feeling ill and it is not an emergency situation, please let a staff member know. They will be able to direct you towards the proper medical assistance.

Remember to carry your insurance card with you at all times. Contact one of the program staff if you need medical attention so we are aware of any problems and may be of assistance to you. In addition to your insurance coverage for the 3-week program, you will have insurance coverage for two days before and two days after the official program dates to allow for your international travel period.

**Emergency Procedures:** In case of emergency, first call emergency personnel (call 911 if necessary). Then call either:

Rai Nihei 815-793-0231
Or
Center for Southeast Asian Studies 815-753-1771
Living with American host families is part of the SEAYLP’s goals to promote a better understanding of the United States and to help you gain greater perspective of American people, culture, values and social customs. Homestays provide a unique opportunity to observe daily life and learn the customs and culture of American people on a deeper level. For years, homestays have been popular in promoting greater cultural understanding and building international friendships among people from all over the world.

**LIVING WITH YOUR AMERICAN HOST FAMILY**

There is no such thing as a “typical” host family. Every host family is different. Some are very casual and some are formal. Some may have a lot of kids, others won’t have any. You may be in a household with relaxed rules or rigid rules. It is important to NOT compare your host family with other host families. Instead, enjoy the lifestyle of your host family as one type of American family lifestyle.

It is important that you clearly communicate with your host family so that they are aware of your needs and concerns. If there are any changes to the SEAYLP schedule, contact your host parents immediately. Your host family feels responsible for your well-being while you are staying with them. Their desire is for you to feel welcome and comfortable. If you feel you have trouble communicating with your host family, discuss this with any of the program staff or your country adult leaders so the miscommunication can be resolved right away.

The homestay experience is an opportunity for cultural exchange and understanding. Your family will be curious about you! Having photographs of your family, friends, your school, places you like to go when you are home is a good icebreaker on your first evening in the homestay.

The American host families open their hearts and their homes by hosting you and sharing their lives with you. They are eager to share their culture with you, but they want to learn about you, your family, and your culture.

- Know, respect and abide by the house rules of your host family.
- Offer to help around the house, for example, washing dishes after meals or sweeping the floor.
- Be sure to keep your room and bathroom clean, and picked up.
- DO NOT use your host family’s telephone for calling overseas UNLESS you are using a phone card (PIN) and have specific permission from your host parents.
- Be sure to **ask permission** before you use anything that belongs to the family.
- Respect that your host family’s lifestyle will be different in many ways from your family and enjoy!
It is important to sit down with your host family to discuss the rules for the house as soon as you are able and once you have settled into their home. The following are some sample questions that you may use to begin the discussion:

- What would you like me to call you? Should I call you “Mom,” “Dad,” by your first name, or something else?
- What are my daily responsibilities while I am living in your home?
- What is the telephone number here? What is the best way for me to contact you?
- May I use the phone to make telephone calls?
  
  Remember to always use a phone card (PIN) and let your host family know that you are using a phone card when you are calling home.
- May my parents call me here? May I receive phone calls from my fellow SEAYLP participants? Up until what time may they call me?
- What is the procedure to do laundry? Where may I keep my dirty clothes until they are ready to be washed?
- When are mealtimes? May I use the kitchen appliances such as the microwave, dishwasher, or stove?
- When is the best time for me to shower or bathe?
- May I use the stereo, TV, and computer?
- What are the rules about access to the Internet and e-mail?
- What are your expectations for me in regard to attending religious services with the family?

☑ Give your daily schedule to your host family and agree on a time for your pick-up. Make sure you are there on time.

☑ If there is a change in the schedule, notify your host family immediately so that they are not waiting for you.

☑ Specify your preferences directly when asked by your host family.

☑ Wake up and be ready early. Your host family may have to go to work.

☑ Sit in the front passenger’s seat if the seat is open.

☑ If you want rice for dinner, ask if you may have rice for dinner and offer to show them how you prepare it.

☑ Offer to help in household chores and be sure your room is always neat and clean.

☑ Ask when you may shop for groceries and toiletries.

☑ ASK PERMISSION before you use the washing machine, iron or any other electrical appliances in the house.

☑ Share your program and learning experiences or concerns you may have, and socialize with your family.

☑ Call your family a day after your homestay experience to say thank you and send a Thank You card, too.

☑ Ask permission to feed household pets.

☑ Be sure to knock before entering private rooms in the house.

☑ Remind your host family of special events for the SEAYLP program.

Enjoy yourself!
SOME PRACTICAL INFORMATION

TELEPHONE

Only calls to DeKalb and Sycamore are free from your hotel rooms. All other calls, both inside the U.S. and international, are not free. Use a telephone card for all calls that are not local.

International calls are placed by first dialing 011, then the country code followed by the telephone number.

For any emergency (to reach police, ambulance, or fire department): 911

Non-Emergency Numbers

Police: (815)748-8400
NIU Police: (815)753-1212
Health Services: (815)753-1311

INTERNET

You will be given a student number and password. These can be used to access the internet from the computer labs in the HSC and at Founders Library. The labs located in Holmes Student Center are: HC 023 in the basement and HC 117 on the main floor. In Founders Library across from the HSC is located at FO 393, located on the third floor.

MONEY

U.S. currency is divided into bills (paper money) and coins. All U.S. bills are the same color and size, so be sure to check bills’ denominations. Bills in the following denominations are commonly used: $1, $5, $10, $20, $50, $100. The sizes of U.S. coins do not indicate their value. Below, there are the most common coins. However, US currency has been changing recently, so you may receive money which looks slightly different.

** Rates vary greatly for international calls.

| The country codes for Southeast Asia are: |
|------------------|------------------|
| Brunei          | 673              |
| Burma/Myanmar   | 95               |
| Cambodia        | 855              |
| Indonesia       | 62               |
| Laos            | 856              |
| Malaysia        | 60               |
| Philippines     | 63               |
| Singapore       | 65               |
| Thailand        | 66               |
| Vietnam         | 84               |

CALENDAR DATES

In the US dates are written as month/day/year. So while 4/7/14 would be July 4, 2014 in many locations, it is April 7, 2014 in the United States. It is best to write out dates using the month name in order to avoid confusion (ex: April 7, 2014).
For some services in the U.S. it is customary to give a tip (a small amount of money paid directly to the person who provides the service in addition to the fee for the service or product). Some common tipping situations are listed in the table below:

<table>
<thead>
<tr>
<th>Situation</th>
<th>Customary Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>baggage handling</td>
<td>$1 per bag</td>
</tr>
<tr>
<td>taxis</td>
<td>15% of fare, but never less than 25 cents</td>
</tr>
<tr>
<td>restaurants</td>
<td>15 to 20% of the bill (not necessary to tip at cafeterias, fast food restaurants, or for carryout/to go meals)</td>
</tr>
</tbody>
</table>

**PERSONAL BELONGINGS**

When we go to Washington, DC and when you go beyond, there will a 50 lb. limit on each bag that you carry and a limit of two bags. If you exceed these limits, you must cover the charges. Both when we are on campus and when we travel, you are responsible for your own belongings, including your class materials, personal belongings, and identification. Program staff will collect passports on the first full day of the program to help prevent loss, and will return them for travelling to Washington, DC, entry into the US Department of State, and before your trip back to your home countries.

**ALCOHOL AND TOBACCO**

It is illegal in the U.S. for people under the age of 18 to have, use, or try to purchase cigarettes. Smoking is not allowed in buildings and is restricted to certain areas away from doors and vents outside of buildings. It is illegal in the U.S. for people under the age of 21 to have, use, or try to buy alcohol (including beer and wine).

**JET LAG**

Jet Lag is the physical shock of your body adjusting to a new time zone. Its intensity will depend upon how many time zones you have crossed during your travel to the United States. While your body is adjusting to a new daily rhythm, you may experience headaches, disorientation, sleeplessness or sleepiness. You may experience ‘jet lag’ for a few days after your arrival.

**Tips to Deal with Jet Lag**

- Follow the normal eating and sleeping patterns of your new time zone.
- Resist taking naps in the middle of the day since it will make it more difficult to sleep at night.
- Take a walk, exercise, or plan activities with friends during the day when you find you are tired.
- Get some sunlight during the day to help you body's clock to reset.

**MEETING PEOPLE**

- Americans tend to maintain a relatively large physical distance between one another in conversations or social meetings. Each person has a different ‘comfort zone,’ so do not be offended if an American takes a step back as you approach him or her in a conversation.
- Although it is customary to shake hands only with the right hand upon meeting someone, Americans often use either their right or left hands to give something to or receive something from another person.
AMERICAN CULTURE

You certainly have heard stories about American people. You also probably have some ideas from having met Americans before, films or television programs. However, American society is enormously diverse and complex and should not be reduced to a few stories or stereotypes. Important differences exist between geographical regions, between rural and urban areas, and between social classes. The presence of millions of immigrants who have come to the United States from all corners of the world add even more variety and flavor to American life. Below are some typical American characteristics.

**Honesty + frankness**
These two traits are more important to Americans than personal honor or "saving face." Americans may seem blunt at times, and in polite conversations they may bring up topics or issues you may find embarrassing, controversial, or even offensive. Americans are very direct and tend to not spend much time on social niceties. However, it is rude to ask the age of adults or to comment on others physical appearance.

**Informality**
In general, Americans like to dress, entertain and treat each other informally, even when there is a great difference in age or social standing. It is more common to refer to people by their first names rather than by formal titles such as “Mr.” or “Mrs.” Some students refer to their professors by their first names. International students may consider this informality disrespectful, even rude, but it is part of American culture.

**Individuality**
Individuality is a key American value. Americans have strong family ties and loyalties to groups, but individuality and individual rights are most important. If this seems like a selfish attitude, it also leads to an honest respect for other individuals and an insistence on human equality.

**Punctuality**
Most Americans keep some kind of appointment calendar and live according to schedules. They always strive to be on time for appointments. To international students, American students seem to always be in a hurry, and this often makes them appear rude.

**Competitiveness**
Americans place a high value on achievement, which sometimes leads to the perception that Americans are highly competitive. This is true, to a degree. You will find friendly, and not-so-friendly, competition everywhere. Some international students might find it overbearing and disagreeable. Despite this competitive nature, Americans still have a good sense of teamwork and of cooperating with others to achieve a specific goal.

**Independence + self-reliance**
From an early age, children are taught to "stand on their own two feet," an idiom that means, “to be independent.” You may be surprised to learn that most U.S. students follow their own careers, arrange their own marriages, and so on, instead of adhering to the wishes of their parents.
CULTURE SHOCK
This is the process of adjusting to a new country and a new culture, which may be dramatically different from your own. Climate, food, and landscapes, as well as the people and their ways may seem strange to you. Your English may not be as good as you expected. If you feel this way, do not panic; culture shock is a normal reaction. As you adjust to U.S. culture and attitudes and begin to know your way around, you will find yourself adapting to your new surroundings and way of life. The length and intensity of culture shock depends on the individual, but no one escapes it completely. The important thing to remember is that you are not the only one experiencing these feelings, many others before you have gone through it and you can talk to other participants and adults in the program.

COMMON SYMPTOMS
- Extreme homesickness
- Physical complaints & sleep disturbance
- Depression & anxiety
- Lost sense of humor
- Boredom or fatigue
- Difficulty with learning & concentration
- Hostility & irritation

COPING STRATEGIES
- Set reasonable goals and expectations.
- Establish priorities, with most important first.
- Don’t isolate yourself.
- Talk to others to help you understand the culture.
- Eat properly, exercise, and get enough rest.
- Write and call home regularly.
- Remember it’s normal to feel overwhelmed, and it will go away.

CULTURAL TIPS
- Try not to be judgmental. There is no right or wrong culture; no superior or inferior culture. Look for similarities rather than differences.
- Maintain a positive attitude! Don’t let minor frustrations annoy you to the point of condemning the local culture. Learn as much as you can about the area. Sample American food. Don’t avoid local specialties just because you are unfamiliar with them.

VALUE SHOCK
You may find yourself faced with situations that are not accepted in your culture and may have trouble getting accustomed to them. This may include the informality of American life, political or religious attitudes, or the social behavior of Americans may seem amoral or unacceptable to you.

- Look for information on the things that surprise you or make you feel uncomfortable
- Try to be flexible, respectful and open-minded. This can be a great opportunity to learn more about topics that might be less popular or taboo in your country.
- Talk to someone from the same culture or religion that has been living in the United States for a while to learn how they have dealt with value shock.
HEALTH AND SAFETY

While you are in the United States we are very concerned about protecting your health and safety. For that reason we provide a code of conduct, contact information for staff, and healthcare.

Security. While you are here, staff will do their best to provide for your security, including such measures as requesting security checks while at the Holmes Student, doing both background checks and home visits with host families prior to participant placement, and providing mobile phones to all participants for emergency calls. Students are also expected to exercise appropriate caution and responsibility by traveling outside of hotels only with adult/staff supervision and carefully minding their own belongings. We also request the assistance of adult participants in carefully monitoring youth participants, both during set programming and during recreational times. While here, participants are encouraged to report any concerns and issues to group leaders, program manager, or program director.

Water, Air, & Food Quality. It is safe to drink the tap water in DeKalb, Chicago, and Washington, but you will also have frequent access to bottled water and other beverages. Air quality is very good in DeKalb, generally, because it is a small town with reduced traffic. Chicago and Washington also have good air quality, but do have a larger degree of pollution due to high traffic. Food in the US is very safe, overall, because of high Health Department standards for restaurants and cafeterias. However, if you ever feel that food has gone bad or is unhealthy, you may ask for fresh food. Raw fruits and vegetables are regularly eaten by Americans, but we do recommend washing fruits and vegetables before eating them.

Physical Health. While you are here, we expect you to participate in all activities, but if you become ill or injured, especially to the point where you cannot participate, please inform SEAYLP staff members and/or you host family parents. You may call Rai Nihei at any time you need immediate care at 815-793-0231. If there is an emergency, call 911 for the police or ambulance. We can take you to a doctor or hospital to get care and if needed help to provide a translator from program or university staff.

Health Coverage. During your travel, you are covered by the Bureau’s Accident and Sickness Program for Exchanges (ASPE), which is a self-funded, limited health care benefit plan designed to pay covered medical expenses for eligible exchange participants. There is a $15 co-pay for each office visit in the United States, and you will be expected to pay this cost. We will provide you with an insurance card and additional materials about the program after your arrival.

Nearby Health Facilities. While in DeKalb, you may visit a local clinic with minor concerns or Kishwaukee Hospital in the case of emergency. More information on these will be available at orientation.

Emergency Procedures. In case of emergency, first call emergency personnel (call 911 if necessary). Then call either:

   Rai Hancock  815-793-0231
   Or Center for Southeast Asian Studies 815-753-1771
APPENDIX 1: CONTACTS AND PROGRAM

A. Staff Contact List
B. Contacts List
C. Emergency Translators
D. Participant Information and Work Groups
E. Department of State and Consular Offices
F. Code of Conduct
G. Schedule for April 11
H. Workshop Details
## STAFF CONTACTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Judy Ledgerwood</td>
<td>Director, Center for Southeast Asian Studies</td>
<td>815-753-8579</td>
<td><a href="mailto:jledgerw@niu.edu">jledgerw@niu.edu</a></td>
</tr>
<tr>
<td></td>
<td>Professor, Anthropology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rai Nihei</td>
<td>Administrative Director, SEAYLP</td>
<td>815-753-6956</td>
<td><a href="mailto:mhancock3@niu.edu">mhancock3@niu.edu</a></td>
</tr>
<tr>
<td>Liz Denius</td>
<td>Communications Manager, Center for Southeast Asian Studies</td>
<td>815-753-1901</td>
<td><a href="mailto:edenius@niu.edu">edenius@niu.edu</a></td>
</tr>
<tr>
<td>Nancy Schuneman</td>
<td>Office Manager, Center for Southeast Asian Studies</td>
<td>815-753-1771</td>
<td><a href="mailto:nschunem@niu.edu">nschunem@niu.edu</a></td>
</tr>
<tr>
<td>Pam Rosenberg</td>
<td>Business Manager, Division of International Affairs</td>
<td>815-753-9530</td>
<td><a href="mailto:prosenberg@niu.edu">prosenberg@niu.edu</a></td>
</tr>
<tr>
<td>Jordan York</td>
<td>Program Staff</td>
<td></td>
<td><a href="mailto:jordany702@gmail.com">jordany702@gmail.com</a></td>
</tr>
<tr>
<td>Rachael Skog</td>
<td>Program Staff</td>
<td></td>
<td><a href="mailto:rskog@niu.edu">rskog@niu.edu</a></td>
</tr>
<tr>
<td>Cho Aye</td>
<td>Program Staff</td>
<td></td>
<td><a href="mailto:caye@niu.edu">caye@niu.edu</a></td>
</tr>
<tr>
<td>Center for SE Asian Studies</td>
<td>Hosting Center</td>
<td>815-753-1771</td>
<td><a href="mailto:cseas@niu.edu">cseas@niu.edu</a></td>
</tr>
</tbody>
</table>
CODE OF CONDUCT

Please review the following code of conduct. Ensure that you and your parents understand that you will be expected to follow all parts of the agreement while in the program. This rules are set to support program goals and prevent harm to yourself, other participants, and those you meet in the United States.

During the Southeast Asia Youth Leadership Program, I will:
• Remain mindful of my role as representative of my country, its government, the U.S. State Department, and Northern Illinois University (NIU).
• Make a strong effort to actively engage in all program activities and constructively work and interact with other participants.
• Respect the needs and feelings of others and show kindness to all with whom I come in contact.
• Treat all participants, staff, guests and others I meet with respect, regardless of race, creed, color, national origin, gender, sexual orientation, economic standing, or ability.
• Show respect for program staff, presenters, and guest lecturers through my attitude and behavior, including following directions and arriving promptly.
• Demonstrate a high-level of responsibility with my property and the property of others.
• Wear clothing that is appropriate to activities and shows respect for myself and others.
• Limit my use of electronic devices, including, but not limited to, cell phones, music players, and hand-held games to non-instructional time. I am aware that loss, damage, or theft of such items is not the responsibility of program staff, NIU, or NIU employees.

During the Southeast Asia Youth Leadership Program, I will not:
• Use physical violence, violent language, or threats, including but not limited to:
  • Fighting or using “fighting words.”
  • Bullying or intimidation
  • Roughhousing or wrestling
  • Physical or verbal threats
• Bring items which are unlawful or prohibited, including but not limited to:
  • Weapons of any kind.
  • Drugs (including alcohol, cigarettes, or narcotics)
  • Fireworks or explosives
• Use substances – including alcohol or cigarettes – or engage in inappropriate and/or dangerous use of instructional or household materials.
• Operate a motor vehicle or motorized vehicle at any time.
• Engage in behavior which is sexually inappropriate, threatening, or harassing. This can include, but is not limited to, sexual misconduct, and touching oneself or others in a sexual manner.
• Leave campus or hotel properties without staff knowledge or without an adult.
• Use profanity, but will maintain language and decorum appropriate for the classroom setting at all times.
• Degrade others based on their race, national origin, gender, sexual orientation, or ability.

Having read and understood the Code of Conduct above, I agree to follow these policies during the Southeast Asia Youth Leadership Program. I also understand that failure to comply with these policies will have consequences, which may include, but are not limited to, being prohibited from participating in some or all activities and being dismissed from the program.

Participant’s Name
Participant’s Signature
Today’s Date

Parent/Guardian’s Name
Parent/Guardian’s Signature
Today’s Date
PREDEPARTURE INFORMATION

Preparing for the Program

Before you depart from your home country, please collect information about issues in your community, environmental, economic, or otherwise. Think about the things that impact the well-being of all people and wildlife at all levels. While you are here, you will use this information to create a plan for service to your community.

While you are here, you may be doing service and activities outside. While April weather can be warm to people here, it will certainly be chilly for you. Spring weather can be very unpredictable, but expect to be cold. Bring warm clothing you can layer—like t-shirts, hoodies, and jackets. We have winter coats to loan, but they are not very fashionable and may not fit nicely, so bring your own if you have them.

With your country group, choose an activity which you enjoy and which represents the culture of your country or region, which you will present at the Welcome Picnic in DeKalb and at a school in Washington, DC. The presentation should allow you to interact with your audience, not only show them something but to involve them in it. This activity should be brief and a participant should be able to complete the activity in less than 5 minutes.

It is suggested that participants prepare to share their culture in various ways with their host families, fellow students, and others they meet. Often participants bring small gifts to share with others and/or come prepared to share foods from their country. Many of the people you meet will be interested in the history, culture, economics, religion, and politics of your countries and Americans are very frank and open about discussing such topics, so it is useful to be prepared to answer questions and to know what subjects you are or are not comfortable talking about. It is okay to say you do not want to talk about something.

Adult participants can expect to meet with educators in the US and experience the classrooms here. If you have a topic you are interested in, feel free to prepare some questions to ask educators.

Some thing which the staff find are important to consider as you prepare for your trip:

- Be prepared to try new foods. If you come with a restricted diet, we will do our best to provide options which are reasonable and safe for you. For example, each meal will include vegetarian options. However, due to our location, there are not many halal meats available. On the other hand, restaurants typically do not use lard (pig fat) in cooking, but instead use vegetable based oils. If you are concerned about the use of pig products when dining, you can inquire with staff.

- Be aware of baggage charges when you are returning to your country. Many past participants were required to pay extra bag fees or overweight charges at the airport. We will try to assist participants in finding the weight of their bags before leaving DeKalb.

- Movies should not be your source of correct language while you are here. It is not appropriate to use words like “shit,” “fuck,” or “bitch” in common language, especially within your host families, during school visits, or in program sessions. These words are still considered rude and offensive by many Americans. Additionally, words that degrade any person based on their race, gender, sexual orientation, or abilities will not be tolerated during the program.
Travel Documents

**Note:** Any information provided by the U.S. Embassy in your home country which conflicts with this travel information will supersede this document.

One of the features of the J-1 visa is the two-year home country physical presence requirement. This means participants must return to their home countries and live for a total of two years before they are eligible to receive the kind of visa that enables them to reside permanently in the United States. This “two-year rule” does not prevent participants from returning to the U.S. for business, tourism, study, and other purposes that involve a temporary stay.

You will receive your U.S. Non-immigrant Visa (J-1 visa for Exchange Scholars) at the American Embassy in your home country. Your immigration documents will be given to you in a sealed envelope. **DO NOT OPEN THE ENVELOPE.** The U.S. Immigration inspector at your **U.S. Port of Entry** will open these documents.

Your Passport and Certificate of Eligibility (DS-2019) define your legal status in the United States. They are necessary for your entry and stay in the U.S., and for any temporary departure from and re-entry into the country.

**Documents.** Please make sure that these documents are either in your carry-on luggage or purse/bag when you travel. Do not give them to anyone unless they show some form of identification that authorizes them to receive it.

**A. Legal Documents**

- **A valid Passport:** with at least 6 months validity beyond your entry date.
- **A Nonimmigrant Visa:** This will be placed inside your passport by a consular officer of the U.S. Embassy.
- **Certificate of Eligibility (DS-2019 form)**

**B. Medical History, Medicine Prescriptions, Eyeglasses/Contacts Prescriptions**

You should bring any important information regarding medical history. This includes documents regarding any medical conditions you may have, medicine prescriptions you need regularly and your eyeglasses prescription if you wear eyeglasses or contacts. Make sure that these prescriptions and documents are written legibly and in **English**.

**Luggage**

It is in your interest to keep your luggage light and compact because you will have to carry whatever you bring. You will be responsible for carrying your luggage to and from all airports and hotels. There are no porters or assistants to help you. Remember, you will likely bringing souvenir gifts back to your home country, so it is important to leave space and weight for that.
Luggage Allowance. Luggage allowances vary between airlines, so check with the airline on which you are flying for specific regulations and consider domestic flights you will be taking. However, passengers to the United States are usually allowed one piece of check-in baggage weighing no more than 50 lbs. (22 kilograms) each, and one small piece of hand or "carry-on" baggage and a personal item such as a purse or backpack. Your carry-on luggage must weigh no more than 22 lbs (10 kg) and must be able to fit either under the airplane seat or in the overhead bin and should not be bigger than 9” by 14” by 22” (a medium sized duffle bag or rolling luggage). You are also allowed to take one of the following with you on the plane: a purse, small backpack, briefcase, or laptop bag.

Label your luggage. Place labels on the inside and outside your luggage with the information to right:

- If your luggage is lost, these labels will help the airline return it to you.
- Many pieces of luggage look the same; it is advisable to place a marker (i.e. ribbons or stickers) on the inside and outside of your luggage to make it easier to identify on the Baggage Claim carousel.
- Do not leave your luggage unattended in the airport.

Baggage Check In. When you check in your luggage at the airport in your home country, please make sure that it is checked all the way through to O’Hare International Airport (the airport code is ORD) - your final destination.

Transportation Security Administration (TSA). Due to heightened security measures, the TSA is limiting the amount of liquids, gels, and aerosols allowed in carry-on luggage. These items include shampoo, suntan lotion, lotions, creams, toothpaste, hair gel, hair spray and other similar products. Each item should be no more than 3 oz. (90 ml) in size and all of these items must fit into one transparent, re-sealable 1 quart (1 L)- sized plastic bag. Any medication or liquids necessary for diabetic or other medical needs that do not fit into the 1 quart plastic bag and/or are more than 3 oz. must be declared at the TSA Checkpoint. Any liquids, aerosols or gels purchased beyond the TSA security checkpoint may be taken on the plane.

Prohibited Items. Please do not bring any of the following items on your travels to the United States: plants, fruits, meats, vegetables, clothing made from the skin of endangered animals, ivory, obscene articles or publications, firearms, cigarette lighters, mace or pepper spray. Knives, scissors, tweezers, screwdrivers, metal fingernail files, nail clippers, and multi-use utility tools maybe brought into the United States but must be placed in checked luggage. Any sharp objects in carry-on luggage will be confiscated. Prescription drugs without a doctor’s prescription, drug paraphernalia, and illegal narcotics such as barbiturates and marijuana are also strictly prohibited. If you have any concern about what you may or may not bring, please check: http://www.tsa.gov/travelers/airtravel/prohibited/permitted/prohibited-items.shtm.

Electrical Appliances and Electronics. Be aware that the United States has 120V outlets which resembled those pictured here. You may need to purchase an adapter in your home country or while in the United States.
Arrival in the United States

Port of Entry into the United States

Passing through the Immigration Inspection Booths. Once you deplane at your Port of Entry, follow the other passengers into the terminal area reserved for incoming passengers. You will be asked to get in line in front of the Immigration Inspection Booths. There are usually two lines at immigration, one for US citizens and one for non US citizens. Have your passport, and S-2019 form ready for inspection by the Immigration Officer. You will probably be asked what your purpose for entering the United States and what your final destination is. An appropriate answer would be, “To attend a three-week training program at Northern Illinois University in DeKalb, Illinois.” You should know the full name of the program (Southeast Asia Youth Leadership Program), that it is sponsored by the U.S. Department of State, and administered by Northern Illinois University.

This process usually take less than a minute. The officer will stamp your passport. Upon your arrival, you may be photographed and fingerprinted to verify your identity as part of additional clearance procedures. In some cases, there may be delays, a short interview may be conducted and a follow-up appointment may be scheduled to verify your plans.

Baggage Claim. After passing through Immigration, you will then go to the Baggage Claim Area to pick up your luggage. Make sure that you double-check the baggage claim tags placed on your luggage by the airlines for your name.

Passing through U.S. Customs & Declaration of Goods. Once you have your baggage, you will now proceed to U.S. Customs. Have your completed Customs Declaration form ready. A Customs Inspector will ask you to declare what you have brought into the country. A Customs Inspector may inspect your bags. Penalties for concealing declarable items can be severe, so be honest and make a full declaration. *Items that you are required to declare include:* items of value that you are bringing for someone else; items you intend to sell or use in your business.

After exiting Immigration and Customs, NIU staff will meet you in the lobby of the International Terminal. They will be holding a sign in black and red that reads: “NIU welcomes SEAYLP”

Travel Documents

While you are in the US you are required to have a copy of your passport and your visa with you at all times. We will copy of these documents for you after your arrival. We request to hold on to your passport while you are in the United States to prevent the accidental loss of these documents.

Travel Delays

In the case of a travel delay, please contact:

**Nancy Schuneman**

Office Phone: 1(815) 753-1771

email: mhancock3@niu.edu
WHAT TO PACK

**Carry-On Luggage**
- Identification papers and important documents: Passport & sealed envelope from the U.S. Embassy, DS2019
- Any and all electronic devices (laptops, cameras, cell phones, etc)
- A list of names, addresses, telephone numbers and email addresses of your key contacts in the U.S. and in your home country, including **Rai Nihei, 815-793-0231**
- All prescription medicine and medical prescriptions written out by your doctor and/or pharmacist with English-language equivalences. If your medication is in liquid or gel form, please be sure to put it into a clear, re-sealable 1 quart– sized plastic bag.
- Two days worth of clothing in case your luggage is delayed
- Pocket money (U.S. dollars) – in case you want to buy snacks while waiting for your flight.

**Check-in Suitcases/Luggage**

*Required*
- A jacket or coat, warm hat, gloves, scarf, and clothing that can be layered. If you do not have a warm jacket to wear outdoors, NIU has some jackets available for temporary loan to foreign students. Loaner jackets are warm and clean although they are not fashionable.
- One businesslike ensemble to wear during presentations and meetings. While in Washington, DC there will be at least 1 day where dressing neatly (school uniform level or nicer) will be required.
- One very casual outfit that can become wet and/or dirty for field trips and service project participation.
- Everyday clothing: casual clothes (clothing suitable for cool temperatures, blouses/shirts, a sweater, T-shirts, jeans/khakis, gym/tennis/trainers or comfortable shoes)
- Toiletries, moisturizer
- Liquids or gels that are in containers no larger than 3 oz. It is advised that you put these materials in re-sealable plastic bags because the air pressure in the luggage compartment of the plane sometimes causes the liquids/gels to leak, open, or explode.

*Suggested*
- Pictures of your family, home and community to share with your new friends and host family.
- Attire (one outfit) representative of your region or province for festive occasions. Also, items for a cultural presentation.
- An extra pair of glasses (if needed)
- Souvenirs from your home area to share with your host family and new friends
- A camera so you will have photos of your wonderful experience in the United States

*You do NOT need to bring towels or bed linens as these will be provided for you by the hotels and your host family.*