



Meeting for Trip to Germany  
2/6/18  
Agenda

- I. Sign in
- II. Introduction
  - a. Mrs. Martin-Lynch
- III. Updates
  - a. Hosting information after this Thursday from Germany
  - b. You are not a guest, you are part of the family
  - c. Possible Berlin Trip
  - d. Passports
  - e. Payments
  - f. Reminders: remind, weebly ([www.jonesls.weebly.com](http://www.jonesls.weebly.com))
  - g. Student code of conduct while in Germany
- IV. List for Parents (handout)
  - a. Please check
    - i. Spelling
    - ii. How it appears on the passport
    - iii. Date of birth
- V. Emergency form (handout)
  - a. Fill out and return no later than 2/13/18
- VI. WhatsApp (handout)
  - a. Also phone – contact your carrier before the trip
- VII. Health packing list (handout)
- VIII. CDC Vaccines (handout)
- IX. Future Meetings
  - a. Wednesday February 28
  - b. Wednesday March 14
- X. Future topics to cover: packing list, luggage, passports, departure time, flight updates, expectations to families in Germany, appropriate behavior with German families...
- XI. Parent group and student group
- XII. Questions then Separate meetings and Separate Agendas

## Parent Portion:

- A. Parent group
  - a. Get to know each other, support and have fun!
  - b. Address, phone number, contact info
  - c. Volunteers to head up parent group
    - i. T-shirts
    - ii. Journals
    - iii. Communication
    - iv. Fund raising
    - v. Plans for getting together

## Student Portion:

- A. Future meetings
  - a. Work on presentations on early release days
    - i. Culture, food, music, map/location, our school...
    - ii. Presentations will be given in the German Schools
  - b. Work on journals when in Germany
  - c. Work on presentations for the Board Of Education and German classes upon return
  - d. Activities to get to know each other...we are a family, a group. Always include everyone.

Return by 2/13/18

Lake Shore Public Schools – Exchange Program Emergency Medical Form

Name \_\_\_\_\_  
(Last) (First) (Middle)

Address \_\_\_\_\_  
\_\_\_\_\_

Father (Guardian) Name: \_\_\_\_\_  
Phone: Home \_\_\_\_\_  
Work \_\_\_\_\_  
Cell \_\_\_\_\_

Mother (Guardian) Name: \_\_\_\_\_  
Phone: Home \_\_\_\_\_  
Work \_\_\_\_\_  
Cell \_\_\_\_\_

In case of emergency if no one can be reached, call either of the following:

1. Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

2. Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

# Lake Shore Public Schools – Exchange Program Emergency Medical Form

Allergies/Other Medical Information: \_\_\_\_\_

\_\_\_\_\_

Please list any medications that your student will be taking while on their trip. Be sure to include the name of the medication, a brief description of what it looks like and the dosage: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

We, the undersigned, feel we have insurance protection for our Son/Daughter while attending the exchange trip and have provided a copy of such insurance to the school.

Signed: \_\_\_\_\_

(Parent/Guardian)

Date: \_\_\_\_\_

It is understood that in a medical situation, every effort will be made to establish contact with the parents or guardians prior to seeking medical attention. In case the above student becomes ill or injured on the exchange trip and/or emergency medical care is needed and contact cannot be established, I hereby authorize medical care and agree to pay all expenses incurred by the handling of this emergency care.

Signed: \_\_\_\_\_

(Parent/Guardian)

Date: \_\_\_\_\_

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## Health Information for Travelers to Germany

### Healthy Travel Packing List

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#### Pack items for your health and safety.

- You may not be able to purchase and pack all of these items, and some may not be relevant to you and your travel plans. Talk to your doctor about which items are most important for you.
- This list is general and may not include all the items you need. Check our [Traveler Information Center](#) for more information if you are a traveler with specific health needs, such as travelers who are pregnant, immune compromised, or traveling for a specific purpose like humanitarian aid work.
- Remember to pack extras of important health supplies in case of travel delays.

#### Prescription medicines

- Your prescriptions**
- Travelers' diarrhea (<http://wwwnc.cdc.gov/travel/page/travelers-diarrhea>) antibiotic**
- Suture/syringe kit**  
Kit is for use by local health care provider & requires a letter from your doctor on letterhead stationery
- Altitude sickness medicine**

#### Medical supplies

- Glasses**  
Consider packing spare glasses in case yours are damaged
- Contact lenses**  
Consider packing spare contacts in case yours are damaged
- Needles or syringes (for diabetes, for example)**  
Requires a letter from your doctor on letterhead stationery
- Suture kit**  
Kit is for use by local health care provider & requires a letter from your doctor on letterhead stationery
- Diabetes testing supplies**
- Insulin**
- Inhalers**
- Epinephrine auto-injectors (EpiPens)**
- Medical alert bracelet or necklace**

#### Over-the-counter medicines

- Antacid**
- Diarrhea medicine (<http://wwwnc.cdc.gov/travel/page/travelers-diarrhea>)**  
Examples: loperamide [Imodium] or bismuth subsalicylate [Pepto-Bismol]
- Antihistamine**
- Motion sickness medicine**
- Cough drops**
- Cough suppression/expectorant**
- Decongestant**
- Medicine for pain and fever**  
Examples: acetaminophen, aspirin, or ibuprofen
- Mild laxative**
- Mild sedative or other sleep aid**
- Saline nose spray**

#### Supplies to prevent illness or injury

- Hand sanitizer or wipes**  
Alcohol-based hand sanitizer containing at least 60% alcohol or antibacterial hand wipes
- Water purification tablets**  
May be needed if camping or visiting remote areas

**Insect repellent**

Select an insect repellent based on CDC recommendations: [Avoid Bug Bites \(http://wwwnc.cdc.gov/travel/page/avoid-bug-bites\)](http://wwwnc.cdc.gov/travel/page/avoid-bug-bites)

**Permethrin**

Permethrin is insect repellent for clothing. It may be needed if you spend a lot of time outdoors. Clothing can also be treated at home in advance.

**Sunscreen**

(SPF 15 or greater) with UVA and UVB protection. See [Sun Exposure \(http://wwwnc.cdc.gov/travel/page/sun-exposure\)](http://wwwnc.cdc.gov/travel/page/sun-exposure).

**Sunglasses and hat**

Wear for additional sun protection. A wide brim hat is preferred.

**Personal safety equipment**

Examples: child safety seats, bicycle helmets

**Earplugs**

**Latex condoms**

## First-aid kit

**1% hydrocortisone cream**

**Antifungal ointments**

**Antibacterial ointments**

**Antiseptic wound cleanser**

**Aloe gel**

For sunburns

**Insect bite treatment**

Anti-itch gel or cream

**Bandages**

Multiple sizes, gauze, and adhesive tape

**Moleskin or molefoam for blisters**

**Elastic/compression bandage wrap**

For sprains and strains

**Disposable gloves**

**Digital thermometer**

**Scissors and safety pins**

**Cotton swabs (Q-Tips)**

**Tweezers**

**Eye drops**

## Documents

**Health insurance documents**

Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms

**Copies of all prescriptions**

Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.

**Contact card**

Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:

Family member or close contact remaining in the United States

Health care provider(s) at home

Lodging at your destination

Hospitals or clinics (including emergency services) in your destination

US embassy or consulate in the destination country or countries

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Page last updated: October 18, 2017

Page last reviewed: July 31, 2015

Content source: Centers for Disease Control and Prevention (<https://www.cdc.gov/>)

National Center for Emerging and Zoonotic Infectious Diseases (NCEZID) (<https://www.cdc.gov/ncezid/index.html>)

Division of Global Migration and Quarantine (DGMQ) (<https://www.cdc.gov/ncezid/dgmaq/index.html>)

## Health Information for Travelers to Germany Traveler View

**Traveler View**

**Clinician View**

**On This Page**

- [Vaccines and Medicines](#)
- [Stay Healthy and Safe](#)
- [Healthy Travel Packing List](#)
- [Travel Health Notices](#)
- [After Your Trip](#)



### Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

**Find Out Why**

**Protect Yourself**

**All travelers**

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

**Routine vaccines**

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.



**Some travelers**

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

**Hepatitis A**

Hepatitis A outbreaks occur throughout the world and sometimes in countries with a low risk for hepatitis A (including the US). You can get hepatitis A through contaminated food or water in Germany, so talk to your doctor to see if the hepatitis A vaccine is right for you.



**Hepatitis B**

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.



**Rabies**

Rabies is present in bats in Germany. However, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:

- Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites (such as adventure travel and caving).
- People who will be working with or around bats (such as wildlife professionals and researchers).



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## Key

Get vaccinated

Eat and drink safely

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Avoid non-sterile medical or cosmetic equipment

## Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Germany, so your behaviors are important.

Eat and drink safely

Prevent bug bites

Stay safe outdoors

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Know how to get medical care while traveling

Select safe transportation

Maintain personal security

## Healthy Travel Packing List

Use the [Healthy Travel Packing List for Germany](#) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

Why does CDC recommend packing these health-related items?

It's best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

## Travel Health Notices

Be aware of current health issues in Germany. Learn how to protect yourself.



## App Store Preview

This app is only available on the App Store for iOS devices.



### WhatsApp Messenger 12+

Simple. Reliable. Secure.

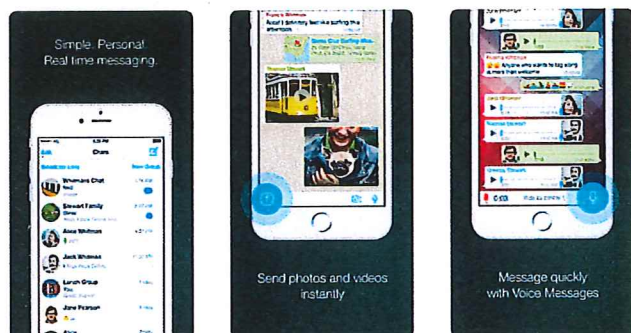
WhatsApp Inc.

#3 in Social Networking

1.2M Ratings

Free

### iPhone Screenshots



### Description

WhatsApp Messenger is a FREE messaging app available for iPhone and other smartphones. WhatsApp uses your phone's Internet connection (4G/3G/2G/EDGE or Wi-Fi, as available) to let you message and call friends and family. Switch from SMS to WhatsApp to send and receive messages, calls, photos, videos, and Voice Messages.

#### WHY USE WHATSAPP:

- **NO FEES:** WhatsApp uses your phone's Internet connection (4G/3G/2G/EDGE or Wi-Fi, as available) to let you message and call friends and family, so you don't have to pay for every message or call.\* There are no subscription fees to use WhatsApp.
- **MULTIMEDIA:** Send and receive photos, videos, and Voice Messages.
- **FREE CALLS:** Call your friends and family for free with WhatsApp Calling, even if they're in another country.\* WhatsApp calls use your phone's Internet connection rather than your cellular plan's voice minutes. (Note: Data charges may apply. Contact your provider for details. Also, you can't access 911 and other emergency service numbers through WhatsApp).
- **GROUP CHAT:** Enjoy group chats with your contacts so you can easily stay in touch with your friends or family.
- **WHATSAPP WEB:** You can also send and receive WhatsApp messages right from your computer's browser.
- **NO INTERNATIONAL CHARGES:** There's no extra charge to send WhatsApp messages internationally. Chat with your friends around the world and avoid international SMS charges.\*
- **SAY NO TO USERNAMES AND PINS:** Why bother having to remember yet another username or PIN? WhatsApp works with your phone number, just like SMS, and integrates seamlessly with your phone's existing address book.
- **ALWAYS LOGGED IN:** With WhatsApp, you're always logged in so you don't miss messages. No more confusion about whether you're logged in or logged out.
- **QUICKLY CONNECT WITH YOUR CONTACTS:** Your address book is used to quickly and easily connect you with your contacts who have

WhatsApp so there's no need to add hard-to-remember usernames.

- **OFFLINE MESSAGES:** Even if you miss your notifications or turn off your phone, WhatsApp will save your recent messages until the next time you use the app.
- **AND MUCH MORE:** Share your location, exchange contacts, set custom wallpapers and notification sounds, email chat history, broadcast messages to multiple contacts at once, and more!

\*Data charges may apply. Contact your provider for details.

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We're always excited to hear from you! If you have feedback, questions, or concerns, please email us at: [iphone-support@whatsapp.com](mailto:iphone-support@whatsapp.com)

or follow us on twitter:

<http://twitter.com/WhatsApp>  
[@WhatsApp](https://twitter.com/WhatsApp)

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Note: WhatsApp is a telephony app, so iPod and iPad are not supported devices.

## What's New

Version 2.18.21  
Bug fixes.

[Version History](#)

## Customer Reviews

# 4.7

out of 5

1.2M Ratings

FINALLY CONNECTED WI... Jan 1, 2018  
Vindog2

After 8 years of my cousin living in Guangdong province in China, we both agreed on which service to use. That was easy, as several of my family and friends had been using "What's App" to make contact seamlessly, and without...

[more](#)

Keeps spread out familie... Jan 4, 2018  
Dizzy stars

We first found WhatsApp when one of my children went to school in Australia for a year. I was amazed that the texts were transmitted also instantly.

And as my children grew up and move...

[more](#)

Camera takes fuzzy ph... Sep 22, 2017  
kylehotchkiss

WhatsApp in general is fine. But every photo I take in the app is fuzzy; and more zoomed in than my normal photos app. It's like they are putting camera in video mode and taking a screenshot. I guess this is part of their cross platfor...

[more](#)

## Information

Seller	WhatsApp Inc.
Size	158.5 MB
Category	Social Networking
Compatibility	Requires iOS 7.0 or later. Compatible with iPhone.
Languages	English, Arabic, Bengali, Catalan, Croatian, Czech, Danish, Dutch, Finnish, French, German, Greek, Gujarati, Hebrew, Hindi, Hungarian, Indonesian, Irish, Italian, Ja...

[more](#)

Age Rating Rated 12+ for the following:  
Infrequent/Mild Medical/Treatment Information  
Infrequent/Mild Mature/Suggestive Themes  
Infrequent/Mild Profanity or Crude Humor  
Infrequent/Mild Horror/Fear Themes

Copyright © 2018 WhatsApp Inc.

Price Free

Developer Website ↗

Student List to Contact Each Other

Last	first	Middle	DOB	Student sign in
Beaudry	Amber	Skye	7/1/2002	586-335-8812
Current	Alayna	Nicole	3/2/2001	586-982-3614
Custer	Nathaniel	James	11/21/1999	586 222 1808
Dick	Rebecca	Renae	5/5/2002	810-705-2469
Eldred	Christina	Louise	3/4/2002	586-255-3488
Harris	Kameron	Elyse	5/15/2001	586-277-4800
Huber	Courtney	Patricia	11/3/2001	586-202-0991
Johnson	Savannah	Taylor	10/24/2001	586-242-2297
Jones	Karen	Sue	3/20/1960	586 872 - 8405
Kiefer	Joshua	John	4/7/2003	586-703-2514
King	Alia	Josephine	1/16/2001	
Ladouceur	Grace	Elaine	5/29/2001	586-863-3830
LaPinta	Sophia	Maria	9/14/2002	586-812-9974
Lopetrone	Joshua	Robert	11/2/2000	586 596 3790
Martin-Lynch	Hilda		12/23/1956	586 214 5600
McKee	Cole	Alexander	8/15/2001	
Palmieri	Angelyna	Faith	8/13/2001	586 - 224 - 9206
Pennington	Christina	Rose	7/23/2002	586 - 202 - 7742
Rosenbrock	Jayda	Brandy	4/25/2001	586-804-4255
Stacheit	Catherine	Mary	10/3/2002	586 - 457 - 5489

Stamatakis	Elijah	Lucas	7/3/2000	313 980 8811
Tennant	Jessica	Rose	10/7/2002	5860-871-3851

Parent List to Contact Each Other

Please put parent names and address.

Last	First	Middle	DOB	Parent Sign in
Beaudry	Amber	Skye	7/1/2002	Heather & Stacey 23804 Caroll Lane SCS 48082 Beligion-leid
Current	Alayna	Nicole	3/2/2001	Heather & Stacey 23804 Caroll Lane SCS 48082 Beligion-leid
Custer	Nathaniel	James	11/21/1999	David & Tracy 318-415-2663 Pines Ct Roseville 48066
Dick	Rebecca	Rena	5/5/2002	Rena 31305 St. Margaret SCS MI cell 586-462-8688
Eldred	Christina	Louise	3/4/2002	Colleen 29825 Manhattan SCS MI 48082
Harris	Kameron	Elyse	5/15/2001	Michael 21014 Michael Ct. SCS 48081
Huber	Courtney	Patricia	11/3/2001	Mike 24961 Roxana Ashpenk, 586-219-0765
Johnson	Savannah	Taylor	10/24/2001	Amber & Jeff 50014 S. Horsy Abersterfield 48047
Jones	Karen	Sue	3/20/1960	Karen 5025, 6426 Ernsward, Kimball 810-334-3536 48074
Kiefer	Joshua	John	4/7/2003	Michelle Kiefer 3441/2 Lankeover St., S.C.S, MI 48082
King	Alia	Josephine	1/16/2001	
Ladouceur	Grace	Elaine	5/29/2001	PHL LADOUCEUR, 23629 GLENBROOK 48082
LaPinta	Sophia	Maria	9/14/2002	Diane & Joe 22510 E. 13 Mile SCS 48082
Lopetrone	Joshua	Robert	11/2/2000	Nancy & Rob 27148 Shore S.C.S. 48082
Martin-Lynch	Hilda		12/23/1956	
McKee	Cole	Alexander	8/15/2001	
Palmieri	Angelyna	Faith	8/13/2001	Heather & Stacey 23804 Caroll Lane SCS 48082 Beligion-leid
Pennington	Christina	Rose	7/23/2002	Kristina & Brie 586-340-5388 28960 Oyster St. Clair Shores MI 48081
Rosenbrock	Jayda	Brandy	4/25/2001	Amber 734-796-0095 33143 Beverly SCS MI 48082
Stachleit	Catherine	Mary	10/3/2002	ANNMARIE 586-945-1111 21140 St. Bentwude SCS MI 48082

Stamatakis	Elijah	Lucas	7/3/2000	Jolie (313) 204-8545
Tennant	Jessica	Rose	10/7/2002	Sarah Tennant 586-872-4304

22505  
 Milwaukee  
 48081  
 S.C.S MI 48082