

Packing List & Instructions

Jordan: Arabic Language & the Middle East

Jordan: Arabic Language & the Middle East is an intensive program where you will have the opportunity to explore urban Amman, practice the Arabic language, cook with your homestay family and discover Petra and the Wadi Rum desert. Jordan will be in high summer with weather that can be humid in the valley, but also very hot in the desert with a dry heat, so bring cool, lightweight, breathable clothing. Quick-drying materials are the easiest to care for.

You will be responsible for carrying your own luggage. The most important packing advice is to pack lightly—whether you pack in a duffel bag, a rolling suitcase, or a large backpack, you should be able to carry (not roll) your luggage up two flights of stairs and across the length of a football field. The Experiment recommends the use of a backpacking backpack as your luggage, although this is not required. If you do not already own such a backpack, check with friends and family to see if someone has one you may be able to borrow.

The list on the following page has been suggested by past participants and leaders. You will have opportunities to do laundry, so even though your program may be many weeks in length, pack for about a week. Please research the temperature and climate of Jordan. Because these can vary from season to season, it is important to check current and expected conditions and pack accordingly.

A Note on Dress

Remember, while traveling with The Experiment you are an ambassador and should dress modestly and appropriately. Areas in Jordan will have more conservative attire and it is important to be respectful and dress accordingly. For example, body piercing is a big taboo and may bring strange looks. If you currently have nose, eyebrow, tongue, or other piercings, you may want to come with an open mind towards how that may impact your experience.

Jordanians dress more formally than U.S. Americans, and there are cultural expectations concerning dress, especially for women. It is strongly advised for women to avoid low neckline shirts, and revealing their shoulders and legs—chest, arms, and legs should be covered for the most part. Pants are okay, even cropped pants, but anything above the knee is not.

You will want your clothes to be comfortable, compact, versatile, and quick to dry (since access to an electric dryer will likely be limited). Clothes should not be tight or see-through. (No mini-skirts, tank tops, or short shorts.) Come prepared with clothing that is culturally appropriate yet will keep you cool. Also, take note of the fact that homestay families will likely not have air conditioning.

You will need one nice outfit, suitable for a religious ceremony or celebratory dinner. Shoes should be comfortable, broken in, and versatile—bring as few pairs as possible.

Notes from Our Team

PRESCRIPTION MEDICATIONS

Make sure to keep any prescription medications or vitamins in their original containers and bring a sufficient amount for the entire duration of your program, plus extra in case of travel delays. Bring a paper copy of your prescription from your doctor in case you lose your medication. Travel with all essential medications in your carry-on luggage. If you are diabetic and traveling with syringes, bring a certificate or letter from your doctor.

RESCUE MEDICATIONS

If you use any rescue medications and or devices (i.e. medications intended for the immediate relief of serious symptoms like an EPI pen or albuterol inhaler) you must travel with one or more backup supplies of this medication or device. (e.g. A participant who uses an inhaler would travel with at least two inhalers, while a participant with a severe allergy might travel with several EPI pens.) Comparable therapies can be very difficult to obtain while traveling.

OTHER MEDICATIONS

While you will not need an entire first aid kit, do bring the medication you normally use for minor ailments like body aches, upset stomach, bug bites, common cold, seasonal allergies etc. A travel first aid kit from your local pharmacy is recommended. All medications should be in original packaging with the package insert if possible, to avoid seizure at customs. Please review the Health Guidelines for more information.

TOILETRIES AND SANITARY ITEMS

Please bring the toiletries and sanitary items you are accustomed to using. It is recommended to bring enough feminine hygiene products for the duration of the program. It is often difficult to find the items you are used to using while abroad.

CORRECTIVE LENSES

If you wear glasses or contact lenses, please bring extra pairs and extra contact cases, as these are often difficult to replace if lost. If you use contact solution to clean your lenses, bring plenty of the type you prefer. Consider program itinerary and activities when choosing appropriate eyewear.

Please direct any questions or concerns to medicalteam@experiment.org.

VALUABLES AND ELECTRONICS

It is recommended, though not required, that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer or other valuables for full coverage in the event of loss or theft. The Experiment is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

It would be best to not bring other large electronics (i.e. hairdryers) or other items that you would consider expensive to replace. If you choose to bring small electronics, remember to bring your own plug adaptor and voltage converter (which can be obtained from a travel store [Plug Type C/F/G, Voltage 220V]) and a back-up supply of batteries.

More info about electricity, voltage, and adapters can be found here: <https://www.worldstandards.eu/electricity/>.

CELL PHONE POLICY & CONNECTIVITY

All participants on The Experiment Jordan program are required to have a working smart phone capable of making and receiving both local and international calls throughout the duration of the program. For that purpose students are required to either

- a) bring an open, unlocked smart phone from the U.S. to the program that is able to accept a local SIM card, and is compatible with and usable at the program location, or
- b) work with the in-country partner upon arrival in country to obtain a smart phone in-country (for purchase or for loan) or
- c) bring a dual SIM smart phone.

DO NOT purchase an international plan unless you have a dual SIM phone. We discourage this for regular smart phones because your homestay family will not be able to communicate with you as they would have to call internationally.

During orientation, with assistance from The Experiment Jordan staff, participants will learn how to use their smart phone, how to purchase and use an appropriate local SIM card, and how to acquire minutes for calls and texting. **The Experiment Jordan program requires that each student have a local number for communication with the homestay family and program staff.**

While we recognize that alternative communication methods can be free or cheaper than cell service i.e. Facetime, Skype, WhatsApp, etc. those programs alone do not satisfy our need for regular communication with the local program staff and partners, nor do they meet our emergency communication needs. Therefore, local cellular capacity on each student's phone is required for the duration of the program. Students are required to maintain a minimum amount of phone credits at all times for emergency calls. Full compliance with this policy is expected.

Mobile phones are an essential feature of social and cultural life in Jordan, and rates are relatively inexpensive. The in-country team will take you during orientation to purchase your local smart phone or local sim card. The initial cost ranges from 40-50 JD (approximately US \$60-75), for a local smart phone and there is no need to sign a long-term service agreement. If you require a phone, the program office can provide a loaner phone that will need to be returned at the end of program.

Local sim cards cost approximately 11 JD (US \$15.50), and for 7 JD (US \$10) per month you will get 1000 minutes and 3GB of internet. Keeping your phone adequately full of credit will cost approximately US \$10-15 for the month.

You can use your phone as much or little as you like, adding minutes to your account by purchasing "scratch cards" from any mobile phone store in the country—and there seem to be thousands!

It doesn't cost you anything to receive calls, even from overseas, which makes a mobile phone the most convenient way for loved ones to stay in touch with you during your stay.

Jordan's time zone is +2 GMT while the Eastern US is -5 GMT. The Experiment Jordan program center provides internet access during posted hours. There is ADSL service with wireless for its offices, and participants can use the wireless between and after classes but not during class sessions. If your laptop is capable of connecting to wireless networks, then you will be able to access the Internet there. Internet cafes are widely available, with rates averaging US \$ 1.50 per hour. You can also buy an internet USB where you can use the internet anywhere; this will cost about \$40 per month.

CLOTHING RECOMMENDED

- 1 lightweight sweater/sweatshirt/thin fleece
- 1 light jacket/cardigan
- 1 shawl/scarf (big enough to cover head or shoulders for women)
- 5–6 cotton t-shirts (no tank tops for women)
- 1–2 quick-dry synthetic shirts
- 2 pairs of lightweight pants (lightweight hiking pants are great)
- 3–4 pairs of long shorts (men)/ long dresses (women)
- 1 set of sleeping clothes
- 7 pairs of underwear
- 3–4 pairs of socks
- 1 swimsuit (swim shorts and t-shirt for women)
- 1 pair of comfortable walking shoes/light hiking boots—you will be doing a lot of walking, so make sure they are broken in!
- Slip-on shoes or sandals, in many Jordanian households, people take off their shoes when entering the home
- 1 pair of sturdy sandals/water shoes (e.g., Tevas, Chacos, etc.) for light water hiking
- 1 nice outfit and pair of shoes for special occasions

GEAR RECOMMENDED

- 1 set of toiletries—should be smaller than your head!
- 1 small towel—quick-drying microfiber towels are great!
- 1 reusable and durable water bottle (1 liter)—REQUIRED—hydration is a big concern in the desert
- sunscreen and lip protection (SPF 30)—REQUIRED
- sunglasses and hat with brim
- money belt
- travel watch with alarm
- small notebook and pens
- small Arabic-English dictionary
- small flashlight/headlamp and extra batteries
- camera, charger and adapter or extra batteries
- insect repellent and hand sanitizer
- small personal first aid kit
- travel-size detergent for handwashing clothes when necessary
- stuff sacks or plastic bags (small Ziplocs and a few large garbage-size bags)—great for wet/dirty clothes and keeping clean clothes dry
- small backpack for day trips—this can be your school backpack

- school ID—if you don't have one, it's okay

IMPORTANT TRAVEL DOCUMENTS

- Passport, or residency card (if applicable)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)
- COVID-19 vaccination card (digital and print)

TO PREVENT THE CONTRACTION AND SPREAD OF COVID-19 STUDENTS SHOULD COME PREPARED WITH:

- At least 3 reusable masks (at least double layered) or 28 single use disposable (at least double layered) and gloves for personal protection - REQUIRED
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially while traveling from the U.S.

OPTIONAL ITEMS RECOMMENDED

- journal and pen
- mailing addresses for friends and family to send postcards
- small game of cards, Uno, Bananagrams

Where to start: A great place to visit for these types of travel clothes and gear is an outdoors store such as REI and EMS. These places will have waterproof, light weight, quick drying and versatile clothing options specifically made for travel and backpacking. They can also talk you through layering techniques and give you gear recommendations. These stores tend to be a little pricey so don't forget to check for second-hand outdoor gear stores locally as well!