



NORMANDY PARIS
PACKET



CONFERENCE
LONDON OXFORD

Student Leadership University 301 Conference Packet

At the third level in your SLU journey, you will dream like a history-maker in Wesley's Chapel and St. Paul's, see with new eyes from the Oxford, and learn the meaning of sacrifice while exploring history - GET READY for the trip of a lifetime! As you get ready for SLU 301 this packet will serve to set you up for success and help maximize your experience.

Three Things you Need to Know:

1. **Start preparing now for the trip.** Read up on anything you can get on Churchill, John Wesley and the Holy Club, C.S. Lewis, King Henry VIII, WWII, the treasures of the British Museum, British Library (Magna Carta), and bios on C.S. Lewis and Tolkien. Check out the SLU recommended [reading list](#) to prepare for SLU 301.
2. **Consider entering the SLU 301 Essay Contest.** Send us a lesson that you have learned about leadership from a person, place, or event in European history or the sites we are going to see. Be original and keep it to no more than 400 words. Send your thoughts by email to: alumni@studentleadership.net by **June 7, 2024**, and put "SLU 301 CONTEST" in the subject line. In order to be eligible, you must comply with all instructions as listed. You will be notified at SLU 301 if you win.
3. **There are perks that come with being an SLU Alumni!** From SLU 401 to the opportunity to serve on our [SLU summer staff](#) or with our [Student Alumni Ambassador Program](#), being a graduate of SLU comes with a lot of perks. Know this trip is not the end of your SLU journey, but the beginning of a new chapter!

SLU 301 2024 Schedule Overview

NOTE: All schedules are subject to change should SLU deem it necessary to do so. Blessed are the flexible..

Saturday, June 29th: DEPARTURE DAY

- Make sure and try to get some rest before you board the plane (which we know is hard sometimes as you are busy packing and preparing to leave town- but you will be glad you did). You are going to be on an overnight flight to Europe (typically 7+ hours) and want to make sure you are ready to roll when you arrive the next morning!
- Dress for the day is casual, comfortable clothes. Just remember it gets cold on the plane.
- If you can, you should change money over to GBP before taking off for your international flight.

Sunday, June 30th: WELCOME TO SLU 301 & LONDON

- **Heathrow Airport Arrival:** Upon arrival into London (most groups will arrive in Terminal 3), go through customs, and claim your luggage. If your luggage is lost, pass the message on to another SLU attendee so that SLU staff can be informed. Proceed to the lost luggage area and fill out forms with the London hotel information (Heathrow Renaissance Hotel – Bath Road, Hounslow, England TW6 2AQ). Make sure you do not leave until you have a contact name and number to continue to track your luggage. It normally helps to have someone in the states to continue to stay on this until you have confirmation that your luggage has arrived in London.
- **Once You Have Your Luggage (or your lost luggage claim information):**
 - Meet SLU staff at the Arrivals Hall of Heathrow Airport where they will all be wearing the special **SLU Staff T-Shirt**.
- **For Attendees who booked their own flights or arrived early:** a separate email will be sent to you with instructions on where to meet the SLU Group. For the most part, if you arrive in London early, you will meet the SLU group at the hotel, and if you are flying into London the morning of June 30th, we customize your instructions based on what time/ terminal you fly in.
- Then we will board our coaches for our breakfast and SLU 301 Welcome Session at the hotel (we will not be checking into the hotel at this time so you should come off the plane/ change in the airport in the outfit you will tour London for the day). You will drop your large suitcase at the hotel to be stored until the evening and receive your syllabus, luggage tag, and nametag here from your SLU staff member.
- Then we will be off to explore **London** where history is full of lessons you can apply to your lives today! Groups will be split into 7 coaches and schedules will vary by group. See Saturday July 6th for the sites we will see during our London touring for these two days.
- We will then depart for the hotel to check in for one night, have a private dinner and SLU 301 session.

Monday, July 1st: WINCHESTER & FERRY

- HERE WE GO! We will spend the morning venturing to **Winchester Cathedral** before boarding our FERRY for a trip across the **English Channel** – amazing! Dinner will be on board. This is a 5 ½ hour ride and is a favorite of past attendees as you can catch up with SLU friends.
- We then arrive by 9 PM in Caen, France and board the SLU coaches to go to different hotels in Normandy for the evening (we are only staying at these hotels one night).
- Dress for the day is casual, comfortable clothes.

Tuesday, July 2nd: NORMANDY

- **Get Ready to Storm the Beaches!** Today is the all-time favorite for our SLU alumni! **American Normandy Cemetery** and SLU wreath laying ceremony, **Pointe du Hoc**, and a picnic lunch on **Omaha Beach**.
- **Special dress guidelines for Normandy:** Normandy is hot but windy. A sweatshirt or light jacket is a must. Collared shirts (for men), blouses or nice tops (for women) and jeans/pants/capris should be worn this day. We dress this way at Normandy out of respect for our visit to the American Normandy Cemetery. **We just ask that no T-shirts or shorts are worn on this day.**
- After our time in Normandy, we will spend the afternoon driving to Paris arriving in time for Dinner.

Wednesday, July 3rd: PARIS

- We have an early start for breakfast before another SLU private session and then we depart for a full day of Paris touring. The coaches are split into groups for touring at city rich in history as well as in the center
- Dress recommendations for Paris is think in layers using breathable fabrics. Paris is usually hot, hot, hot.

Thursday, July 4th: PARIS to LONDON

- Get ready to rise and thrive! It's an early start as we travel back to London. We will enjoy the morning heading back to the coast of France for travel back by Ferry to London.
- Upon arrival back into London, we have some SLU all time favorite moments! We will make a quick stop at the Battle of **Britain War Memorial** before being escorted by our private coaches into London for a visit to **Bunhill Fields** and a Private Session at **Wesely Chapel**.
- Ready for a night out at the **Imperial War Museum!** We will end the evening with **SLU exclusive afterhours night at the IWM** with a **SLU private reception**. We will then return to our London hotel for our final hotel check in of the trip.

Friday, July 5th: OXFORD, WINDSOR & SLU GRADUATION DAY

- We are off to **Oxford** for the day! First, we will enjoy a private SLU session in Holy **Trinity Church** where **C. S. Lewis** worshipped. Then you will have some free time and lunch on your own in Oxford to choose your own adventure! You can walk along the path where C. S. Lewis and Tolkien spoke of the Scriptures and held each other accountable for their dreams and goals. Or you can choose to walk the halls where John Wesley studied, prayed, and prepared for ministry. Or visit Christ Church to see the Harry Potter dining hall

or pick one of the other grand adventures Oxford has to offer. Or you can simply wander the streets of Oxford shopping and exploring.

- Then we will depart Oxford for **Windsor** to tour the Castle, the oldest and largest occupied castle in the world!
- Then it is time to get back together in the evening for SLU Graduation! This is a special time when all SLU participants are challenged regarding what is next in their leadership journey. On this evening, Dr. Jay Strack and Brent Crowe will pray over every group of SLU graduates.
- Dress Guidelines for Oxford/Windsor and Graduation Day is as follows:
 - **Oxford/Windsor** during the day is the same as Normandy. Just no shorts or T-Shirts
 - **Graduation Dinner at the Hotel** (so you will have time to change after your time at Oxford): guys should be in pants and long-sleeved, button-down shirts (coat and tie are optional- not required). Ladies -think professional, business/ church attire (not prom). No jeans.

Saturday July 6th: LONDON

- For our touring time, there is so much to see; just a few of the sites we will see (as time permits): **Tower of London**, Parliament Square, **British Museum**, Tower Bridge, **Westminster Abbey**, St. Paul's Cathedral, **British Library**, Piccadilly Circus, **pictures at Buckingham Palace**, and more...
- London dress is casual. Bring good walking shoes. It might be rainy so be prepared. We just recommend that ladies bring an alternative to a dress or skirt for one of the London days as you will want to wear shorts, jeans, or pants the day you go to St. Paul's Cathedral (no skirts) so you can climb the stairs to the top.
- We will end the evening with a private dinner at our hotel and our SLU 301 closing session.

Sunday, July 7th: TIME TO HEAD HOME

- For those who booked flights through SLU, you will be given your assigned time to board coaches for the airport. We leave for the airport 3 1/2 hours before departure (this may be adjusted if border restrictions continue to relax).
- For those who booked flights on their own, we are happy to accommodate you on a SLU shuttle to the airport if you provided your travel information to SLU. Please note that all of the SLU shuttles will depart between 5:30 AM and 9:15 AM for the airport so if your flight is in the afternoon, it is best for you to make your own arrangements, which is very easy with the hotel we are at. They have an airport shuttle called the Hoppa or you can Uber for under 10 GBP typically.
- When you arrive at the Heathrow airport, get a boarding pass with a seat number (if they tell you it will be assigned at the gate, tell them you are a minor traveling with a group and must have it at check-in), go through security, and proceed immediately to the boarding area. Keep a close watch on the monitor as the British airports sometimes do not post the departure gate until a few minutes before and it can take as long as 20 minutes to walk to the gates.
- Once you arrive in your domestic connecting city, go through customs, claim your luggage, and walk out to the area to recheck your luggage for the final



flight home. Again, go immediately to the train and then proceed to your flight boarding area. Allow a minimum of 2 hours for this process.

SLU Hotels

NORMANDY: Coaching groups will be in different hotels while in Normandy.

- **Appart” City Caen** (1 ter rue Claude Bloch, Caen, 14000)
- **Ibis Budget Caen Gare** (16 Place de la Gare 14000 Caen)
- **Hotel Mercure Caen Centre Port de Plaisance** (1 rue de Courtonne 14000 Caen)
- **Kyraid Prestige Hotel Residence Caborug** (Dives dur Mer, 5 promenade de la Dives, 14160 Dives dur Mer)

PARIS: Pullman Paris Montparnasse, 19 Rue Du Commandant Rene Mouchotte, Paris 14EME, France

LONDON: Heathrow Renaissance Hotel, Bath Road, Hounslow, England TW6 2AQ, United Kingdom

Frequently Asked Questions

Do I need a passport or VISA for SLU 301?

- **Passport:** Everyone registered for SLU 301 will need a passport. The passport must be valid for six months after the completion of the trip.
 - If you will be traveling with SLU 301 with a passport from a country other than the US, it is your responsibility to confirm the specific requirements by both the UK and France regarding the passport you hold and obtain a VISA in advance, if necessary.
- **Visa: UPDATE** Visa requirements while traveling (ETIAS -European Travel Information and Authorization System) were moved to 2025, so you DO NOT need this. There is no additional action for SLU participants other than to have their US passport.

Travel/ Flight Questions

Do you have any flying tips for SLU 301?

- If your flight is delayed, or if you have an emergency on the travel date, you can contact our SLU 301 launch team staff member at your designated airport. You will be emailed their information one month before the trip or our Orlando office at (888) 260-2900.
- For sleeping on the flight, try Dramamine, Advil or Tylenol PM, Melatonin, or Benadryl with your doctor's permission. Also pack a light blocking eye mask.
- When you arrive for your international flight: immediately check-in and get your boarding pass. One hour before the flight- you must be at the departure gate for your flight, so you are ready to board.

- Make sure you eat the meal provided by the airlines before you land as your first meal in Europe will be lunch.

What about security issues at SLU 301?

Remember that SLU doesn't "send" your child on these trips; we travel with your child. We would never risk your child's safety or our own. We actively watch for updates from the government on security issues or concerns. We are prepared to adjust the schedule as needed. Also, all travelers should consider registering at <https://step.state.gov/step/> through the US Department of State as it allows them to better assist you should an emergency arise either at home or abroad.

Do you post social media updates on the trip?

For security reasons, neither SLU staff nor SLU participants post on social media while on the trip until we have left a location.

Dress Code, Packing Tips, and Money

Why is there a dress code at SLU?

SLU strives to set students up in such a way that they will have the confidence and wisdom to walk into any room whether now or in their future and be prepared for whatever is before them. We believe that how you present yourself is a vital part in that. The dress code is not meant to put a negative light on the students' experience but to help train each one of them on the importance of dressing modestly and appropriately for whatever situation they are about to walk into.

What is the dress code for SLU 301?

SLU 301's dress code is more casual than 201, so other than your graduation outfit, you will be fine in jeans, shorts, or capris for the trip. Some general guidelines:

- T-shirts are good for every day other than Normandy and graduation day. Be careful about what logos or slogans are on your T-shirts as you never know how your logo or slogan will be interpreted internationally. It is best for it to have no writing on it at all if you are not sure.
- Make sure to ensure that your shirts fully cover the front, back, sides and shoulders and are not overly tight. Sleeveless tops are suitable as long as the strap is wide enough that it covers the shoulders.
- Shorts, skirts, and dresses are an appropriate length, are not overly short (think fingertip length or longer).
- Backless sandals or flip flops should not be worn.
- Leggings worn by themselves as pants are not acceptable. Leggings may be worn as an accessory under a skirt or dress that already meets guidelines above.
- Remember, please dress modestly. The dress code applies to all parts of the conference experience and applies to both students and adult leaders. If anyone chooses to dress outside of these guidelines, you will be asked to change by a SLU staff member.
- Special Days:
 - **Graduation Day:** Dress Guidelines for graduation are as follows: guys should be in pants and long-sleeved, button-down shirts (coat



and tie are optional- not required). Ladies -think professional, modest attire, not prom. No jeans.

- **St. Paul's During London Touring:** Additionally, we recommend that ladies make sure and have one additional outfit for London that is not a dress or skirt for the day we go to St. Paul's in case you want to climb the stairs while touring.

Do you have any packing tips?

- Bring ONE piece of checked luggage. Although the airlines will allow more for a fee, we don't have room on the bus for more than one per person. Go to www.tsa.gov for up-to-date information as this ruling is subject to change.
- Bring **one small carry-on** with you. This can either be a small duffel bag that can fit in your lap, a small rolling suitcase (like the ones you can carry-on airplanes) or a bookbag. You will use this carry-on for the three-night trip to Normandy and Paris. While the rolling suitcases are typically easier to get around with, know that luggage storage is extremely limited. If your luggage cannot fit in the luggage bin or overhead, it is on your lap or at your feet. Also, in the past, people have just stored this small bag in their larger suitcase for the international flight and gotten it out when it arrived in London. We do not recommend this. Should luggage be delayed, you may not see your large suitcase until we arrive back in London, so it is best to have these with you, as well as, any medications you take, and toiletries. Plus, airlines typically do allow one carry-on and a personal item so you can take this and the other bag mentioned below on the plane.
- Bring **one small backpack or purse in addition to your luggage**. Pack any medications, toiletries, and a change of clothes in your carry-on in case your luggage arrives later than you do. It is also great to use while touring and to have with you on the long coach rides so you can have your snacks, syllabus, bible, passport, etc. with you.
- Pack light! Think in terms of two tops for one bottom. Only take items you truly need. Too much stuff can be a burden on your trip. Pick out what you think you need and cut it in half.
- Roll your clothes rather than folding them. Many travel experts agree that rolling is superior to folding. Tightly rolled clothes take up less space and are less likely to wrinkle.
- Put a dryer sheet or two in your suitcase. Not only are they very light, but they will also keep your clothes smelling fresh.
- It will be hot, hot, and did we say, hot? Hats are a good idea; sunglasses and sunscreen are essential!
- Other "must-pack" items for SLU 301 (see full list on last page):
 - Small snacks that fit in your bags are great.
 - A good book or games for the coach; we have a couple days we are driving quite a bit or traveling on the Ferry.
 - good walking shoes
 - umbrella, rain jacket or poncho
 - electronics adaptor for UK and France (they are different)



Can you spell out for me what I need to pack in my bag that is going to Normandy and Paris?

Sure! Three of the seven nights that you will be on the SLU 301 trip will be spent away from the main London hotel. Therefore, you need to make sure you have outfits in your carry-on for Normandy, Paris, and your our afternoon/ evening exclusives in London. We suggest two bottoms and four tops should be packed in this bag. Remember, you cannot wear shorts or T-shirts in Normandy. You will not need your graduation outfit in this carry-on so feel free to leave it in your larger London suitcase.

Do you recommend traveling with a cell phone?

This is up to you, but it is important that you review your cell phone plan before travelling overseas. Many carriers offer temporary international plans, and the cost varies for calls, data, and texting. Most of our hotels have internet access for free in the lobby so many participants, who do travel with cell phones, bring them so they can use them on the wi-fi at hotels. You will just want to make sure all data services are turned off if you intend to do this so you do not get charged roaming charges – it can be costly!

Outside of registration fees, what other expenses should I plan on for the trip?

- If during registration you select one of the designated flight paths provided by SLU (includes specific domestic departure cities), your roundtrip international airfare is included in your registration. However, it is your responsibility to arrange transportation to and from this **domestic departure city**.
- You need about \$120 for meals, tips, and optional soft drinks. You can get British pounds and Euros at a local American Express office in the U.S. or your local bank. Credit cards are also widely accepted and shopping times vary based on the schedule. Included in this suggested \$120 is:
 - You have **two meals** you are responsible for at SLU 301.
 - **Coach Driver and Guide Tips:** Each participant (students and adults) should plan to bring \$80 total for this. Tips can be in any currency, as long as the value adds up to \$80, but it is best in US dollars. We will collect all of this money at the beginning of the trip so that we can distribute this to our guides and drivers throughout the trip in both Paris and London.
- Outside of souvenirs, there are some **optional opportunities** you may want to bring money for:
 - There are optional tours that you may take advantage of during your free time at Oxford, such as the C.S. Lewis walk or The Christ Church, as well as great shopping opportunities, so plan to bring some extra money for this.

What about changing money and how much money do we need to bring?

- Money can be changed at your US departure airport (if you have time) at the currency exchange or sometimes at your local bank in the US. Credit cards are also widely accepted but be careful as you may be charged foreign transaction fees.
- You have two meals you are responsible for while at SLU 301 as noted above.
- Outside of these meals, the rest of the foreign currency you will need is for souvenir shopping or if you want sodas, a spot of tea, or snacks while on the

trip. Unless you are planning on doing some serious shopping, most attendees have been fine with 50 to 80 Euros and 100 to 125 GBP.

Would you use a debit card overseas?

Typically, our staff does not do this since sometimes banks put a hold on the money in your bank account for a couple of days. Even though some debit cards can be used as credit cards, our staff choose to use “credit card only” cards and only used those for some serious souvenir shopping. Before your departure, be sure to alert your credit card company that you will be using your card overseas.

General Questions

Is there an emergency contact?

You may contact SLU at 407 248 0300, ext. 20 and a staff person will get the message to us as quickly as possible. We are constantly on the move at 301, and it is difficult to know whether we will have phone service at any given time. You may also leave a message at any of the hotels as shown on the itinerary and they will contact us in our room or leave a message.

Do I need to bring a medical release form?

- **Groups:** Group leaders must bring a medical release form for any minors attending without a parent/ guardian and keep them with you at all times during the program. Medical Release forms must empower your group leader (not SLU) to authorize medical treatment for the students you are bringing to the program.
- **Singles:** Any student attending without a chaperone must complete the SLU Medical Release Form during the online registration process.

How do you deal with discipline issues?

We are a premier leadership training organization with high expectations for our students, and we do not babysit. We operate on an honor system. Our standard rule is that a breach of conduct results in an immediate phone call to the parent and the student being sent home on the next available flight at the expense of the parent. Remember as you are traveling that you represent someone – your group, your family, your country, and most importantly, our Savior. Don't play into the stereotype that people don't like about tourists. Make sure you use wisdom in how you carry yourself and set an example.

How are dietary restrictions or food allergies able to be met on 301?

If you have special dietary restrictions or food allergies, they must be submitted to SLU at the time of registration. If something comes up after registration, you can update your registration information up to 90 days before departure by [clicking here](#). Please be sure to offer specifics on what you cannot eat and what can be substituted. We will make every effort to accommodate, but there may be certain times when this is not possible. We strongly recommend that you bring prepared foods or snacks with you that are compliant with your dietary needs.

What if I have special medical needs?

SLU is not equipped to provide medical assistance such as injections, etc. Please send a detailed explanation by email to nikki@slulead.com of your medical condition

and needs so that we can assess whether we can assist you. **It is the responsibility of the individuals to contact SLU prior to registration concerning any specific medical issues.** Always pack a backup of medications in case one is lost and bring along the names of your prescriptions as well as the doctor's name, address, and phone number.

Do I need to bring any medications?

If you are taking prescription or over-the-counter medications, be sure to pack enough to last your entire trip, as well as a little extra in the event of unexpected delays. Carry each medication in its original container with the label and pack it in your carry-on bag. Traveler’s diarrhea and/or upset stomach are the most common conditions for travels. It is recommended to bring Imodium AD and/or chewable Pepto Bismol tablets.

Will I need an adapter to charge my electronics at SLU 301?

Yes, you will need to bring adapters for UK and France for any electronic devices you wish to use.

Will hotels have hair dryers and irons?

You are not guaranteed to have hair dryers and irons at every hotel (especially the boutique hotels we are at while in Normandy . While you can try and bring your own from the states, many times (especially with the hair dryers) the plugs cannot handle the voltage of these particular US devices and so they tend to cause them to overheat or blow a circuit. Your best bet is to bring clothes that don't wrinkle and be prepared to be flexible if you can't use a blow dryer.

What should I be doing now to prepare for the trip?

While we will send you a "pre-trip" briefing three weeks prior to the trip, here is a sneak peek of some things you can be doing in advance to prepare for this great adventure.

- **Be prepared and start reading now!** [Click here](#) for a copy of the SLU 301 Syllabus. Check out anything you can get on Churchill, John Wesley and the Holy Club, C.S. Lewis, King Henry VIII, WWII, the treasures of the British Museum, British Library (Magna Carta), bios on C.S. Lewis and Tolkien. Check out the SLU recommended [reading list](#) to prepare for SLU 301.

SLU 301 CONFERENCE PACKET

SLU 301 Packing Suggestions Check List

Since this conference packet is full of suggestions on what you need at SLU 301, here is a summary list so you have everything in one place. Make sure you read the entire conference packet, so you don't miss any details.

THE ESSENTIALS:

- Your sense of adventure and flexible attitude
- Suitcase (bring a larger one if you plan on getting a lot of souvenirs)
- Carry-on for Normandy and Paris Days
- Small backpack or purse to carry things while touring
- SLU Nametag, luggage tag, and syllabus (**UPDATE:** will be given to attendees upon arrival in London)
- Passport and Xerox copy of your passport
- Clothes that follow dress guidelines (see special guidelines for Normandy)
- Graduation outfit
- Good shoes you can do a lot of walking in (make sure you break these shoes in before the trip)
- \$80 tip money in US currency to give to SLU staff upon arrival for drivers and guides
- Money for 2 meals on your own
- Bible
- Pen/ highlighters
- Sunscreen and sunglasses
- Umbrella/ Poncho/ or rain jacket
- Convertors for France and England (they are different)
- Toiletries
- All Medicines (including copies of prescriptions) plus it is also a good idea to pack a small medical kit with items like band-aids, sleep aids for the plane, and medicine for headaches or nausea (Imodium).

SUGGESTIONS TO SET YOU UP FOR SUCCESS:

- Phone/ camera to take pictures with
- Extra charger/ battery pack for phone to use during the day
- Travel alarm clock/ watch
- Journal
- Spending Money
- Lots of snacks
- Rolls of travel toilet paper/ tissues/ hand sanitizer
- Good book or games for the coach rides and Ferry Rides (especially traveling to and from France)
- Bring your own ear buds to use with the guides instead of having to use the provided headphones (needs to be the old plug-ins - not new iPhone plugs)
- Plastic bags for dirty clothes