

Summer Cruise 2023

Information Brief

Monday, 3 April 2023



Agenda



- **Cruise Information – who is participating...**
- **Safety**
- **Review of Cruise schedule**
- **Timeline synch**
- **Cruise Agreement**
- **What to bring list highlights**
- **Travel tips**
- **Medical**
- **Residential Life (room, storage, keys)**

- **Communications**
 - **Cruise Blog**
 - **Mail**
 - **Email**
 - **Phone calls**
- **Alcohol Use**
- **Emergency Contact Information**
- **Vehicle parking on MMA campus**
- **Waterfront overview**
- **SODEXO**
- **Questions**



Cruise Information



Who is participating in cruise

Cruise include:

- All qualifying 1/C, 2/C and 4/C unlimited license students including "Super-Seniors"
- 39 1/C Engineers will sail aboard T/S Kennedy



Safety



Your safety and the safety of others is paramount.

Every person onboard the Training Ship State of Maine is a safety observer. If you see something unsafe or out of the ordinary, you have an obligation to say something to the first available crew member you can find.

We sail together as one team!



Port Locations

Castine, ME
New York, NY
(fuel only)
Boston, MA
(Customs only)
Philadelphia, PA

Belfast, Ireland

Kiel, Germany

Azores Islands

Vigo, Spain





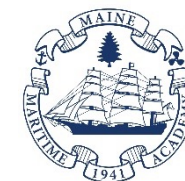
Overview Cruise schedule



* Ports	Arrive Port	Depart Port
Castine, Maine (Move aboard TSSOM)	May 7	
Castine, Maine		May 10
New York, New York (Anchorage – Fuel Only)	May 14	May 15
Philadelphia, Pennsylvania	May 17	May 20
Ponta Delgada, Azores	June 1	June 4
Vigo, Spain	June 13	June 16
Kiel, Germany	June 26	June 29
Belfast, N. Ireland	July 3	July 6
Boston, MA (Customs Only)	July 18	July 18
Castine, Maine	July 19	
Castine, Maine (Cruise ends) - 1600		July 20



Company Rotation



Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Cruise 2023	7-May	8-May	9-May	10-May	11-May	12-May	13-May	14-May	15-May	16-May	17-May	18-May	19-May	20-May	21-May	22-May	23-May
Port	Castine - Move Aboard	Castine	Castine	Depart Castine / Anchor Turtle Head	Depart Anchorage - Bound for Sea			Stapleton Anchorage, NY - Bunker	Stapleton Anchorage, NY - Bunker		Philadelphia	Philadelphia	Philadelphia	Philadelphia			Trash offload - Chesapeake?
Day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Deck																	
A	M	T1	U	M	M	T2	U	T3	U	W	W	M	U	U	M	M	T4
B	M	M	T1	W	W	U	T2	U	T3	M	M	U	M	W	W	W	U
C	W	W	M	T1	U	W	W	M	M	T2	U	U	W	M	T3	U	W
D	U	U	W	U	T1	M	M	W	W	U	U	W	U	T2	U	T3	M
Engine																	
A	M	T1	U	M	M	T2	U	T3	U	W	W	M	U	U	M	M	T4
B	M	M	T1	W	W	U	T2	U	T3	M	M	U	M	W	W	W	U
C	W	W	M	T1	U	M	M	M	M	T2	U	U	W	M	T3	U	W
D	U	U	W	U	T1	W	W	W	W	U	U	W	U	T2	U	T3	M



Company Rotation

Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
24-May	25-May	26-May	27-May	28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
								Ponta Delgado, Azores	Ponta Delgado, Azores	Ponta Delgado, Azores	Ponta Delgado, Azores									Vigo, Spain	Vigo, Spain	Vigo, Spain	Vigo, Spain									Kiel, Germany	Kiel, Germany	Kiel, Germany	Kiel, Germany	
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
U	T5	U	W	W	M	M	T6	U	U	W	U	T7	W	W	M	M	U	T8	U	U	W	U	T9	U	W	W	M	M	T10	U	T11	U	M	W	U	M
T4	U	T5	M	M	W	W	U	U	W	U	T6	U	T7	U	W	W	M	T8	U	U	W	U	T9	M	M	W	W	U	T10	U	T11	U	M	U	W	
W	M	M	T4	U	T5	U	W	W	M	U	M	M	U	T6	U	T7	W	W	M	M	U	M	W	W	U	T8	U	T9	W	W	M	M	U	U	M	T10
M	W	W	U	T4	U	T5	M	M	U	M	W	W	M	M	T6	U	T7	U	W	W	M	U	M	M	T8	U	T9	U	M	M	W	W	U	U	U	
U	T5	U	W	W	W	W	T6	U	U	W	U	T7	U	M	M	M	M	T8	U	U	W	U	T9	U	M	M	M	M	T10	U	T11	U	M	W	U	W
T4	U	T5	M	M	M	M	U	U	W	U	T6	U	T7	W	W	W	M	T8	U	U	W	U	T9	W	W	W	U	U	T10	U	T11	U	M	U	M	
W	W	W	T4	U	T5	U	W	W	M	U	M	M	M	T6	U	T7	U	U	M	M	U	M	W	W	U	T8	U	T9	M	M	M	M	U	U	M	T10
M	M	M	U	T4	U	T5	M	M	U	M	W	W	W	U	T6	U	T7	W	W	W	M	U	M	M	T8	U	T9	U	W	W	W	W	U	W	U	

Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
			Belfast, N. Ireland	Belfast, N. Ireland	Belfast, N. Ireland	Belfast, N. Ireland											Boston, MA			
54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74
M	W	W	W	U	M	T12	U	T13	W	W	M	M	U	T14	W	W	W	U	M	M
W	M	M	M	U	W	U	T12	U	T13	U	W	W	M	M	T14	U	M	W	U	M
U	T11	U	U	W	U	M	M	U	T12	U	T13	W	W	U	M	T14	M	W	U	
T10	U	T11	U	M	U	W	W	M	M	T12	U	T13	U	M	T14	U	U	M	W	
W	W	W	W	U	M	T12	U	T13	W	W	W	W	U	T14	M	M	U	U	M	M
M	M	M	M	U	W	U	T12	U	T13	U	M	M	M	T14	W	W	W	U	U	
U	T11	U	U	W	U	W	W	U	T12	U	T13	W	W	U	T14	U	W	M		
T10	U	T11	U	M	U	M	M	M	M	T12	U	T13	U	U	T14	M	M	M	W	



Timeline synch



7 May (Sunday): All students participating on Cruise move aboard by Company.

- Move-Aboard Uniform is cruise khakis w/ ball cap or garrison
- 1200 – Watches begin with Charlie Company
- Vehicles may be driven to the waterfront to offload gear and then immediately returned to the designated parking area.

Students involved in Live Burn or MMA Athletic Competitions on Sunday should plan to deliver gear to Payson early on May 7th and then move aboard upon return from the event.



Cruise Agreement

MAINE MARITIME ACADEMY

A College of Engineering, Management, Science, and Transportation



Voluntary Agreement for Training Cruise Participation

All Cruise Participants must have a signed Cruise Agreement prior to departure.

Cruise Agreement will be provided in advance and must be signed prior to Move Aboard on Sunday, 7 May 2023.



What to bring list highlights



Need:

- **Identification** (TWIC, passport, school ID, (MMC for 1/C & 2/C)
- **Spending money** (~\$100) (Ship store & liberty)
- **Note:** If you have a credit card, most companies provide favorable exchange rates.
- **Work Blues/khakis//relaxed uniform/appropriate civilian attire** (**Note Bring S&P**)
- **Tools** (flashlight, adjustable wrench, multi-tool)
- **Safety boots, ear plugs, safety glasses** (extras)
- **School supplies** (binder, notebooks, pencils, etc.)
- **Toiletries** (razor, shampoo, soap, etc.)
- **Blankets/Pillows** – remember, TSSOM can be chilly

Consider:

- **Winter Clothing:** Insulated work gloves, scarves, long underwear, insulated boots, turtlenecks, rain pants, etc.
- **Flash Drive** (movies, games. etc.)
- **Books**
- **Headphones**
- **Lawn Chair / Camping chair**
- **Games** (card games, board games, etc.)
- **Dry Erase Markers**
- **Snacks**
- **Camera**
- **Medications** (as applicable)



What **NOT** to bring highlights



Do Not Bring:

- **Alcohol**
- **Small appliances**
- **Power Strips – 1 will be provided per stateroom**
- **Disposable wipes, non-marine toilet paper**
- **Laundry Soap (detergent provided onboard)**



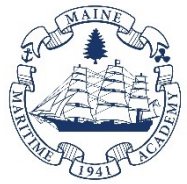
Travel tips



- **Cell phone**
 - **Understand your cell phone plan**
 - **Be wary of cell phone international roaming fees**
 - **Download and install the xChange app if you want to make voice calls from the ship while at sea**
- **Banking & Credit Card Companies**
 - **Notify your bank of upcoming overseas travel**



Medical



- **Personal hygiene – shower daily & do laundry regularly**
- **Sea sickness – Bring Dramamine if you are prone to seasickness**
- **Medication**
 - ENSURE that if you are on any special medication that you notify the Ship's doctor and/or nurse, immediately, as soon as cruise begins.
 - Bring prescribed medications with you as necessary but ensure that the medical department is aware of what you have on board.
- **Refrigeration for Medication**
 - Refrigerators are NOT authorized for student staterooms.
 - Medication that needs to be refrigerated may be stored in the ship's medical department.
 - Midshipmen requiring refrigerator storage for medication must make arrangements with the ship's medical department.
- **Bring your medical insurance card**



COVID-19 Vaccination / Testing



If you are experiencing COVID symptoms, you may be tested for the virus by Health Services during cruise. Anyone who tests positive will be required to isolate for at least 5 days onboard the ship and then wear a mask for an additional 5 days.

Persons testing positive for COVID must follow the rules of our host country or local jurisdiction and will likely not be able to depart the ship on liberty.

Continue to practice good hygiene and avoid contact with persons who have COVID. Any illness during cruise will decrease your experience, pose a risk of infection to others, and may require you to remain aboard during port-calls. Serious illnesses may require you to return home from cruise for treatment.



COVID-19 Vaccination / Testing



Testing

Antigen COVID-19 tests will be administered for any person who exhibits COVID symptoms during move-aboard and for the duration of Cruise.



Residential Life

Move Out Expectations

- Remove all trash & take out to dumpster
- Be sure desk & wardrobe are empty
- Wipe down surfaces (desk, dresser, etc.)
- Give your space a quick sweep or vacuum
- Lower / de-bunk beds (leave triple rooms bunked)
- If you have a bike, be sure to bring it home
- Turn in your res hall key
- **Save yourself \$\$\$ by avoiding excessive cleaning charges**



Residential Life

Check Out Options

- If you plan to leave the res halls the last week of classes (April 24-30) you will use the Express Check Out option – returning your room key to the Curtis Front Desk and Res Life will complete your check out room inspection at a later date.
- If you plan to leave the res halls the week of finals (May 1 –5), Res Life staff will be at the Curtis Front Desk and will do your room inspection with you.
- If you check out of the res halls at any point the last week of classes, or during finals week, you are NOT able to access res halls - you will go directly to TSSOM on Sunday, May 7.
- If you plan to remain in the residence halls until Sunday, May 7, and then move aboard TSSOM, you will use the Express Check Out option – returning your room key to the Curtis Front Desk and Res Life will complete your check out room inspection at a later date.

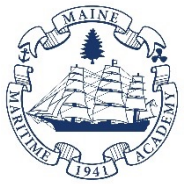


Residential Life

Summer Storage

- Summer Storage is available to on-campus students who are returning to on-campus housing Fall 2023.
- THIS STORAGE IS FOR ITEMS YOU WILL NOT NEED UNTIL YOU RETURN IN AUGUST. THERE WILL BE NO ACCESS TO SUMMER STORAGE AFTER CRUISE.
- Furniture is NOT permitted. Mini-fridges, microwaves, fans, small appliances, Rubbermaid totes are OK.
- Students may put up to 4 items in storage.
- These storage lockers will NOT be accessible until move in date in August.
- ALL items must be in boxes/bins/bags - no loose items.
- Items need to be labeled with your name & cell phone number. Duck tape & Sharpie works best. You must fill out the QR code located in the storage closet.
- Res Life is unable to provide storage boxes, bins, etc., so you are responsible for getting your own – consider asking Sodexo if you need boxes.

**** You store items at your own risk. MMA is not responsible for damaged or lost items.****

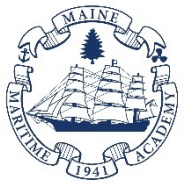


Residential Life

Cruise Storage

- Cruise Storage is for items you will need immediately following your return from Cruise.
- Access to put items in Cruise Storage will be:
 - May 1-4: 1900-2100
 - May 5: 1300-1500
 - Requests to access Cruise Storage outside of these hours will result in a \$25 fee
- Access to collect Cruise Storage will be:
 - July 20 (time TBA)
- ALL items must be in boxes/bins/bags - no loose items.
- Items need to be labeled with your name & cell phone number. Duck tape & black sharpie works best. You must fill out the QR code in the storage closet.
- Res Life is unable to provide storage boxes, bins, etc., so you are responsible for getting your own – consider asking Sodexo if you need boxes.

**** You store items at your own risk. MMA is not responsible for damaged or lost items.****



Residential Life Questions?

Stop by and see Blossom or Dan

OR

Email housing@mma.edu



Move Aboard TSSOM



Midshipmen will be able to move gear aboard on 7 May between 0900 to noon. *You must be in Cruise Khakis to board TSSOM.*

The move aboard schedule is based upon Cruise Company assignment:

Charlie	Company – 0900 to 0945
Bravo	Company – 0945 to 1030
Delta	Company – 1030 to 1115
Alpha	Company – 1115 to Noon

You will be required to show your MMA ID and TWIC card when you move your gear aboard. Please also bring your passport as we will be traveling to foreign ports.

There will be check-in stations on the pier that must be completed in order prior to moving your gear aboard. All bags are subject to search prior to boarding.

Berthing assignments will be given at the time of check-in. Changes to berthing assignments are not authorized without permission from the Cadet Master AND the Master of TSSOM.

Limited storage for students who will be living in campus housing during the fall semester is available. Please contact Deidra Davis at deidra.davis@mma.edu for information on storage.

All Midshipmen are to be moved aboard prior to Noon on 7 May. Watches begin at Noon.



Rental Books - Bookstore



Rental Book Return Deadline

The MMA Bookstore will be open on
Thursday, 4 May to return Rental Books.

If you have questions or need further coordination
contact the bookstore.



Communications



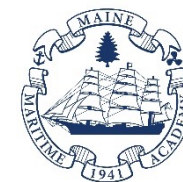
The **Cruise Blog** is the most important hub of communication for family and friends to receive updates about the Cruise. Blog posts will chronicle the progress of the ship, allowing parents and friends access to a chart of the TSSOM's course, summary of activities, activity highlights, stats (latitude and longitude, speed, passage distance, etc), weather, pictures, and more.

Please note: this blog site does not support commenting.

Updates to the site happen at various times and are provided by students, faculty and staff. Links and QR codes will be posted aboard the ship to easily upload photos. If there are technical difficulties or other disruptions, updates may not get posted on any particular day.



Communications (Cont.)



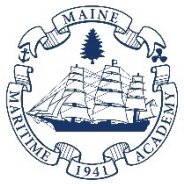
Letters from Home

Mail is slow, so please plan accordingly. You should expect it to take at least 1 week for your letter/package to reach the port agent. If you send mail early, the agent will hold it until TSSOM's arrival. Use [port addresses](#) listed on this website. In cases of emergency, packages can sometimes be delivered to the ship with transiting crew; to arrange for this, please contact the Regimental Office.

Philadelphia, PA	Azores Islands, Portugal	Vigo, Spain	Kiel, Germany	Belfast, Ireland	Boston, MA
First name, Last Name T/S State of Maine C/O GAC Shipping (USA) Inc. 2 International Plaza, Suite 600 Philadelphia, PA 19113	First name, Last Name Attn: T/S State of Maine Bensaude Shipping Agents, Ltd. Largo Vasco Bensaude, 13 9500-103 Ponta Delgada Azores Islands, Portugal	Maritima Consiflet Agency Department Attn: TS State of Maine First name, last name 36201 Vigo – Spain Plaza de Compostela 19, 2 D	First name, Last Name T/S State of Maine (TBD)	First name, Last Name T/S State of Maine C/O Doyle Shipping Group 101 Airport Road West Belfast, NI BT3 9ED	No mail to Boston



Communications (Cont.)



Email

Email can be used for text communication only. You will not be able to send or receive attachments. If you need to receive an attachment, please coordinate with the IT Office on the TSSOM. Student email will be on the Outlook email system. We will provide information on accessing this account and credentials prior to cruise.

Phone Calls

Students can make satellite phone calls at sea by using the XChange Voice App. We will also have several port visits where we anticipate strong cellular coverage if your phone plan supports international calls. There is a small charge to use the satellite system (5 cents/min) and students must pay in advance through the ship store. Prior to boarding, students should download the XChange Voice App:

Android devices:

https://play.google.com/store/apps/details?id=com.xchangesipvoice&hl=en_US&gl=US

Apple devices: <https://apps.apple.com/us/app/xchange-voice/id935285681>



Alcohol Use



Alcohol is prohibited on board the ship. The policy aboard the ship is consistent with that of the US Coast Guard and can be found in the Training Cruise Manual. Students may be asked to submit to a breathalyzer test if it is suspected that they are intoxicated. If a student or staff/crew member refuses to submit to a breathalyzer test, they will be sent home. We encourage parents to review the alcohol policies and talk with their students. The cost to come home from a port with no notice due to a disciplinary matter can exceed \$5,000. Additionally, the student receives no refund for cruise and must repeat the entire cruise. This kind of mistake can cost a student over \$10,000.



Emergency Contact Information



Emergency contact to the ship is available. If you need to be in touch with your student while s/he is on cruise in the event of an emergency (death or serious illness of a family member for example) please call Campus Safety at **207-326-2479** or the Dean of Students, Deidra Davis at 207-326-2138. Campus Safety is available 24/7 so this is the best option outside of normal work hours or if Dean Davis not in the office. Dean Davis or Campus Safety staff will contact the ship and the individual you need to speak with will call you back.

You will need to provide the following information:

Your name

Your contact information

The name of the person you need to speak with on the ship

Your relationship to the person you need to reach

The nature of the emergency

This information will be communicated to the Commandant of Midshipmen who will discreetly arrange for your student to call you back. This process may take a few hours, depending on the location of the ship and the time of day.

Updated: 3-23-23 (dard)



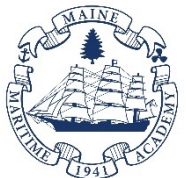
Vehicle Parking



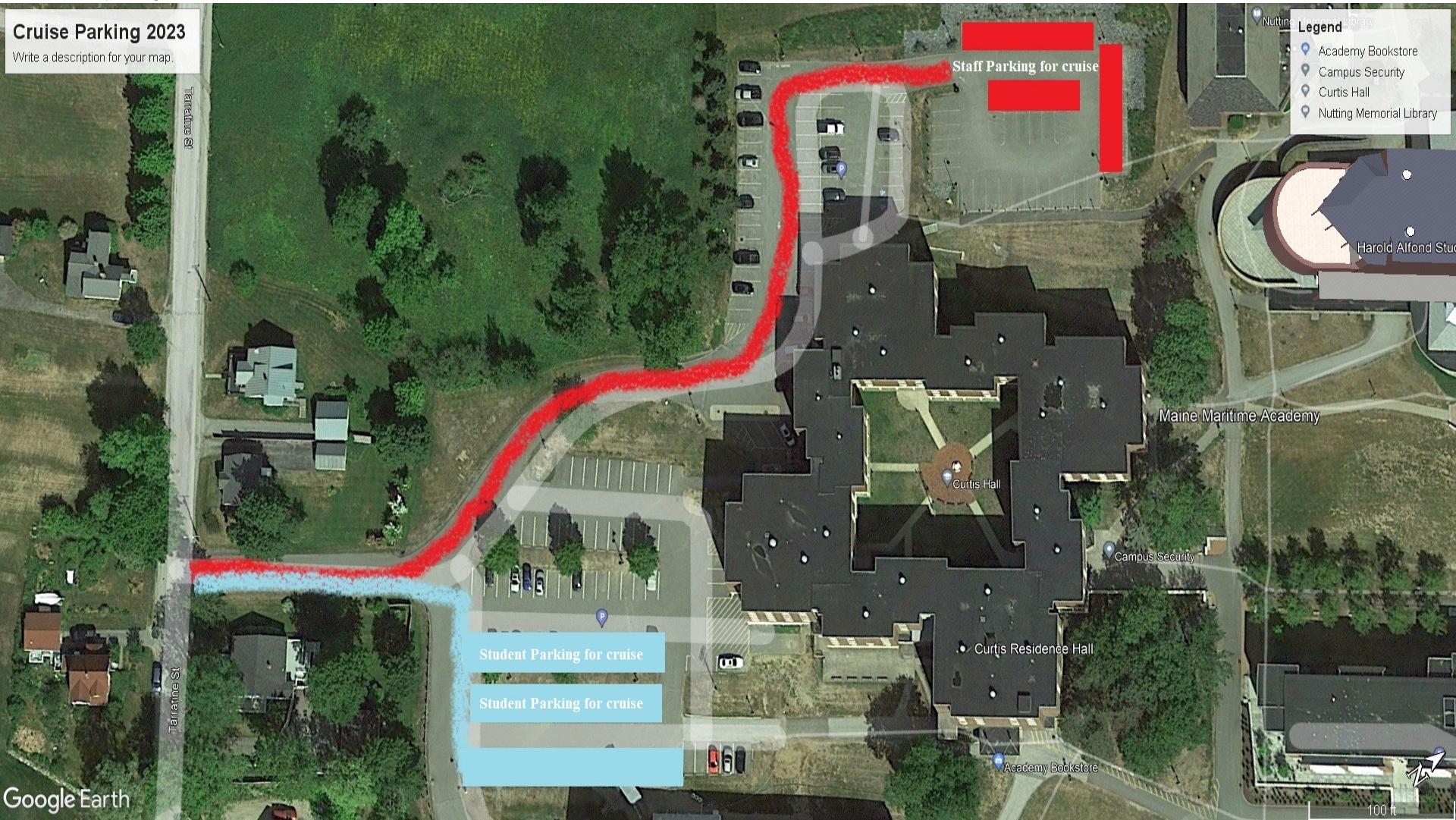
Guidance for those leaving vehicles on campus during cruise:

- Do not leave any food in your vehicle. It will attract bugs, mice, and other things you do not want in the vehicle.
- Do not leave any valuables in your vehicle. Campus Safety routinely patrols, but we are not in that parking lot all the time. Always lock your vehicle and roll up the windows.
- If there are belongings you are leaving in the vehicle, make sure they are out of sight or in the trunk. The sun and the heat may damage items.
- If you are having someone pick up your vehicle, please ask them to stop by the Campus Safety Office and let us know the vehicle is leaving campus.
- If you are having someone, drop off a vehicle for you, please tell them it needs to be secured, with no food or valuables left in it. Also, have them notify Campus Safety that they are adding to the vehicles in that lot.
- Campus Safety does not want your keys. It will be your responsibility as to where your keys are and how you turn them over if someone is going to pick up or drop off your vehicle.
- When you return to campus, if your vehicle will not start, Campus Safety has a booster pack, if the battery needs a boost. Give Campus Safety a call at 207-326-2479 they will let you borrow the booster pack.
- Please make sure you check the parking map for Cruise and when and where you may start parking in the correct location.
- Parking for Cruise is the Curtis Upper Lot for Staff and in the lower Curtis Lot for Students. Please check your map so you know where you can and cannot park. If all the parking areas are full, please contact Campus Safety at 207-326-2479. This is a 24/7 number so just let it ring, it will be picked up.
- MMA assumes no responsibility for damage to or theft from any vehicle parked on property owned or under the control of MMA.

Campus Safety: (207) 326-2479

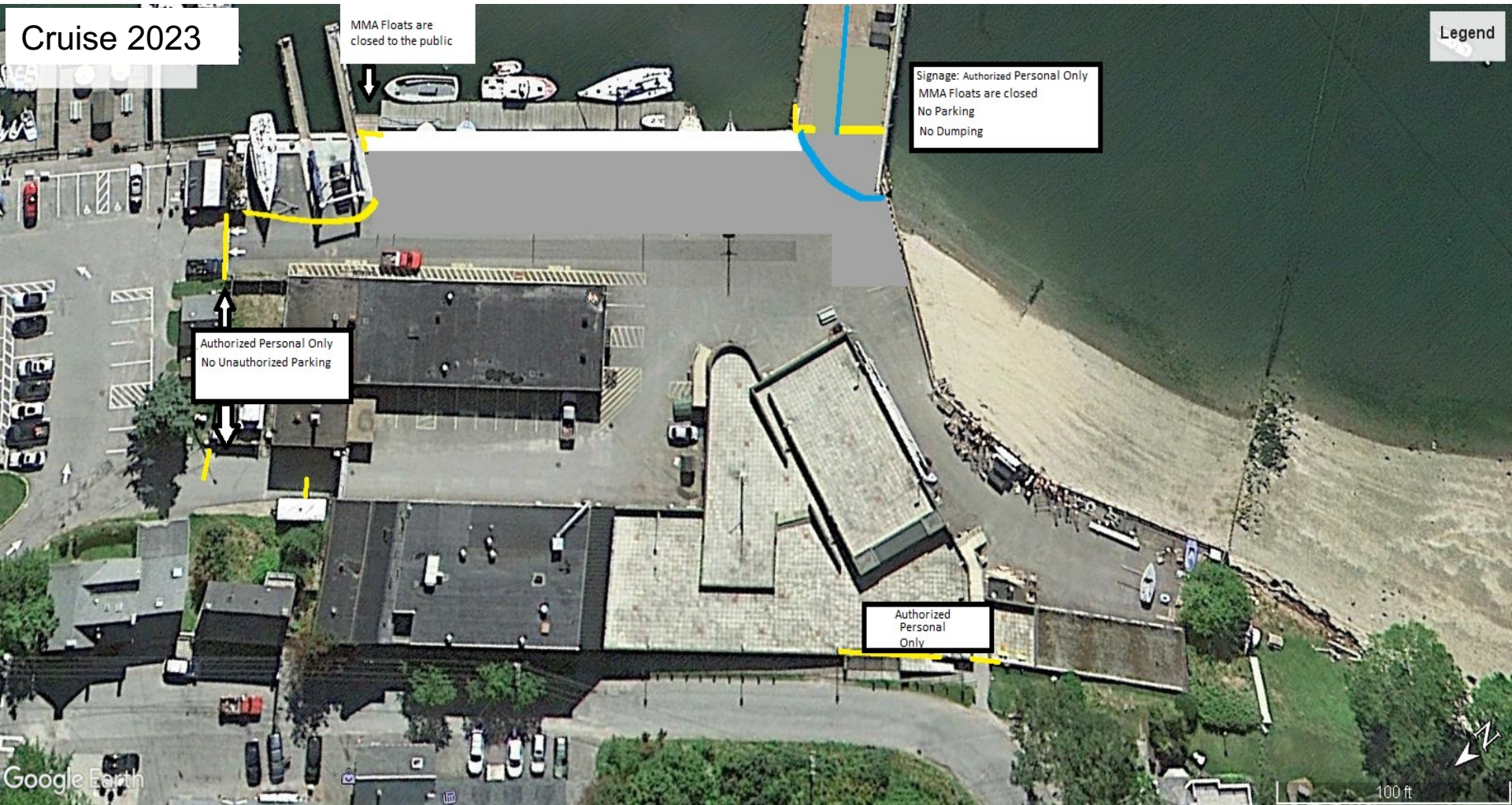


Vehicle Parking





Waterfront Overview



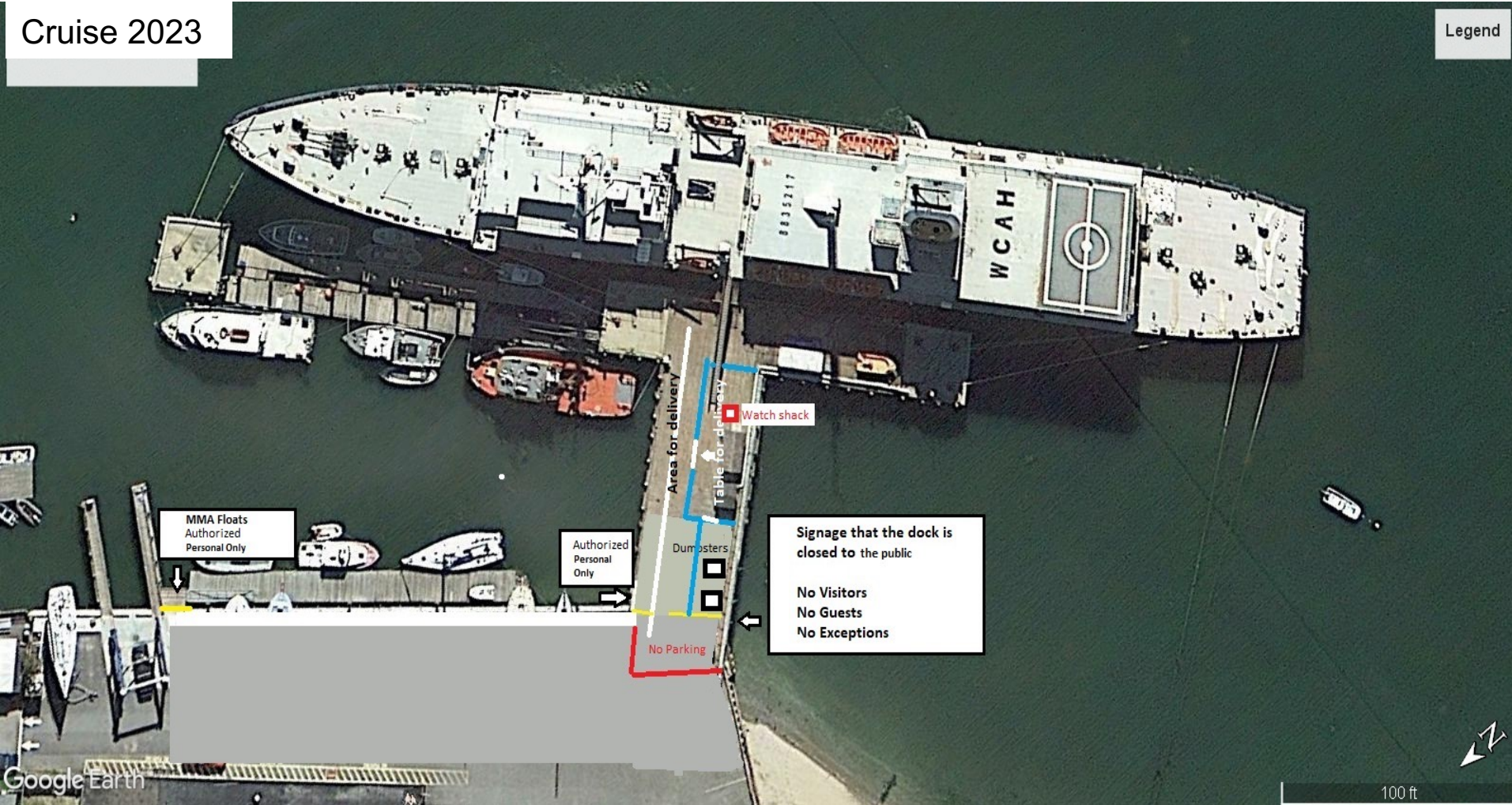


Waterfront – Dock area



Cruise 2023

Legend



MAINE MARITIME
ACADEMY



Other Admin



Uniforms and Grooming Standards

All students participating on cruise are expected to have cruise khakis & working blue uniforms. No exceptions. Regimental grooming standards are in effect, to include hair length and facial hair standards. We will not have a barber onboard, so ensure hair is compliant in advance and plan to get a haircut during one or more port calls.

Cleaning Items & Ship's Sewage System

Ship's system not designed to handle anything other than human waste and ship-provided toilet paper. No 'flushable' wipes, paper towels, hygiene products, etc. may go down the system. You will be part of the clean-up crew if necessary!

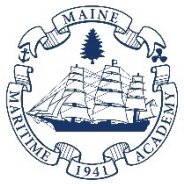
Family Day Cruise

Due to the short turn-around time in Boston we will not be able to facilitate a Family Day Cruise.

Watches We remain in need of watchstanders following our return to Castine.



SODEXO



Dietary Restrictions / Dietary Needs & Allergies

Why is important for Health Services and Steward's Dept. to know?

Help us keep you safe if you have allergies!

Help us make sure we source enough specialty items!

- **We order specialty items prior to the start of Cruise! (We start ordering now!) to ensure we get in time with today's supply challenges. Many items are not easily available in ports!**
- **Many times we can prepare items in an alternate way in small batches to save you time! (IE if we know you can't have dairy, we can pre-prepare the item without the sauce, if we know ahead!)**
- **Are looking for alternate product or snacks – we may be able to help you by sourcing for the ship store!**
- **Access to Sodexo's Registered Dietitian, Chelsea Champagne's support!**





SODEXO



Ship Store Employment

Have some fun, make some cash!

If you are interested in working in the Ship Store for Cruise 2023

- You **MUST** be setup with MMA Student Payroll Office (Traci Clair) **PRIOR** to the start of cruise
- You **MUST** have setup direct deposit with MMA Student Payroll **PRIOR** to Cruise.

Even if you have worked with me before, please send me an email with:

- Your Name
- Your Cruising Company
- Your Student ID # (So I can verify with student Payroll)

Jayme.Maynard@Sodexo.com



Questions