

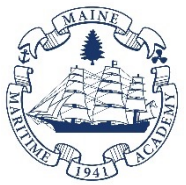
Summer Cruise 2024

Information Brief

Monday, 1 April 2024



# Agenda



- **Cruise Information – who is participating...**
- **Safety**
- **Review of Cruise schedule**
- **Timeline synch**
- **Cruise Agreement**
- **What to bring list highlights**
- **Travel tips**
- **Deck Training**
- **Engine Training**
- **Medical**
- **Counseling**
- **Title IX / SASH Reporting**
- **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



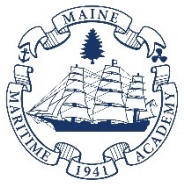
## Who is participating in cruise

### Cruise include:

- All qualifying 1/C, 2/C and 4/C unlimited license students including "Super-Seniors"



# Safety



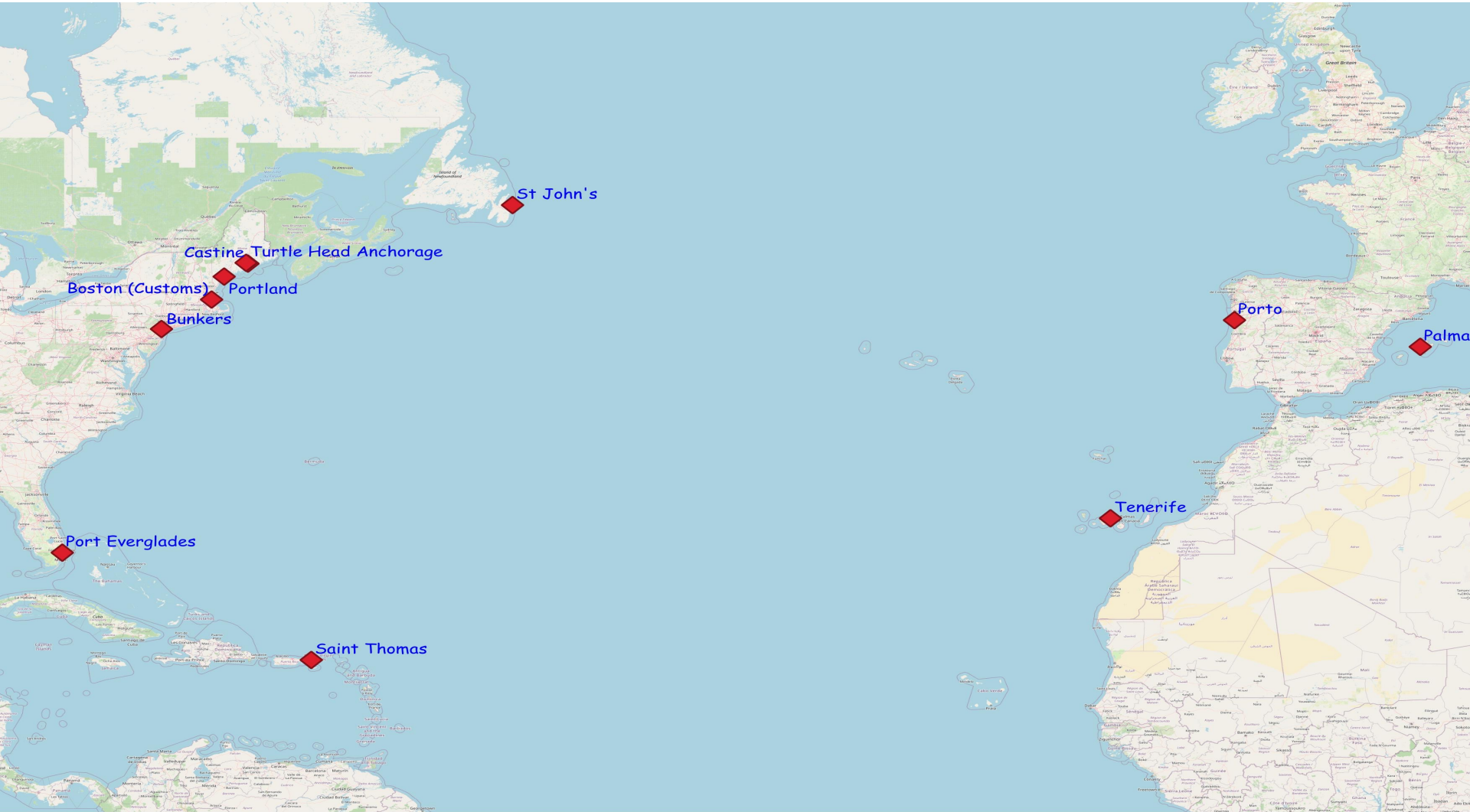
**Your safety and the safety of others is paramount.**

**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





# Overview Cruise schedule



* Ports	Arrive Port	Depart Port
Castine, Maine (Move aboard TSSOM)	May 5	
Castine, Maine		May 8
Port Everglades, Florida	May 16	May 19
St. Thomas, USVI	May 26	May 29
Santa Cruz de Tenerife, Spain	June 8	June 11
Palma de Mallorca, Spain	June 17	June 20
Oporto (Leixoes), Portugal	June 26	June 29
St. John's, Newfoundland, Canada	July 8	July 11
Boston, MA (CBP Inspections)	July 15	July 15
Portland, Maine	July 16	
Portland, Maine (Cruise ends)		July 18



# Company Rotation



Date	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	
<b>Cruise 2024</b>	5-May	6-May	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	24-May	25-May	26-May	27-May	28-May	29-May	
<b>Port</b>	Castine - Move Aboard	Castine	Castine	Anchor - drills, lifeboats / inspections	Depart Anchorage - Bound for Sea		Stapleton Anchorage, NY - Bunker		Stapleton Anchorage, NY - Bunker				Port Everglades	Port Everglades	Port Everglades	Port Everglades								San Juan Puerto Rico	San Juan Puerto Rico	San Juan Puerto Rico	San Juan Puerto Rico
		1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	

ARR

DEP

ARR

DEP

<b>A</b>	W	M	U	T1	U	W	W		T2	M	U	M	M	U	U	W	W	M	T3	T4	W	U	U	U	W	M
<b>B</b>	WP	W	M	U	T1	M	M		U	T2	M	W	W	M	U	T3	U	W	W	W	T4	M	M	U	U	W
<b>C</b>	WP	T1	W	M	M	T2	U		W	U	T3	U	U	W	M	U	T4	U	M	U	U	W	W	M	U	T5
<b>D</b>	WP	U	T1	W	W	U	T2		M	W	W	T3	U	U	W	M	M	T4	U	M	M	T5	U	W	M	U



# Company Rotation



Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	
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	
									Santa Cruz de Tenerife	Santa Cruz de Tenerife	Santa Cruz de Tenerife	Santa Cruz de Tenerife							Palma de Mallorca	Palma de Mallorca	Palma de Mallorca	Palma de Mallorca
25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	

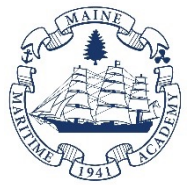
ARR									DEP					ARR					DEP		
T5	M	M	T6	U	W	W	W	U	U	W	M	T7	U	W	T8	M	W	W	M	U	T9
W	U	T5	M	M	T6	U	M	T7	U	U	W	M	M	U	U	T8	U	U	W	M	U
U	W	W	U	T6	M	T7	U	M	M	U	U	W	W	T8	W	W	T9	U	U	W	M
M	T6	U	W	W	U	M	T7	W	W	M	U	U	T8	M	M	U	M	M	U	U	W







# Timeline synch



- 5 May (Sunday):** All students participating on Cruise move aboard by Company.
- Move-Aboard Uniform is cruise khakis w/ ball cap or garrison
  - 1000 – Watches begin with Alpha Company
  - Vehicles may be driven to the waterfront to offload gear and then immediately returned to the designated parking area.



# 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, 5 May 2024.**



# 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)**
- **WHATEVER YOU BRING ABOARD MUST BE TAKEN OFF THE SHIP AT THE END OF CRUISE!**



# 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 and be prepared for cell phone international roaming fees.**
  - **Enable WiFi calling if your phone supports it.**
  - **Download and install WhatsApp or an equivalent communication application to remain in contact with family and friends while underway regardless of carrier and phone model.**
- **Banking & Credit Card Companies**
  - **Notify your bank of upcoming overseas travel**



# Deck Training



- **Prof. Matt Hofer: Sr. Deck Training Officer**
  - **Introductions**



# Engine Training

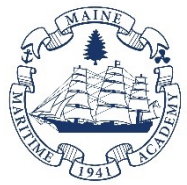


- **Prof. Laurel Christian: Sr. Engine Training Officer**
  - **Introductions**
  - **4/C- What to expect**
  - **2/C-What's new this year**





# Medical



- **Personal hygiene – shower daily and use hand sanitizer where available. Laundry must be done frequently!**
- **Seasickness – Bring Dramamine or any generic seasickness med you might need if you are prone to seasickness**

## **Medication**

- **We carry over the counter meds on board but if you are prone to colds, upset stomach, diarrhea or other minor ailments bring medications accordingly.**
  - If you are on a specialty medication please let the medical staff know so we are aware of any issues that may arise.
  - Please bring enough prescribed medication with you to get you through the 75 days. You may have to ask your doctor for a "vacation dose". If you are not comfortable keeping extra meds in your room we can store them.

## **Refrigeration for Medication**

- Medication that needs to be refrigerated may be stored in the ship's medical department. (There are no refrigerators in student berthing.)
- Midshipmen requiring refrigerator storage for medication must make arrangements with the ship's medical department.
- **Bring your medical insurance card**



# Counseling



**Counseling is available during the summer while you are on cruise!**

**Tonya is available to connect with you via text, phone, email, and/or zoom.**

If you would like to make an appointment with Tonya, please send her an email or text to set up a time or inform any ship or commandant staff to assist with arrangements.

Tonya will accommodate YOUR work schedule, time zones, and regimental commitments.

Email: [tonya.murray@mma.edu](mailto:tonya.murray@mma.edu)

Office Phone: 207-326-2644

Cell Phone: 207-881-3512

**I am here to support you!**



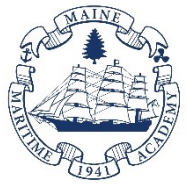
**National Suicide Lifeline: 988**  
**LGBTQ+ Trevor Lifeline: 1-866-488-7386**  
**Domestic Violence Hotline: 1-800-834-4357**  
**Sexual Assault Hotline: 1-800-871-7741**

*If you need other resources or information, please let Tonya know and she will get you connected.*



# SASH Reporting / Victim Resources

Sexual Assault / Sexual Harassment / Intimate Partner Violence / Stalking



Sexual harassment, assault, and violence have no place in our community.

**If you need assistance, there are resources available for you while you are on cruise!**

If you would like to make an appointment with Heidi, please send her an email to set up a time or inform any ship or commandant staff to assist with arrangements. Heidi can meet by Zoom, Teams, phone, or email. You can find more information at the links below.

[Sexual Harassment, Misconduct, and Title IX - Campus Safety - Maine Maritime Academy Reporting-Processes-Chart.pdf \(mainemaritime.edu\)](#)

Our Title IX Coordinator is:

Heidi Pugliese

207-326-2761

heidi.pugliese@mma.edu or titleix@mma.edu

Our Title IX Investigator/Deputy Title IX Coordinator is:

Deidra Davis

207-326-2138

deidra.davis@mma.edu

**MARINERS HAVE A RESPONSIBILITY TO PROTECT ONE ANOTHER**

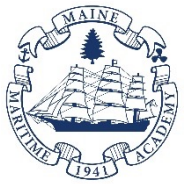
**If you see something, say something!**



# Residential Life

## Move Out Expectations

- Remove all trash & take out to dumpster (\$25).
- 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).
- All the furniture should be in the room.
- 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 22-26) 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 (April 29 –May 2), 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 return to the res halls - you will go directly to TSSOM on Sunday, May 5.
- If you plan to remain in the residence halls until Sunday, May 5, and then move aboard TSSOM
  - You need to complete a late departure form which will be sent in closing emails
  - 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.

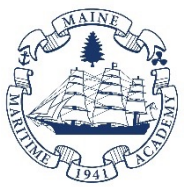


# Residential Life

## Summer Storage

- Summer Storage is available to on-campus students who are returning to on-campus housing Fall 2024.
- 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 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

## Summer Storage

Students returning to Curtis next year can store up to 4 items in summer storage. To access summer storage, stop by the Curtis Front Desk during the following times:

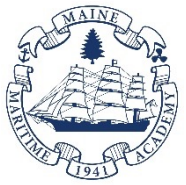
➤ Monday, April 29 – Thursday, May 2:

0900 – 1900

➤ Friday, May 3:

0900 - 1600

**Access to summer storage is only available during these times. Plan accordingly.**

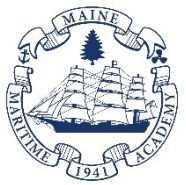


# Residential Life

## Cruise Storage

Reminder: TSSOM will be returning to Portland. We will not be offering Cruise Storage (items you will need immediately following your return from Cruise). Items must go with you to the TSSOM, be picked up by friends/family, or into summer storage. Reach out to Blossom or Dan if you have concerns.





# Residential Life Questions?

Stop by and see Blossom or Dan

OR

Email [housing@mma.edu](mailto:housing@mma.edu)



# Move Aboard TSSOM



Midshipmen will be able to move gear aboard on 5 May between 0800 to noon. **You must be in Cruise Khakis to board TSSOM.**

The move aboard schedule is based upon Cruise Company assignment:

Shiprates/Wedge - 0715-0800

Alpha Company – 0800-0845

Bravo Company – 0845 to 0930

Charlie Company – 0930 to 1015

Delta Company – 1015 to 1100

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 Blossom Thao at [blossom.thao@mma.edu](mailto:blossom.thao@mma.edu) for information on storage.

All Midshipmen are to be moved aboard prior to noon on 5 May. Watches begin at 1000, cruise begins at noon.



# Rental Books - Bookstore



## Rental Book Return Deadline

The MMA Bookstore will be open on Friday, 3 May to return Rental Books.

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

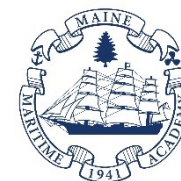


# Communications

- 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.

Port Everglades, FL	St. Thomas, USVI	Santa Cruz de Tenerife, Portugal	Palma de Mallorca, Spain	Oporto (Leixoes), Portugal	St. John's, Newfoundland, Canada
Name/TS State of Maine c/o GAC North America 2550 Eisenhower Blvd. Suite 211 Fort Lauderdale, FL 33316	Name/TS State of Maine C&C Port Services 3700 Honduras Frenchtown St. Thomas, USVI 00802	Name/TS State of Maine Noatum Maritime Spain, S.A.U. Plaza Candelaria 1 Edificio Olympo 365/366 38003, Santa Cruz de Tenerife, Canary Islands, Spain	Name/TS State of Maine Noatum Maritime Spain, S.A.U. Muelle de Perares, Estacion de Maritima n3 Entresuelo B 07105 Palma de Mallorca Balearic Islands, Spain	Name/TS State of Maine Noatum Maritime, Portugal Lda Rua Engo. Ferreira Dias, 728 Sala 3.05 4100-246 Porto, Portugal	Name/TS State of Maine PF Collins International Trade Solutions 275 East White Hills Road St. John's, Newfoundland A1A 5X7 Canada Attn: Marine Agency



# Communications (Cont.)

## Email

You will have limited network access while underway to use your MMA email accounts as well as personal email providers. There will also be a ship-based email system for distributing regimental and training information. Multi-Factor Authentication policy still applies, and you will need to have an MFA application like Microsoft's Authenticator App downloaded and configured prior to leaving.

## Phone Calls and Text

If your phone supports it, you will be able to make use of WiFi calling aboard the TSSOM, as well as features like iMessage between Apple devices and RCS texts between Android devices. That said, it is essential that you do not set your time manually but change it by time zone. This will help keep your device communicating with cellular carrier networks after ship time changes.

To utilize our dedicated VSAT phone system, download the Xchange Voice app from the app store on iPhones or the Play Store on Androids prior to boarding.



# 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 (during regular business hours). Campus Safety is available 24/7 so this is the best option outside of normal work hours or if Dean Davis is 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

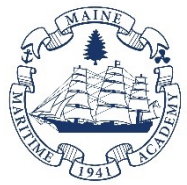
This information will be communicated to the Commandant of Midshipmen, or his staff, who will discreetly arrange for your student to call you back. This process may take a few hours, depending on the location of the ship and the time of day.

Updated: 2.29.24 (dad)





# Complete Before you Leave



Bills will be generated while you are still at sea. If you do all these items before you leave, your bill will be correct!

- Housing – be sure you have everything done (housing application for on or off campus)
- Meal Plan Selection
- Financial Aid – accepted any awards, etc
- Registered for Fall semester classes (See Registrar's Email 3/19)
- Completed your Insurance waiver or purchase – this will open on April 10th. You have to be registered for classes to complete this.

**ALL of these items are done EVERY YEAR.**

Updated:3.29.24 (dad)



# 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



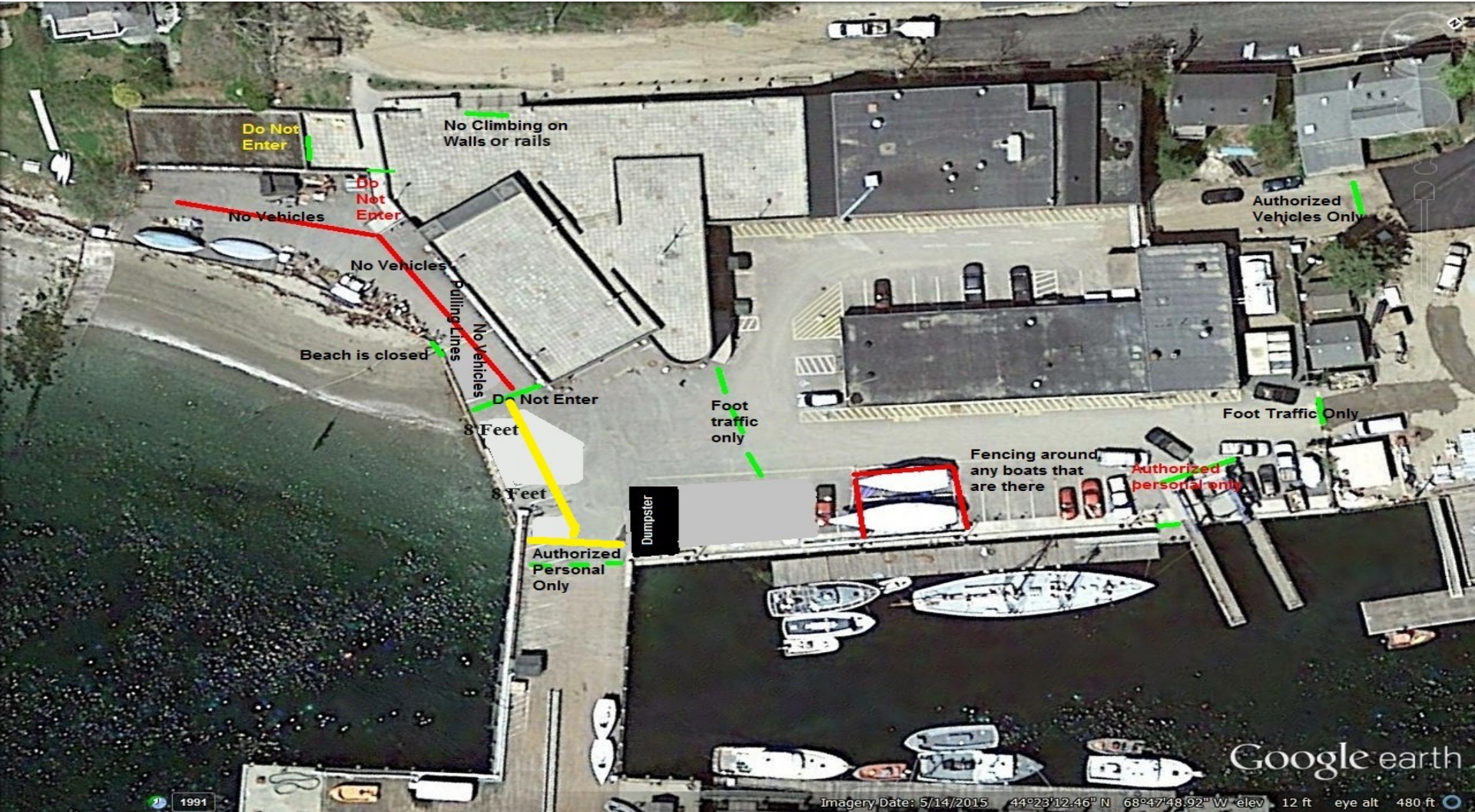
## Summer Sea Term Parking and Transportation





# Waterfront Overview

Cruise 2024



1991

Imagery Date: 5/14/2015 44°23'12.46" N 68°47'48.92" W elev 12 ft eye alt 480 ft



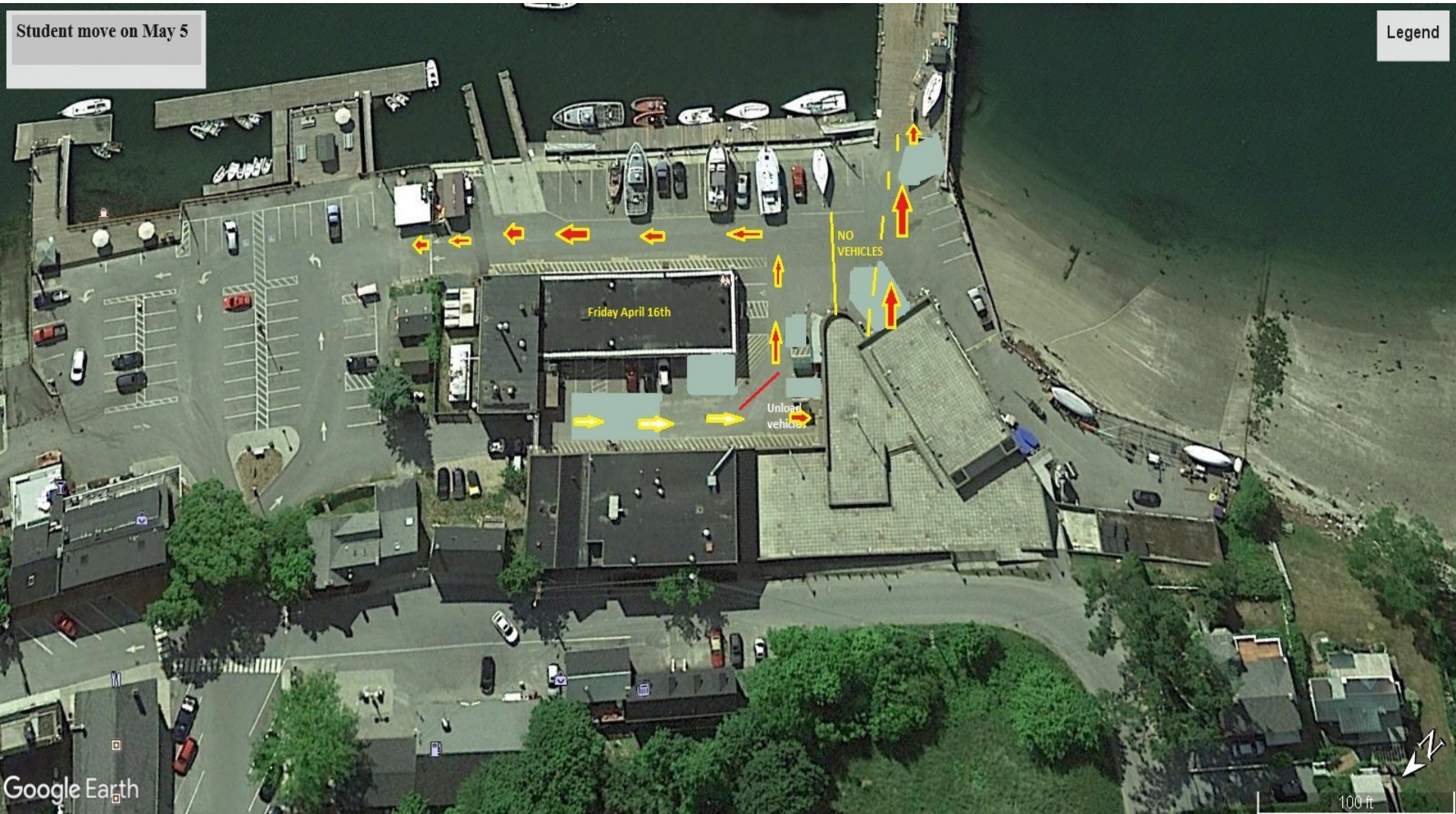
# Waterfront – Traffic flow

Cruise 2024



Student move on May 5

Legend





# 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

The ship's plumbing system was not designed to handle anything other than human waste and ship-provided, single-ply 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!



# SODEXO



## Dietary Restrictions / Dietary Needs & Allergies

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

**This is to help us keep you safe if you have allergies, AND help us make sure we source enough specialty items!**

- **Our menus are created, and ingredients ordered well before the cruise begins, to ensure we receive everything we plan on. We have already started loading the ship! Many items used in our recipes are not available in all ports. Therefore, planning for allergen-free foods and ingredients is vital to YOUR overall health and wellness.**
- **Many times, you'll be able to enjoy same menu entrees and items as everyone else, but only if we know in advance, so we prepare for this.**
- **Do you have favorite snacks or products you'd like available for purchase in the ship's store? Let us know now as we may be able to source some of your favorites!**
- **You'll also have access to support from Sodexo's Registered Dietitian, Chelsea Champagne!**





# SODEXO



## Ship's Store Employment

**Have some fun, make some cash!**

**If you are interested in working in the Ship Store for Cruise 2024:**

- 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)**

**[John.MacDonald@Sodexo.com](mailto:John.MacDonald@Sodexo.com)**





# Questions