**Bahamas Itinerary & Contact Minutes**

**May 5 – May 19, 2021**

**Total contact minutes: 4,575**

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| Travel | Course Event | Food |

Six hours of classroom meetings prior to departure: 360 contact minutes

**Wednesday, May 5: Travel day**

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| **Time** | **Event** | **Contact Minutes** |
| #### AM | Depart from ORF. |   |
|  | Lunch  | 60 |
| #### PM | Arrive at Nassau, taxi to Sandy Port, meeting on the beach | 120 |
| 7:30 PM | Dinner at Blue Sail | 90 |
| 8:30 PM | Evening discussion: Bahamas orientation, discussion about the next day, questions we should try to answer during the trip | 150 |

**Thursday, May 6: Atlantis Day**

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| **Time** | **Event** | **Contact Minutes** |
| 7:30 AM  | Taxi to Atlantis |  |
| 8:00 AM  | Explore Atlantis |  |
|  | Lunch on your own |  |
| 3:00 PM | Meet with Managers of the Blue Project, explore and learn about underground operations at Atlantis  | 120 |
| 6:30 PM | Dinner at Twisted Lime  | 120  |
| 8:00 PM | Taxi to Sandy Port.  |  |
| 8:30 PM | Evening discussion at Sandy Port beach | 120 |

**Friday, May 7: Nassau Day**

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| **Time** | **Event** | **Contact Minutes** |
| 9:30 AM  | Take public transit to downtown Nassau | 60 |
| 9:45 AM  | Straw Market | 30 |
| 10:00 AM  | Explore downtown businesses | 30 |
| Noon | Lunch at Senor Frog’s |  |
| 1:00 PM | Walk over the hill as a group | 90 |
| 2:00 PM | Take a bus to explore local businesses and ways of living on the island | 180 |
| 4:30 PM | Arrive back at Sandy Port  |  |
| 6:30 PM | Meet at The Poop Deck at Sandy Port for dinner with a government official in Nassau’s Ministry of Tourism & Sustainability  | 90 |
| 8:00 PM | Evening discussion at Sandy Port beach | 60 |

**Saturday , May. 8: Water Day**

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| **Time** | **Event** | **Contact Minutes** |
|  | Snorkel off the shore of Sandy Port Beach to examine diversity of ocean life |  |
| Lunch | On your own |  |
| 6:30 PM | Dinner at Twisted Lime | 90  |
| 8:00 PM | Evening discussion at Sandy Port beach | 120 |

**Sunday, May. 9: Travel Day #2**

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| **Time** | **Event** | **Contact Minutes** |
| Morning | Research, journal about Central Andros  | 120 |
| Lunch | On your own |  |
| 1:00 PM | Meet at the Sandy Port to leave in a taxi for the airport |  |
| 2:00 PM | Briefing about what to expect | 30 |
| 3:00 PM | Depart from Nassau for Andros Town, Central Andros |   |
| 3:30 PM | Arrive in Central Andros |  |
| 4:00 PM | Arrive at Sunset Point |  |
| 4:30 PM | Leave for dinner on Somerset Beach |  |
| 6:00 PM | Meet with Peter Douglas, Ministry of Tourism and Sustainability, Central Andros | 180 |

**Monday, May. 10: Blue Hole Day**

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| **Time** | **Event** | **Contact Minutes** |
|  | Breakfast | 60 |
|  | Mass/Church |  |
| Dinner | Explore Captain Bill’s Blue Hole, snorkel, see untouched nature. | 120  |
| 7:00 PM | Evening discussion | 120 |

**Tuesday, May. 11: Androsia, Small Hope Day**

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| **Time** | **Event** | **Contact Minutes** |
| 9:00 AM | Leave for Androsia, see operations, discuss sustainability measures | 120  |
| 10:30 AM | Visit Small Hope Bay Lodge, interview owner about sustainability initiatives, snorkel on 2nd largest coral reef in the world | 180 |
| Lunch | At Small Hope with Owner  |  |
| 8:00 PM | Discussion | 120  |

**Wednesday, May. 12: Kamalame Cay Day**

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| **Time** | **Event** | **Contact Minutes** |
| 10:00 AM | Visit an abandoned resort, discuss why it failed.  | 60 |
| 12:30 PM | Lunch at Sunset Point |  |
| 2:00 PM | Meet at Kamalame Cay to meet with owners. Discuss coral regrowth, renewable energy initiatives. | 120 |
| 4:00 PM | Depart for Sunset Point |  |
|  | Dinner at Hank’s |  |
| 8:00 PM | Discussion | 120 |

**Thursday, May 13: North Andros Day**

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| **Time** | **Event** | **Contact Minutes** |
| 9:00 AM | Leave Sunset Point for North Andros |  |
| 10:00 AM | Explore Captain Morgan’s Cave, Morgan’s Bluff. |  |
| 10:30 AM | Snorkel Conch Sound Blue Hole to see biodiversity off the shore | 120 |
|  | Lunch, picnic at Conch Sound |  |
| 1:30 PM | Meet with managers at BAMSI, discuss the need for and viability of such an institute | 120  |
| 7:30 PM | Evening discussion | 120  |

**Friday, May. 14: Rest, Research Day**

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| **Time** | **Event** | **Contact Minutes** |
|  | Optional visit to West Side National Park, a large, national preserve |  |
| 8:00 PM | Evening discussion | 60  |

**Saturday, May. 15: Travel Day #3**

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| **Time** | **Event** | **Contact Minutes** |
| 10:00 AM | Leave Sunset Point for the Central Andros dock |  |
| 11:00 AM | Take a chartered ferry from Central Andros to South Andros | 120 |
| 1 PM | Lunch |  |
| 1:30 PM | Arrive at the South Andros dock, Drigg’s Hill  |  |
| 2:30 PM | Meet with founders and owners of Caerula Mar Resort, discuss their rationale for South Andros, employment, effect on life in South Andros | 90 |
| 3:30 PM | Walk Kemp’s Bay Beach, see pollution, find evidence for where it originated | 90 |
| 6:00 PM | Dinner |  |

**Sunday, May. 16: Bonefishing, Crabbing Day**

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| **Time** | **Event** | **Contact Minutes** |
| 9:00 AM | Leave Andros Beach Club for Mars Hill Blue Hole |  |
| 9:30 AM | Bonefishing in shifts | 120 |
| 11:30 AM | Crabbing with Ms. Louise | 60  |
| Lunch |  |  |
| Dinner |  |  |
| 8:00 PM | Evening discussion | 120 |

**Monday, May. 17: Snorkeling Day**

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|  | Mass/Church |  |
| Afternoon | Dive to see the coral reef, bleaching, and coral regrowth  | 150 |
| 8:00 PM | Evening discussion | 120 |

**Tuesday, May. 18: Local Business Day**

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| **Time** | **Event** | **Contact Minutes** |
| Morning | Beach Cleanup: begin to clean Kemp’s Bay Beach | 240 |
| Lunch | At Andros Beach Club |  |
| Afternoon | Explore 7 blue holes and how South Andros has commercialized them | 120 |
|  | Dinner |  |
| 7:00 PM | Evening discussion | 60 |

**Wednesday, May 19: Heading Home Day**

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| **Time** | **Event** | **Contact Minutes** |
| 6:00 AM | Leave Andros Beach Club for the Congo Town Airport |  |
| 6:30 AM | Arrive at the airport |  |
| 7:45 AM | Depart for Nassau |   |
| 8:30 AM | Arrive at NAS |  |
|  | Layover discussion | 120 |
| Lunch | On your own at the airport |  |
| Evening | Depart for Norfolk |   |
| 11:00 PM | Arrive in Norfolk |  |

**Total Contact Minutes: 4,575**