

Organizing for World Youth Day Sydney, 2008



**Diocese of Phoenix Approved Documentation
Necessary for WYD, 2008 Pilgrimage
July 6th – 22nd, 2008**





November 10th, 2006

Dear Young Friends in Christ,

It is with great joy that I invite you, the youth and young adults of our diocese, to come with me on a pilgrimage to **World Youth Day 2008**. This world encounter of young people with Christ will take place in Sydney, Australia in July 2008. It will also include some time for prayer and reflection in Brisbane.

Initiated by Pope John Paul II 1986 in Rome, and now continued by Pope Benedict XVI, World Youth Day provides young people an occasion to celebrate and to explore in greater depth their faith in Christ. It encourages all participants to become sentinels of the dawn and apostles of the New Evangelization. It offers a vivid experience of faith-full communion with other youth and with our Holy Father.

Throughout 2007, to prepare for the pilgrimage the following year, we will be meditating on the following words of Jesus recorded in the Gospel of John: *"Just as I have loved you, you also should love one another"* (13:34). It is Pope Benedict's hope that this meditation will help us to discover more about the Holy Spirit, who infuses divine charity within us and makes us aware of the material and spiritual needs of our brothers and sisters.

As we travel, then as pilgrims to Sydney in 2008, we will be prepared to explore in greater depth what Jesus meant when he said: *"You will receive power when the Holy Spirit has come upon you; and you will be my witnesses"* (Acts 1:8) These words of our Savior will provide the theme of World Youth Day 2008.

As you prepare in spirit for our pilgrimage to Sydney, take to heart the recent words of Pope Benedict XVI to the youth of the world preparing for World Youth Day 2008:

From this moment onwards, my dear young friends, in a climate of constant listening to the word of God, call on the Holy Spirit, Spirit of fortitude and witness, that you may be able to proclaim the Gospel without fear even to the ends of the earth. Our Lady was present in the cenacle with the Apostles as they waited for Pentecost. May she be your mother and guide. May she teach you to receive the word of God, to treasure it and to ponder on it in your heart (cf Lk 2:19) as she did throughout her life. May she encourage you to declare your "yes" to the Lord as you live "the obedience of faith". May she help you to remain strong in the faith, constant in hope, persevering in charity, always attentive to the Word of God. I am together with you in prayer, and I bless each one of you with all my heart.

Grace and peace in Christ,

Bishop Thomas J. Olmsted

Bishop Thomas J. Olmsted
Bishop of Phoenix



December 18th, 2006

Dear Leaders of Youth and Young Adults,

It is with a grateful heart to be able to announce to you that Bishop Olmsted has invited the youth and young adults of our Diocese of Phoenix to pilgrimage with him to Sydney, Australia, for the 23rd International Celebration of World Youth Day, July 6 – 22nd.

For me, this will be the 5th World Youth Day in which I will have the privileged to share this international experience with hundreds of youth. Every since my first WYD experience in Denver 1993, I have been impelled to get as many youth and young adults as possible to experience this extraordinary Catholic event with our Holy Father in order to help bring young people closer to our Lord, Jesus Christ and to have a greater appreciation for our Catholic faith.

This event changes lives, strengthens faith within young Catholics, gives a universal perspective of our Catholic Church and at the same time strengthens relationships among your own local youth and young adult communities. The priceless memories and relationships that will be built during this pilgrimage will last you and those you bring a lifetime! This event will also give those pilgrims you bring an opportunity to meet and be taught by Cardinals and Bishops from all over the world and to celebrate the Eucharist with our Holy Father, Pope Benedict XVI. The opportunities for spiritual growth are in abundance.

I encourage you as leaders of youth and young adults to pray about organizing a pilgrimage to World Youth Day in Sydney, Australia. It could be the single most important thing a young person will experience for his or her faith.

Yours is not just any journey; if you have set out on pilgrimage it is not just for the sake of recreation or an interest in culture. Well the, let me ask again: what have you come in search of? Or rather, whom have you come here to find? There can be only one answer to that: you have come in search of Jesus Christ! But Jesus Christ has first gone in search of you. *Pope John Paul II*

The following information in this packet gives you all the information needed from the Diocese of Phoenix to help you plan for your pilgrimage to WYD '08 Sydney, Australia. **We have also launched our new web site dedicated to the planning and organizing of your pilgrimage. You can access this directly by going to www.dophoenixwyd.org or through the diocesan Youth Ministry site.** I am at your service to help you get all you need to get there safely and to have our youth and young adults have one the best experiences of their lives. More information is to come and a planning meeting for leaders will be announced after the New Year.

Sincerely yours in Christ,

Bill Marcotte

Director of Youth & Young Adult Evangelization

Diocese of Phoenix Documentation & Handouts for Preparing for WYD, SYD 2008 Pilgrimage:

WYD Budget Planner / Personal Costs	Handout	#1
WYD Parish Registration		#2
God's Principles for Successful Pilgrimages		#3
World Youth Day Information Sheet		#4
Purpose of World Youth Day Pilgrimages by Pope JP II		#5
Rates & Conditions		#6
Conditions of Quest Travel Group		#7
WYD Trip Request and Release Permission Form		#8
Permission to Travel in a Foreign Country		#9
Emergency Medical Information		#10
Packing Tips		#11
Packing Lists		#12
Basic First-Aid Kit (For Leaders)		#13
Team Member Roles		#14
Chaperone Policy with Minors		#15
Team Covenants		#16
Setting up an Emergency Contact Plan		#17
Common Sense Suggestions for Staying Healthy During WYD		#18
Tips for Managing Jet Lag		#19
Journal Notes		#20
How to Obtain Passports		#21
Power of Attorney		#22

WYD Pilgrimage Budget Planner

Team Costs (per person):

Airfare & taxes, in-country transportation,
housing, food

Gifts in country

Materials & Supplies for Project

TOTAL \$

***This is the amount each person must pay "upfront."**

Personal Costs

Passport / Visas

Immunizations

Food & Lodging on the way

Laundry

Souvenirs / Gifts

Donations

Miscellaneous

TOTAL \$

***This is the amount each person will need for other expenses.**

Parish WYD 2008 - Pilgrimage Registration

Name _____ Birth date _____
(exactly as it appears on your passport, driver's license or birth certificate)

Address _____

City / State/ Zip _____

Hm Phone: _____ Cell: _____

Closest Relative: Name & Phone (not going on mission)

E-mail address _____

Parish / University _____

Parish / University address _____

-
1. Please list some ways you have served in your parish.
 2. Why would you like to participate in the mission trip?
 3. What kind of skills, knowledge, and spiritual gifts do you have to offer for this trip? Do you speak another language?

4. What would your least favorite friend say about you?

5. What would your closest friend say about you?

6. Do you have any special medical or dietary needs?

7. Do you have medical insurance? If yes, with who? Please list all pertinent insurance information: Carrier name, address, phone, group # and policy #.

8. Please briefly describe your spiritual journey.
(if necessary, use separate piece of paper)

I request permission to participate in the mission to _____ (Country) on _____ (dates). I will ask my parish to pray for me for the Lord's guidance as I prepare and participate in this mission.

Signature _____ Date _____

Please return the completed registration form to:

Name of Parish WYD Organizer

Address

City / State / Zip

Phone number, Fax, E-mail

GOD'S Principles for Successful Pilgrimage

Open Heart, Open Hands

- An open heart is free to be filled by the Holy Spirit and overflow with love. (John 14:15-17; Acts 13:2-4; Rom. 5:3-5)
- Follow God's lead not yours.
- God will always be with you. (Matt. 28:20b; Rom. 8:38-39; Heb. 13:5.)
- An open heart is ready to receive.
- An open hand is a sign of good will and humility. (Gal. 5:22-23)
- An open hand cannot clutch a clock, a schedule, or a stereotype.

Doing is Less Important than Being

- Be like Jesus, walk as Jesus walked. (1 John 2:6; Matt. 5:1-16; John 15: 1-14)
- Be human beings not human doings! (1 Thess. 5:11)
- Focus on people, not just on the task. (1 John 3:18)
- Work on building relationships. (Rom. 12:9-15)
- Take a deep breath when things don't start or end on time; there are more important things in life than sticking to a schedule.
- Be flexible – things will rarely go as you planned.

A Servant's Heart

- Learn from your hosts; honor them and God by serving them (John 13:12-17)
- Find out what your host prays for and then commit to praying for it, too. (James 5:16)
- Practice humility! (Luke 22:24-27; James 4:10)
- There are many ways of doing things; yours is only one and it may not be right for this time or place.
- Be adaptable – try new things, set aside biases and work on fitting into the culture.

World Youth Day 08 Information Sheet

Theme: “You will receive power when the Holy Spirit has come upon you, and you will be my witnesses” (Acts 1:8).

Brisbane, Australia	(YAI) Days in the Diocese	July 10 th – 13 th
Sydney, Australia	World Youth Day	July 15 th – 20 th

July 6 – 22nd 2008 – Seventeen Total Days.

DAY 01 & 02: BEGINNING OUR PILGRIMAGE. Depart USA via jet service. Meals will be served on board. **July 6 & 7** (crossing the International Date Line.)

DAY 03: BRISBANE. Upon arrival, we are met and transferred to our accommodations in Brisbane. Meals, accommodations and transportation are handled by the Youth Arise International. **July 8.**

DAY 04: BRISBANE. Today we have an optional trip to Steve Irwin’s Zoo. Transportation and entrance fees handled by YAI & the diocese. **July 9.**

DAY 05: BRISBANE. This evening we begin the Youth Arise Festival hosted by the Archdiocese. **July 10.**

DAY 06-08: BRISBANE. Activities for the Youth Arise Festival hosted by the Archdiocese of Brisbane. **July 11 - 13.**

DAY 09: BRISBANE / SYDNEY. Transfer to the airport for your short flight to Sydney. Upon arrival in Sydney, we proceed to registration for World Youth Day. **July 14.**

DAY 10: SYDNEY. This evening, we attend the WYD opening Mass of Welcome by George Cardinal Pell at the Olympic Stadium. A concert follows the Mass. **July 15.**

DAY 11: WYD ACTIVITIES. Catechesis sessions in the morning and festival events in the afternoon and evening. **July 16.**

Day 12: SYDNEY. Catechesis sessions in the morning and festival events in the afternoon. Arrival and welcome of the Holy Father – Pope Benedict XVI. **July 17.**

Day 13: SYDNEY. Stations of the Cross – a re-enactment of our Lord’s Passion and Death. **July 18.**

Day 14: SYDNEY. Breakfast at the hotel. Pilgrims walk to the site for Closing Mass and evening vigil with the Holy Father. Sleep out at the site this evening. **July 19.**

Day 15: SYDNEY. Morning Mass concludes WYD 2008. The remainder of the day we will be exploring more of Sydney at our leisure. **July 20.**

Day 16: SYDNEY. Today, we tour the city of Sydney - including Darling Harbor, Bondi Beach, Watson's Bay and Paddington’s historical terrace houses. **July 21.**

DAY 17: SYDNEY / USA. Today we depart for our return flight to North America - the end of our unforgettable pilgrimage to World Youth Day 2008. **July 22.**

Purpose of World Youth Day Pilgrimages

Pope John Paul II, founder of World Youth Days, outlines the purpose of World Youth Day in a letter to the President of the Council of the Laity written May 8th, 1996. The following excerpts should be helpful to you in your planning effort to share the vision of this pilgrimage with parents and future pilgrims:

The principal objective of the Days is to make the person of Jesus the centre of the faith and life of every young person so that he may be their constant point of reference and also the inspiration of every initiative and commitment for the education of the new generations. This is the slogan of every Youth Day, and through this decade, the Days have been like an uninterrupted and pressing call to build life and faith upon the rock, which is Christ.

So, young people are called periodically to make a pilgrimage along the roads of the world. In young people the Church sees herself and her mission to mankind: with them she faces the challenges of the future, aware that all humanity needs to be rejuvenated in spirit. This pilgrimage of the young members of the people builds bridges of brotherhood and hope between continents, peoples and cultures. It is a journey that is always in action, like life, like youth.

With the passing years, World Youth Days have proved themselves to be not conventional rites, but providential events, occasions for young people to profess and proclaim faith in Christ with ever-greater joy. Coming together, they are able to discuss their most intimate aspirations, experience the Church as communion, make a commitment to the urgent task of new evangelization. And in doing so, they join hands, forming an immense circle of friendship, uniting in faith in the Risen Lord all the different races and nations, cultures and experiences.

World Youth Day is the Church's Day for youth and with youth. This idea is not an alternative to ordinary youth ministry, often carried out with great sacrifice and self-denial. Indeed it intends actually to consolidate this work by offering new encouragement for commitment, objectives which foster ever-greater involvement and participation. By aiming to foster greater fervor in apostolate among young people, on no account the Church desires to isolate them from the rest of the community, but rather make them the protagonists of an apostolate which will spread to the other ages and situations of life in the ambit of "new evangelization".

The different moments, of which a Youth Day is composed, form a sort of prolonged catechesis, a proclamation of the path of conversion to Christ, starting from the deepest experiences and questions of the daily life of the addressees. The Word of God is the central point, catechetical reflection is the method, prayer is the nutriment, and communication and dialogue, the style.

A Youth Day offers a young person a vivid experience of faith and communion, which will help to face the profound questions of life and to responsibly assume his or her place in society and in the ecclesial community.

During these unforgettable Youth Meetings, I have often been deeply touched by young peoples' joyous, spontaneous love for God and for the Church. They tell of suffering borne for the Gospel, of apparently irremovable obstacles overcome with God's help: they speak of their anguish before a world tormented by despair, cynicism and conflict. Each new Meeting leaves me with an ever-greater desire to praise God for revealing to young ones the secrets of his Kingdom (Mt 11,25).

The experience of Youth Days is an invitation to all of us, Bishops and pastoral workers, to constant reflection on our ministry among young people and the responsibility that we have to present to them the whole truth about Christ and his Church.

How can we not interpret their massive, willing and enthusiastic participation, as a constant demand to be accompanied on the pilgrimage of faith, on the journey which they undertake in response to God's grace working in their hearts?

They ask us to lead them to Christ - the only One who has words of eternal life (cf Jn 6,68). Listening to young people and teaching them, requires attention, time and wisdom. Youth ministry is one of the Church's priorities on the threshold of the third millennium.

With their enthusiasm and their exuberant energy, young people ask to be encouraged to become "leading characters in evangelization and participants in the renewal of society" ([Cristifideles laici](#), 46). In this way young people, in whom the Church recognizes her own youth as the Bride of Christ (cf Eph 5,22-33), are not only evangelized, they also become evangelizers who carry the Gospel to their peers, even to those who do not know the Church and have not yet heard the Good News.

While I exhort all those responsible for youth ministry to make use of World Youth Days, with ever greater generosity and creativity, as events which, inserted in the normal process of education in the faith, may become the privileged manifestation of the whole Church's attention for the young generations and her confidence in them, I hope that the meeting at The principal objective of the Days is to make the person of Jesus the centre of the faith and life of every young person so that he may be their constant point of reference and also the inspiration of every initiative and commitment for the education of the new generations. This is the slogan of every Youth Day, and through this decade, the Days have been like an uninterrupted and pressing call to build life and faith upon the rock, which is Christ.

Rates and Conditions

Terms and Conditions

DEPOSITS/CANCELLATIONS/REFUNDS: The deposit of \$200.00 per person is required to confirm tour acceptance and will be applied to total price of program selected. Payments Schedule as follows:

WYD Basic		WYD w/Hotel in Sydney		WYD w/Hotel in Sydney & Brisbane	
Total Cost	\$2,928	Total Cost	\$3,598	Total Cost	\$4,228
Deposit - Jan 22, 07	200	Deposit - Jan 22, 07	200	Deposit - Jan 22, 07	200
March 15, 2007	400	March 15, 2007	400	March 15, 2007	400
May 30, 2007	300	May 30, 2007	300	May 30, 2007	400
July 30, 2007	300	July 30, 2007	300	July 30, 2007	400
Sept 30, 2007	300	Sept 30, 2007	300	Sept 30, 2007	400
Nov 1, 2007	300	Nov 1, 2007	300	Nov 1, 2007	400
Dec 30, 2007	300	Dec 30, 2007	300	Dec 30, 2007	400
Feb 15, 2008	414	Feb 15, 2008	749	Feb 15, 2008	814
FINAL - Apr 15, 08	414	FINAL - Apr 15, 08	749	FINAL - Apr 15, 08	814

After initial deposit is made \$150.00 cancellation fee applies for any cancellation received in writing up to March 15, 2007. \$300.00 plus 50% of airfare cancellation fee applies for any cancellation received in writing after July 15, 2007. \$400.00 plus 50% of airfare cancellation fee applies for any cancellation received in writing after September 15, 2007. \$600.00 plus 50% of airfare cancellation fee applies for any cancellation received in writing after December 15, 2007. **NO REFUND is possible under any circumstances for cancellations made after April 15, 2008.** Receipt of deposit for any partial payment of a tour constitutes acceptance of all terms and conditions listed herein. **TOUR INSURANCE IS AVAILABLE AND STRONGLY RECOMMENDED. OUR CANCELLATION POLICY APPLIES TO INDIVIDUAL PASSENGERS, AND NOT FOR MASS CANCELLATIONS. IN CASE OF MASS CANCELLATIONS, CANCELLATION FEES IMPOSED BY SUPPLIERS WILL ALSO APPLY.** All claims must be in writing. No refunds for services or sightseeing rendered and not used by tour members. In the event that departures do not reach the minimum persons planned prior to departure, The Quest Travel Group reserves the right to cancel, withdraw or change the tour in whole or in part at any time. The sole obligation of The Quest Travel Group is to refund payments received in connection herewith if not acceptable to tour members. All cancellations must be in writing.

DOCUMENTS/HEALTH/HANDICAPPED: Each tour member must hold a valid passport. Application forms are available at your local Passport Office or U.S. Postal Service. No vaccination or revaccination is required nor is any particular health requirement applicable. Tour members are expected to be in good health. Tour members, who require any form of special assistance, must be accompanied by a helper who is totally responsible for those tour members.

RESPONSIBILITY/MANAGEMENT: The Quest Travel Group and/or its agents act only in the capacity as an agent for the participant in all matters connected with hotel accommodations, sightseeing, transportation, whether by rail, air, motor coach, boat or other types of conveyance and other components constituting the tour, and as agent holds itself, its agents or sub-agents, free of responsibility for any injury, loss, damage, accident, delay, irregularity, or additional expense arising from changes in schedule, fire, weather, breakdown in machinery or equipment, sickness, quarantines, acts of governments or other authorities, de jure or de facto, wars, hostilities, civil disturbances, strikes, riots, theft, pilferage, improper documentation, or for any cause beyond its control. The Quest Travel Group shall not be liable for any act of omission by any individual or firm contracted for services or facilities on behalf of the participant. We also reserve the right to withdraw the tour, reschedule the departure, amend the itinerary, substitute hotels of comparable quality, and generally make any alteration or substitution if improvements can be made or operating requirements make it advisable, or unforeseen conditions beyond our control deem changes necessary. The Quest Travel Group reserves the right to accept or retain any person whose actions, department, mental or physical condition impose upon or disturb other tour members or impede the operation of the tour. The Quest Travel Group's liability is limited to refund of the unused land services. By utilizing the services of The Quest Travel Group and its suppliers, the participant acknowledges and accepts the foregoing conditions. The passenger also agrees that the exclusive venue of any suit or cause of action arising directly or indirectly from this agreement will be in Atlanta, Georgia.

AIRLINE RESPONSIBILITY: Airlines are responsible only for the air travel portion of these tours performed by it on behalf of tour participants in accordance with the terms and conditions of their individual passage contracts and subject laws, treaties and regulations governing air transportation. Tour-services including but not limited to carriage by land or sea, guide service, hotel accommodations, restaurants and all services other than carriage by air are furnished by contractors who are independent and do not act for or on behalf of this airline and this airline shall not be responsible for any act, omission or event occurring prior to the participant's embarkation upon or disembarkation from the aircraft. The usual passage contract used by this airline, when issued, shall constitute the sole contract between this airline and the tour participant and in purchasing a passage contract as a part of this tour, the participant acknowledges and accepts the foregoing conditions. This airline is not to be held responsible for any act, omission or event during the time passengers are not on board its aircraft. Printed in USA January 07

INSURANCE: Trip cancellation, baggage and health/accident insurance is available from The Quest Travel Group and is strongly recommended.

I have carefully read the Terms and Conditions and agree to its content and conditions:

Signature: _____

**World Youth Day '08 – Request & Release
Permission Form**

I / We, the parent(s) of _____, request that my /our daughter/son be allowed to participate in both the **Days in the Diocese (Youth Arise International Festival)** and the **World Youth Day 2008** Pilgrimage to Brisbane & Sydney, Australia from July 6 – 22nd, 2008.

I / We give permission form my/ our daughter/son to participate. In consideration for the making of arrangements for this pilgrimage, I / we herby release and hold harmless the Parish _____, its employees, and other agencies from any and all liability for any and all harm. I / We further agree that neither _____ (parish or organization) nor the Roman Catholic Diocese of Phoenix will be held responsible for any accidents or injuries should they occur.

I / We give permission for my daughter/son to be transported by plan, bus, boat, taxi and public transportation throughout the pilgrimage as needed.

I / We and my daughter/son understand the Diocese of Phoenix policies and procedures bill be enforced for the duration of Pilgrimage to the Days in the Diocese and World Youth Day in Australia.

I / We and my daughter/ son understand that he/ she may be exposed to certain dangers by participating in this trip including but not limited to, the hazards of accidents or illness in remote places without medical facilities, the forces of nature and risks of negligence of the Church and it agents or employees in the exercise of reasonable care to avoid harm to participants.

In consideration of the granting of permission by _____ (sponsoring parish / or organization) which I hereby request, I / We agree that I / we, my daughter/son shall participate at my / our own risk and I waive any right to assert any claim against _____ (sponsoring parish), The Diocese of Phoenix, or its agents in respect of work performed or any injury, illness or loss which I or any minor child or other person who is dependant on me may sustain in the course of or which arises out of such participation in this pilgrimage to WYD '08 or such accompaniment. I waive any such claim both for myself and for any such minor or other dependent person.

Signed: _____ Date: _____

NOTARY
STATE OF _____ **COUNTY OF** _____

Be it remembered, that on this day, _____ before me, the
(Date)

Undersigned, a Notary Public in and for the county and state aforesaid, came

Parent / Legal Guardian)
who is personally known to be the same person(s) who executed the above and foregoing instrument, and they duly acknowledge the execution of the same.

IN TESTIMONY WHEREOF, I have hereunto subscribed my name and affixed by official seal on this day and year above written.

(Date Commission Expires)

(Notary Public)

**Permission to Travel in a Foreign Country
(Required of anyone under 21 years of age)**

Date _____

Dear Consul General:

We / I _____
(Parents or Guardians Name)

of _____
(Address)

Are parents or guardians and have legal custody of _____
(Minor Child's Name)

a minor child, who resides with us at the address set forth above. **We / I hereby authorize the minor to travel in Brisbane and Sydney, Australia for the Days' in the Diocese and World Youth Day during the dates of July 6 – 22nd, 2006** with

_____ Designated group leaders (s) listed below:
(Group or Parish Name)

(Leader's Name)

(Leader's Name)

(Parent / Legal Guardian)

(Parent / Legal Guardian)

NOTE: IN the case of two parent families / Legal guardians, BOTH parents / legal guardians must sign this form and have it notarized. In the case of single parent families, the sole parent / legal guardian may sign.

NOTARY
STATE OF _____ COUNTY OF _____

Be it remembered, that on this day, _____ before me, the
(Date)

undersigned, a Notary Public in and for the county and state aforesaid, came

(Parent / Legal Guardian)

who is personally known to me to be the same person(s) who executed the above and foregoing instrument, and they duly acknowledge the execution of the same.

IN TESTIMONY WHEREOF, I have hereunto subscribed my name and affixed my official seal on this day and year above written.

(Date commission Expires)

(Notary Public)

Emergency Medical Information

Your Name: _____ Passport #: _____

Name of emergency contact: _____

Relationship: _____ E-mail: _____

Day phone #: _____ Evening phone #: _____

Your doctor's name, phone # and e-mail: _____

Do you have any special medical conditions that might cause a problem during our time on mission? (Allergies, Blood pressure, etc.)

Do you have any special dietary needs?

List all prescription medication you are taking:

Insurance carrier: (Make sure your policy covers you overseas.)

_____ Policy #: _____

Group # _____ Contact phone # _____

In the event of a medical emergency, I hereby authorize those in charge to take me to the nearest licensed physician, medical center or hospital, and to secure necessary treatment (medications, injections, anesthesia or surgery) to protect my well-being. I will be responsible for all medical costs not covered by my insurance.

Signature _____ Date _____

Packing Tips

1. Pack light – take half of what you think you need!
2. Pack one hiking backpack and one carry on. Pack only as much as you can carry for six miles. Pack in a “used” back pack if possible.
3. Take one credit or debit card if needed. Leave extra credit cards at home. ATM's are available in most cities worldwide. For currency conversion information see www.oanada.com.
4. Avoid taking contact lenses if possible.
5. Pack liquids like lotions and aftershave in resealable plastic bags.
6. Tell the leader if you have medication that requires refrigeration.
7. **IMPORTANT:** Pack your carry-on bag so that you can survive for several days if your luggage is delayed / lost.
8. Pack the heaviest items on the bottom.
9. Tie a colored ribbon / yarn on the handle of each team member's backpack to make them easy-to-identify at baggage claim.
10. Mark each backpack with your name, address and telephone number, but ideally, this information should be on a covered luggage tag so that it cannot be read by the casual passer-by.
11. Dress modestly out of respect for the host culture. No tube tops, short shorts, sleeveless blouses or shirts, t-shirts with crude slogans, etc.
12. Simplify your hairdressing and make-up routine. If possible, leave blow dryers and curling irons at home.
13. Leave jewelry at home. Wedding rings and watches are OK.
14. Have one team member bring the basic first-aid kit for the whole team. (See First –Aid Kit items).
15. Leave TV's, Ipods, CD players, cell phones & gameboys, etc. at home. Do take a small transistor radio for language interpretation.

Packing List – Verify with your hosts on what to bring!

Important Documents

- Plane Ticket
- Passport with visa
- Picture ID
- Money (\$400 is suggested)
- Money belt
- Keys to luggage
- Travel insurance card

Toiletries (carry on)

- Personal prescriptions
- Toiletries (toothbrush, paste, soap, shampoo, deodorant, razor, comb/ brush, feminine products)
- Mirror
- Make-up (min. only)
- Tissue packets
- Medicines for diarrhea, Aspirin, band-aids, etc.
- Water bottle
- Sunscreen
- Sunglasses
- Skin lotion & lip balm
- Insect repellent
- Water purification tabs
- Disinfectant hand wash

Other Good Stuff

- Binoculars
- Blanket
- Sleeping bag & Pillow
- Two copies of your passport
- Comfortable shoes
- Small pocketknife
- Resealable bags
- USA flags / Pins
- Pictures of family
- Travel clock/ alarm
- Flashlight & batteries
- Granola bars
- Small laundry soap
- Travel games
- Electrical Converter 220/249 volts

Devotional Items

- Bible
- Catechism
- Pens / pencil
- Address list
- Spiritual Reading material
- Journal
- Rosary

Clothing

- Two pairs of pants
- Long modest shorts
- 4 cotton shirts – t-shirts
- Walking shoes
- Church outfit & shoes
- Light towel & wash cloth
- Underwear
- Socks
- Sun hat / bandana
- Poncho / umbrella
- Jacket / sweater
- Sweatshirt
- Modest sleepwear
- Modest swimsuit
- Flip flops for shower
- Ear plugs
- Extra pair of glasses

Ministry Stuff

- Camera, extra battery;
- Positive attitude
- Flexibility
- Ministry Materials - ask leaders
- Out-line of your testimony
- Musical instrument
- Servant's heart
- Simple gifts for hosts

Basic First-Aid Kit

- Aspirin or Tylenol
- Decongestant for colds & flu – (take before flights to avoid damaging ears)
- Antihistamine (e.g. Benadryl)
- Antiseptic (e.g. Betadine)
- Triple-antibiotic ointment or germicidal soap
- Band – Aids
- 4 Adhesive pads of all sizes – 2 ½ by 3 ½ to 2” x 3”
- Adhesive tape
- Non prescription pain killer
- Cough drops
- Tweezers
- Ice pack
- Scissors
- Matches
- Sanitary pads
- Cotton
- Eye wash
- Thermometer
- Ace Bandages
- Diarrhea medication (e.g. Imodium)
- Rehydration mixture (incase of severe diarrhea) Gatorade powder works well.
- Laxative
- Pepto-Bismol – chewable is less messy
- Cold & sore throat medication
- Anti-itch ointment for stings, bites, sunburn (e.g. calamine lotion)
- Thermometer
- Ace bandage
- Water purification tablets
- Bee sting / snake bite kit

Additional Items:

Team Member Roles

Liturgical & Prayer Time Coordinator – coordinates the liturgy & prayer times.

Reflection Leader – Most likely the team leader; the person who helps the team debrief and reflect on their experiences.

Treasurer – carries team monies, keeps track of all expenses, saves all receipts, and prepares financial report.

Photographer – Takes photos on behalf of team.

Team Medic – Nurse or (EMT) – puts together and carries the first-aid kit. Make sure the medic is aware of any special medical needs of team members.

Gift Coordinator – makes a list of all the gifts brought by team members
And coordinates with team leader and hosts regarding the who, when, and how of giving.

Keeper of the Journal – asks team members to take turns writing about team activities and impressions in the team journal.

Thank – You – Note Person – Keeps track of names & addresses of all hosts, parishes, host families, etc. and asks team members to write the thank you notes; uses team monies for stationery and postage.

People Counter – counts the team members to make sure nobody is left.

Emergency Coordinator – someone who can keep cool in tense situations (accident, political turmoil, natural disaster) and help the team manage the crisis. This person should have access to the important documents file containing the Emergency Medical Information form for each member.

Team Schedule Coordinator – informs the team about the next day's schedule (in coordination with the team leader), makes sure the team is ready to go on time.

Music Leader – song leader, guitar player that can lead Praise and Worship and help the team prepare selections to sing at local parishes etc.

Project Coordinator – works with local coordinator to plan and assign responsibilities for the various projects for team members.

Cyber Chief – Sets up regular communication with home parish via e-mail.

Team Reporter – prepares news stories to send back home via e-mail

Chaperones

Absolutes for those Chaperoning minors:

Never be alone with a minor

Never counsel a minor alone – if in a separate room, leave the door open

Always know where your participants are.

Never allow participants to go off anywhere alone.

Housing: If setting requires adult to room with minors, two adults must occupy each room housing teens. No one adult may sleep alone in a room with minors.

All Chaperons must have completed the Protecting God's Children workshop provided by the Diocese of Phoenix.

All chaperons must be responsible, and have a clean history.

Ratio: Two adults for first 10 teens on any give event, trip or activity and 1 to 10 adults after that.

Team Covenants

I will pray for one another and our hosts.

I will remember it is a pilgrimage not a vacation.

I will have a servant's heart.

I will show the attitude of a learner.

I will respect the host culture – e.g. dress code, customs, other religions.

I will not be a whiner!

I will not gossip.

I will abstain from using profanity, smoking, alcohol and the use of illegal drugs.

I will encourage honest and open communication.

I will submit to the authority of our team leaders(s) and or hosts. Eph. 5:21.

I will voluntarily give up the right to privacy and individualism in order to live and work together as a unified team.

I will participate in all team activities.

I will refrain from pursuing any romantic relationships while we are on this pilgrimage (with team members or with hosts).

I will as the need arises correct one another with gentle speech (Prov. 27:5-6).

I will follow the guide in Matt. 18:15 – 20 for resolving conflict.

I will be slow to anger and quick to forgive (James 1:19; Heb. 12:14-15).

Signature of team member

Set up an Emergency Contact Plan

While you are on mission, your team needs to have a reliable way of passing information between your home and your team in the host country. It is very helpful to have one contact person at home who acts as the information center for communication in both directions. For example, rather than have 25 people calling or e-mailing your host's home to see if you have arrived, they can call / e-mail their local contact person and get the information quickly. Conversely, if the team needs to contact the team member's families, they can call or e-mail the contact person who will then make the appropriate calls.

Your team should develop a contact plan listing all the member's names, their family contacts and phone numbers and all the important names and numbers in the host country. This list will be given only to the local contact person, the team leaders, the pastor and the church office. It is not necessary for every team member to have a copy.

Common Sense Suggestions for Staying Healthy

- ◆ Drink only boiled, bottled, or treated water.
- ◆ Avoid ice unless you are sure it is safe.
- ◆ Brush your teeth with safe water.
- ◆ Eat food that is thoroughly cooked and hot.
- ◆ Avoid fresh salads, fruit or raw vegetables (unless you peel them).
- ◆ Avoid street vendor food.
- ◆ Wash your hands every time you get a chance.
- ◆ Wear insect repellent that contains DEET
- ◆ Wear sunscreen (SPF 30 or higher)
- ◆ On the work site, wear eye and ear protection when needed
- ◆ Be careful with power tools
- ◆ Use ladders carefully
- ◆ Get help with heavy loads
- ◆ Know your limit and do not exceed them

See www.lonelyplanet.com/health/keeping.htm for more information on staying healthy overseas.

Common safety measures when traveling in unfamiliar places:

- ◆ Always go with a buddy. Do not go wandering around alone.
- ◆ Always let your team leader know where you are going.
- ◆ Obey the team leaders instructions
- ◆ Stay alert but not paranoid
- ◆ Stay with the crowds and the traffic
- ◆ Do not leave your bags unattended.
- ◆ Carry only small amounts of cash
- ◆ Keep a hand on your bag; carry your wallet in a front pocket

See www.cie.uci.edu/world/safety.html for more information on safety measures overseas.

Tips for Managing Jet Lag

- 1. Eat lots of fruits and vegetables for two days before you leave and three days after you arrive at your destination. Eat pasta or rice the night before your flight.**
- 2. Avoid heavy meals for 24 hours before your flight (e.g. hunks o meat, fatty or fried food).**
- 3. About 48 hours before your flight, set your watch to the time of your destination country. Make sure this is not you alarm clock! Begin to adjust your daily schedule to match that of your destination country.**
- 4. Drink plenty of water and fruit juices, especially during the flight. Avoid caffeine and alcoholic drinks.**
- 5. After you arrive, spend as much time as possible out of doors in natural lighting. This will help your body to naturally adjust to the time change.**
- 6. Make a special effort to get plenty of exercise in the first couple of days after arrival. Also, walk around the plane once every hour on long flights.**
- 7. Count on your body taking about on day to adjust to teach hour of difference in time. So, for example, it will probably take about three days for your body to adjust to a three-hour time difference between your home and the destination country.**

Journal Notes

- First impression of sights, sounds, smells**
- Feelings and emotions**
- Expectations about what will happen**
- Names, titles and addresses of people you meet**
- Highlights of what happened to the team today**
- What events or encounters touch your heart with joy or grief?**
- What stories did you hear today?**
- What do you think God is trying to teach you through what happened today?**
- Quotes from team members, hosts**
- Funny things that happen**
- What is the team praying about?**
- How have you “caught God at work” in the lives of your hosts and your team?**

How to Obtain Passports

Begin the Passport and Visa Application Immediately

Passports – application forms are available at the post office or download them from the state department web site: http://travel.state.gov/passport_services.html. This site has lots of information about how and where to apply for a passport, how much it costs, how long it takes, etc. Passport forms can also be obtained by calling the National Passport Information Center at 900/225-5674; 888-362-8668.

