

Paperwork:

- ⌘ Application
- ⌘ Recommendation from regional staff or constituency president. In absence of either position a recommendation from the regional minister.
- ⌘ A valid passport with an expiration date of more than six month after the date of the journey.

Physical:

- ⌘ Able to walk up three flights of stairs carrying your own luggage;
- ⌘ Able to walk a mile in 15 minutes without stopping;
- ⌘ Able to go without alcohol for two weeks;
- ⌘ Able to check pre-trip e-mails weekly, search the Web and print materials (either personally do this or have the support system to do so) - e-mail address is required and;
- ⌘ Ability to listen with brain as well as ears.

Personality / Spiritual:

- ⌘ Flexibility;
- ⌘ Ability to put your wants aside for the good of the group's schedule and needs;
- ⌘ Ability to follow written and spoken directions;
- ⌘ Ability to read a clock and be on-time, every time;
- ⌘ Ability to be without electronic technology 24 hours or longer.
- ⌘ Willingness to get along with those different than yourself;
- ⌘ Willingness to go outside of personal comfort zone to be a help to fellow participants;

- ⌘ Willingness to talk to outside groups and ask for their help either with your fund-raising or with donations for a service project;
- ⌘ Flexibility (the day may not always go as planned);
- ⌘ Willingness to accept others who may be having a bad day;
- ⌘ Realize (this isn't a vacation trip) you may not have all the comforts of home (hot water, flushing toilets, and daily showers) and you may not know the full extent of this until you arrive in-country—the potential for more “camping” than “luxury” hotel.
- ⌘ Willingness to share a room for two weeks with someone who may be very different from you in age, temperament, or background;
- ⌘ Realize that your contact information will be published online as a speaker for the experience.
- ⌘ Ability to put personal wants and desires aside and to participate fully in all activities—journaling, devotions, etc.
- ⌘ Ability to live out of one suitcase for two weeks. This suitcase should be no bigger than 26”. Smaller is better.
- ⌘ If you have chronic medical issues (i.e. allergies, diabetes, etc.), you must be responsible for bringing enough medicine with you for the entire trip. Please note, there may not be refrigeration and there may not be electricity.

Please note: None of the above guidelines are optional.

Diversity:

(Constituency participants are encouraged and may be in addition to regional participants)

- ⌘ Age
- ⌘ Ethnicity
- ⌘ Regional and Constituency
- ⌘ Life Situations