



# INTERNATIONAL VOLUNTEER & LEADERSHIP GROUP TRIPS APPLICATION PACKAGE

Our Volunteer and Leadership Trips are unique experiences in that they expose participants to issues of globalization, international development and associated challenges as no other volunteer and leadership trips can. While we feel that the experience and learning that accompany participants' exposure to such issues is invaluable, we also recognize that some participants will find such a curriculum challenging. Our facilitators are well trained to deal with health and safety issues and will make every effort to ensure participants are comfortable and safe. However, we encourage all participants to evaluate their mental, emotional and physical preparedness when deciding to apply for a Me to We Volunteer and Leadership Trip.

**Please mail your completed application to:** Me to We Trips  
233 Carlton St.  
Toronto, Ontario, Canada  
M5A 2L2

## PARTICIPANT CONTACT INFORMATION

NAME (as it appears on your passport)

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PREFERRED NAME

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ADDRESS

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CITY STATE/PROVINCE ZIP/POSTAL CODE

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HOME TELEPHONE FAX

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EMAIL

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\*please write clearly as this will be our primary mode of communication

BIRTH DATE (ie 29/JULY/1991) AGE

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TICO Registration # 50017614



# CONTACT INFORMATION

## 1. EMERGENCY CONTACT INFORMATION #1

NAME RELATION

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HOME ADDRESS (if different from participant)

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CITY STATE/PROVINCE ZIP/POSTAL CODE

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HOME TELEPHONE CELL PHONE

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BUSINESS TELEPHONE BUSINESS FAX

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EMAIL

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\*please write clearly as this will be our primary mode of communication

## 2. EMERGENCY CONTACT INFORMATION #2

NAME RELATION

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HOME ADDRESS (if different from participant)

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CITY STATE/PROVINCE ZIP/POSTAL CODE

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HOME TELEPHONE CELL PHONE

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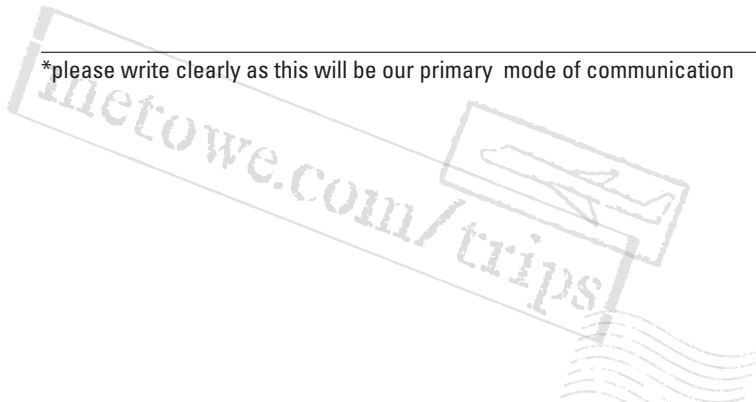
BUSINESS TELEPHONE BUSINESS FAX

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EMAIL

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\*please write clearly as this will be our primary mode of communication





# IMPORTANT INFORMATION FOR PARTICIPATION IN INTERNATIONAL PROGRAMS

**Please read all of the following information very carefully.**

As a participant in a Me To We International Volunteer and Leadership Trip, there are a number of important precautions that one must take and rules that one must follow to minimize the potential risks. It is also important to remember that some risks are simply not foreseeable and it is not possible to be protected against all potential risks.

It is only after carefully reading this package and acknowledging that the participant and, if the participant is under the age of 18, his/her parent or legal guardian, has fully read, understood and unconditionally accepted its conditions, contents and the associated risks, that a participant will be formally able to sign up for an international program and have his/her application processed, make his/her non-refundable deposit and have his/her participation considered and, if appropriate, accepted.

## Travel Information

- All participants must have a passport issued by their country of citizenship which is valid for at least six months after the conclusion of the trip. A copy of such passport must be forwarded to Me To We Trips Inc. ("Me To We Trips") upon our acceptance of a participant's application.
- For participants traveling on passports issued by countries from outside of North America, countries may require you to have a visa to gain entry. It is the responsibility of the participant and/or his/her parent/legal guardian to obtain visa(s) for the country or countries to which the participant is traveling with Me To We Trips. While at times visas may be obtained at the port of entry, it is the responsibility of the participant and/or his/her parent/legal guardian to determine if this applies to the country or countries to which the participant is traveling. The participant may also need to obtain transit visas for any countries that he/she is traveling through to get to his/her final destination. It is the responsibility of the participant and/or his/her parent/legal guardian to contact the relevant embassies or consulates in order to obtain this information.
- Me To We Trips accepts no responsibility and will issue no refunds for money already paid in the event of a participant not obtaining a visa in time or having a visa application refused once a participant has been formally accepted on a Me To We International Volunteer and Leadership Trip.
- Participants must arrange their own transportation to and from a specified international airport (Montreal, Toronto or Miami). It is the responsibility of the participant and/or his/her parent/legal guardian to inform Me To We Trips of exact flight numbers and departure/arrival times to ensure safe and efficient connections with the group. When booking their return flight home, participants must leave a minimum of four hours to connect between their group flight and their personal travel arrangements to allow for delays and customs checks.
- If the participant is flying with Me To We Trips in a group to an international destination, it is at the sole discretion of Me To We Trips to determine the carrier, route and times of flight for all group travel.



- Participants are advised to keep photocopies of valuable documents, such as passports, visas, traveler's check receipts, travel insurance policies, personal contacts and addresses, credit card numbers, airline tickets and birth certificates. When copying a passport, participants should be sure to copy pages with their name, passport number and photo, the place and date of issue and the expiry date.
- It is advisable to keep photocopies of important documents separate from one's passport and money. Participants should keep one copy with them, one copy inside their luggage and one copy with a Me To We Trips facilitator. Copies of these documents should also be left with someone at home.
- Every participant is required to provide Me To We Trips with a valid credit card number and expiration date so we can make arrangements on his/her behalf in the event of an emergency or if Me To We Trips determines that he/she needs to return home early. Me To We Trips will use its best efforts to consult with the participant and/or his/her parent/legal guardian in advance of making any such charges.

### Travel Insurance

- It is mandatory that all participants purchase individual travel and medical insurance as well as insurance for loss of property. Participants may purchase travelers insurance from Me To We Trips. Participants should compare different policies to determine which provides the best coverage.
- When buying travelers insurance, participants are advised to check the fine print. Some policies exclude "dangerous activities", which may include hiking, being in the proximity of wild animals, etc. Policies with such exclusions would not be appropriate as participants may be taking part in activities deemed "dangerous" by insurance providers.
- Participants may prefer a policy that pays doctors or hospitals directly rather than one requiring participants to make payments on the spot and then submit a claim for reimbursement later.
- Participants are advised to check the policy to ensure coverage of emergency transport evacuation to their home country.
- Participants are advised to obtain the maximum amount of medical, personal and travel insurance possible.

### Health and Medical Information

- A participant must be healthy before embarking on a Me To We International Volunteer and Leadership Trip. A physical examination by a doctor is highly recommended to determine that the participant is healthy enough to travel and to partake in the physically demanding nature of the excursion. All trip participants must complete the medical history form provided by Me To We Trips and have this form signed by their physician.
- It is suggested that participants have their teeth checked by a dentist before embarking on a Me To We International Volunteer and Leadership Trip.
- Medical prescriptions may not be refillable during the trip. It is advisable that participants bring a sufficient amount of all necessary medication with them. A certificate from a medical doctor is highly recommended if the participant will be bringing any form of prescription drugs, syringes or other medical paraphernalia into a developing country.
- If the participant wears contacts or glasses, he/she must bring a spare pair along on the trip. Also, a pair of good quality UV-protective sunglasses is essential and should be regularly worn along with sunscreen and a hat.



- Travel health depends largely on pre-departure preparations, daily attention and the handling of problems as they arise. Travelers are exposed to different environmental factors, foods and sanitation standards, but following a doctor's advice and using common sense will help minimize risks.
- It is very important to note that the list of vaccinations given below is by no means meant to replace professional medical advice. Travelers must discuss travel health matters with their doctor. It is strongly recommended that participants seek out a "travel doctor" who specializes in these matters.
- The most commonly recommended vaccines for travel to Latin America, Asia and Africa are yellow fever, typhoid, tetanus, polio, Hepatitis A and B and meningitis. Me To We Trips facilitators, for example, have received all of these shots and it is strongly recommended that you speak to your doctor about these vaccines. Other vaccines may be required or recommended by your doctor.
- Plan ahead for vaccinations. A time lapse may be required if an initial shot requires a booster. Some vaccinations should not be given together. It is recommended that participants begin receiving vaccinations a minimum of six weeks prior to travel.
- All vaccines should be recorded in an International Health Certificate, which is available from one's doctor or health department.
- Many of the countries we travel to have potential malaria zones. Malaria is a disease transmitted by mosquitoes and can be fatal. There are currently no vaccinations against malaria, but anti-malarial drugs significantly reduce the risk of becoming ill or dying from malaria. These drugs do not prevent infection, but they can kill the malarial parasite during a certain stage in their development. It is highly advised that all participants take the appropriate anti-malarial medication, which often has to be taken before and after a trip. Certain areas of the world in which malaria exists are considered to be chloroquine-resistant. It is recommended that participants consult the Center for Disease Control and a travel doctor to find out if they may be exposed to malaria zones during the trip.
- In developing countries, one needs to have a different expectation of timeliness, ease of access, quality of medical facilities and quality of expertise, which may or may not be available in any given situation. The medical facilities and expertise are often of different standards than those to which participants may be accustomed.
- Only bottled water or drinks from reputable sources (i.e., major brand names) in properly sealed containers should be consumed.
- If a participant is not feeling well, suffers from loss of appetite or weight loss or from any medical illness or ailment whatsoever, including and especially repeated diarrhoea, it is the responsibility of the participant to advise a Me To We Trips facilitator as soon as possible and to provide regular updates to the facilitator.
- Me To We Trips facilitators reserve the right to issue minor medications (such as anti-diarrhoea drugs) to participants in the event of medical problems.
- Me To We Trips employees, agents, volunteers or other authorized representatives may have to make difficult decisions in connection with medical emergencies or potential medical emergencies affecting the participant including, but not limited to, decisions with respect to access to medical and professional care and modes of transport. As set out in the Waiver, Release, Indemnity and Acceptance of Risks form that participants and, if the participants are under the age of 18, their parents/legal guardians must sign as a



condition of participating in a trip, participants and, if participants are under the age of 18, their parents/ legal guardians grant Me To We Trips employees, agents, volunteers and authorized representatives the full authority to make any and all decisions connected to the provision of medical care in an emergency or a potential emergency on participants' behalf if the participant is a minor or is unable to make such decisions on his/her own behalf.

#### **Embassies and the Reality of International Travel**

- There may be no readily accessible embassy or consulate in the countries visited.
- Embassies or consulates will not be much help in emergencies if the situation is in any way the result of a participant's actions.
- Participants must remember that the laws of the country that they are visiting are binding on them. The national embassy will not be sympathetic if a participant ends up in jail after committing a crime locally, even if the activity in question is legal in one's home country. In genuine emergencies, one may be able to get some embassy assistance, but only if other channels have been exhausted.
- Please consult the US State Department and/or the Foreign Affairs and International Trade Canada website, which provide advice and information for travelers. Travel advisories change from time to time and should therefore be regularly consulted.
- Crime rates vary by country and by region. Participants should never presume that they are in a "safe" zone.
- Participants should not flash jewelry, money or any other valuables while in public areas. Participants are not permitted to bring valuables and expensive jewelry on the trip.

#### **Travel and Logistical Information**

- If the participant loses his/her ticket or passport while traveling to or from the trip destination, they will be responsible for all costs incurred as a result of such loss, which could include, without limitation, ticket or passport re-issuing expenses, new airline ticket expenses (if the participant chooses to leave immediately with the group and buy a new ticket), accommodation and meal expenses as well as the same expenses for a Me To We Trips facilitator if a Me To We Trips facilitator stays back with the participant. The participant and his/her parent/legal guardian acknowledge that Me To We Trips cannot guarantee that a facilitator will be left behind with the participant in such a case; however, Me To We Trips will make every effort to do so and will use our best efforts to ensure the safety of the participant.
- If a participant does not show up on time for his/her international departure with Me To We Trips, whether the delay is the fault of the participant, an airline or otherwise, and the participant is unable to be on the flight to the trip destination, Me To We Trips accepts no responsibility for any future travel expenses or other penalties or a return of any of the trip fees that the participant has paid.
- Me To We Trips will use its best efforts to help the participant as appropriate in the circumstances.
- In an emergency situation or if a participant needs to return home early for any reason whatsoever, the participant and his/her parent/legal guardian agree to pay all expenses associated with the return of the participant including, without limitation, reasonable Me To We Trips staff expenses, on the ground logistical expenses, and cost of related long-distance phone calls. Me To We Trips retains the right to invoice the participant and/or his/her parent/legal guardian for any costs incurred as a result.



- Every participant is required to provide Me To We Trips with a valid credit card number and expiration date so we can make arrangements on his/her behalf in the event of an emergency or if Me To We Trips determines that he/she needs to return home early. Me To We Trips will use reasonable efforts to consult with the participant and/or his/her parent/legal guardian in advance of making any such charges.
- In case of political instability or other unforeseen circumstances (including but not limited to an “Act of God”, weather, strike or other disruption, war, political instability, interference or terrorism) in a country the trip is scheduled to visit or to fly through (including stop-over connection locations), Me To We Trips accepts and bears no responsibility for such unforeseen circumstances or their consequences for participants. Participants and their parents/legal guardians acknowledge that they will rely solely on their private travel insurance covering such matters for financial remuneration. Participants are cautioned to choose their travel insurance wisely.
- It is understood that if a participant must forgo or leave the trip for foreseen or unforeseen circumstances, no portion of the trip costs will be returned.
- If Me To We Trips terminates a participant’s participation in a trip as a result of his/her illegal or inappropriate behaviour including, without limitation, a refusal to adhere to any of the Group A Rules as set forth in the “Rules and Commitments” document, the participant shall not be entitled to any refund and he/she will not be permitted to participate in any future Me To We Trips program.

#### Female Travelers

- Modest dress and composure is essential and expected of female travelers in all locations. Short sleeves are generally fine; however, hemlines should not be much above knee-level and sleeveless shirts or tank tops are generally unacceptable. To avoid unwanted attention, prevent sunstroke and keep cool, it is best to cover up as much as possible.
- Regardless of their attire, female travelers may be exposed to verbal harassment from local men and boys.

#### Trip Risks

In addition to the trip risks outlined above, individual trips may include the following risks:

- Potential exposure to disease, including proximity to or working with people who may be suffering from illness.
- Proximity to wild, poisonous, or dangerous animals.
- Travel by air and land, including non-traditional means of local transportation, which may include, among others, the use of rickshaws, motorbike taxis, mules and backs of pick-up vans.
- Exposure to the elements, including physically demanding hikes, walks and excursions in significant heat.
- Exposure to unknown people in public places, including large crowds.

The specific risks vary from one activity to another but in each activity, the potential consequences associated with the risks range from minor injuries to catastrophic injuries including paralysis and death. Participants and, if the participant is under the age of 18, the parent/legal guardian of the participant must read and sign the Waiver, Release, Indemnity and Acceptance of Risks provided by Me To We Trips as a condition of the acceptance of their application by Me To We Trips.

#### Safety Tips

- Participants are advised to keep money, passports, air tickets, etc., safe from pickpockets. Participants are reminded that the best place to keep their valuables is out of sight under one’s clothes or in a money belt.



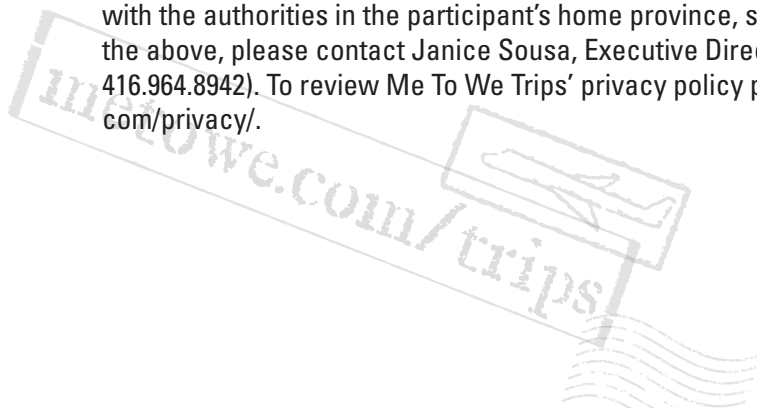
- It is suggested that participants do not keep all of their money and important documents in one place. Keep small change and a few banknotes in a shirt or pant pocket to pay for small expenses without having to extract large amounts of cash.
- Me To We Trips assumes no responsibility or liability for any loss or theft of participants' personal items while on a trip organized by Me To We Trips.

#### Payments and Cancellations

- **Participants can pay by check, bank draft, money order or credit card.** Me To We Trips does not currently accept credit or debit cards and only accepts cash payment if delivered in person to the Me To We Trips accountant.
- All payments made to Me To We Trips are non-refundable once a participant has signed the Waiver, Release, Indemnity and Acceptance of Risks provided by Me To We Trips and has been accepted into the program. If an applicant is not accepted, his/her deposit will be returned.
- While cancellations are dealt with on an individual basis, payments may not be refunded and a participant may lose his/her spot on the trip upon cancellation. Me To We Trips welcomes participants who have cancelled to sign up for a trip the following year.

#### Personal Information

- Me To We Trips is committed to collecting, using and disclosing personal information responsibly. Me To We Trips will only collect, use and disclose your personal information as necessary for the purposes of communicating with you regarding the travel products and services that you request, as necessary for the provision such travel products and services, and for any other purpose for which your consent has been obtained at or prior to the time of use or disclosure, except where otherwise permitted or required by law, including without limitation as set forth below.
- Me To We Trips may disclose your personal information to third party service providers assisting in the provision of travel products and services that you request (such as travel agents, airlines, local organizations) or as otherwise permitted or required by law.
- Information shared by participants with individuals or groups during a Me To We International Volunteer and Leadership Trip will remain confidential, except where such information reveals that one or more individuals are at risk or where disclosure of the information shared is permitted or required by law. Without limitation, in the case of a report of physical and/or sexual abuse of a participant under the age of 16, Me To We Trips has a legal obligation under Ontario law to inform the appropriate authorities. Any such disclosure on the part of a participant will be communicated to Ontario authorities who will communicate with the authorities in the participant's home province, state or country. For further clarification on any of the above, please contact Janice Sousa, Executive Director of Me To We Trips (janice@metowe.com or 416.964.8942). To review Me To We Trips' privacy policy please visit our website at <http://www.metowe.com/privacy/>.





# ACCEPTANCE OF INFORMATION FOR PARTICIPATION IN INTERNATIONAL PROGRAMS

**By signing below you acknowledge the following**

I have read and accept the information outlined in the document entitled *Important Information for Participation in International Programs*.

I have a system for keeping my money and valuables safe while on the Me To We International Volunteer and Leadership Trip.

I will wear culturally appropriate, modest clothing.

DATE \_\_\_\_\_ PRINT NAME OF PARTICIPANT \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARTICIPANT \_\_\_\_\_

If participant is under the age of 18, signature of his/her parent/legal guardian

DATE \_\_\_\_\_ PRINT NAME OF PARENT/LEGAL GUARDIAN \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARENT/LEGAL GUARDIAN \_\_\_\_\_





# OUTLINE OF RULES AND COMMITMENTS

## Group A Rules

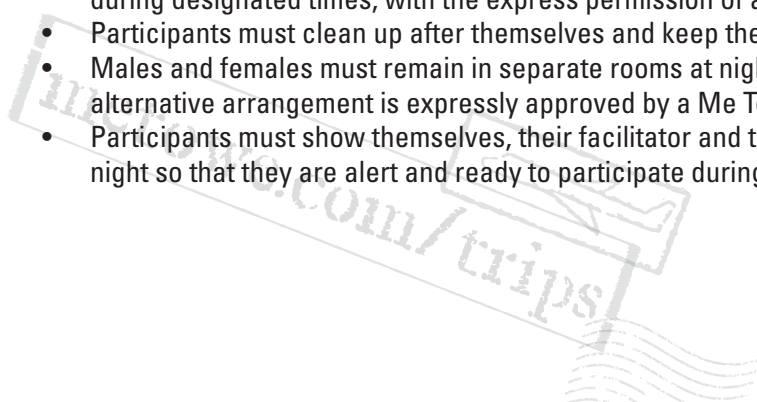
If any participant refuses to adhere to any of the Group A Rules he/she will be sent home at the expense of his/her parents/legal guardians and he/she will not be permitted to participate in any future Me To We Trips program.

1. Me To We Trips is committed to providing drug, alcohol and tobacco free programs. As such, no participant, junior/assistant facilitator, staff member or staff facilitator may use illegal drugs (or narcotics considered illegal in Canada, including marijuana), use prescription drugs illegally, consume alcohol or smoke/chew tobacco during any trip or program period.
2. Me To We Trips forbids sexual activity during training events, trips or conferences, etc. As such, no participant, junior/assistant facilitator, staff member or staff facilitator may engage in sexual activity (including mouth-to-mouth kissing, touching, intercourse) with any other participant, junior/assistant facilitator, staff member, staff facilitator or member of the local community (regardless of gender, age or consent) during a training period, trip or conference, etc. Males and females will be housed separately.
3. Me To We Trips promotes and only tolerates respectful and positive relationships. As such, all participants, junior/assistant facilitators, staff members and staff facilitators must treat one another with respect. Participants, junior/assistant facilitators, staff members and staff facilitators may not discriminate on the basis of gender, race, religion, colour, ethnicity, sexual orientation, age, appearance, etc. Absolutely no harassment (be it physical, sexual or other) will be tolerated. Under no circumstances will physical violence be tolerated. No participant, junior/assistant facilitator, staff member or staff facilitator may at any time carry or possess a weapon. Participants, junior/assistant facilitators, staff members and staff facilitators are expected to use appropriate language, avoid swearing and be kind in their interactions with others.

## Group B Rules

If any participant refuses to adhere to any of the Group B rules he/she will be reprimanded at the discretion of the lead facilitator(s) and his/her parents/legal guardians may be notified of the incident.

- Participants must abide by the judgment of supervising personnel.
- Participants must at all times abide by all rules issued by Me To We Trips facilitators.
- Participants must not leave boundaries of the camp as indicated by a Me To We Trips facilitator except during designated times, with the express permission of a Me To We Trips lead facilitator.
- Participants must clean up after themselves and keep their living and eating areas tidy.
- Males and females must remain in separate rooms at night, unless in unforeseen circumstances where an alternative arrangement is expressly approved by a Me To We Trips facilitator.
- Participants must show themselves, their facilitator and their group respect by getting sufficient sleep at night so that they are alert and ready to participate during the day.





# ACCEPTANCE OF RULES AND COMMITMENTS

**By signing below you acknowledge the following**

I have read and accept the "Rules and Commitments". I agree that I will abide by all rules and instructions issued by Me To We Trips facilitators, supervisory persons and center staff and that I will not engage in any behaviour that could result in my breaking any of the Group A Rules or the Group B Rules including, without limitation:

- I will not engage in sexual contact with any trip participants, junior/assistant facilitators, staff members, staff facilitators or community members.
- I will not consume alcohol or drugs (except as prescribed by a doctor) at any point during the trip.
- I will show respect for participants, junior/assistant facilitators, staff members, staff facilitators or community members and center staff.
- I will show respect for myself by getting enough sleep and taking care of my body and mind.

DATE \_\_\_\_\_ PRINT NAME OF PARTICIPANT \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARTICIPANT \_\_\_\_\_

If participant is under the age of 18, signature of his/her parent/legal guardian

DATE \_\_\_\_\_ PRINT NAME OF PARENT/LEGAL GUARDIAN \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARENT/LEGAL GUARDIAN \_\_\_\_\_





In consideration of the acceptance by Me To We Trips of the participant’s application and the granting of permission to participate in the Me To We International Volunteer and Leadership Trips, the participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, confirm as follows:

**Financial Matters**

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, acknowledge that I/we have read, understood, and do unconditionally agree to all the provisions outlined as follows in regards to the financial administration of the trip:

- A US \$750 non-refundable application fee is due at the time of registration. This fee will be refunded only if the application is not accepted by Me To We Trips. Once Me To We Trips has accepted the participant’s application, the deposit and any subsequent payment amounts toward the trip are completely non-refundable regardless of any circumstance that may cause the participant to withdraw from the trip, including but not limited to a job offer, family emergency, change in travel plans, last-minute cancellation or inadequate funds raised.
- It is the responsibility of the participant to meet payment deadlines as outlined in the registration package, in order to confirm and maintain his/her registration for the trip. Failing to meet any trip payment deadlines may result in automatic withdrawal of the participant from Me To We Trips programs and forfeiture of all amounts already paid toward the trip.
- Alternate travel arrangements that do not coincide with the pre-designated trip itinerary (i.e. flight to and from project area) and any extra costs incurred as a result are the sole responsibility of the participant.
- Me To We Trips is not responsible, logistically or financially, for changes to the scheduled trip itinerary made by the participant (i.e., extending the length of his/her trip, leaving earlier than the scheduled time to return home, etc.).

I have read the section entitled “Financial Matters” above and agree to the terms contained therein.  
*(initials of participant and/or parent/legal guardian if participant is under 18)* \_\_\_\_\_

**Photography Release**

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, grant full permission in perpetuity to Me To We and/or Free The Children to copyright, reproduce, use, reuse, license, exhibit, display, distribute and create derivative works of any photographs, slides, films, videotapes, recordings or any other content taken of the participant in connection with a Me To We International Volunteer and Leadership Trip or any related events whether in print, CD-ROM, videotape, electronic or other format for any purpose whatsoever (including, but not limited to, promotional materials such as informational brochures, websites, television shows and public information campaigns) and to make the material available to third parties for broadcast and publication without further notice and with no expectation of financial or other consideration to be paid to the participant in connection therewith. The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, acknowledge and accept that such photographs, slides, films, videotapes, recordings or other content, including any appearance of the participant included therein, may be edited at the sole discretion of Me To We and/or Free The Children.

I have read the section entitled “Photography Release” above and agree to the terms contained therein.  
*(initials of participant and/or parent/legal guardian if participant is under 18)* \_\_\_\_\_



### Medical Authority

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, acknowledge that we have fully read, understood and do unconditionally accept all of the provisions in the “Important Information for Participation in an International Program” and the “Rules and Commitments” documents which accompany this Waiver, Release, Indemnity and Acceptance of Risks. We understand and agree that Me To We Trips employees, agents, volunteers or other authorized representatives may have to make difficult decisions in connection with medical emergencies or potential medical emergencies affecting the participant including, but not limited to, decisions with respect to access to medical and professional care and modes of transport. The liability waiver set out below applies to any and all such decisions.

If the participant is under the age of 18, the participant’s parents/legal guardians grant(s) Me To We Trips employees, agents, volunteers and authorized representatives the unconditional right to act in loco parentis (in lieu of the parent or legal guardian) for the duration of the Me To We International Volunteer and Leadership Trip. Me To We Trips employees, agents, volunteers and authorized representatives can administer basic medications or drugs in either prescription form or otherwise to the participant, take the participant to a medical practitioner for medical treatment and approve medical procedures.

In any event, all participants and their parents/legal guardians (if applicable) grant the Me To We Trips employees, agents, volunteers and authorized representatives the full authority to make any and all decisions connected to the provision of medical care in an emergency or potential emergency on the participant’s behalf if the participant is unable to make such decisions on his/her own behalf.

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, agree to pay for all medical expenses incurred on behalf of the participant.

I have read the section entitled “Medical Authority” above and agree to the terms contained therein.  
*(initials of participant and/or parent/legal guardian if participant is under 18)* \_\_\_\_\_

### Liability Waiver

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, hereby acknowledge that I/we have read the section entitled “Trip Risks” in “Important Information for Participation in International Programs” and: (1) understand the nature of the activities on the Me To We International Volunteer and Leadership Trip, (2) understand the demands of those activities relative to the physical condition of the participant, and (3) appreciate the types of illnesses and injuries which may occur as a result of activities made possible by Me To We Trips. By signing this Waiver, Release, Indemnity and Acceptance of Risks below, the participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, confirm and agree that participation is voluntary and that the participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, knowingly assume all risks associated with this participation.

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant (on his/her/their own behalf and on behalf of his/her/their heirs, executors, personal representatives, and assigns) waive all claims against and release Me To We Trips, its affiliated companies, its partners, any companies acting on its behalf, Free The Children and each of their directors, officers, employees, volunteers, sponsors, independent contractors, agents and authorized representatives (the “Releasees”) from liability for any and all claims, demands, damages, costs (including legal costs), expenses, actions and causes of action, whether in law or equity, that any of us have or may in the future have against the Releasees, including claims arising from



their negligence. This waiver applies to any claims against the Releasees of any kind relating to the participant's person or property including claims arising from (1) personal injury (including death) from accidents, injuries or illnesses arising from participation in various activities during and in connection with the Me To We International Volunteer and Leadership Trip; and (2) damage to, or loss or theft of property, and regardless of whether such death, injury, damage, loss or theft was caused or contributed to by the negligence of any of the Releasees. The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, further agree to waive all claims for injuries or financial claims against the Releasees related to actions taken by a third party which may result in damages against the participant.

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, agree to indemnify and hold harmless the Releasees from and against any damages, interest or costs, including the full amount of all lawyers' fees and disbursements, paid or payable by the Releasees in connection with any claim the participant or others may bring in contravention of this Waiver, Release, Indemnity and Acceptance of Risks.

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant further agree to indemnify and hold harmless the Releasees with respect to any and all liability, costs and expenses incurred by any of the Releasees as a result of the participant's participation in the Me To We International Volunteer and Leadership Trip, which includes indemnifying and holding harmless the Releasees from and against all claims and costs related to legal or other action brought against the Releasees for damages caused by the participant.

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, hereby acknowledge that in no event shall the maximum liability of Me To We Trips, its affiliates, employees, agents, volunteers and authorized representatives arising out of the participant's participation in a Me To We International Volunteer and Leadership Trip, whether based upon contract, tort, negligence, strict liability or otherwise, exceed in the aggregate the amounts paid by the participant to Me To We Trips to participate in such Me To We International Volunteer and Leadership Trip, and in no event shall Me To We Trips, its affiliates, employees, agents, volunteers and authorized representatives be liable for any damages other than direct damages, even if Me To We Trips has been advised of the possibility of such damages.

I have read the section entitled "Liability Waiver" above and agree to the terms contained therein.  
*(initials of participant and/or parent/legal guardian if participant is under 18)* \_\_\_\_\_

## WAIVER, RELEASE, INDEMNITY & ACCEPTANCE OF RISKS

The participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, hereby confirm that this Waiver, Release, Indemnity and Acceptance of Risks shall be binding upon his/her/their heirs, executors, administrators and other legal representatives and their respective successors and assigns.

This Waiver, Release, Indemnity and Acceptance of Risks is intended to be as broad and inclusive as is permitted by law. If any portion of it is held invalid, or unenforceable as against the participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, the remaining portion(s) of the Waiver, Release, Indemnity and Acceptance of Risks will continue in full legal force and effect. To the extent any of the provisions of this Waiver, Release, Indemnity and Acceptance of Risks is deemed unenforceable by a court of competent jurisdiction or duly appointed arbitrator, such court of arbitrator shall have the authority to modify such provisions to the extent necessary to make them enforceable, such modification to preserve as much as possible the parties' original intentions with respect to such provisions.



This Waiver, Release, Indemnity and Acceptance of Risks shall be governed by and construed in accordance with the laws of the Province of Ontario and the laws of Canada applicable in Ontario. All disputes, disagreements, controversies, questions or claims arising out of or relating to this Waiver, Release, Indemnity and Acceptance of Risks shall be determined by arbitration under the Arbitration Act, 1991 (Ontario) (the "Arbitration Act") and any hearing in the course of the arbitration shall be held in Toronto, Ontario in the English language. Subject to section 44 of the Arbitration Act, any award or determination of an arbitrator shall be final and binding on the parties and there shall be no appeal on any ground, including, for greater certainty, any appeal on a question of law, a question of fact, or a question of mixed fact and law. All matters relating to the arbitration shall be kept confidential to the full extent permitted by law and no individual shall be appointed as an arbitrator unless he or she agrees in writing to be bound by this dispute resolution provision.

As this Waiver, Release, Indemnity and Acceptance of Risks is a waiver of certain of the participant's and his/her parent/legal guardian's legal rights and imposes certain obligations on the participant and his/her parent/legal guardian, you may wish to consider seeking independent legal advice prior to signing below.

By signing below and submitting this Waiver, Release, Indemnity and Acceptance of Risks, the participant and, if the participant is under the age of 18, the parent/legal guardian of the participant, acknowledge that we have read, understood and agreed to all of the provisions provided above. We understand that we are giving up rights, including the right to compensation for injury resulting from negligence of the Releasees. We acknowledge freely and voluntarily signing the agreement and intend our signatures to signify a complete assumption of the inherent risks of participating in or observing activities on the trip organized by Me To We Trips, and a complete and unconditional release of liability, to the greatest extent allowed by law.

DATE PRINT NAME OF PARTICIPANT  
\_\_\_\_\_

WITNESS SIGNATURE OF PARTICIPANT  
\_\_\_\_\_

If participant is under the age of 18, signature of his/her parent/legal guardian

DATE PRINT NAME OF PARENT/LEGAL GUARDIAN  
\_\_\_\_\_

WITNESS SIGNATURE OF PARENT/LEGAL GUARDIAN  
\_\_\_\_\_





# ME TO WE TRIPS HEALTH FORM

PARTICIPANT NAME

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BIRTH DATE

AGE

SEX

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PHONE NUMBER

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EMAIL ADDRESS

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Please fill out the medical information below clearly and completely. This form is meant as a means to better accommodate the needs of our participants and is not used as part of the acceptance process. All information provided in this form will be kept strictly confidential by Me To We Trips, except as otherwise stated in this form. Medical information provided below may also be used or disclosed by Me To We Trips if required for the provision of medical care while on the trip or for meal planning purposes. **This health form must be signed by a registered physician in order to be accepted on a Me to We Trip.**

Do you have any life-threatening allergies? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please explain allergy and history of reactions.

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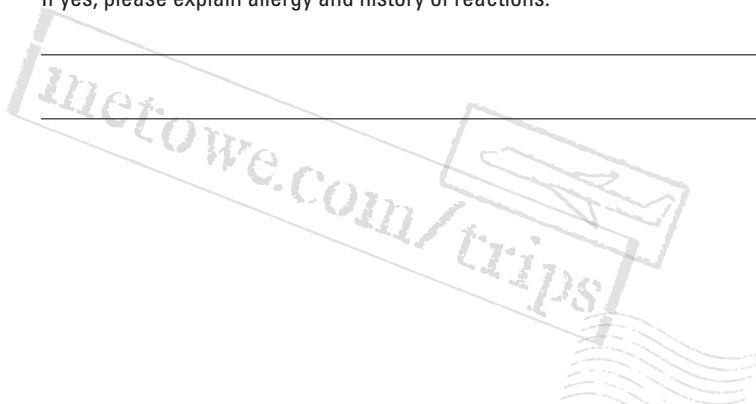
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Do you have any non-life-threatening allergies? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please explain allergy and history of reactions.

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**Past/Current Illnesses**

Please check all applicable boxes and provide the date of the condition. If more space is needed, please attach additional information to the back of the form.

- |  |  |
|--|--|
| <input type="checkbox"/> Heart defect/disease            | <input type="checkbox"/> Convulsions/seizures                |
| <input type="checkbox"/> Therapy/counselling             | <input type="checkbox"/> Chickenpox                          |
| <input type="checkbox"/> Asthma                          | <input type="checkbox"/> Psychiatric treatment               |
| <input type="checkbox"/> ADD/ADHD                        | <input type="checkbox"/> Ear infections                      |
| <input type="checkbox"/> Diabetes                        | <input type="checkbox"/> Hypertension/high blood pressure    |
| <input type="checkbox"/> Mumps                           | <input type="checkbox"/> Measles                             |
| <input type="checkbox"/> Bedwetting                      | <input type="checkbox"/> Bleeding/clotting disorder          |
| <input type="checkbox"/> Sleepwalking                    | <input type="checkbox"/> Skin conditions                     |
| <input type="checkbox"/> Back problems                   | <input type="checkbox"/> Joint problems                      |
| <input type="checkbox"/> Mononucleosis                   | <input type="checkbox"/> Diarrhea/constipation               |
| <input type="checkbox"/> Glasses/contact lenses          | <input type="checkbox"/> Frequent headaches                  |
| <input type="checkbox"/> Head injury                     | <input type="checkbox"/> Unconsciousness/fainting            |
| <input type="checkbox"/> Eating disorder                 | <input type="checkbox"/> Chest pain during or after exercise |
| <input type="checkbox"/> Use of an orthodontic appliance | <input type="checkbox"/> Hepatitis                           |
| <input type="checkbox"/> Surgeries or recent illnesses   | <input type="checkbox"/> Chronic or recurring illnesses      |
| <input type="checkbox"/> Recent head lice                | <input type="checkbox"/> Other (please explain)              |

Do you have any dietary restrictions? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please explain in detail.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





**Vaccinations**

Please provide the date of your most recent vaccinations for the following:

- Whooping cough \_\_\_\_\_
- Mumps \_\_\_\_\_
- Rubella \_\_\_\_\_
- Hepatitis A,B,C \_\_\_\_\_
- Malaria \_\_\_\_\_
- Typhoid \_\_\_\_\_
- Yellow Fever \_\_\_\_\_
- Polio \_\_\_\_\_
- Tetanus \_\_\_\_\_
- Measles \_\_\_\_\_
- Haemophilus influenza \_\_\_\_\_
- Chickenpox \_\_\_\_\_
- Diphtheria \_\_\_\_\_
- Meningitis \_\_\_\_\_
- Other \_\_\_\_\_

**Physical and Emotional Condition**

Given the group nature of Me To We Trips programs, please explain how well-equipped you are to be in a group environment for an extended period of time.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Please provide any examples that would illustrate your ability to work well in a group for an extended period of time.

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Have you ever been involved in psychological therapy of any kind? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please elaborate.

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Are you currently involved in psychological therapy of any kind? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please elaborate.

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Do you occasionally use any substances (including cigarettes, alcohol, or narcotics)? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please elaborate.

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Do you have a history of addiction and/or substance abuse (including cigarettes, alcohol, or narcotics)? YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please elaborate.

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Me To We Trips are often physically strenuous and require physical fitness on the part of the participants. Please rate your physical fitness on a scale from 1 - 10 (1 = very unfit and 10 = extremely athletic). \_\_\_\_\_

Please provide some examples of your current physical fitness (i.e., participation in sports, dance, etc.).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Medications**

Please list all medications (over-the-counter and prescription) that you are currently taking and/or will be taking on the trip. All medication sent on the trip must be in its original container and must be labelled with your name. Medications taken to the camp that are not listed will not be administered. Attach additional pages as needed.

\_\_\_ Participant takes NO medication on a routine basis and NO medications will be sent with this person.

\_\_\_ Participant takes medications as follows:

Medication \_\_\_\_\_ used for \_\_\_\_\_

Amount/dosage \_\_\_\_\_ when taken \_\_\_\_\_

Medication \_\_\_\_\_ used for \_\_\_\_\_

Amount/dosage \_\_\_\_\_ when taken \_\_\_\_\_

Medication \_\_\_\_\_ used for \_\_\_\_\_

Amount/dosage \_\_\_\_\_ when taken \_\_\_\_\_

Medication \_\_\_\_\_ used for \_\_\_\_\_

Amount/dosage \_\_\_\_\_ when taken \_\_\_\_\_





Are there any special circumstances we should know about regarding your medical care (i.e., cultural or religious considerations)?

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**Treatment**

Me To We Trips facilitators have standard first aid training. An extensive first aid kit is available at all times and contains standard over-the-counter remedies for common ailments. The following is a list of medications that we have available at the camp. Please indicate each of the medications you may or may not be given should the need arise.

- | YES                      | NO                       |                               |
|--------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Sunburn relief spray          |
| <input type="checkbox"/> | <input type="checkbox"/> | Antiseptic (Neosporin)        |
| <input type="checkbox"/> | <input type="checkbox"/> | Ear drops                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Cough drops (Robitussin)      |
| <input type="checkbox"/> | <input type="checkbox"/> | Sore throat spray             |
| <input type="checkbox"/> | <input type="checkbox"/> | Milk of Magnesia              |
| <input type="checkbox"/> | <input type="checkbox"/> | Anti-diarrheal                |
| <input type="checkbox"/> | <input type="checkbox"/> | Calamine lotion               |
| <input type="checkbox"/> | <input type="checkbox"/> | Penicillin                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Ibuprofen                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Tylenol                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Cough drops                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Decongestant                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Antihistamine (Benadryl)      |
| <input type="checkbox"/> | <input type="checkbox"/> | Burn gel                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Antacids (Tums)               |
| <input type="checkbox"/> | <input type="checkbox"/> | Sting Ease (for insect bites) |





**Insurance Information**

Policy or Group # \_\_\_\_\_

Carrier \_\_\_\_\_

Claim Phone # \_\_\_\_\_

**Legal Waiver**

The undersigned acknowledge that we have read and understand the information in the “Me To We Trips Medical History Form” and that all of the information provided above is correct and all information regarding the participant’s physical and emotional health has been disclosed. We understand that failure to provide accurate disclosure could, at Me To We Trips’ sole discretion, result in the participant being sent home immediately at the expense of the participant or his/her parent/legal guardian. By signing below, the signatories also commit to updating Me To We Trips if any of the participant’s medical information changes prior to the departure of the trip.

DATE \_\_\_\_\_ PRINT NAME OF PARTICIPANT \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARTICIPANT \_\_\_\_\_

If participant is under the age of 18, signature of his/her parent/legal guardian

DATE \_\_\_\_\_ PRINT NAME OF PARENT/LEGAL GUARDIAN \_\_\_\_\_

WITNESS \_\_\_\_\_ SIGNATURE OF PARENT/LEGAL GUARDIAN \_\_\_\_\_

**Acknowledgement by Participant’s Physician**

I, the undersigned, am the participant’s physician and I hereby acknowledge that I have carefully read the disclosure provided in the “Me To We Trips Medical History Form” and such disclosure is, to the best of my knowledge, a true and accurate reflection of the participant’s physical and emotional health.

DATE \_\_\_\_\_ SIGNATURE OF PHYSICIAN \_\_\_\_\_

