

Pilgrims' Handbook

World Youth Day 2011

Diocese of Palmerston North

Travel Documentation and Money

Passports and Visas

- Passports require six months' validity from your planned date of return to Aotearoa New Zealand.
- If you don't have a New Zealand passport it will be your own responsibility to organise the necessary visas for the countries visited.
- Each pilgrim must provide their Group Leader with a digital copy of the picture page of their passport and keep one further copy in their luggage.
- Each pilgrim must take the care to avoid misplacement or loss of passport. If it is lost, the pilgrim should call the NZ Embassy for advice. Pilgrims understand Group Leaders can only advise and are not available to personally accompany pilgrims to correct the problem.
 - **The New Zealand Embassy Madrid, Spain**
Address: Pinar 7 3rd floor, 28006 Madrid, Spain
Telephone: +34 915 230 226 Facsimile: +34 915 230 171
Email: embnuevazelanda@telefonica.net Website: <http://www.nzembassy.com/spain>
Office Hours: (July/Aug) Mon-Fri 0830-1300, 1330-1630hrs
 - **NEW ZEALAND EM BASSY PARIS, FRANCE**
Address: 7 ter, rue Leonard de Vinci, 75116, Paris, France
Telephone: +33 1 45 01 43 43 **Facsimile:** +33 1 45 01 43 44
Email: nzembassy.paris@fr.oleane.com **Website:** <http://www.nzembassy.com/france>
Office Hours: (July/Aug) Mon - Thur 0900 - 1300, 1400 -1630, Fri 0900 -1400 hrs
- The New Zealand website link for lost or stolen passports is: <http://www.passports.govt.nz/Lost-or-stolen-passports>
- Any additional expense incurred as a result of the loss of a passport or airline ticket is the responsibility of the pilgrim.

Important TIP

- Make two photocopies of valuable documents such as your passport, tickets, visas and credit and ATM cards. Keep one copy with you in a separate place to the original and leave another copy with someone at home. Alternatively, save a digital copy to your email account in your 'drafts' folder (but not on your cell phone).
- The final copy will be kept here at the Palmerston North Diocese Youth Office.

Travel Insurance

- You will only be permitted to travel with the Wellington/Palmerston North pilgrimage if you have travel insurance covering you for the entire period of the trip. This can be sourced through Harvest or independently. If arranged independently a copy will need to be provided to the pilgrimage coordinator.
- All pilgrims must have standard insurance, including medical cover, commencing at the date of departure through to arrival back in New Zealand; ensuring that it includes medical cover as well as general travel insurance.
- Travel Insurance is **not** built in as part of travel packages offered by the Travel Services Provider.
- General exclusions to travel insurance will mean that Groups should refrain from activities outside the WYD2011 events that put pilgrims at unnecessary risk. Usual exclusions to travel insurance include, but are not limited to:
 - Professional Sports
 - Racing
 - Activities such as: rock climbing, motorcycling, skydiving, hang-gliding, bungy jumping or underwater activities requiring breathing apparatus
 - Ocean Yachting
 - Deliberate exposure to unnecessary danger
- All pilgrims must confirm travel insurance as part of the travel registration process and provide confirmation of insurance documentation to their Group Leader.
- If pilgrims are unable to arrange adequate insurance, the Diocese of Palmerston North cannot be held responsible for any medical or other costs incurred by the pilgrim whilst on pilgrimage.

Money / Exchange

- Please organise a variety of ways to access your money overseas, such as credit cards, travellers' cheques and cash.
- Check with your bank whether your ATM card will work overseas and what the fees are (they vary from card to card)
- Never leave your credit card unsecured.

Mobile Phones and Power Adaptors

- Speak with your mobile phone provider about international roaming on your phone including the costs for use.
- Be sure to turn data roaming off (unless of course you can afford excessive bills!)
- You will need a power adaptor if you intend to charge your electrical items. You can buy them in department and bag stores- just ensure you buy the one for Europe.
- Single Country to Country adaptors (French/ Spanish to New Zealand)

Security and Valuables

- Don't make any jokes about airport security at any time!
- It is anticipated that bag-snatching and pick pocketing may be rife, ensure a suitable method to carry your valuables.
- Try not to walk around empty streets or poorly-lit areas.
- Try to carry only the money you need for any one excursion. Take care of your possessions in crowded places such as public transport or department stores.
- When relaxing in public places, keep valuable objects like mobile phones and cameras out of view.
- DO NOT leave any baggage unattended.

Quarantine and Customs (including duty free)

- Passengers on international flights to and from Aotearoa New Zealand are only allowed to carry a small amount of liquids (including gels but not aerosols) in their **carry-on baggage**. No more than 100ml per item. Containers larger than 100 ml, even if only partially-filled, will **not** be allowed through the security screening point. Pack non-aerosols, such as make-up, sunscreen, shampoos, in your bag that goes in the hold.



- No sharp objects are to be placed in your carry on.
- If you are over 18, you will be able to ask about duty free goods at any duty free store (either before departure or on arrival)
- You are prohibited from bringing certain goods back into New Zealand. Please make yourself familiar with these requirements.

Health Concerns and Disabled Pilgrims

- Pilgrims should understand that their health should be at such a level as to endure walking for about 2-3 hours with minimum rest and an overnight stay in August in Madrid. If there is any doubt, consult your doctor prior participation in WYD2011.
- Each pilgrim is responsible for informing his/ her Group Leader of any medical condition. All information is kept private and will be made available only in the event of what the Group Leader has determined to be, an emergency.
- Any disabled pilgrim attending WYD is required to take a 'Caregiver'. This Caregiver will come for the sole purpose of helping the disabled pilgrim.
- The disabled pilgrim will be accommodated with the Caregiver.
- The Caregiver must be familiar with all medication required and what is to be done in the case of an emergency.
- The Caregiver must be responsible for the disabled pilgrim at all times. If they are required to leave the disabled pilgrim they must discuss responsibility/wellbeing issues with their Group Leader

Medication

- It is recommended that if you need to take medication you:
 - ☑ Discuss with your doctor the quantity you will need to take
 - ☑ Carry a letter from your doctor detailing what the medication is, how much you will be taking, and stating that it is for your use
 - ☑ Leave the medication in its original packaging so it is clearly labelled with your name and dosage instructions.

Emergency Contacts

- **PILGRIMAGE COORDINATOR- SEAN RYAN +64 21 976-483 (ANY CHANGES TO THIS NUMBER WILL BE ON THE WEBSITE)**
Website: <http://pndiointernship.yolasite.com/blog.php>
- **Helen O'Sullivan (NZ WYD - National Project Coord.)** will be advertised on the Internship website.
English Speaking Hub: Palacio de Los Deportes (an indoor sports stadium)
Calle de Jorge Juan 99, Madrid 28009
- **Spanish Embassy Details**
Address: Torre Espacio
Paseo de la Castellana, 259D, Planta 24
Madrid 28046
Telephone: +34 91 353 6600 Fax: +34 91 353 6692
- The pilgrimage coordinator will register the entire group, through Helen O'Sullivan, with the Harvest Office in Madrid, where Helen will be located. The information provided will help the department contact our group in an emergency - whether it is a natural disaster, civil disturbance or an individual family issue.

Cultural Awareness

While some cultural practices may seem strange, cultural diversity is an expression of the scale of God's creativity and is an opportunity to greater understanding, broadening our horizons.

- In some cultures people may be deeply offended by revealing or inappropriate clothing. Please make sure you cover up!
- Note due to the Spanish siesta, evening activities for WYD week will commence at approximately 9pm. This is likely to be the same for Days in Diocese.
- In Spain drunkenness is not tolerated in public, neither is it appropriate for our pilgrimage.

Behaviour expectations

We are attending the WYD celebrations and the pilgrimage as representatives of Aotearoa New Zealand and of our Dioceses and, as such, our personal expectations should be of the highest degree.

As per the code of behaviour, you have agreed to abide by the following code of behaviour, including but not limited to:

- Abide by the laws of any country.
- Abide by the requests of the group leaders, coordinators and WYD2011 staff.
- Show respect towards the practices and customs of the countries where the Pilgrimage will take place.
- Show respect towards other pilgrims, and all other persons, refraining from violence, including bullying or harassment.
- Refrain from inappropriate sexual conduct and harassment.
- Show respect for the property of others.
- If under the age of 18, refrain from the drinking of alcohol and, if over the age of 18, consume alcohol in moderation only; do not use or possess illicit and/or illegal drugs.

General Points

- Wear appropriate footwear! Ensure you are comfortable.
- 15th August is Feast of the Assumption- this will be a big focus in Spain!
- Public toilets are generally found in department stores - less public toilets in public places!!
- The usual weather for Spain at the time of the year we are visiting is very warm, a dry heat. Temperatures can range from a pleasant 24°C, in France and Spain, to the high 30⁰s (Spain). Please be aware of this when packing.

Host Family Gifts/ New Zealand Souvenirs

- During Days in the Diocese it is likely you will be hosted by a family, you might like to think about a small gift (one that is easily transported) for your host family.
- It is also a WYD tradition to swap icons and souvenirs with pilgrims from other countries.

Check List

Confirmation of Travel arrangements

- All pilgrims must confirm travel insurance as part of the travel registration process and provide confirmation of insurance documentation to their Group Leader.
- Pilgrims to confirm details of:
 - Alternative travel arrangements; stop-over points; return dates
 - Relevant Country Information
 - Digital copy of passport
 - Visa requirements (if any)
 - Emergency Service details
 - Insurance Company and Policy Number
 - Health Requirements

What to Bring

- Passport
- Travel documentation
- Travel wallet
- Emergency passport/contact details
- Emergency contact details of your group leaders, small group leader and the NZ HQ
(supplied prior to departure)
- Money (personal spending money and some meals as outlined in tour itinerary)
- Includes debit card/credit card/EFTPOScard/cash (as decided prior to departure)
- Medication (for some medications it pays to have a doctor's letter for customs or to extend a script)
- Bible and prayer journal

- Electrical equipment (mobile phone/charger, European plug, phone card, camera/charger, memory stick)
- Travel clothes line and pegs
- Flag or banner
- A gift for the billet family
- Badges (or similarly small gift) to swap/give away
- Means to carry accessories (travel wallets, bum-bag, shoulder purse, small bag)

- Sleeping bag and mat (for WYD vigil)
- Sleeping bag liner (not essential but handy)
- Travel pillow (alternative – pillow case stuffed with clothes)
- Water bottle – possible to buy with in-built filter (for travel - packed in suitcase/hold bag or empty in carry-on bag)
- Small torch
- Toiletries (including feminine hygiene)
- Towel
- Hat/sun protection
- Insect repellent (non-aerosol)
- Tissues (in lieu of toilet paper)
- Basic 1st aid kit
- Luggage – a good travel pack or a suitably-sized suitcase (please be aware of restrictions including carry on and also that you will be responsible for carrying your own bag throughout the duration of our travel). Please ensure your luggage is clearly labelled. Small padlocks are a good idea.
- Non essentials - binoculars

Clothes to Bring

- Light, quick drying clothes
 - 2 pairs shorts (not too short, one could be zip-off)
 - 4 polo/tee-shirts (1 being the NZWTD tee-shirt)
 - 1 long-sleeved, light blouse/shirt (evenings, sun protection, or to cover up for some sacred spaces)
 - 1 pair track pants/trousers (zip-off travel trousers save space)
 - 1 sweat-shirt
 - 1 light water-proof jacket
 - 4 pairs good quality socks
 - 5 sets underwear
 - 1 pair closed-in water-proof walking shoes (worn in)
 - 1 pair good quality walking sandals
 - Swimming togs (for the showers)

- Remember that you are likely to buy some clothes while you travel on pilgrimage. Pack lightly for that eventuality