



PILGRIMAGE TO ITALY

CHESTERTON SCHOOLS NETWORK | MARCH 2023



PILGRIMAGE GUIDELINES AND IMPORTANT INFORMATION

ABOUT THIS PILGRIMAGE

Rome is in many ways the culmination of a Chesterton Academy curriculum. This is a Chesterton Schools Network (CSN) pilgrimage for current junior and senior students. Chesterton Academy staff members and parent chaperones attend to serve the students in their learning. Chaperone groups will be 1:4. Plan for the specific number of chaperones based on students and no more than two extra chaperones.

PILGRIM ATTIRE

A. Dress warmly and in layers.

March temperatures in Rome are in the 50s and 60's, with periods of rain and cloudy weather likely. The churches can be extremely cold. We do not have access to laundry facilities, so it is difficult to dry wet clothing. Pilgrims should prepare for the weather as follows:

- o Bring a water/weather-proof jacket with a hood
- o Optional: umbrella
- o Dress in layers so you can adapt to the changing temperatures during the day

B. Wear comfortable shoes.

We will be on our feet for up to 10 hours each day and walk many miles!

- o Bring two pairs of comfortable, warm shoes. Waterproof encouraged.
- o Rubber-soled shoes are encouraged, as you don't want to twist an ankle by sliding on the cobblestones.
- o Canvas shoes are discouraged because they cannot dry out quickly.
- o Bring light to medium wool socks and band-aids for blisters. Wool is better than cotton.

C. Look sharp.

We ask all pilgrims to dress nicely on our pilgrimage - think "more formal than normal." While in Rome, we will meet many friends and acquaintances of Father Joseph Johnson, Fr. Ryan Adorjan, and Mr. and Mrs. Dale Ahlquist, and many photo opportunities for our schools.

Please follow these guidelines (out-of-uniform dress code policies apply):

- o Students must leave the lodging each morning with a jacket. Day pack, water bottle, and all items needed for the day.
- o Sweatpants or joggers may be worn on travel days on the airplane but not during our stay in Italy.

- o Hair must be clean, neat, and tidy
- o Young men must be clean-shaven daily and have hair to Chesterton Academy standards above the collar, eyebrows, and ear.

We expect all students to present themselves in a way that reflects their great dignity and to dress modestly and neatly at all Chesterton events, including those that occur outside our normal school day. The following rules apply:

Ladies:

- o Dress and skirt length should be mid-knee
- o No leggings unless they are worn under a skirt or shirt that reaches mid-knee
- o Backs well-covered (no halters, lower back, or plunging "v"s)
- o No shirts or dresses with cut-outs (shoulders, back, sides), even if another layer is underneath
- o No lace shirts or other shirts that are see-through, even if there is another layer underneath
- o Necklines in front are no lower than four fingers below the collarbone

Ladies and Gentlemen:

- o Dark jeans may be worn. They must not be too tight or faded and may not have holes or rips, but they are quite heavy if wet. We strongly encourage khakis, chinos, or travel pants.
- o No tight-fitting pants or tops (should be able to pull 1 inch of loose fabric from the thigh or waist)
- o No shorts may be worn except in your hotel room for bedtime.
- o No midriff exposed
- o No ratty, stained, or dirty clothing
- o No undergarments showing at any time

Packing lists are available for all pilgrims.

CELLPHONES.

This pilgrimage is a "tech-free fast." Cell phones for student pilgrims are discouraged. All chaperones have a cell phone for students to use should they need one. If you send your student with a cell phone, contact your phone carrier to arrange for an international plan. Failure to do that may result in high charges.

Cell phones should not be your only source of time. Pilgrims are encouraged to bring a wristwatch.

Chaperones will oversee students' cell phone usage during the pilgrimage and may collect them at the end of the day if students do not adhere to guidelines. If a student wishes to take a picture using their cell phone, they can do so.

We ask all pilgrims to be present and to refrain from texting, social media or scrolling anytime during the pilgrimage. We ask pilgrims to refrain from texting or calling parents during the day. Phones may be used to contact parents at the end of the day.

Students may use headphones to listen to music or watch movies on the airplane, but not during the pilgrimage on buses or in lodging. Bus travel is often used for meeting other people and learning what you see or will see.

CREDIT CARD/CASH.

If you plan to use a credit or debit card, alert your credit card company that you'll be in Italy for the pilgrimage dates. It is best to bring at least €100 in cash to purchase your lunches, gelato, or souvenirs. You can order euros at most major banks, but it can take up to a week or more to arrive. Plan ahead.

Recommended: €75 for the five lunches with your chaperones. Plan for US\$20 for US airport purchases on outbound flight day. Save US\$20 for return travel if traveling through a US airport or €20 if layover in a European airport on return flight. You can pack snacks for day one or a snack bar for every day.

GUIDELINES FOR PACKING

Each pilgrim should have a money bag or pouch to safeguard their passport and money during travel. A neck wallet or waist belt is required to keep your money and passport safe,

All pilgrims are required to limit baggage to the following:

- One carry-on suitcase with dimensions of no more than approximately 21.5" x 15.5" x 9.5". Maximum weight is approximately 22 lbs. (Check your specific airline carry-on guidelines)
- One personal under-the-seat item (backpack or computer bag; best to put purse inside), not to exceed 18" x 14" x 8". Pack inside one smaller daypack for coat, water, pilgrimage book, etc.
- Adapter for Italy to plug in electronics.

In your carry-on bag, please note that:

- Liquids, gels, aerosols, creams, and pastes must be 3.4 ounces or less per container
- Liquids must be in 1 quart-sized, clear, plastic, zip-top bag
- No knives or sharp objects

Please be sure to pack all essential personal items in your backpack or purse.

These items might include the following:

- Prescription medicine
- Contacts and glasses
- Toothbrush and toothpaste
- Cell phone or camera and chargers
- Make a copy of your passport and hide it in your bag.

You may check bags on the return flight. Each pilgrim will be responsible for any costs related to checking a bag.

EXPECTATIONS OF PILGRIMS

All policies outlined in the Chesterton Academy handbook apply during the pilgrimage. Please also note the following specific expectations:

- Students will represent the CSN, their school, their family, and their community while traveling, with appropriate speech and behavior.
- Students must behave respectfully, with particular attention to decorum in churches and other sacred buildings (no hats, no eating, no chewing gum, no loud talking).
- Students will display considerate and unselfish behavior with all group members. Be respectful of other travelers in our lodging and while touring; we are often not the only ones staying there or visiting the sights.
- Students will keep themselves, their belongings, the lodging, and the charter bus clean and tidy.
- No tobacco, alcohol, or drug use is permitted. While many of our students are of legal age to drink in Italy, they are not allowed to do so on this pilgrimage, even if accompanied by their parents.
- No cliquish or coupling behavior is allowed.
- Students of the opposite gender are not allowed in sleeping quarters at any time. They may visit common areas only.
- Students will respect and honor all curfews. They may not leave their room after room check. This is done for your safety and security. The pilgrimage itself is very tiring, and you will need plenty of rest.
- Students must be accompanied by a chaperone at all times and must be respectful and obedient.
- Be on time every day. Plan for 10 minutes early.
- Listen to the priests, tour director, and tour guides. Listen to faculty and chaperones too.
- Always follow behind the tour guide/tour director.
- Stay with the group at all times, do not fall behind.

DISCIPLINARY INFRACTIONS

If a gross disciplinary infraction occurs, the student will fly home on the soonest available flight, accompanied by a chaperone. The student's parents will be responsible for the travel costs incurred for the student and the chaperone.

MEDICAL EMERGENCIES

We will contact parents immediately in the event of a medical emergency. In the case of an accident or medical illness, we will arrange for the student to fly home accompanied by their parent chaperone or another designated school chaperone. The parents of the student will be responsible for any travel costs.

SAFETY

Pilgrim safety is of utmost importance to us. Our pilgrims must be aware of and prepared for dangerous traffic, pickpockets, the possibility of getting lost, and staying safe in crowded situations. In addition, our safety program will include the following:

- Safety briefing prior to leaving
- Daily safety briefing for pilgrims

- o Procedures for counting off/meeting up throughout the day
- o Standing evening debrief

Gentlemen, keep your wallet in your front pocket. Extra money and passports will be held by each pilgrim in a safe spot, like a neck or waist wallet, and always in front of you. Refrain from putting valuables in your backpack. Refrain from bringing valuable jewelry with you.

**** Chaperones are responsible for the safety of our students. Students must be accompanied by a chaperone at all times, within speaking (not shouting) distance. ****

CHAPERONE / STUDENT ASSIGNMENTS

Each adult chaperone will be responsible for three-four students throughout the pilgrimage. The assigned students must always stay within hearing distance of their chaperones.

Chaperones and students will be assigned to one bus and one of several small groups. The purpose of the groups is to make it easier for us to account for all present throughout the day and to travel from one destination to the next quickly.

The small chaperone/student ratio will allow for some flexibility in creating new combinations of groups for meals in restaurants, etc.

GROUP PARAMETERS

Groups have been created with the following parameters in mind:

- o Ratio of one adult chaperone to three-four students
- o Groups organized by men and women
- o Where possible, chaperones will be assigned to their own student's group but may be needed to take on responsibilities of another group.

CHAPERONE ROLES & RESPONSIBILITIES

Chaperones are here to serve the student pilgrims. Chaperones have agreed to take responsibility for their assigned students throughout each day's activities. Chaperones will have a Virtus certificate and a background check, per their diocesan rules. They will be trustworthy and fair, reliable, and focused on the students. This is, first and foremost, a student pilgrimage.

Students must stay within hearing distance of the chaperone throughout the day. Chaperones will enforce policies and rules with all pilgrims, not just those students in their small groups.

Chaperones will meet each evening after dinner to review the day, plan for the next, and work together through clear communication to make any needed improvements or modifications.

Chaperones are responsible for their small group from the airport to the airport and all points in between. Upon landing back home, chaperones are off duty. Parents will meet students at baggage claim, unless your school makes other arrangements.

Chaperones must have a working international cell phone plan and WhatsApp. You are required to bring a power bank to keep your phone always charged.

Chaperones may not make any other plans while on this pilgrimage. You will be needed every day. If an emergency arises, please get in touch with your group leader or tour director.

Chaperones conduct room checks each morning (one hour before meeting time) and evening (doors open and each student counted). Ladies check female rooms, and Men check male rooms.

If you are a female chaperoning gentleman, you will have a male counterpart to check the rooms. As much as possible, we keep males and females on separate floors or in different lodging.

Chaperones will 'check in' with the pilgrims often every day and be aware of any issues such as sickness, fatigue, lost items, etc. Chaperones should immediately share information with pilgrimage directors and school staff if they encounter emotional or disciplinary issues with their assigned student or another group member.

We ask each chaperone to bring a basic first aid kit containing blister band-aids, hand sanitizer, and tissues. Do not give students any over-the-counter medications; students will carry their own and let the chaperones know PRIOR to when they take something. Chaperones are responsible for making notes of what the student took and how much.

Students should carry their own daypack, even if their parent is a chaperone. This will help each student develop responsibility for their items.

Chaperones may not enter student lodging rooms, even if it is their own child. Virtus rules are in place to protect you.

Most problems occur because students were talking and not listening to priests, tour directors, tour guides, faculty, or chaperones. Please be aware of students that may need to be split up. Talking during tours is very distracting to others. There is plenty of time to socialize.

VISITORS

It seems like everyone knows someone in Italy. This pilgrimage is for current Chesterton Academy students registered for this pilgrimage and registered Chesterton Academy staff and parent chaperones only. Due to the nature of this pilgrimage, it isn't easy to accommodate friends and family members during this pilgrimage. They are welcome to join us for Mass if space allows, but we cannot accommodate them for meals, walking tours, or ticketed events.



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SIGNATURE PAGE

**** Please print, sign, and return to your school chaperone leader by February 15, 2023 ****

RELEASE OF LIABILITY

I agree to hold harmless and defend Chesterton Schools Network and its member schools, its officers, directors, agents, employees, or representatives associated with the pilgrimage from all liability claims, loss or damage arising from or in connection with my participation in the pilgrimage.

PILGRIM AGREEMENT ACCEPTANCE

By participating in this Pilgrimage to Italy, I agree to follow and abide by all the pilgrim expectations as written above.

PILGRIM FULL NAME AND SIGNATURE

DATE

PARENT/LEGAL GUARDIAN FULL NAME AND SIGNATURE

DATE

CHAPERONE AGREEMENT ACCEPTANCE

I understand this pilgrimage is, first and foremost, a student pilgrimage. I agree to the pilgrim expectations and my chaperone responsibilities as written above. As a chaperone, I will be trustworthy, reliable, fair, and focused on serving the students.

CHAPERONE FULL NAME AND SIGNATURE

DATE