



WELCOME ON BOARD!

THINGS TO THINK ABOUT  BEFORE TRAVELING ABROAD

STUDENTS

What is a pilgrimage?

We can trace the history of pilgrimage to the 4th century when Christians began traveling to the Holy Land in order to encounter the places Christ walked. The practice of pilgrimage became very popular in the Middle Ages. It was usually undertaken to fulfill a vow to the Lord, in thanksgiving, or in penance. Pilgrims would travel on foot and beg for food and shelter along the way. Historically, making a pilgrimage was dangerous and demanding. It involved a significant amount of time and sacrifice to complete, some people lost their lives on the journey as they became ill or were targeted by thieves. Many great saints experienced key moments of their lives on pilgrimage – think Francis of Assisi and Ignatius of Loyola.

Today we don't have to worry about such severe conditions. Travel has much improved in the last few centuries. However, the spirit of pilgrimage remains the same. Its purpose is to separate the Christian from the distractions of the familiar world, encouraging him to embrace trust in God and His providence while serving those he travels with. It is a time of prayer, penitence, and openness to what God reveals on the journey. A pilgrimage is the physical manifestation of the spiritual journey with God that we are all called to undertake.



It is still an opportunity for sacrifice, offering up the daily nuisances and discomforts that so often occur while traveling or living in community. It also serves to physically connect us to the rich universality and history of our faith, especially for us Americans who have such young surroundings relative to the rest of the world.

In anticipation of your pilgrimage, prepare yourself physically if your journey requires it, but above all else you must prepare spiritually. Meditate on why God is calling you to embark on this journey and what He is asking of you through it. Are there intentions that you bring with you? Are you searching for something? Are you there simply to give joy and thanksgiving for all the wonderful things you have received? Research the saints associated with your destinations and ask for their intercession as you follow in their footsteps. Open yourself to the friendships that will form, many will last a lifetime. Make a habit of prayer and spiritual preparation as you approach the date of departure.

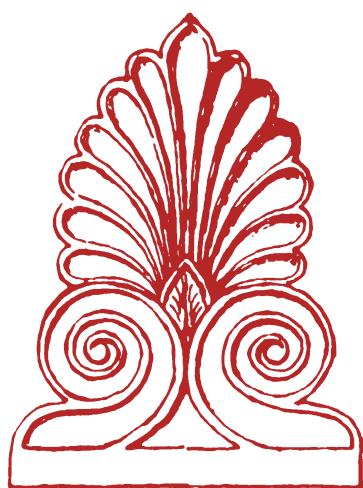
Students

Passport

You must have a valid passport to travel abroad. It must be valid for at least 6 months after your return date. You are responsible for applying for/renewing your passport and ensuring it will arrive before your trip. You are responsible for submitting your passport information through the Passport Upload page on our website. Information must be entered exactly as it appears on your passport. Incorrectly entered information can result in a name change fee or even an airline cancellation. We need passports as soon as possible! Airlines and hotels require us to send passport information several months in advance of the trip. You may need to pay to expedite your passport in order to receive it in time. Before traveling, email yourself a copy of your passport in case of an emergency, or it gets lost or stolen.

Money

Check your trip webpage for the currency of the country you are visiting. Be sure to notify your bank that you will be traveling out of the country. Put travel notices on all of your debit and credit cards that you plan to use abroad. Do not bring travelers checks. Plan to order foreign currency from your bank before the trip. You can take out cash at an atm on arrival but it is not recommended due to the tight touring schedule. We suggest a budget of at most \$200 in cash per person for student trips. While abroad, the best exchange rates will be found at an atm, though they do charge a small service fee (usually \$2-5). Know how to contact your card companies from abroad in case they place a hold on your account for suspicious purchases.



LUGGAGE

Consult the airline for baggage allowances. The number of bags, size, and weights vary by airline and ticket type. This information will also be sent out in your Final Trip Information document 2 weeks prior to departure.

When packing, do not bring any valuables with you. If you take prescription medicine, be sure to pack extra in case your trip is extended. You may want to bring proof of prescription in case you misplace your medication during travel. Look at your itinerary and the weather forecast for the trip before determining what to pack. Pack as light as you possibly can and be sure to leave room for souvenirs!

PHONE

Contact your service provider and see what options are available for international travel plans. If you forget to make arrangements beforehand and use your phone abroad, you could incur expensive fees that are avoidable. If you have an unlocked phone, it may be possible to purchase a SIM card on arrival depending on the itinerary. Do some research to see which option is most affordable for you. We recommend making arrangements before leaving the US so that you can communicate during travel. There is no guarantee of time or opportunity to purchase a phone or SIM abroad.

ELECTRICAL OUTLETS

You will need to purchase a plug converter/adapter for your trip. Amazon is a good place to find an affordable universal converter/adapter. Check your trip webpage or this map for country specific information regarding plug type and voltage: <https://www.worldstandards.eu/electricity/spread-plug-types-map/>.

STAYING HEALTHY

Dehydration is the most common health issue travelers run into. With long flights and changing time zones it is difficult to keep track of how often you are drinking water. Be consistent with hydration and bring a water bottle to fill up when the opportunity arises.

On the rare occasion someone has an allergic reaction it is usually because they did not notify us of their allergy. Please let us know! Be sure to record it on your registration form AND mention it to your tour manager your first day abroad. If you have a food allergy, bring your medication (benadryl, epi pen, etc.). It is very difficult to find allergy medication at pharmacies in Europe. Bring any other medications that you take regularly, be sure to pack extras in case your trip is extended. Follow your school/parish's guidelines on student medications.

Suggested Packing List

Travel Essentials

- 1 Carry on bag
- 1 Personal Item- backpack that can fit under your seat and serve as a day pack while touring
- Neck Wallet/Fanny Pack
- Luggage tag (sent by ProRome)
- Earplugs | Eye Mask | Travel Pillow

Toiletries

- Shampoo | Conditioner | Soap | Lotion
 - Liquids in your carry-on luggage must be 3.4 ounces (100 milliliters) or less per item and placed in a single quart sized ziploc bag.
- Hair Products | Brush | Comb
- Razor & Shaving Cream
- Sunscreen
- Toothbrush | Toothpaste | Floss
- Deodorant
- Personal products and makeup
- Small Laundry Detergent (sink washing)
- Plastic Grocery Bag (for dirty laundry)

Daypack Items

- Passport (in neck wallet under clothes)
- Cash € and \$ | Credit | Debit cards
- Tissues | Disinfecting Wipes | Hand Sanitizer & Hand Lotion
- Lip Balm | Eye Drops
- Snacks
- Refillable Water Bottle
- Camera | Phone | Chargers | Power Bank | Adapter
- Pen | Journal | Book
- Copy of Insurance Cards (Medical, Travel)
- Sunglasses | Glasses | Contacts
- Prescription Medication (in original bottle)
- Small Flashlight
- First Aid Kit (see list)



First Aid Kit

Follow your school/church guidelines on student medications

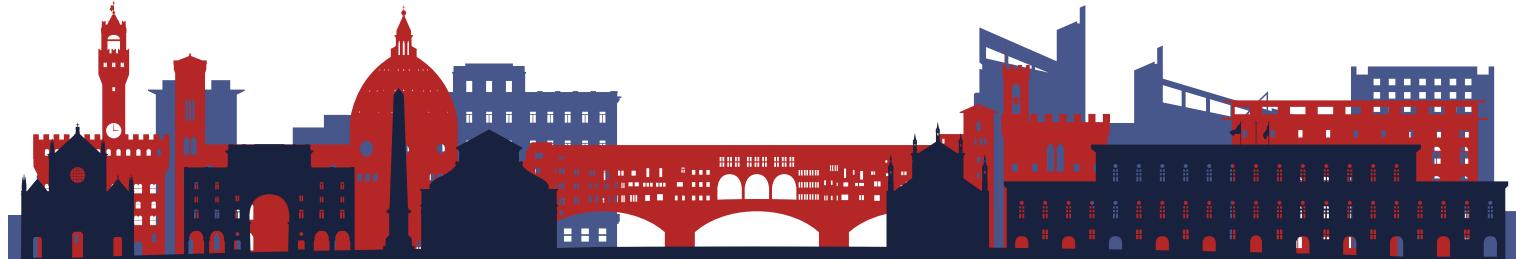
- Pain Medicine
- Allergy Medicine
- Imodium | Tums | Pepto
- Band Aids | Blister Pads | Moleskin
- Antibiotic Cream
- Nail Clippers

Carry On Bag

- 1-2 Pair Shoes- Waterproof, comfortable closed-toe walking shoes, rubber soled shoes are encouraged. No flip flops!
- 3-4 Nice Shirts (no low cut or midriff showing)
- 2-3 Pants* | Modest Skirts (mid-knee or below, appropriate for Mass)
- 1 Sweater | Fleece for Layering
- 1 Waterproof Jacket (for rain and cold)
- Pajamas, Undergarments
- 3-4 (at least) Pairs of Socks (lightweight—midweight wool are perfect)
- Simple Jewelry- Nothing valuable
- 1 Wide Brim Hat (good for sun or rain) or Baseball Hat
- Passport Photocopy
- Travel Umbrella (Optional)
- Gloves, Beanie Hat, Scarf- Depending on the timing and location of your trip
- Check if your itinerary includes any activities that will require other clothing (swimming, hiking, biking, rafting, etc.)

**Jeans are not recommended, but dark jeans with no rips, holes, and not too tight are appropriate. Leggings are not appropriate unless covered by a skirt or dress of length indicated above.*

The churches and other sacred spaces we will visit have strict dress codes. They will require you to cover your shoulders, legs above the knee, midriff, and chest. Keep this in mind when packing.





STUDENT TRAVEL POLICIES

These policies have been designed to protect the health and well-being of our student travelers. They apply to all student travelers, even those over the age of 18. Failure to comply with these policies will result in immediate disciplinary action and in some cases, actual expulsion from the tour program (at the client's expense).

TOBACCO POLICY

The use of tobacco products is strictly prohibited.

SUPERVISION POLICY

While not on campus or in the hotel, students must always remain under adult supervision (within eyesight or earshot).

VIOLENCE POLICY

Bullying, threats and any other form of violence will not be tolerated.

ALCOHOL POLICY

The consumption of alcoholic beverages by any student is strictly prohibited.

DRUG POLICY

The use of drugs is strictly prohibited and will always result in expulsion from the tour program.

2 TO 1 POLICY

In compliance with Virtus, one student may never be alone with one adult. Either two or more students with one adult, or two or more adults with one student is required.

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NIGHTTIME POLICY

"Lights out" will be agreed upon by the Lead Chaperone and Tour Manager. After the designated "lights out" time, students must remain in their own rooms. Departure from one's room or from campus or the hotel after "lights out" is not permitted, and the latter will result in immediate expulsion from the program. If a medical emergency necessitates departure from the hotel, at least two adults must accompany the student to the nearest hospital and must alert ProRome staff.

Timeline



CONTACT INFORMATION

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