

Pilgrimage to Sydney

BOOK ONE

*Logistical Preparation for World Youth Day
Group Leaders*

Published by the Brisbane World Youth Day Secretariat

PREFACE

THE PURPOSE OF THIS DOCUMENT

This is a document about the logistical preparation for a Pilgrimage Group to go to World Youth Day in Sydney in July 2008. Its intention is to address in simple and concise terms a wide variety of the organisational aspects of Pilgrimage preparation.

It has been written in response to the many enquiries which have been received by staff at the Brisbane Secretariat for World Youth Day. It is also written to answer questions and clarify responses given at the two Training Days held within the Archdiocese of Brisbane during 2007. There will be two more Training Days in 2008 – on Saturday 8 March, 2008 and also on Saturday 14 June, 2008.

Many people have given practical advice to assist in the compilation of this information. Some have been to previous World Youth Days. Their 'tips' on a number of simple but very important matters are very valuable.

Staff from the Sydney Office and from other Archdioceses have also provided valuable advice for Pilgrimage preparation. Their websites have provided clarity on some issues raised within this Archdiocese.

WHO IS THIS DOCUMENT FOR?

This document, the first of three, has primarily been written to assist Pilgrimage Leaders to organise their Pilgrimage to Sydney. Together with Document 2, most logistical aspects of the preparation have been addressed.

Pilgrimage Pastoral and Spiritual Leaders, as well as Parish Leaders and College Principals, are also advised to make themselves familiar with the contents of this document.

USES FOR APPENDICES

At the end of this document there are a number of appendices entitled 'Information for Pilgrims'. These mostly deal with practical aspects of going on Pilgrimage. Pilgrimage Leaders are welcome to photocopy copy these and distribute to pilgrims and, where applicable, to parents with the proviso that recognition is given to the Brisbane Secretariat.

PREPARATION OF PILGRIMS

Pilgrimage Leaders are encouraged to involve all Pilgrims and Leaders in a compulsory Preparation program prior to going to Sydney. This Preparation program should primarily address the Spiritual Preparation of Pilgrims. However, each session should also include the logistical preparation of Pilgrims so that expectations are clearly understood prior to departure.

OTHER DOCUMENTS IN THIS SERIES

Document 2 will address the legal aspects of taking Queensland Pilgrims to Sydney.

Document 3 will outline the Spiritual preparation of Pilgrims. This document closely follows the suggestions made by the WYD SYD2008 Office for Pilgrim preparation.

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I. INTRODUCTION

A. *History Of Pilgrimages*

Pilgrimage is an ancient practice – one that has been undertaken since time immemorial. It is part of the tradition of all the great faiths – Christians, Jews, Buddhists, Muslims and Hindus - and usually involves 'journeying' to a far away sacred place or to 'see' a prominent leader of that faith.

Within the Judeo-Christian tradition, the great journeys of Abraham and the Exodus of the Jewish people from Egypt are well remembered and celebrated. Today, some of the most well known places of Christian pilgrimage are:

The Holy Lands. Visiting places where Jesus lived and ministered to the people.

St Peter's Basilica, Rome. St Peter, a disciple of Jesus, was martyred and is believed to be buried there.

Lourdes, France. This is where St Bernadette had a vision of Mary. It is particularly a place of healing for sick people.

Santiago de Compostela, Spain. This is the city at the end of the Camino – a long pilgrimage walk through southern France and northern Spain.

The two largest pilgrimages in the Christian tradition are said to be to be

Manila, Philippines for World Youth Day in 1995 which 4 million people attended and

The funeral of Pope John Paul II in 2005 for which an estimated 4+ million people gathered in Rome in addition to local people.

World Youth Day is a spiritual event of mammoth proportions, specifically for people aged 16-35. While it is held annually on Palm Sunday, it is only an international event every 2/3 years. In the countries in which it has been held, WYD usually is the biggest gathering of youth ever seen in that country. The most recent international World Youth Day was held in Cologne, Germany in 2005. Many Australian young people made this journey and it has fired their enthusiasm to attend another World Youth Day celebration – this time in their own country.

B. *What Does A Pilgrimage Involve?*

A Pilgrimage differs from a tour. A tourist says, 'Give me' while a pilgrim says, 'Thank you.' A tourist expects things because the tourist is seen as a consumer or customer. A pilgrim wants to walk softly on this earth and particularly enjoys the encounter with other pilgrims along the way.

In going to Sydney, the pilgrims will embark on 'the journey of a lifetime' which will stay with them forever.

Pilgrimage implies 'journey' – leaving home and your problems behind you and focussing on your journey, learning more about yourself and your fellow travellers and also appreciating and learning more about the faith tradition which you have chosen to follow.

A Pilgrimage involves

- **taking a journey of discovery**

On this journey you will learn so much more about yourself and about who you are. You will also discover new friends and people from entirely different lifestyles and cultures from your own.

- **being open to things 'holy'**

You will learn more about your faith and its traditions. Some of these may be very new to you. You may see some in an entirely different light. We don't think you will find this boring

because there will be so many people around you with whom you can discuss what you have heard. Ultimately, your beliefs will be of your choosing.'

- **being prepared to live a simple lifestyle**

In olden days Pilgrims shared simple meals along the way and also probably shared simple accommodation. Pilgrims who walk the 500+ kilometres along the Camino sleep in simple huts or in very basic hostels. That is part of the pilgrimage!

Pilgrims concentrate on leaving a minimal imprint on the place they visit, respecting those who live there and not offending the sensibilities of others.

- **sharing with others**

In olden days, as they journeyed, Pilgrims would tell each other stories about their lives.

A knight would tell stories about his bravery in battle during the Crusades while a washer woman may tell bawdy stories about her life or the people for whom she worked.

- **gaining a new perspective**

This is a time to sharpen your interpersonal skills. As you listen, you can practise 'really listening' to others. You can concentrate on learning all you can about other people, their customs, their faith and their culture.

There will be more information about what happens during the week of World Youth Day later...

(Adapted from 'Pilgrimage' – a brochure published by the Archdiocese of Brisbane, 2007)

II. GROUPS

A. Information About Groups

A group can be any number of people who are going to WYD SYD 08. However, from present indications, most groups will have at least 10 pilgrims with a maximum number of approx. 100 pilgrims.

Within each group, there are several vital roles which will need to be addressed. These include:

- ✓ Logistics
- ✓ Spiritual Development
- ✓ Pastoral Care

Depending on the size of the group and also depending on the needs of the individual pilgrims, these roles could be filled in a number of ways viz in a very small group, one person may fill a couple of these roles. In slightly larger groups these roles may be allocated to three separate people while in large groups, there may be several people in each role.

Those who perform these key roles can then be called the **Pilgrimage Group Leadership Team**. There should be one person who is the **Pilgrimage Group Leader** who takes overall responsibility for the group. Working with this person and depending on numbers, there should also be people who fulfil the role of **Spiritual Leader** and **Pastoral Care Leader**. With several people in leadership roles, there can then be a strong leadership structure which will best serve the Pilgrims. **All members of the Pilgrimage Leadership Team should have a Blue Card.**

B. Group Leader - The duties of the Group Leader include....

- completing the Group Registration,
- determining the Pilgrim Group requirements in terms of accommodation, events, special needs etc.,
- ensuring that Group Members complete their individual Pilgrim Registration,
- ensuring that payment is completed on time,
- keeping the group informed about registration dates, payment dates and any changes to the Group Itinerary,
- coordinating the Pilgrim Group's accommodation, travel, events, meals etc.,
- coordinating the overall logistical, pastoral and spiritual preparation of the Pilgrim Group with assistance from other members of the Leadership Group who will perform specific duties,
- ensuring adequate supervision of Pilgrims, including supervision rosters for Pilgrims U18,
- preparing Pilgrims (both logistical, pastoral and spiritual). (The implementation of the latter two tasks can be delegated to others) and
- accepting or declining members wishing to join your group.

C. Spiritual Leader - The duties of the Spiritual Leader include....

- assisting in the spiritual preparation of pilgrims in the lead up to WYD SYD 08 e.g. breaking open key concepts e.g. Pilgrimage, the WYD theme, types of prayer and worship, the Sacraments in the eyes of youth etc,
- travelling with the Pilgrimage Group to Sydney and participating and sharing in the experience of WYD SYD with the pilgrims,
- assisting pilgrims to 'make sense' of their experiences and
- providing leadership in prayer and celebration opportunities prior to, during and after the pilgrimage.
- This person would preferably have had appropriate formation and training and also needs to be a person who will relate well with the pilgrims. Typically, this may be a Priest, Religious, Chaplain, or a significant adult who is prepared to meet this challenge. All groups need to recognise that this is an essential role in the leadership of a Pilgrimage.

D. Pastoral Leader - The duties of a Pastoral Leader include....

- assisting in the preparation of pilgrims before WYD SYD,
- travelling with the Pilgrimage Group to Sydney and participating and sharing in the experience of WYD SYD with pilgrims,
- assisting pilgrims to 'make sense' of their experiences,
- nurturing the physical and spiritual wellbeing of pilgrims and
- leading and supervising small groups of U18 pilgrims (in a parish group).
- It is important to note that this person is NOT asked to take on the role of a counsellor. That is a specialist role. If a young person has serious issues while at WYD SYD, other support mechanisms should be sourced.
- This person would preferably have some formation and training in this area. Typically, this person would be a Campus Minister, a Youth Ministry volunteer, a parent or a teacher. In the case of school pilgrimages, only registered teachers should be in charge of the supervision of school students under the age of 18.

E. Additional Information about Leadership Roles

This is available under 'Resources for Download' on the Brisbane WYD website www.wydbrisbane.org.au.

F. Suggested Supervision Ratios

The pilgrimage is not modelled on a school excursion, camp or trip. The enormity of the crowds at WYD SYD could make it difficult to closely supervise all pilgrims at all times.

The suggested Pilgrimage Leadership Team ratio is

Under 18s: approx. 1:6-8

Over 18s: approx. 1:12-15

Please note that under 18s should have a supervisor with them at all times. This means that under 18s should not be 'let loose' in the morning with the only requirement being to meet again at the accommodation at night. Supervisors should develop a written roster for this supervision.

Please note that these are suggestions. Communities should come to their own decision about what is appropriate for their pilgrims, taking into account any legislative requirements.

III. REGISTRATION OF GROUPS

A. The Phase 1 Registration Process Will Allow The Group Leader To:

- create a Registration Username and password,
- register their Personal and Contact details,
- join the Group as a Group Leader and also any/all other Group Leader/s to that Group,
- register a Group Name, Group Affiliation/s, Group Type, Estimated Group Size, Diocese and/or Community/Movement/Parish/Deanery and
- specify arrival and departure times to/from Sydney.
- No payment is required to complete this stage of Group Registration.

B. What's The Best Group Size?

- To gain the most out of a pilgrimage we recommend that a group has more than 2 pilgrims.
- For the purposes of logistics, it is strongly recommended that Group sizes be limited to 2 bus/coach loads viz. 94 approx. as the upper limit.
- Remember if your group is too large, the effectiveness of the pastoral and spiritual aspects of your pilgrimage may be lost. Having large groups could make it difficult to relate to each person, to establish a more personal connection with each member of the group and it may make it difficult for each member of the group to truly share and speak with others.
- When Groups become large, we recommend that they be broken up into smaller groups. This will give the Group Leader/s greater flexibility.
- As Group sizes grow, we also recommend that more Group Leaders be appointed, with specific duties for each leader.
- If you have clergy in your group, you may wish to consider an upgrade of accommodation type for the clergy, unless they specifically want to be with the Group at all times.
- The same would apply to any disabled people and their carer/s.

C. Helpful Hints

- Book early for travel and accommodation.
- Complete the registration and payment process as soon as possible to get the best sites at open events such as the Final Mass with the Holy Father.
- Don't panic – this should be an enjoyable experience! Take a deep breath and contact the Sydney office through the internet (WYD2008.org) if it is before you depart or you will be given contact numbers for Group Leaders to phone if there are concerns whilst in Sydney. There will also be emergency numbers if there are serious problems in Sydney.
- The Group Leader will receive information about the Group's registration which will then be circulated to individual group members.
- The Group Leader should determine what type of accommodation and how many sleeping spaces will be required for Group A Pilgrims.
- The Group Leader should also take on the responsibility to check that each individual has properly registered and paid for himself/herself.

D. Who Can Be A Member Of Your Group?

- A Pilgrim Group is made up of:
 - ✓ Pilgrims travelling to Sydney together,
 - ✓ who want to share accommodation type,
 - ✓ who will share the same catechesis language and site and
 - ✓ who travel together around Sydney.
- A Pilgrim who chooses NOT to accept the Group rules will be required to find and join a new Group.
- A Pilgrim can only belong to one Pilgrim group at a time but may be linked to another Group or be linked to a Community/Movement/Association.
- A Pilgrim Group has an individual Group Number and Group Name.
- WYD08 will use its best endeavours to keep members of a group together.

E. If A Group Has Some Members Under 18 And Some Over 18....

- No Pilgrims under 18 years old will be placed in HomeStay.
- In the case of mixed age groups, therefore, the whole group will be placed in a school, a hall or a gymnasium etc. However, it would also be a good idea to specify this on your registration information so that your group is not split.
- **A parent or adult supervisor must accompany group members under the age of 18 years AT ALL TIMES.** For more information about this, please check the official WYD08 website at www.wyd2008.org

F. If You Do Not Have A Group Or Wish To Join A Particular Group.....

- You can approach that group through the WYD2008 site and ask to join.
- It is then at the discretion of the Group Leader whether this can be possible or not.
- Of course, in joining any group, it is a given that all Pilgrims agree to abide by the rules of the group at all times.

G. Additional Information About Groups

- There is a lot of additional information about Groups, the registration process and details of what happens next on the WYD2008 site under Registration.

IV. INDIVIDUAL REGISTRATION FOR WORLD YOUTH DAY

So you have decided that you would like to attend World Youth Day! Great! This will probably be the only time that World Youth Day will be in Australia for a long, long time.

Who knows! After this World Youth Day you may decide to attend a future WYD overseas.

A. Step 1 (Revision)

(For most pilgrimage groups this was completed in 2007)

If this has not already been done, please refer to the WYD08 website.

B. Step 2

1. The Group Leader will need to get each individual Pilgrim to complete the Pilgrim Registration.
2. The Group Leader will also check that each individual Pilgrimage registration is paid.

The purpose of asking Group Leaders to ensure that all individual registration forms and money is paid promptly is so that the group can get the best possible sites at major events such as the Final Mass with the Holy Father. (Check this out on the WYD08 Website.)

C. Other Information

On the Web site of WYD08 there is additional information about planning and preparation, group sizes, clergy, elderly, children and people with disabilities. There are some very useful tips on this site.

Potential pilgrims will be able to register as an individual, a family or, on the web, potential Pilgrims can also register to ask to join a group.

D. What Is A 'Youth' For World Youth Day?

In World Youth Day terms, 'youth' is any person who is aged between 16 years and 35 years.

1. To register, a pilgrim must turn 16 years by 31 December 2008.
2. There is really no upper age limit for registrations (this makes provision for more mature adults to be Group Leaders).
3. Group Leaders must be 18 at the beginning of WYD – 15 July 2008.
4. The World Youth Day 2008 age policy is available online at http://www.wyd2008.org/index.php/en/wyd08_pilgrims/age_policy
5. **Pilgrims aged 16 to 18 travelling without a parent**

(NOTE: for the purposes of this policy a family is defined as at least one parent, aunt, uncle or grandparent with at least one child, niece, nephew or grandchild.)

A child turning 16 by 31 December 2008 may be registered as a pilgrim if:

- the child is travelling as part of a registered group for the whole period of attendance at WYD08 **and**
- a written parental consent has been given for the child to travel with the nominated group **and**
- a named adult travelling with the group has accepted **in writing** that s/he will take responsibility for the child **and**
- any laws of residency in this country are met.

6. Children under 16 travelling without a parent

Children who do not turn 16 by 31 December 2008, travelling without a parent, will not be permitted to register.

7. Pilgrims aged under 18 travelling with a parent

A prospective pilgrim who is under 16 years as at 31 December 2008 can register as a pilgrim. The pilgrim must have the written permission of a parent/guardian and must be travelling with one of the following family members – mother, father, aunt, uncle, grandparent. An older brother/sister is not acceptable.

8. An under 16 pilgrim can not stay in Package A accommodation.

9. Special requests

- The WYD SYD 08 Office staff will do their best to meet special requests but can not make a 100% guarantee.
- If there are cultural groups which can not be split, the WYD SYD 08 Office must be notified as soon as possible.

10. Registration of families

All members are over 16 at 31 December 2008

- Family groups may register as normal, provided all attending members of the family are over 16 years of age at 31 December 2008.
- All members of a family group will be allocated to the same catechesis venue(s) and to areas for major events.

At least one member is under 16 at 31 December 2008

- Family groups with at least one member under 16 at 31 December 2008 may register. However, WYD08 will not be able to provide accommodation for these family groups. Therefore only packages B and C will be available.
- The family group will be allocated to the same catechesis venue(s) and to the same areas for major events.
- Unregistered family members up to the age of approximately 8 years of age, will be allowed to attend events with their family, subject to space limitations. While it is the intention to allow families to attend WYD08 events as a family, registered pilgrims will be given priority. Discretion will rest with access attendants at the event.

Family discounts

- There are no family discounts

Affiliation with parish Pilgrim Group

- Family Groups can be associated with other Pilgrim Groups through the registration process. This allows a Family Group to affiliate with a parish Pilgrim Group and attend Catechesis etc. with that group even though the Family Group is in different accommodation.

11. Disabled pilgrims and carers

Carers must take out full registration as a pilgrim. Disabled persons and carers will be transported to Randwick on free buses which will depart from Central Station to Randwick. Transport from accommodation to Central Station is the responsibility of the pilgrim and the carer.

Please contact Sydney if there are any questions about any of the above issues.

V. PACKAGES FOR WYD08

The website for WYD08 clearly sets out what types of packages are available for purchase for the week in Sydney.

For Australians, these include

A. Package A - \$395

- This is for the week Mon14 – Sun 20 July (inclusive)
- Accommodation is in schools or church halls or homestay
- You will get 7 breakfasts, 6 lunches and 5 evening meals
- Public transport within Sydney is included (see below)
- Admission to all allocated catechesis sessions, festival programs and to all major events including the Papal Mass

B. Package B - \$335

- This is for the week Mon 14 – Sun 20 July (inclusive)
- No accommodation is provided
- You will get 1 breakfast, 5 lunches and 5 evening meals
- Public transport within Sydney is included (see below)
- Admission to all allocated catechesis sessions, festival programs and to all major events including the Papal Mass

C. Package C - \$175

- This is for the weekend Sat 19 – Sun 20 July (inclusive)
- No accommodation is provided
- You will get 1 breakfast, 1 lunch and 1 evening meal
- Public transport within Sydney is included (see below)
- Admission to weekend events including the Vigil and Papal Mass

Note: For all Australians, emergency public hospital care is covered by Medicare.

D. These are not included in the Free Transport List

- Train transport from the airport to Sydney Central
- Ferry transport.
- Travel on the Monorail.

E. Solidarity Fund

WYD08 has also established a 'Solidarity Fund' to help reduce the contribution requested of pilgrims from middle and low income countries in Oceania. In doing so, it is hoped that as many pilgrims as possible from this area will be able to come to the first World Youth Day in our part of the world. The donation for this is included with your registration payment.

The Pontifical Council for the Laity in Rome (PCL), as in the past, will also be considering applications for financial assistance for travel from pilgrims from countries undergoing financial or economic difficulties.

VI. ACCOMMODATION

PACKAGE A

a. Where will pilgrims be staying?

Pilgrims requesting simple accommodation will be accommodated either in schools, halls or private homes in Sydney.

If all of the pilgrims in the group are over 18, they may be accommodated through the HomeStay program, with a minimum of two pilgrims being offered bed and breakfast per home. Pilgrims under 18 will not be accommodated in homes. Under 18s and other groups will be accommodated in halls or schools where sleeping bags and mats will be required. It is the responsibility of pilgrims to provide their own bedding. Breakfast will be served at the venue.

Pilgrims requiring their own bedding must be able to carry all their own luggage.

b. Can Pilgrims go to Sydney earlier than 15 July or stay after 20 July?

Yes! They can. Sydney has organised that pilgrims can stay up to three days before or three days after 15 to 20 July 2008 for a small additional cost. The additional price covers meals and extended travel passes.

c. What if there is a mixture of under 18s and over 18s in a group?

Under 18s will not be accommodated in HomeStay. All under 18s will be accommodated in halls. Every effort will be made to keep groups together. Therefore, all members of a mixed group like this will probably be accommodated in a hall or a school.

d. Mixed age groups / Mixed gender groups

What will happen with groups which have a mixture of males and females and are staying in Hall accommodation? Will school age pilgrims be accommodated in halls with older groups (i.e. post school age groups?)

Sydney will make every effort to meet the requests of all pilgrim groups i.e. attempting matches with ages and gender where possible.

1. Pilgrimage groups which have pilgrims who are under 18 are advised to clearly state their requirements to the Sydney accommodation group.
2. Group Leaders of past WYD Pilgrimages also advise that Group Leaders of mixed groups may wish to state a preference for classroom accommodation as opposed to hall accommodation.

e. How far away will accommodation be?

Is it possible that pilgrim groups may be accommodated huge distances from Sydney i.e. in Wollongong or Gosford?

It is the intention of the Sydney office that all pilgrims will be accommodated in the Sydney 'basin'. In the case of Brisbane pilgrims, we have asked that all groups be located within reasonable distance of each other. This may not mean that Queensland Groups would share Catechesis venues but we do hope that our groups would be on the same train/bus line/s unless there has been a specific request from a group. The Brisbane Office has requested that all Queensland groups, unless requesting otherwise, be accommodated on the North Shore Train Line

f. Do I get value for money with my accommodation package?

Package A

The most economical Package to go to World Youth Day is to purchase Package A.

In other words, it will cost you \$56.43 per day for each of the 7 days in Sydney. That includes accommodation, most meals (see next page), transport and attendance at all events. That is great value! Where else could you go on a journey of any kind for this cost!

Please remember, though, that this is simple accommodation and the meals will be pre packaged and delivered to either your accommodation, your place of catechesis, to central locations in the CBD or you may be given vouchers for some meals.

Where necessary, groups can request the Sydney WYD 2008 Office to arrange budget accommodation for up to six extra nights (between Friday 11 July and Wednesday 23 July).

The additional cost will be low.

g. Rules for Floor Space Accommodation (Package A)

The following rules have been negotiated by WYD08 with host accommodation venues. Failure to comply with these can mean eviction of either the individual or the whole group from the accommodation.

These rules apply to all who occupy the buildings including Group Leaders.

1. No alcohol on the property and in the grounds.
2. No drugs on the property and in the grounds.
3. No smoking on the property and in the grounds.
4. No loud disruptive behaviour.
5. No visitors allowed.
6. Any damage caused will be paid by the Pilgrim.
7. Phone access will be through your own phones.

h. WYD08 Rules for Boarding Schools and University Colleges (Package A)

In addition to the above list of Floor Accommodation, Boarding Schools and University Colleges of Residence have the following rules:

8. Any keys lost will need to be paid for.
9. No sleeping bags to be used in accommodation areas of boarding schools/hostels/ university colleges. These will be stored separately and handed out for use at the Vigil.

i. Food

Note: the plan is to take food to the sites where pilgrims are most likely to be. Any change from this will be notified well before hand.

Meals provided are:

- Package A - Tues, Wed, Thurs, Fri, Sat (BLD), Sun (BL)
Tues/Wed/Thurs/Fri will be 3 meal days

- Package B – Tues, Wed, Thurs, Fri (LD), Sat (D), Sun (BL)
Tues/Wed/Thurs will have lunch and dinner only.

The **evening hot meal** (dinner) caterer has now been appointed. Evening meals will be delivered to strategic sites around the CBD where there will be banks of microwave ovens to heat meals.

Lunch meals will be delivered to the Catechesis site. These will not be hot meals. However, there is a plan to have a sausage sizzle at Wednesday lunchtime (the world's biggest sausage sizzle). Tuesday, Thursday and Friday will be a sandwich based lunch.

Breakfast will be cereal, bread item, muesli bar, juice, condiments, tea/coffee.

j. Hygiene

i. Showers

The Sydney WYD Office has told us that the regulations for 'Camp Site' type accommodation are that there should be a minimum ratio of 1 shower for every 75 people (1:75). Remember that this is a minimum.

The implications for pilgrims and Group Leaders are

- people may not be able to shower when they want and for as long as they want ,
- Group Leaders may need to cooperate with other Group Leaders at a site to organise shower rosters and
- our suggestion is that Group Leaders get together when they arrive and organise rosters for each group and at different times for each gender, if thought to be appropriate because of age groupings.

ii. Toilets

The regulations for toilet facilities are that there should be a ratio of one toilet for every 50 people (1:50). Pilgrims, therefore, should keep in mind that they need to, wherever possible, plan their toilet stops. Please remember that if the group is walking somewhere or has a time line for public transport and a pilgrim needs to go to the toilet, a 'buddy' should stay back with the pilgrim or the small group needs to stay back and wait for the person at the toilet. No person should be left alone at any time.

k. Accommodation administration

- Each accommodation site will have an allocated Site Manager. This person's job is to get things that don't work fixed and general overseeing of the site. The Site Manager will be 'on call' but not necessarily on site.
- Each site will have an Accommodation Team Leader who will be supported by an Accommodation Assistant (volunteer).
- If the site is a very large one, there may be more than 1 Accommodation Assistant e.g. 150-400 site (2 assistants) 400+ site (5 assistants)

l. Movement from accommodation to Catechesis

The WYD SYD 08 Office is making every attempt to arrange for pilgrims to walk from their accommodation to Catechesis rather than catching trains or buses so that traffic congestion can be lightened. They are also organising that Catechesis starts at the very end of the 'rush hour' and that festival events finish after the evening 'rush hour'.

m. Transport in Sydney

Rail and bus transport will be free for the period of World Youth Day. Please note this will not include ferry transport, the airport rail link and trips on the Monorail.

The rail link from Sydney Airport to Central Station is privately leased and does not attract free transport. However, it has now been negotiated that this fare will be \$5 each way rather than the usual \$12 - \$15 each way.

n. Why not free passage on ferries?

Because most Sydney ferries are already at capacity, travel on ferries will not be free.

Package B

This package is for those who wish to organise their own accommodation. This could be with family or friends in Sydney (free), making your own reservations in paid accommodation or asking Harvest Youth Tours to book accommodation for you.

With this package, there will be the same type of meals as those in Package A but there will be only 1 breakfast, 5 lunches and 5 evening meals.

To get the best value from this package Pilgrims would need to book hostel or backpacker type accommodation. Also, with this package, 5 star accommodation could be booked. As previously mentioned, it is highly advisable to book early.

Package C

This package is for those who only want to be in Sydney for the weekend of the Vigil and the Papal Mass.

VII. TRANSPORTATION TO/FROM SYDNEY

A. Arranging transport to/from Sydney

This is the responsibility of the group and the Group Leader. There are a number of ways that this can be done. These include:

1. arranging for the group to travel to Sydney by private car,
2. going by bus, either a privately owned bus or a charter,
3. travelling by train,
4. travelling by plane or
5. travelling by one method of transport to Sydney and by a different method of transport home.

B. How can this be arranged?

i. Bus transport

Many Colleges and some Parishes may have a bus which could accommodate the group on the pilgrimage to Sydney. The one thing we would advise, however, is to ensure that the vehicle is able to make the long journey and that your loaded vehicle is not overweight.

Long distance bus charter companies and interstate bus companies are relatively plentiful. We suggest that, if a group is contemplating the use of a charter, contact should be made with the charter companies as soon as possible.

Harvest Youth Tours is the travel company accredited by WYD SYD. If you are not able to or do not wish to make your own arrangements, contact with Harvest could be beneficial. They inform us that small groups or groups which may not fill a private charter bus can register with them and they will arrange for each small group to combine with another group/s to keep costs down.

ii. Train transport

This can be arranged by contacting Harvest Travel who have a number of priority seats reserved or by making arrangements through Countrylink.

Please remember that there will be a limited number of seats on trains to and from Sydney so it is advisable to make arrangements as soon as possible.

iii. Plane Travel

Again, bookings for seats will be at a premium so it will be best to make arrangements as soon as possible. This can be done either through Harvest Youth Tours who have a large number of seats set aside for World Youth Day travellers or by contacting either Qantas, Virgin (for Brisbane) or regional airlines (for some country areas).

Please remember that this will be a High Season for travel and fares will reflect this.

This will be the case for planes, trains and planes.

The most important message for pilgrimage groups is to **BOOK EARLY**.

C. Updated information from Harvest

On 17/1/08 we were informed that

- Harvest has secured further seat availability on planes
- Harvest has secured availability on Jetstar to and from the Gold Coast (\$150 each way) and Maroochydore (\$160 each way)
- Student fares on the train (Countrylink) (\$70 each way)
- Harvest Online Pilgrim Shop sells pilgrim mats, sleeping bags and swag tents.

VIII. CODE OF CONDUCT

It is highly recommended that all pilgrimage group members, as part of their preparation program, agree to and sign a Code of Conduct specific to their pilgrimage group. This means that, as a minimum, the Group Leader/s, Spiritual Leader/s and the Pastoral Leader/s meet to outline their expectations of all pilgrims (and accompanying adults) and also clearly articulate the consequences of violation of the Code of Conduct.

In an ideal world, the pilgrims (or representative/s of the pilgrim group), may also be invited to participate in this process.

It is recognised that there may, of necessity, need to be separate 'rules' for school-age pilgrims as opposed to adult pilgrims. If the group is made up of widely differing age groups, there may also need to be mention made of interaction between younger and older pilgrims. In addition, if a pilgrimage group of males and females is to be housed in a single hall or area, there may also need to be expectations about interaction at the accommodation (indoors and outdoors) and specific arrangements for the separation of males and females for sleeping.

As soon as the Code has been formulated, it is then advised that there be a compulsory meeting of all pilgrims aged 18 and over and also any pilgrims aged 16 and 17. These young people should be accompanied by a parent so that everyone clearly knows the expectations and the consequences.

At the end of the meeting (or soon thereafter), every pilgrim and all accompanying adults should return a signed Pilgrim Contract, agreeing to the Code and Consequences. **In the case of pilgrims aged 16 or 17 years, the contract should also be signed by a parent/guardian.**

Note: No person should be allowed to go on pilgrimage with your group unless there is a returned Contract and also a completed Medical Form (In the case of pilgrims aged 16 or 17, the Taking of Responsibility Form needs to be signed by a parent and also the person taking responsibility. Group Leaders are advised to take a photocopy of all Contracts and all Medical Forms with them on pilgrimage.

WYD SYD 08 has already issued a very basic Code of Conduct for those staying in simple accommodation (refer to website)

Non-negotiables include:

1. No alcohol on property and in the grounds
2. No drugs on the property and in the grounds
3. No smoking on the property and in the grounds
4. No loud disruptive behaviour
5. No visitors allowed
6. Any damage caused will be paid for by the pilgrim
7. Phone access will be through your own phones
8. Curfews will apply at some sites

In addition, in Boarding Schools and University Halls of residence:

9. Any keys lost will need to be paid for
10. No sleeping bags to be used in accommodation areas of Boarding Schools/Hostels/ University Halls of Residence. These will be stored separately and handed out for use at the Vigil.

In formulating a Code of Conduct, if your group is staying in simple accommodation, the above Code should also be incorporated.

Pilgrim Contract/ Code of Conduct

Below is a copy of the Pilgrim Code of Behaviour used for pilgrims on the pilgrimage to Cologne in 2005.

In undertaking this pilgrimage, I agree to the following Code of Behaviour, including but not limited to:

- acting in a manner that will bring respect to myself and those I represent
- abiding by the laws of the country and respecting the practices and customs of others
- abiding by the reasonable requests of pilgrimage leaders
- respecting others and their property
- refraining from drunkenness and using illegal substances
- refraining from inappropriate sexual behaviour
- refraining from verbal, physical and psychological harassment and also bullying
- refraining from violent and threatening behaviour.
- I agree that, if I have 3 minor infringements or one major infringement, I will leave the pilgrimage and return home to Brisbane immediately at my own expense.

Signed _____ Date _____

Several Dioceses and Archdioceses are in the process of formulating Codes of Conduct. Some are planning to include protocols about the type of language used, practical jokes at the expense of younger pilgrims, sexual activity, sleeping arrangements (especially where there are groups with males and females).

Formulating a Code of Conduct

Please remember not to have too many 'rules' in an effort to cover every possibility. Rather, it would be preferable to deal with broad issues with the clear expectation that the pilgrim (and Parent/s) understand the intention of the Contract.

Consequences of a Breach of Contract

At a Pilgrim meeting prior to departure for Sydney, clear expectation of behaviour and consequences of misconduct should be articulated and related to the Code of Conduct. Should there be any Pilgrims or parents of Pilgrims under 18, not willing to sign the Contract serious consideration should be given to not taking that Pilgrim with your group. Parents of under 18 Pilgrims should also attend this meeting.)

(See also Security Book for a Code of Conduct for WYD workers (Book Two). This should also apply to Group, Spiritual and Pastoral Leaders of groups.)

IX. WHAT'S ON DURING THE WEEK OF WORLD YOUTH DAY?

Firstly, from 10 July 2008, several thousand international pilgrims will be visiting Brisbane and the surrounding areas as part of Days in the Diocese.

Late on Sunday 13 July 2008, on Monday 14 July 2008 and early on 15 July 2008, people will travel from Brisbane to Sydney to begin their WYD SYD 08 experience.

Key events during the week will include:

- **Opening Mass** – 15 July 2008

Celebrated by His Eminence, George Cardinal Pell

The planned site for this is Barangaroo, East Darling Harbour

- **Catechesis** – 16-18 July 2008

The Catechesis sessions are a highlight of the week. Pilgrimage groups will be allocated to sessions which will be held in local venues close to their accommodation. It is planned that these sessions take place in the morning with lunch being delivered to the venue. Later in the afternoon, pilgrims will be encouraged to attend festival events.

- **Festival events** – 16-18 July 2008

These will be held mostly in the central CBD area with a focus on the Hyde Park and Darling Harbour areas. They will include a colourful variety of entertainment and activities and will include forums, concerts, speakers and theatre. These are mostly staged by the pilgrims themselves and showcase their culture and spirituality. There will be something for everyone! Some of these events will carry through into the evening.

- **Vocations Expo** – 16-18 July 2008

The Vocations Expo will be an exciting and dynamic exhibition and discussion space exploring all vocational states of life: priesthood, marriage, family and the laity, and the call to holiness of religious and consecrated life.

Be inspired and get informed through the witness of Expo exhibitors from every region and nation so that 'you may know the hope to which He has called you!' Eph1: 18.

It is hoped that all pilgrims would take the time to go and see the variety of ways in which they can live their lives.

- **Queensland celebration** – TBA

One of the traditions of World Youth Day is that countries/areas hold a get together of local people during the week. We are proposing to have a Queensland gathering where we can all wear our Queensland colours and celebrate together.

The Brisbane WYD Secretariat has appointed a volunteer coordinator for this event and a committee has now been formed. Performers from all over Queensland will be invited to submit an application to entertain at this event. The staging of this event may also be governed by whether we are allocated a place at a festival venue.

- **Welcome the Holy Father** – 17 July 2008

The first time the general public will see the Holy Father will be when he is taken on a Harbour tour. The WYD organisers felt that this would be the best and easiest way for the greatest number of people to see him.

- **Stations of the Cross** – 18 July 2008

These will be held at strategic places throughout the CBD of Sydney. The WYD organisers are advising pilgrims to choose a place where one station will be held and to view the rest on the big screens rather than trying to follow the Cross around Sydney.

- **Vigil and Final Mass** – 19-20 July 2008

Pilgrims will walk from their accommodation or a strategic place along the way to Randwick Racecourse. (Yes! We have been assured that the final mass will be held at Randwick).

During the early evening there will be prayers and later entertainment. Pilgrims will obtain their dinner and breakfast there and will sleep under the stars so that they are in place for the Mass on the following day. This has been a long standing tradition of World Youth Day.

- **Going home** and after 20-21 July 2008

The organisers of the final Mass estimate that it may take up to 7-8 hours for the pilgrims to leave Randwick Racecourse. While the Mass will be held in the late morning/early afternoon, it may be unwise for pilgrims to believe that, other than by using their own transport, they would be able to leave Sydney by scheduled flights/trains/buses on the Sunday night.

The Brisbane World Youth Day Secretariat is planning to have a post WYD function before the end of the year where we can share our stories and experiences of Sydney.

In addition, Deaneries and parishes will be encouraged to keep the enthusiasm of WYD going in their parishes beyond 2008.

Do Pilgrims have to sleep out after the Vigil?

Pilgrims do not have to sleep out. They can return to their accommodation for the Saturday night.

However, sleeping out does secure a place inside Randwick Racecourse for the Papal Mass on the Sunday. Leaving the Racecourse and coming back may mean that, while pilgrims will be readmitted to the venue on the Sunday (if space is available), they are not guaranteed to get back to where they were the previous evening. Those places may be filled up by other pilgrims as they move forward to gain a better 'line of sight' place for the Papal Mass.

Therefore, it would not be possible for a group of pilgrims staying at the Vigil to reserve places for others who have chosen to return to their accommodation. This will be closely monitored.

To ensure the safety of people in the Racecourse area, fencing will be erected so that people will not be crushed. There will also be space between the fenced pilgrim areas to allow emergency vehicles to enter the site.

It is estimated that all people wishing to attend the Papal Mass will not fit into the Racecourse area. Any excess will be accommodated in Centennial Park where there will be 'big screens'. This will also be the area for non pilgrims.

Therefore, it is highly recommended that Pilgrim Groups choose to sleep out at Randwick on the Saturday night. Pilgrims should not take all their possessions to this Mass. Rather, they should be securely locked at their accommodation or secure storage arranged.

Place Allocation at Major Events

There will be two major factors deciding place allocation to major events.

1. How can I get a place close to the Pope? This is a question which has been frequently asked. The answer is that there will be no preferential bookings per se. Place allocations will be issued and be printed either on your I.D. bracelet or on your Registration Card which will hang on a lanyard around your neck. You will show this to gain entry into the main events. If, say, you are allocated to Yellow B27, you may find that you are towards the front at Barangaroo for the Opening Mass, towards the back for the arrival of the Pope and towards the middle for the Papal Mass at Randwick.

The WYD SYD 08 Office informs us that there will be tight security at the entrances to all events to prevent gatecrashing into areas.

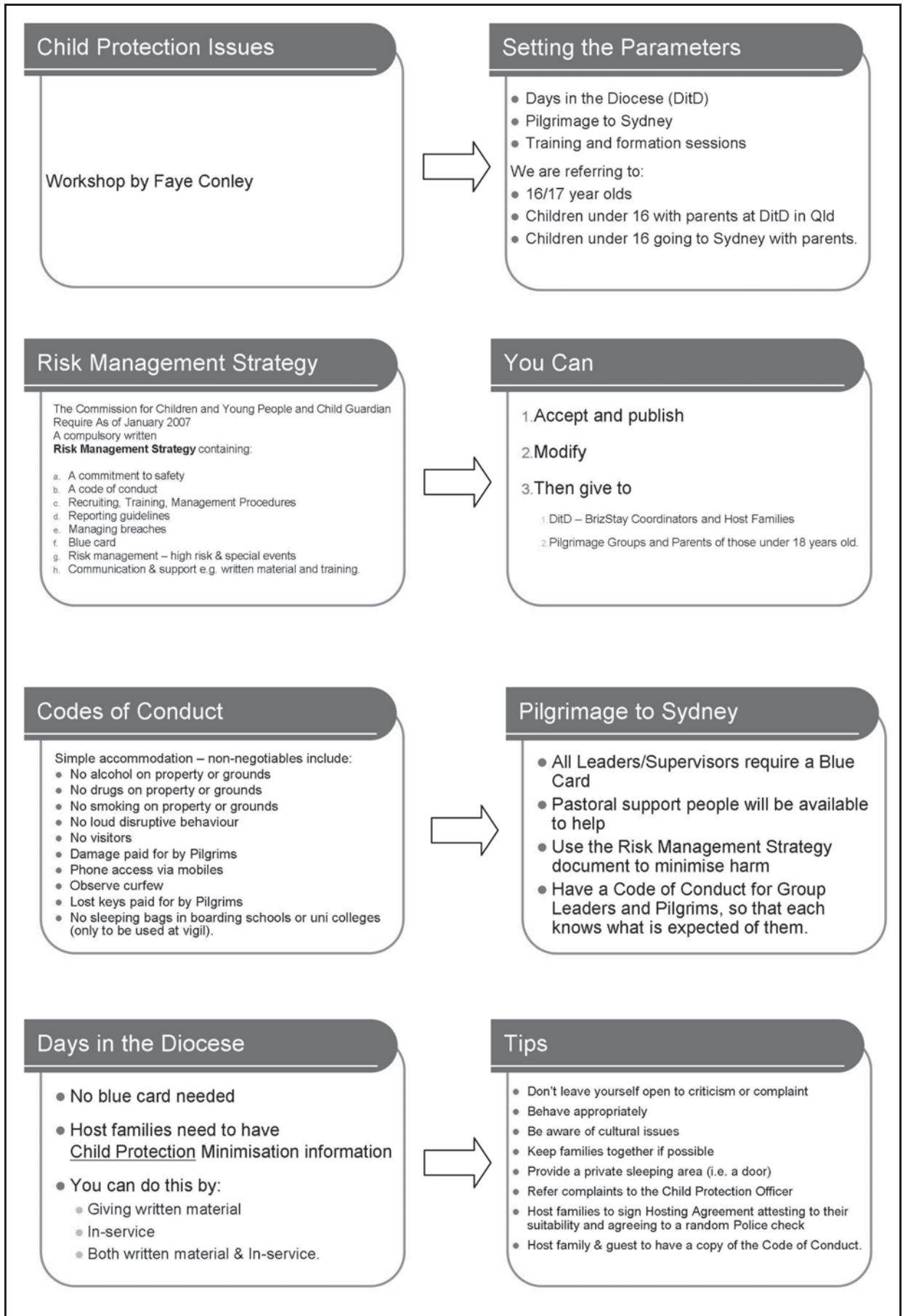
To enter Randwick, you will also be told the gate from which to enter. This will be the most appropriate gate at the end of your pilgrimage walk to Randwick.

2. As notified on the WYD SYD 08 website, the order in which pilgrimage groups complete the payment of every individual in their pilgrimage will also be a decider in allocating places for major events. This means that Group Leaders should now be strongly encouraging all pilgrims to complete payment for their pilgrimage package

Leaving Randwick

The Mass will finish around 12.30 p.m. Pilgrims will be dismissed in Sections to avoid overcrowding. It is estimated that the last pilgrims will leave Randwick around 7 p.m.

APPENDIX I. CHILD PROTECTION ISSUES



APPENDIX II. INFORMATION FOR PILGRIMS (From Brisbane WYD Secretariat)

WHAT WILL YOU GET WITH YOUR REGISTRATION?

You will receive several items to verify your registration. These are

- **Identification items** including
 - (i) Your Pilgrim pass which will be a plastic pouch with a lanyard
 - (ii) Your personal itinerary with specific information about the location of your accommodation and your catecheses site – This will be emailed to you before you leave.

Both of the Pilgrim pass and the Pilgrim bracelet should be worn at all times. They are your coded entry passes to events and also your transport pass.

- **Your Pilgrim Backpack**

WHAT YOU GET IN YOUR BACKPACK

- Space Blanket
- Rain poncho (plastic)
- Water bottle (pop top)
- Pen
- A WYD bandana
- WYD transfers
- Kinetic torch
- Clip on koala
- Pilgrim guide (health and how to get to places)
- Transport guide from government
- Maps for train routes
- Liturgy guide
- Hard cover 36 page Reflections Book with pictures by Ken Duncan
- Luke Acts – pocket version
- Catechism
- Wooden rosary beads
- Candle (not in backpack). It also will have a card to prevent dripping wax. This will be distributed on entry to the Vigil)
- (There may be other things added.)

APPENDIX III. INFORMATION FOR PILGRIMS (From Brisbane WYD Secretariat)

WHAT TO TAKE WITH YOU

A. Sleeping gear

You will need to take your own sleeping gear

- ✓ sleeping bag
- ✓ pillow (blow up suggested because it is easily transported)
- ✓ small tarpaulin or waterproof ground sheet
- ✓ any other needs you have to make a simple bed at the Vigil. Remember that it will be winter so you will need to ensure that you are warm.

Pilgrim Groups staying in simple accommodation (Package A) may wish to avail themselves of the self-inflating mattresses being offered for sale by Harvest Tours (Check out their website).

Please also note that space at the Vigil will be limited and that you have to carry all your possessions in and out of Randwick. Therefore it may be wise to keep your 'swag' as light and as compact as you can.

If you are staying in simple accommodation and/or if you are planning to attend the Vigil at Randwick, you will need a 'swag' for the Saturday night. Even if you are staying in independently booked accommodation, because no sleeping equipment will be available for rent at Randwick, you will still need a 'swag' for the vigil.

B. Luggage

Remember to keep your luggage as light and as compact as possible because each pilgrim has to take personal responsibility for his/her own possessions.

Taking a large amount of clothing, hairdryers, electrical equipment etc. is not advised. (Access to power points will be very limited in simple accommodation.)

Make sure you have locks on your luggage. (It is advisable that Pilgrimage Groups have a security plan for luggage at their accommodation.)

Please do not take valuables with you. Keep your luggage simple.

Any valued possessions should be carried on you at all times. e.g. camera/money etc.

C. Clothing, toiletries etc.

Sydney in winter can be quite cold (for Queenslanders). Pilgrims may wish to consider taking clothes that you can 'layer'. You can then wear jumpers etc. several times.

You will need good walking shoes that you have already used so that you do not get blisters. Remember! You will do a lot of walking in Sydney. (Refer to Page 17)

Warm jacket

Take rainwear just in case. You may prefer to purchase several disposable items e.g. rain jacket or ponchos and a cheap umbrella or hat. (There will be a disposable poncho in your backpack but you may care to take more.)

You may also need a hat (even if it is only to keep your head warm) and sunscreen.

Cheap torch (see backpack contents), cheap binoculars, small radio (if needed)

Camera, memory cards and batteries

Credit card, debit card, cash or travellers cheques. Remember that these are YOUR responsibility. (stored in a money pouch)

Small bottle for water. Sydney's water is safe and drinkable (see backpack contents).

Contact details for home 24/7. Phone card (if needed). (stored in money pouch)

Please remember to have any medication registered with your Group Leader (if required) and put it in a safe place where others are not able to readily access it.

D. Tidiness and cleanliness

So that everyone has a good time at WYD, Groups would be well advised to come to an agreement that they will keep their living quarters clean and tidy.

Groups may choose to have a cleaning roster for bathrooms and living areas.

Everyone is expected to do their cleanup duty.

This is also a courtesy to your hosts.

E. Personal Equipment

We have been advised by the Sydney Office that the majority of Package A accommodation will not have public payphone facilities available. Therefore, pilgrims are advised to make arrangements for their communication needs – e.g. by personal mobile phones.

Network coverage capabilities. During peak times it is possible that the existing mobile network facilities will experience delays. Additional mobile phone towers (called 'cows') will be installed at central venues to attempt to alleviate this problem.

PREPARATION FOR PILGRIMAGE TO WYD

For the purposes of this document, the following information outlines some of the preparation which should be done.

There are four areas in which young people choosing to go on pilgrimage should be well prepared. These are

- ✓ Preparedness with personal health
- ✓ Preparedness with personal possessions
- ✓ Knowing what the expectations of the Group are and
- ✓ Preparing yourself spiritually

A. Personal health

Medical check up

If thought necessary, it would be a sound idea to pay a visit to your medical practitioner prior to departure for a check up, even though you do not feel sick.

Get Fit - Introduction

Pilgrims who have been to previous World Youth Days have told us that one of the 'things' about WYD is that you will do a LOT OF WALKING. Sometimes this will be because the group prefers to walk rather than be on crowded public transport. Other times it may be that walking is the only way to get there. It may seem far but don't be afraid of that. As people walk, they talk and share their stories. Pilgrims have told us that they really enjoyed their 'walking time'.

It is a tradition at WYD that pilgrims walk for at least 5 – 8 km. to the site of the Vigil/Papal Mass. Remember that you will need to carry your 'swag' into Randwick so keep the weight down!

Getting Fit

We suggest that all pilgrims, even the 'oldies' accompanying groups to WYD, do regular walking for at least a month before 15 July 2008, increasing the time and distance each day.

Footwear

This is not a fashion event. The advice of all pilgrims is to wear comfortable shoes that are well worn in. No matter how comfortable a new pair of shoes may seem, with a lot of walking, they could give you blisters etc. so make sure that you have used these same shoes during your walking training sessions.

Previous pilgrims also advised that you should take 2 pairs of shoes in case there is a malfunction of one pair or in case one pair gets wet.

Some pilgrims suggested that sneakers are the preferred footwear. They also strongly suggest that pilgrims always wear socks.

Sore Feet

Even if you have trained before the event, there is a possibility that you may get sore feet, swollen ankles or, possibly, blisters.

Solutions

1. Wear socks
2. At night, elevate your feet, if possible
3. Take a good supply of bandaids
4. Keep yourself well hydrated

B. Preparedness with personal possessions

Pilgrims should know exactly what they have brought with them and take care of their possessions at all times. Living in community is different from being able to please yourself in your own room.

Perhaps the advice given to people travelling overseas is just as relevant for this pilgrimage. That is, make a list of what you think you need well before departure and then put them all on your bed along with your luggage. Don't forget your personal toiletries and a towel if you are going into simple accommodation.

Do a 'trial pack' to ensure that you can fit it all in (with room to spare so you can take any souvenirs you buy back home with you.) Then pick up all your luggage and try to walk around with it. Imagine you will perhaps have to do this for several hours!

Rethink what you have packed! How much do you really need? How much can you leave behind?

If you are flying to Sydney, remember that there are also luggage restrictions (weight and size) on planes.

C. Knowing what the expectations of the group are

(Please refer to the coloured Pilgrimage Brochure which was published and distributed by the Brisbane Archdiocese last year for additional information.)

The tradition of World Youth Day is that pilgrimage groups present a certain unity to the world – they journey together, they live together, they pray together, they learn together and they celebrate together.

Pilgrimage Groups will meet several times before they set off for Sydney. At these meetings, they should set out their expectations of all pilgrims so that there are no misunderstandings later. This could include such things as 'staying together', 'checking in' at certain times, consideration of others, behaviour etc.

Of course, School Pilgrimages will have additional expectations from groups solely with older pilgrims.

Pilgrimage Groups which have a mixture of older pilgrims and pilgrims under 18 years, need to be especially mindful that they have a special responsibility to younger pilgrims.

D. Preparing your group spiritually for WYD

There is a separate book for group leaders, pastoral leaders, spiritual leaders on this topic (Book Three).

LOGISTICS OF MOVING AROUND

Those who have been on previous pilgrimages say that the most important tip they could give 'first time' pilgrims is to **be organised**.

Public Transport

They say that this especially applies to going on transport. They tell us 'think of Tokyo trains' and you will have a bit of an idea of what it may be like. When a train comes along and you think it looks crowded, don't stand back to wait for the next train because it probably will also be crowded. Do your best to get on. Remember, though, don't go over the yellow line before the train stops! In Germany, if people did this, the train staff left the doors locked and sent the train on to the next station.

Given what has been said before, forget believing that your whole pilgrimage group will be able to get on the same carriage/bus. It may happen. It may not.

Here are some suggestions from people on previous pilgrimages...

- A. Divide your pilgrimage group into small groups – say 6-8 people. This size has a better chance of getting on the same public transport than a bigger group.
- B. Divide your small group into 2s or 3s. This smaller group should contract to stay with the other members of the smaller group at all times. No individual should ever be left alone or choose to go alone.
- C. Arrange 'check in times' each day and keep to these times. For example, have a brief morning meeting before you leave your accommodation each day. All pilgrims should be at this meeting. Remind your young people of what is happening this day and when, where and how they should 'check in'.
- D. We suggest everyone leaves the accommodation at approx. the same time.
- E. Suggested 'check in' times
 - On arrival at catechesis
 - Before departing for festival time
 - Late afternoon
 - Before departure from the city
 - Last thing at night.

(This may be varied if all pilgrims are over 18)

Another suggestion for roll calls was to appoint each pilgrim to a 'buddy' (another pilgrim who is not in the same group as the pilgrim). At each 'check in' time, the Leader merely calls out, 'Who's missing?' The buddy then reports if the person is not there. They say this works because, if the buddy were travelling around with a mate, two people could go missing and no one would report a person missing, let alone two! The pilgrim who told us about this plan, said that the by-product of this method was that pilgrims made friends with people they may not have known as well!

(Editor's note: We think we would also be doing at least a head count.)

Important information if you have pilgrims under 18

It is a requirement of World Youth Day that all pilgrims under 18 i.e. aged 16 or 17 **must** have a supervising adult with them at all times. Please check this information out on the WYD2008 website.

HYDRATION AND FOOD AND OTHER THINGS

Hydration

Remember that you will be doing a lot of exercise (walking) and, as with any participation in a big event with a large crowd, participants need to ensure that they drink sufficient water each day so that they do not suffer from dehydration.

Because you will be walking, you will probably need more than the usual 8 glasses per day. Always take your water bottle with you. By doing this, you can ensure that you drink at regular intervals.

Food

Whatever you do, don't skip meals. The meals supplied by WYD are all nutritious and balanced.

You may choose to supplement your WYD meals with additional food e.g. snack type muesli or fruit bars which can provide extra 'sustenance for the journey'.

We do not suggest that most of your meals be from fast food outlets. A more balanced diet is preferable.

It is also suggested that pilgrims do not choose to skip meals even though the temptation to stay in a warm sleeping bag may be very strong.

If food has not turned up at a venue, act immediately. There is not much use complaining afterwards!

First Aid Kit

Each pilgrim is advised to take a personal first aid kit with basic first aid needs – bandaids, disinfectant, any medication the pilgrim may need.

People on previous pilgrimages suggest that non-oily baby wipes are a multi-use addition to a personal first aid kit. They can be used for many different purposes.

Sunscreen, insect repellent and hat

Pilgrims should remember that, while WYD will be held in winter, because pilgrims will be outdoors for long periods, all of the above are very important. Sunscreen should be applied regularly.

Clothing

No doubt, most pilgrimage groups will have a signature T shirt or rugby jersey. These provide an easy way to quickly identify your pilgrimage group from a distance.

Layering

Because you will leave your accommodation early in the morning and not return until around 10 p.m. daily, we strongly recommend that pilgrims 'layer' their clothes so that warmer outer garments may be taken off during the day, stored in the WYD backpack and worn again during the evening.

How much should I take?

Every person going to Sydney will have different needs. Our advice would be not to take electrical appliances (other than your phone charger) because there may not be sufficient power outlets to use them and those that are there will be needed for phone chargers. Hence, hairdryers may not be able to be used. Group Leaders may choose to take a power board for phone chargers.

Please also remember that you have to be able to carry with ease everything you take and also be able to get yourself on and off public transport quickly with your luggage.

When you go to the vigil, you do not need to take all your belongings with you. You will take only your bed roll and what you need for overnight. Ensure that any valuables you have with you are safe and secure. (You may wish to carry these in a money belt under your outer clothing.)

Sick Pilgrims

There are currently discussions on how to best deal with pilgrims who become sick but are not sufficiently unwell to warrant hospitalisation or repatriation. One suggestion, to prevent the spread of sickness, is to 'isolate' sick pilgrims in reasonable accommodation until they are well again. More of this later.....

ACKNOWLEDGEMENTS

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It is also a result of consultations with government offices (from both Queensland and NSW), Brisbane Catholic Education Office and various other Catholic Agencies.

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- World Youth Day Officers in many Archdioceses and Dioceses including Melbourne, Wollongong, Newcastle and throughout Queensland etc.
- Websites of all Archdioceses and Dioceses and various Religious Congregations and Groups
- Principals and Staff Members of several Catholic Colleges
- The wonderful young people who have been on previous World Youth Day Pilgrimages who provided practical tips and advice on what would and what would not work and who want all Pilgrims to Sydney to have the best possible experience of their faith which hopefully will last a lifetime.

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