

ODD FELLOWS AND REBEKAHS

Pilgrimage for Youth



DELEGATE

2026 APPLICATION FORM

PLEASE PRINT

Application Deadline Feb. 1st

DELEGATE MUST PROVIDE:

- ☐ Two Completed Copies of Delegate Application Form
- ☐ Two Color Copies of Current Photo
- ☐ Two Copies of Front and Back of Medical Insurance Card
- ☐ Two Copies of Passport and Out of Country Insurance (Canadian Students only)
- ☐ Current Physical (Not before January 1, 2026)

Attach Photo Here

Tee-Shirt Size (Circle One) S M L XL 2XL 3XL

☐ Male ☐ Female

Full Name (First, Middle, Last) _____ Birth Date _____

Address _____ City _____

State/Province/Country _____ Postal Code / Zip Code _____

Phone: Home _____ Delegate's Cell _____

Delegate's Email _____ Nickname _____

Sponsoring Lodge and Number _____

Contact Person _____

Mailing Address _____

City _____ State/Province/Country _____

Postal Code / Zip Code _____ Home Phone _____ Cell Phone _____

Email _____

PROOF OF INSURANCE

Out of Country Insurance and Passports will not required this year (still required for Canadian students)

Two Copies of Front and Back of Medical Insurance Card required.

Name of Health Plan Provider _____

Policy # _____ Insurance Company Phone _____

Policy Holder Name _____ Relationship _____

EMERGENCY CONTACT

Person to notify in case of emergency:

Name: _____

Relationship _____

Phone: Home: _____

Cell: _____

Work: _____

Email: _____

Alternate Emergency Contact:

Name: _____

Relationship _____

Phone: Home: _____

Cell: _____

Work: _____

Email: _____

Parent/ Legal Guardian Signature _____ Date _____

MEDICAL RELEASE

Date of Examination _____ Name of Physician (please print) _____

Address: _____ Phone _____

Delegate: Height _____ Weight _____ Blood Pressure _____

General Health: _____ Childhood Diseases: _____

Previous Sickness Requiring Hospitalization: _____

Operations: _____ Injuries: _____

(PLEASE PRINT)

Medical conditions currently under treatment: _____

Medication(s): Name of Medication(s): _____

Type of Medication(s): (tablet, liquid, capsule or inhaler) _____

Dosage: _____ Time and Frequency: _____

Possible side effects: _____

Mental disorders or convulsions: _____

Any evidence of Rheumatic Fever _____ Diabetes _____ Fainting Spells _____

Allergies: _____

The following physical condition should be noted (if applicable)

Eyes _____ Heart _____

Lungs _____ Neurological _____

Skin _____ Musculoskeletal _____

Other _____

I certify that I have examined the delegate and find her/him medically qualified to participate in the “Odd Fellows and Rebekahs Pilgrimage for Youth Program”.

Physician Signature _____ Date _____

MEDICAL WAIVER

The following medications will be in possession of the delegate (PLEASE PRINT):

I understand that it the full responsibility of the delegate to maintain and administer their own medication.

Should my son or daughter incur any injury or illness while participating in the “Odd Fellows and Rebekahs Pilgrimage for Youth Program”, I authorize immediate medical attention including treatment or care beyond the terms of my insurance. Should the nature of any accident or illness prevent further participation in the Program, I understand that my son or daughter will be returned home at my expense.

Parent/ Legal Guardian Signature _____ Date _____

PERSONAL

Method of selection for participation in the Program: _____

The delegate must be 16 – 17 years of age with at least 1 year of high school remaining at the time of the beginning of their trip.

Is the delegate willing and able to take part in considerable daily walking and stair climbing?

☐ Yes ☐ No

Does the delegate require special meals for health or religious reasons?

☐ Yes ☐ No If yes, please explain and suggest suitable foods. _____

Is the delegate a member of the Independent Order of Odd Fellows?

☐ Yes ☐ No If yes, name of Lodge and location. _____

As a delegate on the Odd Fellows and Rebekahs Pilgrimage for Youth tour, I agree to participate fully in the Program. Upon my return, I am willing to give reports and/or speeches to explain what I experienced and learned.

A delegate requiring an assistant (Chaperone) shall inform their sponsor, the jurisdictional chair, and the Executive Director. A Chaperone must submit a Chaperone to Delegate Application and submit same with the chaperoned Delegate's Application.

PRIVACY STATEMENT

The information contained in this form is used by management of the program to select and administer the program. Except in case of medical emergency, information will not be disclosed to third parties. In the case of medical emergency, information may be released to attending medical personnel. Furnishing this information is voluntary, but failure to do so may prohibit participation in the Program.

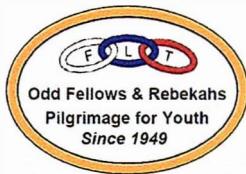
CONSENT AND RELEASE

I hereby authorize The Independent Order of Odd Fellows Pilgrimage for Youth Inc. to photograph and/or videotape me or contract to do so and to publish or broadcast such photograph(s) or video(s) of me through various media, including the Internet or multimedia products.

I understand and agree that The Independent Order of Odd Fellows Pilgrimage for Youth Inc. or its agents are not responsible for the misuse or alteration of any such photographs and/or videotapes by third parties.

I hereby release The Independent Order of Odd Fellows Pilgrimage for Youth Inc. and any of its officers, agents, employees or servants from any and all actions, claims, loss or causes of action arising from the use or misuse of such images.

Parent/ Legal Guardian Signature _____ Date _____



ODD FELLOWS AND REBEKAHS
PILGRIMAGE FOR YOUTH
email: pilgrimage@ioofpilgrimageforyouth.com
www.ioofpilgrimageforyouth.com

DELEGATE GENERAL INFORMATION

This unique Educational Program was established by the Sovereign Grand Lodge Independent Order of Odd Fellows in 1949. The Pilgrimage for Youth brings together high school students to study world affairs such as healthcare, homelessness, climate change, charity, food and water insecurity and education among other things. The students will participate in in-depth discussions with each other to gain a better understanding of how different sections of the United States and Canada perceive how these world issues impact their daily lives and future.

When are tours conducted?

Tours are conducted during the summer.

Application Forms.

Students or Delegate Sponsors may download application forms at the website www.ioofpilgrimageforyouth.com, however, students must apply through their local sponsoring group and comply with their requirements.

Preliminary Speech Contests:

Many sponsoring groups have preliminary speech contests or essay contests. In each case these are governed by the sponsoring group.

Research:

All interested students are encouraged to do as much research about the United Nations and current world issues. Items to consider are not just those related to world conflicts but also health, economic, agricultural, industrial, and human and humane issue.

Helpful Hints: Speech Organization

'Speak to be understood and speak with variety to maintain interest.

The preparation for any speech is the foundation of the presentation and begins with a Topic and a Central Idea or Theme. The information available from the workshops, at UNICEF House, in the Library or personal experiences will provide you with the material to organize your speech.

Organizing your points: There are various methods to use but the following are suggestions:

Chronological - by time or sequence

Topical

Primacy - most important information first

Complexity - ideas from simple to complex

Cause and Effect - discuss a situation and its causes or a situation and its effects.

Problem and Solution - discuss a problem and the various solutions or a solution and the problems it would solve.

Organizing your Supporting Materials

Specificity - from specific to general or vice versa

Complexity - simple to complex

Soft to hard evidence - opinion or example to fact or statistic.

Introduction

Introduce the subject, theme, or central idea

To get the audience's attention use:

An illustration,

A startling statistic,

2026 Delegate Information

A quotation

Humor

A question

Reference an historical event

Reference a current event

A personal experience.

Give the audience a reason to listen - tell the listeners how the topic directly affects them.

Establish your credibility - tell your listeners about your commitment to the topic.

Preview your main ideas - tell your listeners what you are going to tell them.

Verbal Transitions

Repeating a key word or using a synonym or pronoun that refers to the key word 'These problems cannot be allowed to continue...'

Using a transitional word or phrase

'In addition to the facts that I have mentioned we need to consider another problem...'

Enumerating

'Second, there has been a rapid increase in the number of accidents reported...'

Using internal-summaries and previews

'Now that we have discussed the problems caused by illiteracy, let us look at some of the possible solutions.'

Nonverbal Transitions

These can occur alone or in conjunction with verbal transitions:

a change in facial expression;

a pause;

an altered vocal pitch or speaking rate; - a movement.

Conclusion

Summarizes the speech - tell the listeners what you told them.

Reemphasize the main idea in a memorable way use a well-worded closing phrase and provide a final example.

Motivate the audience to respond - urge the listeners to think about the topic or research it further and suggest appropriate action.

Provide closure - use verbal and nonverbal transitions and make reference to the introduction.

Review your main ideas - tell your listeners what you just told them.

Using words effectively

To hold your audience's attention

keep your language concrete vs. abstract

To make your language unbiased

avoid language that demeans, stereotypes or patronizes groups of people

To keep your language simple

avoid a long word when a short one will be sufficient.

Remember — not all of your audience may be from the same geographic and linguistic regions.

Characteristics of Effective Delivery

Body Language:

Gestures - natural and relaxed; coordinated with what you say; consistent with your message; unobtrusive and varied.

Movement - unobtrusive (does not distract from the message), should make sense to the listener.

Posture - the way you carry your body communicates significant information, can reflect credibility, communicates the intensity of an emotion, should reflect your interest in the event and what is being presented.

Eye Contact - opens communications, makes you more believable and keeps your audience interested; contributes to the success of your delivery; provides you with feedback about how your speech is being received.

Facial Expression - expresses your thoughts, emotions and attitudes; audience sees your face before they hear your words; can vary to be consistent with the message.

Vocal Delivery - includes pitch, rate, volume, pronunciation, articulation, pauses and general variation of the

voice.

New York Speech Contest:

All Delegates are required to participate in the speech contest in New York.

Speeches will be 3 - 5 minutes in length.

The topic will be provided when the delegates arrive on Sunday evening.

The delegates use the information they acquire through the rest of the week during visits to the United Nations, lectures by a United Nations spokesman, and research to compose their speeches.

Preliminary Speeches:

Top 10 - 12 Delegates will be chosen to participate in the finals for the current week. Final Speeches:

In addition to the criteria for the Preliminary Speeches, 'Personal Appearance' is added to Delivery.

Time is also a factor in the finals - 1 point deducted for each 10 seconds over 5 minutes.

We have been fortunate to have scholarships donated by the *100F Education Foundation* for the top winners if they are from jurisdictions in the United States and Canada which support the Foundation. A \$2,000.00 First Place US dollar Scholarship and a \$1,000.00 Second Place US dollar Scholarship will be awarded each week. The scholarship will be awarded upon receipt of a letter of admissions from the delegates University or College.

Taking Notes:

Much of what you hear in your tour workshops may be forgotten (perhaps 80% or more). So you will need to jot down important bits to review later when you are organizing your presentation. Most of us can:

- write about 30 words/ minute,
- speak easily at 250 words/ minute,
- listen at up to 500 words/ minute

This means that we have to listen and think about what we are hearing in the workshops; however the writing part is the weak link in the chain. There is no single way to take good notes. Everyone has their own method. Here are some helpful hints on making notes and items to listen for during presentations.

• Key Words - When taking notes do not try to write at full speed - it likely means that you have stopped listening and understanding.

• Abbreviate - develop a set of abbreviations that make sense to you - it saves valuable writing time.

• Focus - Try to focus on getting terms, quotes and examples.

• Concepts - Perhaps most important of all, look for ideas and concepts not just facts.

• Key Points - Do not write everything - you cannot and even if you could, there would be a lot of wasted words. Make point form notes which look for the key points.

• Your Words - Try to put things in your own words when you can. However this may not always be possible or even a good thing because the presenter's words may be more precise and meaningful than your own way of expressing things.

• Cues & Clues - Listen for presenter's cues that inform you that important material is coming. Three examples of cue phrases:

- 'In conclusion ...'
- 'The most important thing ...'
- 'We could summarize by ...'

• Review - As soon as you can after the workshops review your notes. Share with other delegates since they may have picked up other ideas.

Goals:

The goals for your notes should include:

- Legibility, Clarity, Brevity, Suitability

DELEGATES GET READY TO GO:

Prepare yourself mentally. You will be seeing new places and meeting new faces.

Do you have all the documentation completed and turned in?

What about your doctors' certification? Do you have your (required) passport? Each delegate will be limited to one (1) piece of luggage, in addition to one (1) carry on.

GET SET:

Do you have appropriate clothes and shoes? You will be walking a lot; good footwear (not just 'cool') can make the difference in a good trip and a nightmare. Business dress clothing will be required when attending the United

Nations.

GO:

Don't forget:

- Camera
- Spending Money (even though food and lodging are provided in the cost of the trip, there are always incidental expenses and the 'absolutely essential' souvenirs.
- Any required Medication.
- Pack light - dirty clothes take up more space than clean ones and you will be bringing back more than you take.

RETURNING HOME:

WHAT'S NEXT?

Delegates returning home are excited, exhausted, and homesick for their new best friends. Before the euphoria wears off with school and other activities starting, write an article for your local news media, share your story with the people who sponsored you, and tell your friends and relatives, especially those younger who may be able to apply in the next year or two.

Let your teachers, counselors, and other school officials know about your trip. Not just the fun stuff (you will have had lots) but also the things you learned. This will assist your sponsors when they are working to get information out to future applicants.

When applying for advanced educational institutions and jobs (now and in the future) having been selected as a delegate on the IOOF Pilgrimage for Youth looks great on a resume.

ALUMNI:

We are putting together an alumni database of delegates and tour leaders. You will be added to it. Please keep in touch. We do not publish the names; however, we can facilitate reunions with friends for whom you have lost addresses. This only works if you keep us updated with your current name, address, email, etc.

NETWORKING:

Keep in contact with your tour buddies, your tour leaders, your sponsors, and this program. You never know when, how or where your paths may cross in the future or when you may need or be able to provide a helping hand.

CONTINUE THE LEGACY:

Over the ensuing years this program has been dependent not just on funds but the hard work of many dedicated people. Now it is not as 'fashionable' to belong to fraternal organizations as it used to be. Even when there are sources of funds for this program, we still need people. We need you, your parents, relatives, and friends to be able to provide this opportunity for others. The best way you and your family can say thanks is to join a unit in the Independent Order of Odd Fellows.

The Odd Fellows and Rebekahs Pilgrimage for Youth Inc. will not discriminate against any individual on the basis of disability, ethnicity, gender, race, sexual orientation, religion or other social identity from the full and equal enjoyment of its services, unless the individual possesses a direct threat to the health and safety of others, or him/herself, that cannot be eliminated by a modification of policies, practices, or procedures by the provision of auxiliary aids or services, nor exclude any individual because of the individual's association with a person of disability, ethnicity, gender, race, sexual orientation, religion or other social identity.