

Student Safety Handbook

Welcome to Your
Pilgrimage Journey



Future Saints
PILGRIMAGES



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www.futuresaintspilgrimages.com

Introduction

Welcome to Your Pilgrimage Journey

This pilgrimage is not just a journey to sacred sites—it's a step toward deepening your faith, connecting with other Catholic youth, and exploring the world. We are committed to providing a safe, enriching, and transformative experience for you, and this handbook will guide you through the basic safety procedures and expectations. Please take the time to read through it carefully and keep it with you during the trip.

We've Got You Covered

Behavior
Expectations

General
Travel
Guidelines

Health and
Hygiene

Emergency
Procedures &
Contact
Information

Safety
During Your
Pilgrimage





General Travel Guidelines

Safety is our #1 Priority



Stay With The Group

- Students are required to stay with their designated groups and chaperones at all times.
- Avoid wandering off or separating from your group, even when stopping for meals or other activities.
- Always inform your chaperone if you need to step away (for example, to use the bathroom).



Chaperones Are Here for You

- Each student will be assigned a specific chaperone to travel with. You must stay with your chaperone during all activities, from sightseeing to group meals.
- If you are feeling lost or unsure, find a chaperone immediately. They are here to ensure your safety and guide you through the journey.



Co-Ed Sleeping Arrangements

- For safety and privacy reasons, there will be no co-ed sleeping arrangements. Students will stay in separate rooms by gender, with no exceptions.
- Please respect the privacy of your fellow pilgrims, including respecting room boundaries and curfews.



No Unaccompanied Excursions

- Students must never leave the hotel, pilgrimage site, or other locations without being accompanied by a chaperone.
- If you are interested in exploring a particular site or area, ask your chaperone to accompany you. Personal excursions without supervision are not allowed.



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Safety During Your Pilgrimage

How to keep yourself Safe

✓ Outdoor Safety

- When outdoors (e.g., on a walking pilgrimage), be sure to follow the group's pace and remain within the designated area.
- Wear appropriate footwear for walking on uneven terrain and for any outdoor activities.
- Stay hydrated by drinking water throughout the day and using sunscreen when outdoors.
- Respect local customs and environment—we are visitors in these sacred places, so please be mindful of how you interact with the environment and people.

✓ What to Do If You Need Help

- Report Concerns Promptly: If you ever feel unsafe, uncomfortable, or notice something that doesn't seem right, report it immediately to a chaperone or guide.
- Help is Available: You are never alone on this journey. Whether it's a question, a problem, or an emergency, help is just a conversation away.

✓ Parent Communication

Parents will be provided with a contact list for emergency communication. They will also receive regular updates about the group's progress and well-being through the communication channels set up before departure.



Emergency Procedures

What to do in case of an emergency

Immediate Emergency

In case of a personal emergency (e.g., illness or injury), notify a chaperone or guide immediately. They are trained to assist and will contact local emergency services if needed.

Injuries & Health Concerns

For minor injuries or health issues, inform your chaperone right away. They will ensure that you receive proper care from the local medical facility if necessary.

Getting Lost or Separated from the Group

If you get separated from the group, stay where you are and wait for a chaperone to find you. If necessary, contact the local emergency number (provided by the pilgrimage leaders) and the group leader.



Each student is covered by medical travel insurance for the duration of the pilgrimage. If you feel unwell or require any medical assistance, immediately inform a chaperone who will help facilitate access to medical care.



What to do if you feel sick

- If you begin to feel ill, notify your chaperone immediately.
- Minor illnesses (such as headaches or stomachaches) will be treated by local medical professionals as needed.
- Be honest about your health; it's important to report any symptoms early so that you can get the help you need.



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Behavior Expectations

What's Expected Of You



Respecting One Another

- Pilgrimages are about building a community of faith. You are expected to treat all students, chaperones, and guides with kindness, respect, and consideration.
- If you engage in behavior that puts your safety or the safety of others at risk (e.g., wandering off, disobeying instructions), you may face consequences as determined by your group leader.
- No loud or disruptive behavior, inappropriate language, or disrespect for others will be tolerated.
- Always adhere to the instructions of your chaperones, guides, and local authorities.



Cultural Sensitivity

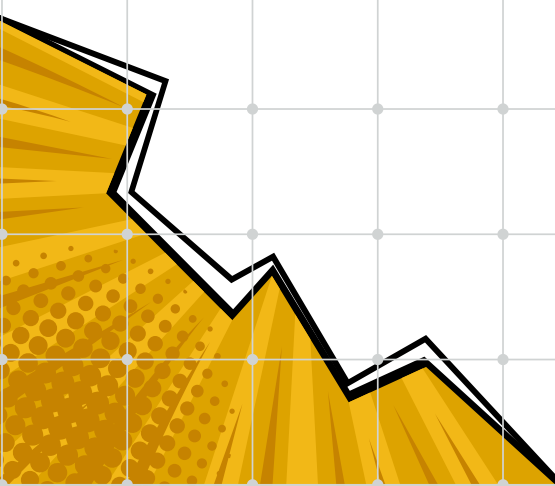
- When visiting sacred or religious sites, dress appropriately and maintain respectful behavior.
- Remember that you are representing not only yourself but also your school, the Nativity Scholars Program, and the Catholic faith.





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Enjoy Your Pilgrimage!



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