



ADULT TREK

September 15-21, 2019

St. Louise is excited to be embarking on our fifteenth year of Adult Trek to Mexico. Trek is a weeklong mission trip where we will be helping build a home with a needy family as well as participating in various cultural and educational activities with Esperanza International. It is a great opportunity to serve in our global community as well as stretch our boundaries and cultural awareness.

Here are some things you should know:

- You do not need any prior experience to participate. Only a willingness to serve and openness to trying new things. The minimum age requirement is 18 years old for the Adult Trek and there is no age limit.
- The total cost per person is **\$850** and covers most travel expenses, as well as room and board. It also includes a donation to the Esperanza International Savings Fund that allows families the opportunity to own a home of their own. You will need some money for lunches while traveling. Bring small bills. **Please ask Kris Daly.**

Payment Schedule (please turn in money on time)

A non-refundable \$100.00 deposit is due to hold your spot at the time of registration.

May 1st a Down Payment of \$350 is due.

Aug 1st a Final Payment of \$400.00 is due.

We strongly encourage you to make monthly payments of \$100 in order to spread out the cost. If you sign up after July 1st there may be an additional charge to cover the difference in the cost of airfare.

- There will be some preparation prior to the trip. We encourage you to participate in the gatherings in order to build community and stay informed about trip plans.
- While on Trek we will be doing strenuous labor each day. Please consult a physician prior to trek if you have any doubts about participating in the activities while at the work site.

That's it for now! If you have any questions or would like to sign up, contact Kris Daly at thenwdalys@msn.com or 425-644-7045

Check out www.esperanzaint.org for more information about Esperanza International. Also for a great video about the experience just click on "Volunteer Guide"!



ADULT TREK APPLICATION

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Applications are due in the Parish Office. Participants will be accepted on a first come first serve basis. We will take the first 20 for sure, then we do a waiting list. Our goal is to have 28-32 total trekkers!

Name (Full legal name as on your passport)

Phone _____
Mailing Address _____

E-mail Address _____
Date of Birth _____
Work or Cell Phone _____

- If this is your first year on Adult Trek with St. Louise, tell us why you want to do this and what you hope to get out of this mission trip.

- Do you speak Spanish? Y/ N (circle)
- Are you willing to help our group prepare for our trek? If so, how? Circle any that apply.
 - ❖ Can you help with advertising? Speak at Masses?
 - ❖ Would you like to help plan menus?
 - ❖ Could you organize one or two pot lucks?
 - ❖ Do you have any suggestions on Fund Raising for those who need it?
 - ❖ Any other ideas? Please use the back if needed.

Signature: _____ Date: _____