



## *"Walk This Way"*

# El Camino de Santiago Project Participant Packet

"All of us travel two paths simultaneously - the outer path along which we haul our body and the inner pathway of soul. We need to be mindful of both..."  
~ John Brierley (Author of A Pilgrim's Guide to the Camino de Santiago)

2010  
**JUNE<sup>15-24</sup>**  
**160KM**

Come, get away! The Camino de Santiago is the only long-distance footpath to be recognised by the United Nations and given World Heritage status because of its historical and spiritual significance. Journey through truly spectacular north-western Spain for an authentic pilgrim's experience!

[www.agape.ie/camino](http://www.agape.ie/camino)





# “Walk This Way” Project General Information

## El Camino de Santiago

2010  
JUNE 15-24  
160KM



### What Is The Camino De Santiago?

The Camino de Santiago (or The Way of St James) is a collection of ancient pilgrimage routes that wind their way throughout Europe, all of them converging on Santiago de Compostela, an enchanting town in northwestern Spain. For more than 1000 years, pilgrims have traveled the many routes of the Camino de Santiago. Today it is the only long-distance footpath to receive United Nations recognition. And it has been awarded World Heritage status because of its historical and spiritual significance. The Camino de Santiago is for everyone: young and old, fit and unfit, spiritual or not. Countless millions have walked this path in search of deeper meaning for their lives.

### What Does This Project Entail?

From 15-24 June, 2010 a group of approximately 30 of us will journey 160km (99miles) through the beautiful countryside of Northwestern Spain. It will be an authentic pilgrim's experience! We will fly from Dublin to Santiago de Compostela, Spain, and bus from there to our starting point: O Cebreiro. From O Cebreiro, we will walk an average 23km (14miles) a day over seven days, winding our way through breathtaking landscapes that will take us back to the medieval Spain of folklore.



We will walk together, eat together, and make many friends along the way. In the evenings we will share our experiences with each other during discussion times, and at night we will camp out in tents. Your capable guide will be veteran, twelve-time pilgrim and camino expert, Kelly Mulholland.

After we arrive, we will spend the afternoon enjoying the charming town of Santiago de Compostela. The following day we'll take a day-trip out to the Spanish coastal town of Finisterre (literally: 'the end of the earth') to celebrate our accomplishment. On our final day we will have all morning to enjoy Santiago de Compostela and buy those last-minute souvenirs. After lunch we will catch our flight back to Dublin.

### And What Will This Cost?

The cost to participate in the project is 395 euro, if you get in before the registration deadline of March 1st, 2010. This will cover all expenses except travel from Dublin and back (see flight information below). It is recommended that you also carry some spending cash to treat yourself to goodies along the way.

To Travel with the group, book the following Aer Lingus flights:

Flight Info.	Departing	Arriving
<b>EI742</b> non-stop	Dublin 13:00 Tue 15 Jun 2010	Santiago de Compostela 16:10 Tue 15 Jun 2010
<b>EI743</b> non-stop	Santiago de Compostela 16:45 Thu 24 Jun 2010	Dublin 17:55 Thu 24 Jun 2010

One additional aspect of this project is that there will be an opportunity to raise funds for the Dublin chapter of Serve the City. Raising these funds will be optional for each participant, but can also be a means of reducing the cost of your trip.

- Exercise your body... (lots of walking)
- Broaden your mind... (new cultural experiences)
- Nourish your heart... (get away from the busyness)
- Deepen your soul... (dialogue about your journey)





As a volunteer-led community initiative, the aim of Serve the City is simply to meet the practical needs of people in our community and to promote community-wide volunteerism. By painting a house, clearing an overgrown garden, or sitting down for a visit with the elderly, we are making Dublin a better place to live – one act of kindness at a time.

Most people are living busy lives and don't have a lot of time, experience, or resources available to help their neighbours. However, volunteers working together with Serve the City can simply roll up their sleeves and get involved in a range of "easy-entry," low-level service projects. Professional skills or experience are not necessary. We do our best to match time availability and personal preferences of our volunteers to form project teams.

### The Vision

The vision of Serve the City is to inspire and create opportunity for ordinary, everyday people to do extraordinary things by serving the needs of others. We liken it to a water ripple effect: People in our community catching the vision to serve the community and passing that vision on to others as they serve. Little-by-little, one-by-one, lives are changed in small ways which ripple throughout the community.

There's something powerful in direct, hands-on involvement. When we help an elderly man with basic household chores that he can no longer do himself, we experience firsthand the eager reward of a grateful heart. When we paint a room or a fence for a single mother struggling with illness, we experience the subsequent joy in a smiling face, knowing that we've touched the life of another. With the spreading of this kind of neighbourly compassion in action comes an incremental improvement in quality of life throughout our communities.



There's an old African saying that we are only fully human through the humanity of others. We in Serve the City believe that the more we invest in the health and well-being of our communities (i.e., the people in our communities), the more we invest in the health and wellbeing of our own families and of our own lives.



### How We're Getting Involved

We feel that walking the Way of Saint James comes with its own rewards, and is well worth the cost. It promises to be a great adventure, full of unforgettable experiences! However, rather than just simply approaching it as consumers, we also want to give something back, and in our own small way make the world a slightly better place wherever we can. It is because of their local work meeting the practical needs of people in Dublin that we've chosen to support the work of Serve the City, Dublin. Our desire is to bless the ongoing work of Serve the City in demonstrating care to those in need within the community. We will have opportunities to raise funds for Serve the City in Dublin, and as a group project, will also have the opportunity to serve hands-on in April and May, prior to going to the Camino Project in Spain.

Therefore, each participant will be encouraged to ask friends and family to sponsor them to walk 150km for Serve the City. This is completely voluntary on the part of the participant. Sponsors may choose to pledge a per-km-amount (eg. € .20/km = € 30, € .50/km = € 75, € 1/km = € 150) or any singular amount toward your pilgrimage. In turn we will dedicate half of that pledge directly toward the Serve The City general fund and apply the other half to the participant's costs on the project. Essentially, sponsors will be giving both to the work of Serve The City and to the participant's pilgrimage... Thus, if for example one manages to fund raise € 500, we will apply € 250 to their trip cost and the other € 250 will go to Serve The City. Then the remaining balance of the cost for the trip would be € 145 (€ 395 less € 250 = € 145).



# "Walk This Way" Sponsorship Information



## Serve The City

Serve the City is a volunteer-led community initiative, whose aim is simply to meet the practical needs of people in our community. It is about bringing support to those who need it through a variety of service projects. By painting a house, clearing an overgrown garden, or putting up shelves, they demonstrate care within the community. Most people are living busy lives and don't have a lot of time, experience, or resources available to help their neighbours. However, volunteers working together with STC can just roll up their sleeves and get involved in a range of "easy-entry," low-level service projects. Our partnership with Serve The City will help them to connect able-bodied volunteers with real needs in the local community. Donations will provide needed funding to assist Serve The City to more efficiently recruit volunteers and respond to the many pressing needs of people living in unfortunate circumstances in Dublin. In this way, we will help enable ordinary people to bring about extraordinary change within their community.

[www.servethecity.ie](http://www.servethecity.ie)

**The Camino de Santiago Project**  
This summer I will join a group of 'pilgrims' to walk 150km along the Way of Saint James in northwestern Spain. I have every expectation that the experience will be personally very rewarding. It promises to be a great adventure, full of unforgettable experiences. However, rather than just simply being a consumer, I want to give something back, and in my own small way contribute to making the world a better place for a few people - in this case for those in need in Dublin. I invite you to join me in this cause. **Would you please consider sponsoring me for € .20, € .50, €1 per km or any other amount?** From your donation, half of the amount will go directly to the work of Serve The City, while the other half will be applied to the cost of my participation in this project.

[www.agape.ie/camino](http://www.agape.ie/camino)



Participant



# "Walk This Way" Sponsorship Form



## Sponsor's Details (for contact only, will not be used for commercial purposes)

Full Name

Email Address

Address

Contact Phone

## Sponsorship Info

Having understood that my donation will help enable the person herein named to participate in the Camino de Santiago Project, as well as provide needed funds for Serve The City, Dublin, I pledge  € per km for 150km, or a total of  €

**Cash** (Please do not post cash)

**Cheque** (payable to Agape)

**Bank Transfer**  
(include bank stub with this form)

Account Name: Agape  
Bank of Ireland  
Dundrum, Dublin 14  
Account 82813960  
Sort Code 90-10-95  
Ref: 'Camino' + Participant's name

Remit this form, plus payment or bank stub to:

Camino de Santiago Project, Agape, 5 Clarinda Park North, Dun Laoghaire, Co Dublin





# *"Walk This Way"*

## Participant Information

**El Camino de Santiago**



**Please ensure you understand this information before submitting your application form**

### **Medical Declaration**

For your safety, please make a full and accurate declaration of your health status on the application form (this will be handled confidentially). If your health status changes before the team's departure, you are required to inform project staff of changes.

You must submit written confirmation from your GP that you are fit to participate in the Camino de Santiago Project if any of the following apply:

- If you suffer from any long-term illness or condition (other than asthma, unless it is severe)
- If you have any physical impairments
- If you have had any serious heart, lung, kidney problems or any major illness or surgery in the last 3 years
- If you are over 60 years of age.

### **Agape Project Cancellation**

Agape may cancel a project's plans to travel due to change in government travel advisories, suspension of airline services to the destination, adverse weather conditions or unexpected changes to the Agape programme.

In the event of Agape cancellation, Agape will do everything possible to refund all unspent project money to participants. In this event, all funds raised and allocated for the orphanage will be forwarded to The Dawn Refuge as originally intended.

### **Participation Cancellation**

If a participant cancels their participation in the Camino de Santiago Project:

Up to 30 days prior to the experience, any personal payments will be refunded except a deposit of €200, and any additional costs that may have been incurred by the Camino de Santiago Project (eg. airfare, booking accommodation). If cancellation occurs within 30 days of the intended trip, all personal payments submitted by the participant may be retained by Agape to cover capital costs of the project.

Should a participant cancel after costs have been incurred on their behalf by Agape (ie flight deposits) but before they have submitted payment for same, they will be required to submit sufficient funds to cover any costs incurred. Depending on the reason for cancellation, a claim may be made to the insurance company for losses.

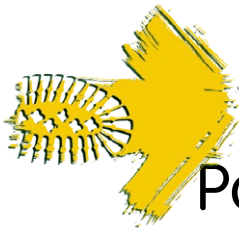
If a participant cancels at any stage in the preparation, all fundraised monies or monies donated by a third party will either (a) be used as allocated for expenses/ be included in the donation to the Dawn Refuge or (b) be deferred for a future Camino de Santiago or similar Project at the discretion of Agape.

If neither of these options are suitable due to circumstances, donated funds will be returned to donors in so far as is possible.

Participants have a duty to submit all monies donated for the purpose of the Camino de Santiago Project to Agape, and should there be any outstanding funds at the time of cancellation, all donations must be submitted promptly to Agape Ministries Ireland.

All monies fundraised for a Camino de Santiago trip belong to Agape, and should be submitted promptly. Participants do not have the right, nor is it ethical, to use donated funds for any other purpose or cause.

**AGAPE MINISTRIES IRELAND, LTD is a registered charity in Ireland (charity number CHY 17459) and company limited by guarantee incorporated in Ireland (registration number 449 205).**



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**El Camino de Santiago**

# Participant Registration Form

2010  
**JUNE 15-24**  
**160KM**



## Your Details

Full Name (as on your passport)	<input type="text"/>	Preferred Name	<input type="text"/>
Current Age	<input type="text"/>	Date of Birth (dd/mm/yyyy)	<input type="text"/>
		Gender	<input type="text"/>
		Occupation	<input type="text"/>
Passport No.	<input type="text"/>	Nationality (country of passport issue)	<input type="text"/>
		Passport Expiry Date	<input type="text"/>
Home or Permanent Address		Address for Correspondence (if different than Home)	
<input type="text"/>		<input type="text"/>	
Home Phone	<input type="text"/>	Type of Address (Work/ Rental/ Other)	<input type="text"/>
Mobile Phone	<input type="text"/>	Email Address	<input type="text"/>

*\*N.B. Your passport must be valid at least 6 months beyond the trip return home date.\**

## Declaration

I declare that all the information provided herein is to the best of my knowledge and belief, full, true and correct. Should any medical issues arise between now and the date of travel, I will disclose this information to the project leaders/Agape. If accepted for the project, I agree to submit full payment of all costs at the appointed deadlines. I understand that all monies fundraised for the project and Serve the City must be submitted to Agape Ireland. If for any reason I withdraw my participation from the trip, I will submit all donated money to Agape Ireland. If accepted for El Camino de Santiago Project, I agree to fulfil the project leaders' requirements for participation in activities before and during the trip. I understand that this is a Christian project which upholds certain moral values and thus during the course of the project single people will not engage in relations of a sexual nature with others, and will agree to the project norm of sleeping arrangements in same-sex rooms, dormitories or tents. I understand that this is a group project and will do my best to make this a positive experience for my fellow participants and the people we meet in-country. I understand that my place in the project can be revoked at any stage during the preparation for or during the time of the trip if inappropriate behaviour becomes an issue. If I am involved in any illegal activity or caught in the possession of illegal drugs or weapons during the project, I will be evacuated immediately at my own expense.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Data Protection** - Agape Ministries Ireland will hold the content of this application on file but will not release the information to any third party.

## Registration must be submitted by 1 March, 2010, to include the following:

- All sections of the Registration Form completed
- Signature on this page of registration
- All sections of Medical Details form completed and written doctor confirmation (if applicable - see participant information page).
- 2 copies of the photo ID page of your passport (please ensure copy is readable)
- Signed waiver
- Deposit of €150 (by cheque, postal order or bank draft only) made out to: 'Agape'

This payment is non-refundable once a place on the trip has been accepted.

<p><b>Please return completed registration to:</b> Camino de Santiago Project Agape 5 Clarinda Park North, Dun Laoghaire, Co Dublin</p>
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*“Walk This Way”*

**El Camino de Santiago**

## Participant Medical Details

### Medical Details (confidential)

Name \_\_\_\_\_

Disclosure of your medical details does not necessarily prevent you from participating in El Camino de Santiago Project. Any hospital or medical practitioner not having access to your medical history will need the following information. These details will be confidential and only seen by the project leader and appropriate Agape Ireland staff. Please note that walking long distances each day may, at times, be strenuous, and you may wish to consult your doctor about joining this project.

**If you answer yes to questions (3), (4) or (5) below, please obtain written confirmation from your doctor that you are fully fit to participate in this project.**

(1) Do you suffer from any allergies?  
(food, medicine, bee stings etc)

(2) Please list any medications you are currently taking and the condition you are taking them for.

(3) Do you have any physical impairments? If so, please describe.

(4) Do you suffer from epilepsy, asthma, back problems, other chronic illness?

(5) Have you had any serious heart, lung, kidney problems or any major illness or surgery in the last 3 years?

(6) Please list any other medical history which may be pertinent.

What is the date of your last tetanus shot? (dd/mm/yyyy)

What is your blood group?  
(If blood group is not known it can be given at a later date)

Do you wear contact lenses?

YES  NO

### Emergency Contacts:

*(Please list whom we should contact in event of emergency)*

#### Next of Kin

Name

Address

Mobile Number

Home Number

Relationship to you

#### Doctor

Name

Address

Telephone Number(s)

**All information provided under Next of Kin and Doctor will only be used in case of emergency.**

PLEASE READ CAREFULLY! THIS IS A LEGAL DOCUMENT!  
YOU MAY WISH TO OBTAIN LEGAL ADVICE BEFORE SIGNING.

**IMPORTANT:** Each participant must have a signed “Camino de Santiago Project Release and Waiver of Liability” on file prior to departure. Please complete this form and return to project leaders. Please print all information in blanks provided.

CAMINO DE SANTIAGO PROJECT RELEASE AND WAIVER OF LIABILITY

This Release and Waiver of Liability (the “Release”) executed on this \_\_\_\_\_ day of \_\_\_\_\_ 200\_\_\_\_, by \_\_\_\_\_ (the “Participant”) in favour of AGAPE MINISTRIES IRELAND, LTD, a registered charity in Ireland (charity number CHY 17459) and company limited by guarantee incorporated in Ireland (registration number 449 205) their affiliated organisations in other nations, directors, officers, employees, and agents (collectively “Agape”). In consideration of Agape involving me in its activities, I hereby freely and voluntarily, without duress, execute this Release under the following terms:

1. **WAIVER AND RELEASE.** I, the Participant, release and forever discharge and hold harmless Agape and its successors and assigns from any and all liability, claims, and demands of whatever kind or nature, either in law or in equity, which arise or may hereafter arise from my work for Agape. I understand and acknowledge that this Release discharges Agape from any liability or claim that I, the Participant, may have against Agape with respect to any bodily injury, personal injury, illness, death, or property damage that may result from my participation with the Camino de Santiago Project. I also understand that Agape does not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance, in the event of injury, illness, death or property damage (see insurance requirements below).

2. **INSURANCE.** I, the Participant, understand that, except as otherwise agreed to by Agape in writing; Agape does not carry or maintain health, medical, or disability insurance coverage for any participant. Agape’s Board of Directors requires all participants to have Travel Insurance as deemed appropriate by Agape.

3. **MEDICAL TREATMENT.** Except as otherwise agreed to by Agape in writing, I hereby release and forever discharge Agape from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services during my time with Agape.

4. **ASSUMPTION OF THE RISK.** I understand that my time with Agape may include activities that may be hazardous to me, including, but not limited to, hiking, backpacking and camping. So, I recognize and understand that my time with Agape may, in some situations, involve inherently dangerous activities. I also understand that in addition to consuming local foods and living in accommodations which are available in the country/(ies) visited, I may be travelling to and from locations which pose risks from terrorism, war, insurrection, or criminal activities.

I also understand that, in order to protect its employees and Participants in all countries around the world, it is Agape’s policy that it will not pay ransom or make any other payments in order to secure the release of hostages.

I hereby expressly and specifically assume the risk of injury or harm in these activities and release Agape from all liability for injury, illness, death, or property damage resulting from the activities during my time with Agape.

5. **PHOTOGRAPHIC RELEASE.** I grant and convey unto Agape all right, title, and interest in any and all photographic images and video or audio recordings made by Agape during my time with Agape, including, but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings.

6. **OTHER.** The construction, performance and validity of this Release shall in all respects be governed by the law of The Republic of Ireland. The jurisdiction for the settlement of any disputes arising under or in connection with this Release shall be The Republic of Ireland.

I agree that in the event that any clause or provision of this Release shall be held to be invalid, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release which shall continue and be enforceable.

IN WITNESS WHEREOF, I, Participant have executed this Release, in the presence of a witness, as of the day and year first above written.

Participant Name: ..... (please print) Signature: .....  
Address: ..... Date: .....

Witness: Name. .... (please print) Signature: .....  
Telephone (Home). .... (Work) ..... Date: .....