



Franciscan Spiritual Center

**FRANCISCAN SPIRITUAL CENTER
St. Cuthbert's Way
A Celtic Pilgrimage in Britain**

May 27- June 5, 2020

REGISTRATION PACKET

St. Cuthbert's Way: A Celtic Pilgrimage in Britain

PILGRIMAGE INFORMATION 2020

AIRPORT RESTRICTIONS: Security screening has changed at all airports due to the requirements of the Transportation Security Administration's rules. The rules require that all passengers will remove their shoes so that they may be X-rayed along with the carry-on items unless you are TSA approved.

DEPARTURE: If you are travelling with the Franciscan Spiritual Center staff from Portland check your e-ticket receipt as soon as you receive it to make sure there are no errors. Arrive at the airport 2.5 hours in advance of your flight to check in and go through all security. While this may seem early, all the airlines recommend travelers arrive 2-3 hours in advance for all international flights. We suggest that you check the airline website the day before the flight to see if there are any schedule changes.

ARRIVAL IN EDINBURGH: For those of you traveling with FSC from PDX, we will all arrive together and pick up our luggage. A chartered bus will be waiting to drive us to our hotel in Rothbury. Departure is 10:30am

ATTIRE: Being a pilgrim is an experience of enculturation. Casual, but tasteful clothing is the norm as we walk and stay in the towns along the way. Weather in May -June ranges from 50-58. It may be cooler in the evening after we have walked during the day. Layering can be important and rain gear should be included. We will be dining in nice restaurants in the hotels in Edinburgh. Good shoes are essential for walking. As are hats, sunscreen and good socks, and rain gear.

CHURCHES: We will stop at various churches along the way. These places of worship are not museums and they can have strict expectations for behavior while viewing the interiors. There will be some photography allowed and then photos are prohibited in others. As a member of our group we ask that you adhere to the practices within the individual churches.

COMMITMENT: Please do not come with any personal agenda that would prevent you from following the daily schedule. We also ask that you don't invite others to join us if they aren't part of our group.

COMMUNICATIONS: If you have a cell phone check that it is valid to make calls from outside the US to the US, and not just valid to make 'international calls' from the US. Cell phones (or wifi) will generally be the best way to communicate with people in the US.

CUSTOMS: Prior to our return while in-flight all travelers will be expected to complete a Customs and Border Protection form that will ask you to declare all your purchases while abroad. Declare everything you are bringing in from abroad, even if you bought it in a duty-free shop. This merchandise is also subject to U.S. duty fees and other restrictions. It will be easier to fill out the CBP declaration if you have an envelope with receipts from all of your purchases. Failure to declare items may result in significant fines. All travelers will be processed through Customs either in Portland or wherever their flight lands in the US. You are strongly encouraged to visit the website: www.cbp.gov for the full information on bringing goods back into the US.

DISEMBARKATION CARDS: Prior to arrival in Edinburgh, you will receive a disembarkation card from the flight staff. You will need to complete this prior to going through customs where the cards will be collected when you present your passport for entry. The form will ask for the name and address of the hotel where you are staying so it will be necessary for you to keep that information readily available. We will provide that information later.

EXPENSES NOT INCLUDED: Per your agreement with FSC, your beverages including water, coffee, tea, soft drinks, and alcoholic drinks that aren't part of the provided meal are your responsibility.

FOOD AND DRINK: On the airplane: if you are used to snacking a lot and think that the meals served during your flights may not be sufficient for you, pack a few simple snacks in your carry-on before you leave home. Bottled water or other liquids can be purchased in the airport AFTER you pass through security. Options for food includes: regular, vegetarian, vegan and diabetic. Breakfast is included every day, lunch for 6 days. Vegetarians/special diets can be catered for but you need to let us know as soon as possible on the first day.

Gratuities are included for group meals/activities. At other times 10% is standard for good service.

HEALTH: If you are taking prescription medications, bring along enough medicines to last the trip plus a little extra. Some people like to bring medication for diarrhea or constipation. You may also want to bring small amounts of over the counter medicines for headaches, colds, etc. if you normally use these items. **DO NOT PUT YOUR PRESCRIPTION DRUGS IN YOUR CHECKED LUGGAGE.** Please take all of your medicines with you in your carry-on bag. In the event of misplaced luggage, it can be difficult or impossible to get replacements. It would be helpful to write out a list of your prescription medicines, their dosages, when you take them and keep this

information with your passport. **Please contact your medical insurance in order to understand what type of coverage may be available for you in Europe.** If you take a medication that requires the use of syringes, a general rule is that a limit of five syringes can be put in your carry-on luggage, with the rest of the supply packed in your checked luggage. Your name should be written on the prescription label, and it would be advisable to obtain a note from your physician stating your name, the name of your injectable medication and the purpose for its use. If you are not used to walking, we recommend that you begin daily walking four months prior to departure, including some hills.

IMMUNIZATIONS: No immunizations are required of USA citizens who enter Great Britain.

INSURANCE: We recommend all travelers purchase travel insurance before departure. Unforeseen circumstances may prevent you from taking the trip. **The English Tour provider requires each person to be covered by medical & personal travel insurance and includes travel back to your own country.**

LAUNDRY: There are no washing machines or dryers available in the hotels; however laundry services may be available in the area. A suggestion is that you consider bringing a small supply of laundry soap and a traveler's clothesline which is available where you purchase luggage. It is highly recommended that you **bring washcloths** for your use as they are not provided in European hotels.

LUGGAGE: Luggage: On the walk, one bag per person will be transported between hotels each day. Any other items, backpacks, etc will need to be carried on the walk so it is highly recommended that very careful consideration is given to all luggages for this trip.

MEALS: Our meals provided in the hotels will often be similar to what we eat in the US. The hotels provide a breakfast and a packed lunch. Dinners are on your own or with group in designated restaurant. We try to make accommodations with the hotels to provide what is required for special diets.

MONEY: ATM's are plentiful and have instructions in English. Make sure to know your 4-digit pin number and cover the keypad with your other hand while entering the code. Your bank will charge a small transaction fee but the exchange rate will be the official one for that day. Hotels may change money but at a higher rate. Credit cards are accepted in most stores and restaurants. All major credit cards (Visa, MasterCard and American Express) are accepted. Money change offices can be found in cities. Consider checking with your financial institution to find out what charges you will incur by using ATM's. Also, let them know that you will be using your credit cards in Britain so they don't assume that there may fraudulent usage occurring. **Britain uses pounds not euros.**

MORNING CALLS: You might consider bringing a battery operated clock so you may wake up on time for breakfast and our morning prayers. Should you decide not to accompany the group on any outing, it is your responsibility to notify FSC staff person directly. All pilgrims are expected to meet on time at the designated spot for the daily program.

PASSPORT: All travelers must have a passport and it must be valid for 90 days after the scheduled date we are returning to the US. No visa is required to travel in Britain if you are a US or Canadian citizen. **Please make a copy of your passport and airline ticket and keep them with you in a separate place while traveling.**

PERSONAL SPENDING: Meals are provided on international flights. Look carefully at your itinerary. The meals are very adequate but time in between may be long and you may get hungry. Also plan what you intend to spend for gifts/souvenirs, postcards and stamps. Many pilgrims say that a good guide to cover everything is about \$300 per week, per person. These are generous but safe figures. The fluctuation of the dollar must be taken into consideration.

PILGRIMAGE VS TOUR: This is a pilgrimage not a tour. It is a "cross-cultural journeying together in the spirit of Francis and Clare in order to nurture an encounter with Jesus Christ through the spirituality of place" *Mission statement of Franciscan Pilgrimage Programs.*

PREPARATION: Many people ask about preparatory reading. The following are recommended: Walk in a Relaxed Manner by Joyce Rupp and The Art of Pilgrimage by Phil Cousineau. We hope you will find time to read these books in advance. These books are available in the FSC's bookstore.

PUBLIC BATHROOMS: They are identified with WC (water closet) and can be very difficult to find. Sometimes they will require a fee to use. They aren't always supplied with toilet tissue so consider carrying some with you. Restaurants and shops will generally allow you to use their facilities if you purchase something.

SECURITY:

Make a copy of your passport before departure.

Make a note of the telephone number of your credit card issuer(s) before departure. Call your bank/card provider to inform them that you will be in Scotland and England so your account will not be put on hold.

SHOPPING: Don't buy anything costing more than a dollar from street vendors. Many of their items are much more expensive than if you were to purchase in a store. Our tour guide will be able to make recommendations of reliable shops that carry fairly priced goods. If you do shop the vendors, always bargain for the best price. If you are concerned about refunds, exchanges on goods you want to purchase ask our tour guide BEFORE you purchase the good. Once you have left it will be impossible to exchange.

TICKETS: You will most likely be issued electronic tickets (E-tickets). Bring this E-ticket receipt for use at the airport.

TIME ZONES: Time zone in England is eight hours ahead of the west coast. You should expect jet lag and we encourage that you drink plenty of water on the flight over and during the first day.

TIMELINESS: Please be aware and respectful of our schedule. Larry Peacock and Eileen Parfrey will announce the each day the times to meet. Tardiness can inconvenience the group so we ask that you make every effort to be on time. Also, please be flexible as occasionally we may have to change our schedule to accommodate factors out of our control.

TIPPING: As part of the overall costs of your pilgrimage, will collect £30 per person for the tips that will be given to guides, meal servers and drivers. Our tour manager will tip on our behalf as part of the group. For those meals that aren't included or other special items that you receive, you will need to handle the tipping.

TRAVEL LIGHTLY: It will make your trip easier for yourself if you only take one standard piece of luggage and a small carry-on.

VISAS: For citizens of the USA, no visas are required for entrance into the United Kingdom

UNDER NO CIRCUMSTANCES GIVE MONEY TO BEGGARS! In some areas, begging is an ancient profession and if one person donates the entire group will be swamped with beggars. We ask that you simply stay with group following the tour manager and ignore the beggars. The beggars are experts at working together and often will try to get your attention while another attempts to steal from you.

We must all follow our tour guide. He will provide us with good instructions at all times. At the end of the day, he will provide us with the details of meal times, wake up calls and departure times. Please wait until he had completed his instructions to take photos or enjoy your conversation. **Have a wonderful pilgrimage!!**

Waiver of Liability

FRANCISCAN SPIRITUAL CENTER

Waiver of Liability: By my participation in the trip/pilgrimage I consent to the items set forth below and agree to be bound by them and that I will adhere to this policy.

As a participant in the trip/pilgrimage to the United Kingdom- St. Cuthbert's Way, organized by the Franciscan Spiritual Center (hereinafter called "FSC") I understand and agree that the responsibility of FSC in making these travel arrangements as agent for me is limited. I understand and agree that all overseas suppliers of accommodations, transportation, sightseeing and other travel services are neither employees nor representatives of FSC. I understand and agree that I am personally responsible for my own actions and well being.

I, acknowledge and agree for myself, my heirs, my personal representatives that I will hold harmless FSC and any of its employees, representatives or other persons engaged on its behalf for this trip/pilgrimage and that FSC shall not be held liable for any of the following: injury or damage to person or property, theft, accident or illness, weather conditions and any inconvenience or expense caused by circumstances beyond the control of the FSC; any fault, actions or inactions of any person or company engaged in providing accommodations, transportation, meals or other services; any actions or inaction by FSC or any party acting on their behalf arising from, but not limited to my participation in the trip/pilgrimage.

Signature

Date



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INSTRUCTIONS:

Please read the two items next to the check boxes below. Review the brochure you have about this Pilgrimage, especially about liability for this trip, and changes to our itinerary that might be necessary. We need for you to understand these two aspects of our trip, to check off that you do understand, to sign this form at the bottom and return it to us in the self addressed envelope.

We will use the registration information to create a final database of information to take along on the trip and leave a copy in our office.

Thank you again for your assistance and for going on this trip with us.
Peace,

REGISTRATION FORM:

Name

Passport Name

Address

City, State, Zip

Phone – AM

Phone – PM

Cell#

E-mail

Shirt Size

Date of Pilgrimage:

May 27-June 5, 2020

☐

I have read and agree to the General Terms & Conditions. This information is on our brochure and website:
www.francisspctr.com

☐

I understand that the programs are subject to change without notice.

Signed: _____

2512 SE Monroe St, Milwaukie, OR 97222 (503) 794-8542 Fax: (503) 794-8556

Email: info@francisspctr.com • Website: www.francisspctr.com

MEDICAL / EMERGENCY INFORMATION FORM

Physical Requirements for Franciscan Spiritual Center Pilgrimage

1. Ability to walk on uneven surfaces.
2. Ability to walk up and down flights of steps.
3. Ability to carry one's own luggage (from the airport to the bus; from the bus to your hotel room, etc).
4. Ability to stand for up to half an hour in one spot for mini-lectures after walking several blocks.
5. Ability to walk fast enough to keep up with the group while being led from one historical place to another.

Note: getting emergency medical treatment in a foreign country can be a very stressful experience. The Pilgrimage Staff can only seek emergency support if you are injured or become ill. Please check with your insurance company before you leave home regarding your coverage in the country you are visiting. **Make a list of your medications/dosages/times you take them, and carry this list with you,** and bring enough medication for your entire pilgrimage plus some extra. **Reminder: DO NOT pack your medication in your checked luggage! The English Tour provider requires each person to be covered by medical & personal travel insurance and includes travel back to your own country.**

The Pilgrimage Staff needs information about serious medical conditions so that they can communicate with medical personnel in the event of any emergency. All information is confidential, and these forms will be destroyed at the end of the pilgrimage. Please complete the following:

Name (please print): _____

Pilgrimage Dates: _____ May 27- June 5, 2020 _____

Please check the appropriate box/boxes that apply to you and print other information clearly.

Are you currently being treated for any physical condition? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please identify.	If you are physically challenged have you informed your doctor of the above challenges and has he/she given approval for this pilgrimage? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Does not apply
Are you a diabetic? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had epilepsy or other seizure disorders? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a heart condition? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are you being treated for an emotional disorder? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you taking any prescription medication? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, have you made a list of your medications to carry with you? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any allergies to foods, medications, environmental factors, insects, etc? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please name the allergen and your reaction.	Can you walk on uneven surfaces, up and down hills and steps, and maintain the pace of keeping up with a group? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are you on a restricted diet? <input type="checkbox"/> Yes <input type="checkbox"/> No If so, please describe.	Do you need a cane or other device to support your walking? <input type="checkbox"/> Yes <input type="checkbox"/> No
If there is any additional health information that would be helpful for our staff in the event of an emergency, please write this information on the reverse side of this form.	

In an emergency, the person listed below will be contacted to make any necessary plans to support my needs. (Please PRINT the information below clearly.)

Emergency Contact: _____

Phone #(s): _____ Relationship: _____

Signature of Pilgrim: _____ Date of Signing: _____