

Australia



New Zealand Pacific Challenge

**SPONSORED BY:
WINONA STATE UNIVERSITY
TRAVEL STUDY PROGRAM
WINONA, MN 55987**



**P.O. Box 1408
Winona, MN 55987
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Website: www.pacificchallenge.org
E-mail: info@pacificchallenge.org**

Welcome to Pacific Challenge!



A Summer Downunder

Escape winter for two months amidst Australia and New Zealand's stunning mountain, forest and beach environments. Gain insight into Maori and Aboriginal cultures, discover some of the world's most livable cities, and experience firsthand legendary Australasian friendliness. Try rock climbing, white water rafting, caving, backpacking, mountain biking, sea kayaking, dolphin swimming, scuba diving, surfing . . . and more!

- ✓ **No prior experience necessary**
- ✓ **Age range best suited 18-30**
- ✓ **Non students & graduates welcome**
- ✓ **Annual program. Groups depart: January 15, 18, 21**

Pacific Challenge

We offer unique and extensively researched programs, carefully blending exciting adventure, personal and leadership development, eco-tourism ideals, cultural immersion and bundles of fun!

The option to combine this with up to a semester of US college credit gives you an unbeatable travel/study abroad experience.

Since its inception, in 1985, Pacific Challenge has taken over 1500 students and graduates on our unique

experiential travel programs, utilizing a staff of experienced and qualified leaders and faculty.

Credit

During this two month program, you are introduced to a wealth of information regarding the cultures, history and environments of Australia and New Zealand. Numerous geographical excursions, incidental learning experiences, and in-house study sessions contribute to the education structure of the program.

For those students who would like to enhance this educational opportunity with academic credit, 15 upper division semester college credits or the equivalent in quarters, are attainable. Lower division credits can also be provided. Interested participants should indicate this on their registration form. Please note that credit is optional and incidental to this amazing adventure travel experience.

Details

All accommodation, a multitude of adventure activities, most food and all round-trip travel from Los Angeles is included. Each group has 18-19 participants and two leaders. We find this the optimal size for the development of supportive group dynamics, environmentally sound travel and an overall enriching experience for each participant.

Credit & Leadership

Credit Opportunities

Academic credit is an optional, but integral component of this program based on the philosophy that ‘real world’ educational opportunities are often a far more effective way of learning than following a conventional classroom routine.

Credit earned during the program consists of carefully designed interdisciplinary subject base, carrying up to 15 upper division semester hours, or the equivalent in quarter hour credits. This is primarily offered in conjunction with Winona State University (WSU), Winona, Minnesota, and grades are transferable to most universities in the US.

Study interests include coursework in Environmental Studies; Group Dynamics; International Tourism; Cultural Comparisons; Eco-tourism; and Outdoor Leadership. For course outlines and credit options refer to pacificchallenge.org and click on “Credits”.

Class syllabi may be viewed on our website by October of each year. Additionally, registered participants who indicate their interest in taking classes on the registration form will be sent the full class enrollment packet (with syllabi and costs) by Winona State University in October. For questions regarding WSU class syllabi and costs, please contact Dr. Lorene Olson; lolson@winona.edu. Other credit queries should be directed to intern@pacificchallenge.org.

Class facilitation follows this model

Pre: Academic meeting; assigned readings; preparation research/questions.

During: Research; journaling; study sessions & discussions; seminars; tests.

Post: Completion of coursework; hand in paper submissions.

It is the responsibility of each student taking credit to develop their own work schedules throughout the trip. Program leaders assist in this. You will have access to internet facilities and libraries to complete research requirements.

Please note: As academic credit is optional, tuition costs are additional to the cost of the program.

Program Leaders

We’ve selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. They understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited, and a keen awareness of minimum impact travel ethics. They take every opportunity to give you the time of your life! Meet leaders on our website.

All our leaders are trained in wilderness or remote travel first aid, outdoor leadership, group facilitation and risk assessment/management.

Pacific Challenge and Experiential Education

We encourage participants not only to learn the intricacies of rock climbing, backpacking, and a host of other practical outdoor skills, but also encourage group development, conflict resolution, confidence, decision making, and sensitivity to the needs of others. This is achieved by creating a climate of trust conducive to group and self-reflection, giving students input into group tasks, facilitating feedback sessions and tailoring activities to challenge participants at their own level.

Pacific Challenge programs span an ideal middle ground. We take the best elements of the adventure/challenge and personal growth opportunities found in Outward Bound and N.O.L.S. style courses, and use these alongside relevant college classes to create a valuable, rewarding and unique international educational experience.



Itinerary



Day 1: Travel & program briefing
Depart from Los Angeles with your fellow travelers and fly to Auckland, New Zealand. Start your day with program orientation, and then freshen up with a swim in the Pacific Ocean, before continuing to Waitomo, where we stay in a traditional Maori village.



Day 2-3: Rappelling & caving
Begin by rappelling into a dramatic limestone gorge, followed by black water rafting, an underground journey amidst waterfalls and caverns. Popular options in Waitomo are horse riding and spelunking the Haggis Honking Holes.

Day 4: Rafting & cultural performance

Heading east we plunge into whitewater rafting fun on the Kaituna River and enjoy a traditional Maori concert and Hangi (earth cooked meal). Soak in natural hot springs at night.



Day 5-6: Taupo & Tongariro
On the shore of beautiful Lake Taupo and the surrounding geothermal area are great places for some free time. Spend the night camping at the foothills of this amazing volcanic plateau, and spend the day hiking through diverse volcanic topography, all in the shadow of Mt. Doom (Mt. Ngauruhoe) from 'Lord of the Rings.'



Day 7: Riverside camping & kayaking

Heading south, we'll spend 2 nights camping riverside beneath the starry southern skies. Wake early for an intro to white water kayaking on the Rangitikei River.



Day 8-10: Wellington

Head south to New Zealand's capital city, Wellington, offering a spectacular harbor backdrop. Explore

Te Papa National Museum, vibrant nightlife and excellent cafes. Here students will meet their instructors and resume classes.

Day 11-13: Nelson

Our ferry crossing, through the twisting arms of the Marlborough sounds, is a stunning introduction to the South Island and the fun-loving summertime city of Nelson. Try an exciting morning with 60 seconds of freefall, tandem skydiving—a popular option.

Day 14-16: Sea kayaking & hiking

Sea kayaking is a great way to experience Abel Tasman National Park. We spend our time hiking, camping and swimming in this beautiful beach wilderness.

Day 17: Swim with dolphins

Onward to Kaikoura, a small coastal community world famous for its abundant marine life. Kick start the day on a sunrise swim with wild dolphins.

Day 18-20: Christchurch

Travel down the coast past fur seals basking in the sun to everyone's favorite city Christchurch. We rock climb on the dramatic Port Hills. A chance to meet with our instructors once more.

Day 21-22: Whitewater Kayaking

A short drive south to camp at Peel Forest in the foothills of the Southern Alps. Spend the day whitewater kayaking on the glacial-fed river of the Rangitata.

Day 23-25: Mountain hiking/Backpacking

Mt. Cook National Park is home to many of the highest mountains in Australasia. Snow-clad peaks, glaciers, and wide open river valleys depict this environment. Options include day and overnight hikes in steep mountain terrain or lazing about.



Day 26-27: Dunedin

A chance to explore wildlife reserves on the Otago Peninsula. Royal Albatross breeding grounds and several species of penguins are found in this unique, historical city.

Day 28-31: NZ's adventure capital Queenstown, the birthplace of commercial bungee jumping, is set amidst a stunning alpine lakeside environment. This is a town with so much to do! Adrenaline adventures abound, including a luge ride high above the city. More class time with your instructors.

Day 32-33: Backpacking

A trek across the Southern Alps, following the famous Routeburn Track, through a pristine wilderness of lakes, rivers, waterfalls, ancient forest and alpine vistas. Includes a nature cruise on Milford Sound in the Fiordland National Park, one of the world's great natural wonders. A chance to see seals and cascading waterfalls.

Day 34-36: Relax in Wanaka

Time out to soothe aching legs in Wanaka, a welcoming lakeside town. Time to catch up on coursework or go to the local cinema.

Day 37-38: Franz Josef

A welcome stop-over on our way back to Christchurch. This lovely town is set in the cool temperate rainforest of the west coast. View one of the largest Alpine Glaciers in the Southern Hemisphere with optional ice climbing.

Day 39-40: Christchurch

A chance for last souvenir shopping, repack and prepare for our flight to Sydney.

Day 41: Australia Bound!

Our three hour flight from Christchurch takes us to Australia's scenic gateway, Sydney.

Day 42: Blue Mountains

Jump on board our buses and head to Blackheath in the heart of the Blue Mountains. This ancient sandstone

plateau forms our playground for a couple of days. Canyoning, climbing, and hiking form the basis of our activities here.

Day 43-47: Cascades

A journey then takes us inland through areas such as the Warrumbungle Mountains and New England ranges to our 3-day stay in Cascade Field Study center. Activities include whitewater rafting, environmental education and sampling Australian 'bush tucker', a wonderful little backcountry experience.

Day 48-51: Byron Bay

It's off to Byron Bay, a 3-hour journey out of the inland mountain ranges to the scenic sub-tropical community of Byron Bay. More class time and a wealth of beach side outdoor activities, such as scuba diving at the very foot of the Great Barrier Reef, learning to surf, and numerous beach side antics.

Day 52-53: Brisbane

A trip to the famous Australia Zoo, home to the late Steve Irwin and his family

Day 54: North Coast

A delightful coastal stopover on the beach enroute to Sydney. Beaches and sunshine!

Day 55-57: Sydney

A spectacular way to end this trip in the beautiful city of Sydney. Activities including Harley rides, surfing, beaches, volleyball, and city sites and time to plan for extensions

Please note: Occasionally, minor changes in the itinerary may occur. We will notify participants in advance should this happen



Notes

Program Cost for Jan-March 2011 is \$7650

*Cost subject to change

Included in cost

International flights ex-Los Angeles
US departure taxes prepaid with tickets
Visas
All travel in New Zealand and Australia
All program accommodation
Meals (except lunches & independent dinners)
Included activities

Not included in cost

Travel between your home and Los Angeles
NZ departure taxes (\$30)
Lunches and 8 independent dinners
Fees for optional academic credit
Optional activities

Activities Included in Program Cost:

In New Zealand:

Blackwater rafting—Waitomo
Pioneer farm show—Waitomo
Whitewater rafting—Kaituna River
Maori concert and hangi—Taupo
Natural hot springs—Taupo
Day hike—Tongariro National Park
Kayaking—Managweka
Museum of New Zealand—Wellington
Sea kayaking and backpacking—Abel Tasman NP
Dolphin swimming—Kaikoura
Rock climbing—Christchurch
Whitewater kayaking—Peel Forest
Hiking—Mt. Cook National Park
Glacier kayaking—Mt. Cook National Park
Luging—Queenstown
Three-day alpine trek—Fiordland National Park
Eco-cruise—Milford Sound, Fiordland NP

In Australia:

Harley Davidson Motorcycle Tour—Sydney
Harbor and city transport pass—Sydney
Blue Mountains film—Katoomba
Canyoning or dayhike—Blue Mountains NP
Rainforest interpretation program—Dorrigo NP
Whitewater rafting—Nymboi Binderay NP
Learn to surf lesson—Byron Bay
Scuba diving/snorkeling—Byron Bay
Australia Zoo—Brisbane

Optional Activities

During the program there are opportunities to do extra activities. It is your responsibility to organize and pay for these optional activities; however leaders may coordinate these extra adventures for you. There are also extra hikes and activities you can do that cost nothing.

Below are the **approximate** costs of the many popular optional activities available.

Options in New Zealand:

Absolute Adventures caving—Waitomo \$160
Tandem skydiving—Nelson \$260
Bungee jumping—Queenstown \$140-350
Heli-hiking/mountaineering—\$200
Ice Climbing -- \$150-250
Horseback riding -- \$80

Options in Australia:

Sydney Opera House show-- \$50-100
Winery tours -- \$70
Extra surfing -- \$20
Kayaking with the dolphins -- \$80
Hang-gliding -- \$170

*All costs are estimates and subject to change

Extension Activities:

At the conclusion of the set program, students have the option to continue their adventures. Typical extensions would include a combination of the following options. Group leaders will provide more detailed information about these extensions. Itineraries will be made available closer to trip departure.

1. Travel north to the Great Barrier Reef and Great Keppel Island. Scuba diving, snorkeling, and fishing on this wonderful tropical island. One of the more popular options.
2. Travel south to the beautiful island of Tasmania. More of New Zealand-like scenery and activities await you here.
3. Travel west to the sunny city of Perth in Western Australia. In this San-Diego-like climate, students can visit wineries, go scuba diving and hike though the beautiful Kari Forests of the South-West region.
4. Travel inland to the 'real outback' of Australia, visiting Ayres Rock and Alice Springs. The home of the Australian Aboriginal.
5. Perhaps even return to New Zealand, the splendors of which you have already sampled, to do even more adventure activities.

Notes

Level of Activities

No prior experience is necessary. All activities and instruction are aimed at the novice level. However, for those experienced in particular skills, opportunities for challenge at your level are facilitated.

Free Days

During the trip, we have allotted 8 free days, reasonably spaced (approximately one per week), in towns or cities where there are sufficient facilities to allow you to catch up on personal needs, laundry, resting, emails and coursework.

Group Size

You travel with 18-19 other participants and two leaders. We've found this to be the optimal size for the development of supportive group dynamics, minimum impact travel, effective planning and safety. We are usually in smaller groups for activities.

Accommodation

Accommodation is diverse, comfortable and carefully chosen to fit our needs, this includes camping, comfortable youth hostels, luxury apartments, lodges, outdoor centers and indigenous dwellings.

Food

Whether a picnic, BBQ or birthday celebration, meals are fresh, tasty, healthy and varied. Food preparation is a fun social highlight shared by all participants. We happily cater for vegetarians. All breakfasts and dinners are provided, except on the 8 free days, where breakfast is provided but not your dinner. Instead we have an 'independent dinner' giving you the chance to sample your choice of the fine local cuisine. Lunches and snacks are not provided.

Transport

New Zealand—12 seater vans and trailers
Australia—21 seater bus and trailer

Keeping in Touch

There is internet access in every town we visit and cost is between \$2-3 per hour. Low cost telephone cards are readily available in New Zealand and Australia, and are more economical than bringing US based phone cards (which often don't work). Phone calls cost around \$.10 per minute.

We have three mail collection points for each group. The addresses and dates we receive mail at these places will be posted on the website at a later time. Skype is becoming a popular way to keep in touch. Go to www.skype.com for details.

Spending Money

People often enquire about the amount of spending money to bring. It is difficult to assess an exact amount. Last year, participants spent \$2000-3000. We would suggest the desired amount is somewhere between these figures. Spending money typically goes towards e-mail, laundry, lunches, snacks, independent dinners, optional activities, souvenirs and evening entertainment. Self-discipline is obviously required with personal funds if budgets are tight. Please use the following table to estimate your spending money.

Lunches, snacks &	
Independent dinners (approx. \$10/day)	\$550
Airport taxes approx.	\$30
Optional activities (Refer to pg. 7)—your estimate	\$
Souvenir shopping &	
Entertainment—your estimate	\$
E-mail, telephone &	
laundry—your estimate	\$
Your budgeted spending money	\$

Spending money is best carried on credit and debit cards. Please check with your bank that your credit/debit cards can be used in ATM machines in other countries. You will need a pin number to make withdrawals from machines. You may also be able to make over-the-counter (non-pin) cash advances on your credit card at banks. Bring at least two cards, in case you lose one. Replacement is very difficult.

Climate

January, February and March are the best months to visit New Zealand and Australia, because of their fantastic summer conditions.

New Zealand Jan-Feb temperature:

Daytime average 70-90F; Nighttime average 55-65F
Sunrise 6:00am; Sunset 9:00pm

Australia Feb-March temperature:

Daytime average 80-95F; Nighttime average 70F
Sunrise 5:30am; Sunset 8:00pm

Notes

Flights and Airtickets

Participants will be notified by December 1st with their confirmed group placement and flight arrangements. Check the pre-trip portion of our website often for updated information.

The program cost includes international flights, from and returning to Los Angeles, and a flight from Christchurch, New Zealand to Sydney, Australia. Participants are issued with standard group departure and return dates applicable to their group.

Airtickets are valid for 3 months, so you may extend your time down under for up to one month after program conclusion.

Date changes to your return date can be made, once you commence travel, subject to seat availability. Date changes must be arranged by you through the airline, and will incur a fee of approx. \$150.

Additionally, participants typically have the option to arrange a stopover in Samoa or Tonga, subject to seat availability. This must be arranged by you through the airline after you have commenced travel and will incur a fee for date and routing changes.

Although we prefer you to travel with the group, you may arrange your own airline tickets if you notify Pacific Challenge well in advance. This will reduce your final payment.

Pacific Challenge does not arrange or cover the cost of date and/or routing changes to your ticket. These are your responsibility.

Travel Insurance

If you take WSU credits on the program, you will automatically be charged for travel insurance. This costs around \$250. If you don't take classes through WSU, Pacific Challenge strongly recommends you take out a travel insurance policy unless you are fully covered for overseas travel by an existing insurance policy.

Travel insurance is available from most travel agents and insurance brokers, and usually includes the cover of curtailment or cancellation of travel, medical expenses,

loss or theft of personal belongings, and personal liability (approx. cost \$200 for 2 months). For more information please refer to the pre-trip info site which we update throughout the fall semester.

Passport and Visas

Travel to Australia and New Zealand requires minimal immigration documentation but **please read the following information carefully.**

A passport is necessary. If you don't already have one, this should be attended to as soon as possible. Passport application forms are available at either your central post office or county courthouse. You will be required to submit 2 passport size photographs, your birth certificate and proof of identity (e.g. driver's license). The fee is approx. \$50. Your passport is valid for 10 years. Hopefully our program will inspire you to further travel, putting your passport to good use.

If you already hold a passport, please ensure it will not expire before August 2011, or you will need to get a new one issued.

US passport holders do not need a visa to enter New Zealand and your program leaders organize Australian visas for you. Should you wish to stay longer than three months, for work or travel, special visa arrangements need to be made. These are your responsibility.

Refer to the pre-trip info site for more flight, insurance and extension information. This site contains the most up-to-date information. www.pacificchallenge.org



Equipment and Clothing List

The secret to enjoyable travel is traveling light. Keep non-essential clothing and equipment to a minimum. Refer to the pre-trip info site for further gear information. www.pacificchallenge.org

Essential Gear

- Sleeping bag (compact)
- Sleeping pad (compact)
- Sleeping bag liner (can be a sewn bedsheet)
- Headlamp/flashlight
- Travel alarm clock/watch
- Towels (1 regular, 1 small)
- Water bottle
- Cutlery set
- Mug, plate, camp cooking pot
- Pocketknife (optional)
- Duct-tape (small roll)
- Small first aid kit
- Sunglasses
- Sunscreen
- Insect repellent
- Personal medication
- Toiletries
- 2-4 person backpacking tent*
- Backpacking stove* (Gas canister or MSR/Coleman fuel type)

*At least half you group will need to bring a tent and/or stove. Your program leader will contact you and coordinate this in December.
Important: You cannot fly with stove fuel or gas canisters, so please do not pack any.

Optional Gear

- Small travel pillow
- Camera/video camera
- mp3 player
- A good book
- Rock climbing shoes/harness
- Disposable contacts
- Musical instrument

Essential Clothing Outdoor

- Sunhat
- Swimsuit
- Quick dry hiking/running shorts
- Waterproof rain jacket
- Waterproof rain pants
- Thermal (not cotton) underwear (long top & pants)
- Warm/woolen hat
- Warm gloves
- Woolen/thermal socks (2 pairs)
- Fleece top
- Fleece bottoms (optional)
- Sports sandals (Teva, Chaco, etc.)
- Hiking boots

Casual

- Jeans/trousers x 1
- Shorts x 2
- Shirts x 2
- T-shirts x 3
- Sweatshirt x 1
- Set of tidy clothing for evenings out.
- Dress shoes (minimum dress codes are common)
- Socks x 4
- Underwear
- Running shoes
- Flip flops

Note: It is not uncommon to do laundry every 7-10 days. So pack light and wash regularly!

Documents

- Airline tickets
- Passport
- Travel insurance policy
- Photocopies of the above documents x 2 (bring one set and leave one set with your family)
- Credit and debit cards
- Scuba card and logbook (if you are certified)

Luggage Allocation

Luggage tags are recommended
Checked luggage:

- 1 medium/large backpack (for backpacking, internal frame)
- 1 medium duffle bag (soft frame)

Cabin luggage:

- 1 daypack (for day hikes)



How to sign up

Checklist

- Register for the program: Use form at back of this packet and include your deposit.
- Read additional pre-trip information on the website. This site is updated throughout the fall semester and has the most current info. www.pacificchallenge.org
- Obtain a passport: Refer to page 7
- Before Nov. 1st mail second payment & forms:
 - ⌘ Medical form
 - ⌘ Waiver form
 - ⌘ Copy of your passport
 - ⌘ Use payment slip 2 on pg. 11
- Decide if you are going to take classes
- Before Dec. 1st mail final payment:
 - ⌘ Use payment slip 3 on pg. 11
- If taking optional credit, enroll for classes by Dec. 1 and pay tuition 3 weeks prior to trip departure
- You will be notified of your group and flight details by Dec. 1st. After this:
 - ⌘ Organize travel insurance (if not taking WSU credit)
 - ⌘ Arrange your travel to Los Angeles International Airport
 - ⌘ Talk with your group about stoves and tents
- Organize spending money: Refer to pg. 6
- Clothing and equipment—wish list for Santa!
- Get excited!

Dates

- ◆ **From today:** Registration & deposit
- ◆ **November 1st:** Second payment, copy of passport, medical & waiver forms due.
- ◆ **December 1st:** Final payment due. Course registration due if taking WSU credits.



Payment Schedule

Payment Schedule and Conditions

Total program cost for the January-March 2011 program is \$7650. Small price adjustments may occur due to the nature of the economy.

To secure your place on this program, please mail in the completed registration form at the end of this packet with your deposit.

Registrations for this program are accepted year round until the program is full or until December 1st, whichever comes first. Places are allocated on first to register basis and usually fill by late October.

Booking Conditions

Late payments may result in forfeiture of your position. Please ensure payments are received by the due dates. Late payments due to financial aid disbursement or late registration must be cleared by the Program Director, Dr. David Wright (dave@pacificchallenge.org).

Cancellations and refunds

At the time we receive written notice that you must cancel your trip, the following fees may apply:

- From the time of your registration until 45 days prior to departure--\$200.
- 44 days to 30 days prior to departure--\$3200
- 29 days or less prior to departure--\$4000

If you fail to join the program, join it after its departure or leave prior to its completion, Pacific Challenge reserves the right to set the amount of refund (if any). Please note that if the reason for cancellation falls within the terms of any travel insurance policy you hold, then any such charge may, subject to the terms of your insurance policy, be refunded to you by the insurance company.



Timeline

Payment 1: Deposit \$200

(Accepted anytime up until program is full or December 1st) Personal check. Due with your completed registration form.

Payment 2: \$3000, November 1st

(Unless late registration) This is to be received no later than November 1st. Cashier's Check preferred. Please include completed Medical and Waiver forms and a copy of your passport.

Payment 3: \$4450, December 1st

(If late registration, all other payments also due by this date). This is to be received no later than December 1st.

Cashier's check required.

Tuition Fees for optional classes.

Please refer to class enrollment packet for due date and costs. These are available during October each year.

Make checks payable to: **Pacific Challenge**

Send all payments to: **Pacific Challenge
P.O. Box 1408
Winona, MN 55987
USA**

Tuition

Academic credit is optional, thus tuition costs for academic credit are additional to the total cost of the program. Please contact Dr. Lorene Olson, regarding Winona State University course withdrawals and tuition refunds, (lolson@winona.edu).

Financial Assistance

Some financial assistance is available in the form of a short-term deferment of a portion of your program cost. For further information, or to apply, please directly contact the Program Director, Dr. David Wright (dave@pacificchallenge.org)

Other options include personal loans from either personal banks or loan companies. You can apply with or without a cosigner, a few options include:

- ❖ Astrive Loans (approx. 10-13% APR)
- ❖ Sallie Mae Loans (approx. 5-15% APR)

Payment Slips



Pacific Challenge Payment Slip 3

Please complete this and mail to the address below with your third payment of \$4450, **to be received no later than December 1st**. A receipt will be e-mailed to you.

Final payment of **\$4450** enclosed as **cashier's check**. Or, if other amount & _____
If other amount, please state reason:

Full name of participant:

Email address:

Make checks payable to: **Pacific Challenge**

Mail to: **Pacific Challenge**
P.O. Box 1408
Winona, MN 55987

③



Pacific Challenge Payment Slip 2

Please complete this and mail with your payment of \$3000, copy of your passport, and **medical and waiver forms** to the address below, **to be received no later than November 1st**. A receipt will be e-mailed to you. Please check that the following are included with this payment.

Waiver Form

Medical Form

Copy of Passport

Payment of **\$3000**. Or, if other amount \$ _____

If other amount, please state reason:

Full name of participant:

E-mail Address:

Make checks payable to: **Pacific Challenge**

Mail to: **Pacific Challenge**
P.O. Box 1408
Winona, MN 55987

②

Medical Information Form

Please complete in clear printing and return to Pacific Challenge with your second payment. For your safety and the well being of the group, it is imperative that you complete the following information honestly and accurately. All disclosures are confidential.

Personal Information:

Full Name: _____

Age: _____ Height: _____ Weight: _____

In case of emergency contact:

Full Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

E-mail: _____

Relationship to participant: Mother Father Other

Personal Physician or Medical Group:

Name: _____

Address: _____

Day Phone: _____ Emergency After Hours Phone: _____

Please circle if you have any of the following conditions:

Respiratory problems; asthma

Diabetes

Migraine headaches

Claustrophobia; agoraphobia; Motion sickness

Skin Disorders

Neurological problems; seizures

Muscular-skeletal problems

Psychiatric conditions

Any chronic medical conditions

Allergic reaction to medication

Any other allergies or illnesses

Dietary restrictions or preferences

If 'yes' to any of the above, please provide details. Please also list any other pertinent medical information that we should know. Attach another sheet of paper if necessary.

Please detail any drugs or medication you currently take:

Have you had any first aid training? Y N What level and when?

Can you swim? Y N What level of swimming ability do you have?

I will inform the program coordinator or my program leader if any of the above information changes at any time.

Signature: _____ Date: _____

Liability Waiver Form

It is very important for the success of the program and your personal enjoyment during the trip that you read and understand the following: This is a release of liability and assumption of risk form. Please read carefully, sign, and return this together with our medical information form, to Pacific Challenge with your second payment, no later than November 1st.

This form is not designed to intimidate participants, merely to help relieve the pressure on programs like these when confronting the serious liability issues. It should be noted that this program has been running for a number of years successfully and safely. It has been very carefully designed to cater for an adventurous spirit; it is not for hardcore high risk takers. The program leaders are all trained in first aid and experienced in outdoor and group leadership. Leaders will take all reasonable care during the execution and supervision of each activity. Please also note that this program is not covered under university insurance and the program director carries only basic public liability coverage.

It is strongly recommended that all participants take out a travel insurance policy, to cover the possibility of lost luggage, theft, accidental or incidental sickness, travel curtailment and cancellation. Health care in Australia and New Zealand is of high quality and is offered relatively inexpensively to foreign travelers. The bottom line is to expect a pleasantly adventurous, safe and enjoyable look at Australia and New Zealand with leaders who will take all reasonable care.

Release of Liability and Assumption of Risk Agreement

I am aware that during the trip in which I am participating under the arrangements of the organizers and their employees, agents, associates, and contractors, I may be subjecting myself to risks, dangers, and hazards which could result in losses, illness, injury or death. I recognize that such risk, dangers, and hazards may be present at any time during the trip.

In consideration for and as part payment for the right to participate in the trip and the associated activities and services arranged by the organizers and their employees, agents, associates and contractors, I do hereby fully assume all risks of losses, illness, injury and death and, further, I do hereby release and discharge the organizers for any and all losses, damage, illness or injury resulting from my participation in the trip and the associated activities and services.

As well, I agree that I will not sue the organizers, their employees, agents, associates or contractors for any losses or damages incurred as a consequence of my participation in the trip and the associated activities and services caused by the negligent or other acts of the organizers and their employees, agents, associates or contractors.

I agree that the above obligations shall be binding upon me personally, as well as upon my heirs, executors, administrators, and all members of my family.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and an assumption of risk agreement between me and the organizers and their employees, agents, associates and contractors. I sign this agreement of my own free will, after having been advised that I am free to obtain independent advice on it.

Please note: Signing this form also acknowledges reading and understanding of the booking conditions on pg. 12.

Participant signature: _____ Date: _____

Printed name: _____

Parent/Guardian signature: _____ Date: _____

Printed name: _____

(If over 21 and not on parents insurance—2 witnesses may sign)

Witness 1
Name & signature: _____ Date: _____

Witness 2
Name & signature: _____ Date: _____

