



## Health and Mobility Checklist for Friendship Force Journeys

The Friendship Force Board of Directors adopted a new Health and Mobility policy in 2012 that emphasizes the need for the ambassador and host coordinators to communicate about the level of physical activity required during their journey and the ability of ambassadors to meet those requirements. The policy states:

*The Host Coordinator shall provide the Ambassador Coordinator information describing the level of physical activity that will be required during the journey, including the amount of walking as well as the living conditions and type of transportation that will be used during the journey. (FFI provides a checklist on our website to assist in this process.)*  
FFI 2017 Policies and Guidelines for Clubs and Programs, Section VII, page 12

**Host Coordinator:** Complete this checklist and give it to the ambassador coordinator. Providing this information well in advance allows the ambassador coordinator to recruit well-qualified ambassadors to participate on this journey.

**Ambassador Coordinator:** You should receive this completed form from your host coordinator. Share this information with your applicants and use it when screening and accepting ambassadors.

The host coordinator is not required to use this form. They may develop his/her own guide, but they must provide the ambassador coordinator with information describing the level of physical activity required.

If you have any questions, please contact your Friendship Force Regional Support Manager.

Check all that apply.

### Transportation

**Transportation during this journey will include:**

- Rented tour bus
- Private cars
- Public transportation

### Walking

**Walking during this journey will include:**

- Indoor walking over an hour (Ex: museums or historic buildings)
- Outdoor walking on smooth, paved sidewalks
- Outdoor walking on uneven pavement or cobblestones
- Outdoor walking on unpaved trails
- Climbing hills or hiking

### Activities

**The most strenuous activities on this journey will include:**

- Walking
- Low energy physical activities
- High energy physical activities (Ex: Hiking, swimming, skiing)
- Ambassadors will have the option to choose between high energy or low energy activities

**The itinerary will be:**

- Highly structured: Most days will include a full schedule of activities
- Moderately structured: Several days will include unscheduled free time
- Loosely structured: Most days will include unscheduled free time.

## Health and Mobility Checklist Continued

### Home Hosting

#### Stairs - Our hosts include homes with:

- No stairs
- Only a few stairs
- One flight of stairs
- Multiple flights of stairs
- Elevator

#### Most of our guests will:

- Share a bathroom with their hosts
- Have access to a guest bathroom

#### The bathrooms our guests will use are mostly located:

- On the same floor as the guest bedroom(s)
- On a different floor as the guest bedroom(s)

#### Sleeping Arrangements - Most of our guests will be offered:

- A bed with a mattress
- A pull-out sofa bed or roll-away bed
- A sofa
- A mattress on the floor
- Other: \_\_\_\_\_

#### Most of our hosts:

- Allow smoking in the home
- Do not allow smoking in the home
- Have a place where smoking is allowed

#### Most of our guests will:

- Share a bedroom with his/her traveling companion
- Be offered an individual bedroom
- Share a bedroom with members of the host family
- Sleep in a living room or other shared room

#### Hosts can accommodate guests with dietary restrictions or pet allergies:

- Most of our hosts
- Some of our hosts
- None of our hosts

### Hotel accommodations

*(Fill in this section if your journey includes an optional tour with hotel accommodations)*

#### Guests will stay in one or more hotels that:

- Require climbing stairs (no elevator)
- Include a working elevator
- Include handicap-accessible bathrooms
- Offer a smoking or nonsmoking preference
- Do not offer a smoking or nonsmoking preference
- Offer in-room bathrooms
- Include only shared/public bathrooms
- Require several guests to share one room (Ex: hostels)

**All ambassadors are expected to lift and carry their own luggage throughout the airport, in and out of cars or buses, and inside the host home.**

Notes:

***Ambassadors: Do you have particular needs or questions about this journey? Please share them with your ambassador coordinator, who will communicate with your hosts and share their response with you.***