

## Conditions of Participation: Journey 15207

- This Global Journey is open to all applicants who can fulfill the criteria required for fitness and mobility.
- During the hiking week your luggage will be transported. You are requested to bring along only 12 kilo (26.5 lbs) per person. Remember to bring a suitable piece of luggage. Any additional luggage can be deposited with your host.
- You need to be in good condition and must be able to walk 4 to 6 hours a day on various surfaces. The terrain is undulating, sometimes also steep. It can be uneven and muddy if wet.
- The temperature is expected to be 10 to 20°C (50-70°F)
- You are provided with a packed lunch on the walking days and you must be prepared to carry this in a backpack along with drinking water and wet weather clothing.
- It is advisable to wear hiking boots or sturdy walking shoes.
- Good mobility is essential to enable all ambassadors to benefit fully from their visit as an alternative program is not available.
- We have chosen hotels and meals to our best knowledge. You will experience traditional regional food and there are always possibilities to select options. Individual requirements are beyond our responsibility.
- Ambassadors must be willing to participate in all activities and sign a liability waiver. It is obligatory to have your own travel and health insurance. Our Club will not take any liability and responsibility for damages and health issues. FFI assists you with appropriate policies.
- We ask you to truthfully declare on your application form any health issues you may have, subject to be discussed.