

# WORLD YOUTH DAY PANAMA 2019

*"I am the servant  
of the Lord: May it  
be done to me  
according to Your  
word."  
Lk 1:38*





World Youth Day (WYD) is a worldwide encounter with the Pope which is typically celebrated every three years in a different country. The most recent WYD was celebrated in Krakow, Poland from July 26th to 31st, 2016 and the next World Youth Day will be held in Panama City, Panama from January 22nd to 27th, 2019. WYD is open to all young people who want to take part in a festive encounter with their contemporaries centred on Jesus Christ. This event is an opportunity to experience in first person the universality of the Church; to share with the whole world the hope of many young people who want to commit themselves to Christ and others. World Youth Day is a unique way to deepen your faith and grow closer to Christ, by means of prayer and the sacraments, together with thousands of other young people who share your interests and ambitions. During the week of World Youth Day, there will be youth festival programming in addition to the main events with the Pope.

<http://worldyouthday.com/about-wyd>





It is good to remind ourselves that the World Youth Day experience is a **PILGRIMAGE**. In that same light, we are called **pilgrims** seeking to encounter Jesus in the people we encounter and the places we will see. As pilgrims we must be attentive to one another's needs, always in the mainframe of living in community and maintaining the position of serving one another. So, let's refresh ourselves on what is a pilgrimage.

### **WHAT IS A PILGRIMAGE?**

A pilgrimage is a journey a pilgrim makes to a sacred place for the purpose of venerating it or to ask for heavenly aid, and ultimately to come to know God better. Christian pilgrimages were first made to sites connected with the birth, life, crucifixion and resurrection of Jesus Christ. Shortly after, pilgrimages started being made to Rome and other sites associated with the Apostles, Saints and Christian martyrs, as well as places where there had been apparitions of the Virgin Mary. In the past, pilgrims would leave their homes, families, and comforts to walk for hundreds of miles with nothing but what they could carry on their backs. Just as the pilgrims from the early centuries, we modern pilgrims also leave our homes, families and comforts in order to journey to sacred places.

### **Sacrifice:**

Along the journey, there are many sacrifices involved. There is suffering, hunger, pain, exhaustion, extreme weather conditions, crowds, etc... All of these involve self denial in order to obtain the ultimate goal and reach the final destination. Contrasting common misperceptions, suffering is not a punishment that each receives in direct proportion to his own sins but is a result of original sin and is part of the universal human experience, something we all experience in some form. Jesus Christ embraced his cross of suffering and death and so, too, should we embrace these sufferings with joy.

### **Reflection:**

While journeying, a pilgrim may notice that although they are living entirely in the present, it's not the present that matters; what matters is the distant goal. The experience one has on a pilgrimage can be fantastic and deeply meaningful, or it can be completely meaningless. It is entirely up to the pilgrim. Extra graces are given to pilgrims who open their hearts to God. Pilgrims are also called to be witnesses for Christ on their journey. As a Christian and a foreign visitor, pilgrims are ambassadors for Christ and the nation of their citizenship.

### **Parallel:**

A pilgrimage can also be defined as the course of life here on earth. The physical pilgrimage we take to a sacred shrine is a symbol of the spiritual pilgrimage we are on throughout our lives. Each day we have the opportunity to encounter Christ through suffering, joys, interactions with others, and through every aspect of our human experience. By taking what we have learned from our pilgrimage we can put it into practice in our daily lives and come to a better knowledge of God.



### **WYD Cross:**

The World Youth Day cross has many names: Jubilee Cross, Pilgrim Cross, and Youth Cross. It was entrusted to the youth as they were given the commission to “carry it throughout the world as a symbol of Christ’s love for humanity, and announce to everyone that only in the death and resurrection of Christ can we find salvation and redemption.” The cross set out with the young people from St. Peter’s in 1984 and has since been carried around the world, making a pilgrimage from parish to parish, diocese to diocese, and country to country

### **WYD Icon:**

The cross does not journey alone, however. In our time it will always be accompanied by an icon of the Blessed Virgin Mary (as Christ Himself was accompanied by his mother in history.)

On Palm Sunday in Rome, 2003, a delegation of Canadian youth passed on the cross to that of Germany. On the same occasion, Pope John Paul II entrusted to the youth an icon of the Blessed Mother that would accompany the cross. “It will be a sign of Mary’s motherly presence close to young people who are called, like the Apostle John, to welcome her into their lives,” said the pontiff.

### **Impact:**

So the cross and icon are carried together through the world touching hearts and inspiring holiness. There are countless testimonies from people who have encountered the pilgrim Cross and Icon. One youth from Canada’s delegation to receive the cross prior to WYD 2002 in Toronto said, “This cross has had a tremendous impact on all of the nations where it has been present. This was evident to me during the ceremonies when we received the cross from the Italians. They were extremely emotional, crying tears of sorrow because they did not want to give it up. We, on the other hand, were crying tears of joy because we were receiving a powerful symbol that we know will impact our nation.”

<http://worldyouthday.com/about-wyd/wyd-icon-and-cross>





**DID YOU KNOW WORLD YOUTH DAY IS CELEBRATED EVERY YEAR?**

Well, sort of =) The international World Youth Days, as mentioned, happens every 3-4 years. However, in order to be well prepared for the experience, it is encouraged to have local youth movement activities directed to preparing for World Youth Day. Therefore, the Pope along with the organizing teams of WYD will put forward yearly themes to study, reflect and act on. Below you will find the themes put forward after WYD Krakow in 2016 which culminates to the 2019 theme, the year of the 16th International World Youth Day in Panama City.

Along with the WYD Cross and Icon, there is a theme song put out by the local team as one of the focal points of the experience.

For 2019, the song is called "HE AQUÍ LA SIERVA DEL SEÑOR, HÁGASE EN MÍ SEGÚN TU PALABRA"  
(English: Here I am Lord, May It Be Done To Me According to Your Word) composed by Abdiel Jiménez.

**32<sup>a</sup> World Youth Day, 2017**

**"The Mighty One has done great things for me, and holy is His Name"**  
(Lk 1:49)

**33<sup>o</sup> World Youth Day, 2018**

**"Do not be afraid, Mary, for you have found favor with God"**  
(Lk 1:30)



**34<sup>o</sup> World Youth Day, 2019 (Panama)**

**"I am the servant of the Lord. May it be done to me according to your word"**  
(Lk 1:38)



**(SPANISH)**

**"HE AQUÍ LA SIERVA DEL SEÑOR,  
HÁGASE EN MÍ SEGÚN TU PALABRA"**

Autor: Abdiel Jiménez

Somos peregrinos que venimos hoy aquí,  
desde continentes y ciudades.  
Queremos ser misioneros del Señor,  
llevar su palabra y su mensaje.

Ser como María, la que un día dijo: Sí.  
Ante la llamada de tu proyecto.  
El cielo se goza y canta de alegría.  
Toda la tierra alaba tus portentos.

HE AQUÍ LA SIERVA DEL SEÑOR,  
HÁGASE EN MÍ SEGÚN TU PALABRA. (2)

TU SIERVA, YO SOY.  
TU HIJA, YO SOY.  
TU HIJO, YO SOY.

Ser como María, disponibles a salir.  
Iglesia peregrina con amor.  
Jóvenes, testigos y discípulos,  
Con alegría, fe y vocación.

HE AQUÍ LA SIERVA DEL SEÑOR,  
HÁGASE EN MÍ SEGÚN TU PALABRA. (2)

No tengan miedo, no.  
No tengan miedo,  
de llevar el amor de Dios.  
Comprometidos, sí, como María  
que supo ser la sierva del Señor.

HE AQUÍ LA SIERVA DEL SEÑOR,  
HÁGASE EN MÍ SEGÚN TU PALABRA. (2)

HE AQUÍ, LA SIERVA DEL SEÑOR,  
HÁGASE EN MÍ SEGÚN TU PALABRA (4)

**(ENGLISH)**

**"BEHOLD THE SERVANT OF THE LORD,  
LET IT BE TO ME ACCORDING TO YOUR  
WORD"**

Author: Abdiel Jiménez

We are pilgrims who come here today,  
from continents and cities.  
We want to be missionaries of the Lord,  
Take your word and your message.

Be like Mary, who one day said: YES.  
Before the call of your project.  
Heaven rejoices and sings of joy.  
All the earth praises your portents.

BEHOLD THE SERVANT OF THE LORD,  
LET IT BE TO ME ACCORDING TO YOUR WORD. (2)

YOUR SERVANT, I AM.  
YOUR DAUGHTER, I AM.  
YOUR SON, I AM.

Be like Mary, available to leave.  
Pilgrim Church with love.  
Young people, witnesses and disciples,  
With joy, faith and vocation.

BEHOLD THE SERVANT OF THE LORD,  
LET IT BE TO ME ACCORDING TO YOUR WORD. (2)

Do not be afraid, no.  
Do not be afraid,  
to carry the love of God.  
Committed, yes, like Maria  
who knew how to be the servant of the Lord.

BEHOLD THE SERVANT OF THE LORD,  
LET IT BE TO ME ACCORDING TO YOUR WORD. (2)

BEHOLD, THE SERVANT OF THE LORD,  
DO IT TO ME ACCORDING TO YOUR WORD (4)



Ambar Calvo, a 20-year old college student at Panamá University, designed the logo for WYD Panamá 2019. Selected from the logo contest convened by Pope Francis, Calvo's design is rich with Catholic symbolism.

Mary is at the centre of the Panamá 2019 logo. The crown of Mary has five points showing the five continents that will send pilgrims to WYD. The Panama Canal stands out in the logo, both representing the host country's most famous landmark and symbolizing the path of the pilgrim who finds in Mary on the way to meet Jesus. The silhouette of the Panamanian Isthmus is meant to communicate a place of welcome.

The red Pilgrim Cross and the silhouette of the Virgin echo the theme of WYD 2019: "May it be done to me according to your Word". The logo's silhouette has the shape of a heart and the letter 'M' to represent Mary as "Bridge of the World, Heart of the Universe," reminding us that the Blessed Mother is a bridge that leads us to Christ.

<http://worldyouthday.com/panama-2019-logo-revealed>

## **LOGO'S MEANING**



**PANAMA CANAL**



**SILHOUETTE OF  
PANAMA**



**THE PILGRIM CROSS**



**SILHOUETTE OF  
THE VIRGIN MARY**



**CROWN OF  
THE VIRGIN  
(5 CONTINENTS)**



**SALESIAN YOUTH MOVEMENT**  
**WYD PANAMA 2017**  
**Group Leader Info Only**

*Updated January 17, 2018*

WYD pilgrims pack more than clothes before beginning their journey; they also carry prayer intentions for themselves, for their loved ones, and for the whole world. These prayers are often entrusted to the intercessors selected as patrons for each WYD event. The saints and blessed chosen to pray for pilgrims are often known for a commitment to youth, or for a connection to the host country or region.

WYD Panamá 2019 has named eight great heroes of the Church to intercede for pilgrims and their needs.

Saint José Sánchez del Río  
Saint Juan Diego  
Blessed Sor María Romero Meneses  
Saint John Bosco  
Saint John Paul II  
Blessed Oscar Arnulfo Romero  
Saint Martin de Porres  
Saint Rose of Lima

As you spiritually prepare for your journey to Panamá, spend time learning about each of these intercessors. Ask for their prayers as you set your eyes upon a deeper relationship with Christ and His Church.

<http://worldyouthday.com/meet-the-patron-saints-of-panama-2019>

**SAINT JOHN BOSCO**  
PATRON OF WYD  
PANAMA 2019

WYD PANAMA 2019  
WORLD YOUTH DAY

[WWW.PANAMA2019.PA](http://WWW.PANAMA2019.PA)

f @ t v o o t t  
#PANAMA2019



## **WORLD YOUTH DAY GENERAL SCHEDULE\*\***

<b>DATE</b>	<b>MORNING</b>	<b>AFTERNOON</b>	<b>EVENING</b>
<b>Jan 22</b>	Official Welcome for Pilgrims	Opening Ceremonies and Holy Mass	
<b>Jan 23</b>	<p>The World SYM Day will take place at PANAMA CITY. In the morning the Forum will take place with Rector Major and Mother General. In the afternoon, the SYM Feast, a meeting for all the groups of SYM. The groups wishing to participate in the SYM Fest must register.</p> <p style="text-align: center;">08:30 Arrival and Registration (Delegates ONLY)</p> <p style="text-align: center;">09:30 Fr. Fabio and Sr. Runita: Welcome the Participants and Brief input</p> <p style="text-align: center;">09:45 Work in groups according to the Language</p> <p style="text-align: center;">11:15 Getting set to welcome Rector Major and Mother General</p> <p style="text-align: center;">11:30 Encounter with Rector Major and Mother General</p> <p style="text-align: center;">12:30 Celebration of the Holy Eucharist</p> <p style="text-align: center;">13:30 Lunch</p> <p style="text-align: center;">14:30 Arrival of the SYM Members for Youth Festival Celebration (All participants)</p> <p style="text-align: center;">The events will include an opportunity for reconciliation and Holy Mass.</p>		
<b>Jan 24</b>	Catechesis	Papal Welcome	Youth Festivals
<b>Jan 25</b>	Catechesis	Youth Festivals	Way of the Cross
<b>Jan 26</b>	Pilgrimage to the Vigil Site (Cinta Costera park PANAMA CITY)		Vigil with the Holy Father
<b>Jan 27</b>	Papal Final Mass (Cinta Costera park PANAMA CITY)		Back to Hotel/ Last Supper/ Pack/ Reflection
**Subject to change			



## ITINERARY DETAILS

### WORLD YOUTH DAY PACKAGE DETAILS, FLIGHTS AND ACCOMMODATIONS

DATE	ACTIVITY	ACCOMMODATIONS
Sun Jan 20	<p><b>Departure</b> Toronto → Panama City</p> <p>DETAILS FORTHCOMING</p>	
Mon Jan 21	Site seeing	<p><b>The Executive Hotel Panama</b></p> <p>Calle 52, Aquilino de La Guardia, Panamá, Panama</p> <p>+507 265-8011</p> <p><a href="http://www.executivehotel-panama.com/">www.executivehotel-panama.com/</a></p>
Tues Jan 22	Site seeing	
Wed Jan 23	WYD Activities	
Thurs Jan 24	WYD Activities	
Fri Jan 25	WYD Activities	
Sat Jan 26	WYD Activities	
Sun Jan 27	WYD Activities	
Mon Jan 28	<p><b>Return</b> Panama City → Toronto</p> <p>DETAILS FORTHCOMING</p>	



## PRACTICAL DETAILS

### MEETINGS AND TEAM BONDING

- We will have 5 “progress” meetings between May to November of 2018. If at all possible, gather as a group and we can FaceTime or Skype together for those outside of Toronto. Start with prayer, formation and spiritual reflection and end with a meal and Salesian goodnight. These agendas will be provided ahead of time.

### ARRIVAL IN CANADA

- For pilgrims outside of Canada, please arrive a couple of days before our departure of January 20th.
  - Pick Up, accommodations, meals will be provided and some sight seeing. Please let us know in advance
- Transportation to Toronto Airport (departure airport) will be provided

### PAYMENT SCHEDULE AND FEES

- Accepted methods of payments: cash or post-dated cheques
- For pilgrims registering with Canada package - please ensure amounts are exchanged in CND
- Cost of entire package (TBD in end of January 2018) will include 1 group T-shirt and booklet/ journal which will be distributed before departure

PAYMENT SCHEDULE				
<p><b>PAYING BY CHEQUE?</b></p> <p>Include ALL post dated cheques with your registration and/or February instalment and medical forms payable to <b>ST. BENEDICT YOUTH GROUP</b></p> <p><i>**6th-8th Payment may be returned or not be needed at all once we finalize package price by February of 2018**</i></p>	INSTALLMENT	DUE DATE	CND \$\$	CANCELLATION %
	Non-refundable Deposit	Upon Registration	\$500	Non-Refundable
	2nd Payment	January 20, 2018	\$500	90% return
	3rd Payment	February 10, 2018	\$500	70% return
	4th Payment	March 10, 2018	\$400	50% return
	5th Payment	April 10, 2018	\$300	30% return
	6th Payment**	May 10, 2018	\$300	10% return
	7th Payment**	June 10, 2018	\$300	0 return
	8th Payment**	July 10, 2018	\$200	0 return
	<b>TOTAL</b>		<b>\$3000</b>	

### REGISTRATION

- Register via online : <http://www.salesianym.ca/registration.html> OR register with forms attached (2 pages)

### REGISTRATION REQUIREMENTS

Upon registration, you must provide upon submission (Keep a copy for yourself as well):

- Registration Form (or online submission)
- Medical Form (or online submission)
- Photocopy of Passport
- Photocopy of Travel Medical Insurance
- Non-refundable deposit of \$500
- If paying by cheque, include ALL post dated cheques as scheduled above



## **PLANNING & PACKING LIST** *(will be discussed in detail during one of our progress meetings)*

### **HOW TO PACK**

- 1 backpack and 1 luggage. If you wish, a small duffel to pack for day trips
- Put something distinctive (ie: ribbon) on your bag or luggage, after awhile, they all look alike!
- Carry On Plane - Do not carry-on anything sharp ie: manicure scissors, pocket knives (stow in luggage)  
 Do not carry-on aerosols (stow in luggage)  
 Liquids is limited to 3oz (100ml) transparent bottles, carried in transparent plastic bag
- Leave some space in your luggage for the Pilgrim's pack you will receive as well as other souvenirs you may receive or purchase

### **IMPORTANT DOCUMENTS TO CARRY WITH YOU**

- Passport, PhotoID, Drivers License (photocopy is fine)
- Please ensure your passport is updated with more than 6 months to expiration date
- if you have VISAs, please ensure they are updated and copies are provided to group leader
- Travel & Medical Insurance - Bring copy of policy with you
- Contact numbers of emergency contacts, credit cards (in case of theft)

### **MONEY**

- Panamanian Balboa - It is best to exchange this currency prior to departing at your local bank
  - Some places accept USD, ensure to have small bills as they rarely give change for large bills
  - Ensure to have enough for some meals, public transportation, souvenirs, general spending
- Check with your bank regarding Debit Card use and ATM withdrawals
- If you're using Credit Cards, notify your bank you are out of country as they might 'black out' your card
- Traveler's belt is very handy! Its best not to keep all your money in the same place so if you get robbed, you don't lose everything

### **THINGS TO PACK**

*- this is merely a guideline. Ensure you are packed for comfort*

<b>CLOTHING</b>	<b>PERSONAL</b>	<b>SLEEPING</b>	<b>OTHERS</b>
<ul style="list-style-type: none"> <li>• Be prepared for weather</li> <li>• Modest shorts, jeans and shirts (most churches will not let you in with a tank top or sleeveless shirt)</li> <li>• Absorbent cotton socks - avoid blisters!</li> <li>• 1 track suit or windbreaker in case it gets cool</li> <li>• Walking shoes and/or Sandals (break them in now!)</li> <li>• Bathing suit</li> <li>• Hat, sun glasses</li> <li>• Flipflops for shower</li> <li>• Warm outdoor clothing or PJs (overnight on field)</li> </ul>	<ul style="list-style-type: none"> <li>• Personal comfort toiletries</li> <li>• Personal hygiene needs</li> <li>• Towel</li> <li>• Hand sanitizer</li> <li>• Sunscreen</li> <li>• Bug spray</li> <li>• Aspirin, Medication</li> <li>• Laundry soap</li> <li>• Water bottle</li> <li>• Flashlight</li> <li>• Camera (memory card, batteries)</li> <li>• Adapter plug for Poland (NB* an adapter is NOT a transformer!)</li> <li>• Rosary, Journal, Bible</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping Bag</li> <li>• Travel pillow</li> </ul> <p style="text-align: center; color: red; font-size: small;"><i>**As part of the World Youth Day tradition, there is a night where we "sleep under the stars" among the thousands of other pilgrims awaiting the Pope's arrival for the Sunday Mass and final celebration**</i></p>	<ul style="list-style-type: none"> <li>• Canada flags</li> <li>• Small souvenirs, lapel pins, bracelets etc to exchange with other pilgrims from other countries</li> </ul>



# SALESIAN YOUTH MOVEMENT WYD PANAMA 2017 Group Leader Info Only

Updated January 17, 2018

## PANAMA IN JANUARY (will be discussed in detail during one of our progress meetings)

TEMPERATURE		27 °C	81 °F
HIGH TEMPERATURE		31 °C	88 °F
LOW TEMPERATURE		23 °C	73 °F
SUNSHINE HOURS		8 HRS	
RAINFALL		68 MM	
RAINFALL DAYS		6 DAYS	
SEA TEMPERATURE		27 °C	81 °F

The 'odd' timing of World Youth Day Panama might be a blessing. These averages show decent weather that anyone would love to enjoy during a pilgrimage. If the WYD activities were held in the typical summer months (June, July or August), the average rainfall goes from 68mm to **280mm!** January may signal winter elsewhere in the world, here in Panama Canal it is the start of the dry season - and can be just as hot as most of the rest of the year. There is no real cold weather here, with good temperatures year-round.



Images to the right is Cinta Costera Park where most of the large gatherings will take place. Below is the Panama Canal. Average sea temperatures show a beautifully warm weather - a nice break from the January winter weather we will have. For the "what about my hair" fanatics, the humidity averages at 70% in January.





## REGISTRATION FORM

***\*Registration form must be filled out per person\****

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age: \_\_\_\_\_ Sex: MALE FEMALE  
Year Month Day

Address: \_\_\_\_\_  
Number and Street City Postal Code

Daytime Tel: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

### **LIABILITY RELEASE**

As a participant in the SALESIAN YOUTH MOVEMENT WYD PANAMA CITY 2019, I, the undersigned, in my name and in that of my parents, tutors and heirs, release ALL present and future responsibility (claims, loss or personal belongings, body or moral damage, additional expenses) of the Salesians of Don Bosco, Salesian Youth Movement, St. Benedict Church in Toronto, including their employees, their volunteers, and other related persons. I also renounce, clearly, any legal action against these persons resulting or attributable directly or indirectly to an action, an omission of these same persons concerning the preparation, the organization, the promotion and the carrying out of this pilgrimage tour.

\_\_\_\_\_  
**Initial**

### **CONSENT & RELEASE**

I hereby acknowledge my participation in SALESIAN YOUTH MOVEMENT WYD PANAMA CITY 2019 hosted by World Youth Day Organization, the Salesians of Don Bosco, Salesian Youth Movement, St. Benedict Church in Toronto. I understand and assume all risks inherent with this event but I also understand that all reasonable care and supervision will be exercised to provide for the general well being for all participants. I individually, do hereby release, covenant not to sue, and save harmless: The Salesian Youth Movement, St Benedict Church, Salesians of Don Bosco, all employees, agents, volunteers for the event, from any and all claims, for any and all harm arising to me as a result of my participation in the event.

\_\_\_\_\_  
**Initial**

### **PHOTO & VIDEO RELEASE**

I hereby give permission to be photographed and videoed SALESIAN YOUTH MOVEMENT WYD PANAMA CITY 2019 by the Salesians of Don Bosco, Salesian Youth Movement, St. Benedict Church in Toronto or their representative(s). These photographs and videos may be used reasonably by the Salesians in publications, including electronic publications and/or in audio-visual presentations, promotional literature, advertising or in other similar ways.

\_\_\_\_\_  
**Initial**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**MEDICAL FORM**

*\*Medical form must be filled out per person\**

**GENERAL INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Gender: MALE FEMALE  
Year Month Day

Address: \_\_\_\_\_  
Number and Street City Postal Code

Physician Name: \_\_\_\_\_ Physical Tel: \_\_\_\_\_

OHIP/ Health Care Number: \_\_\_\_\_

Travel Medical Insurance - Carrier & Policy Number: \_\_\_\_\_

**PERSON TO REACH IN CASE OF EMERGENCY**

	NAME	TEL #	ADDRESS
1.	_____	_____	_____
2.	_____	_____	_____

**STATE OF HEALTH**

Do you have any allergies? YES NO If yes, please indicate: \_\_\_\_\_

Do you take medication? YES NO If yes, which ones?

**MEDICATION**

**WHY**

**DOSAGE**

_____	_____	_____
_____	_____	_____

**OTHER MEDICAL PROBLEMS (CIRCLE ONLY THOSE THAT APPLY)**

- |                  |                      |                |
|------------------|----------------------|----------------|
| Asthma           | Pulmonary            | Epilepsy       |
| Hypoglycaemic    | Diabetes             | Hypothyroid    |
| Cardiac Problems | Orthosis/ Prosthesis | Blood Pressure |

Other health concerns? \_\_\_\_\_

**MEDICAL RELEASE**

I hereby give permission to the group leaders representing the Salesians of Don Bosco, Salesian Youth Movement and St Benedict Church to obtain professional medical treatment for me in the unlikely event of injury or illness during this event. I request that the Emergency Contact be notified in a timely manner if such a need arises. I agree to pay any expenses incurred for such treatment(s).

\_\_\_\_\_  
**Initial**