

## **2010 Sr High Mission Trip Heifer Ranch, Perryville, Arkansas**

### **Sunday, June 20**

- Depart from Westminster at 9am
- Travel to Nashville
- Overnight at First Presbyterian Church Nashville

### **Monday, June 21**

- Travel to Perryville
- Arrival and Orientation
- Dinner in Dining Hall
- Overnight in Heifer Hilton (open air barn)

### **Tuesday, June 22**

- Breakfast in Dining Hall
- Customs Activity
- Scarcity Lunch
- Cultural Activities
- Traditional Dinner
- Overnight in Village

### **Wednesday, June 23**

- Village Breakfast
- Service Activities
- Market Lunch
- Relief Session
- Village Dinner
- Overnight in Village

### **Thursday, June 24**

- Village Breakfast
- Service Activities
- Market Lunch
- Development Session
- Village Dinner
- Overnight in Village

### **Friday, June 25**

- Village Breakfast
- Closing Session
- Shower in Heifer Hilton
- Travel to Knoxville
- Overnight at home of Bill Linton (Lucy's brother)
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### **Saturday, June 26**

- Whitewater raft on Pigeon River
- Travel to Greensboro

## Heifer International

The mission of Heifer International is to work with communities to end hunger and poverty and care for the earth.

The vision of Heifer International is a world of communities living together in peace and equitably sharing the resources of a healthy planet.

## Heifer Ranch

Heifer Ranch is a 1,200 acre working ranch and hands-on learning center providing education that promotes sustainable solutions to global hunger, poverty and environmental concerns.

## Perryville/Arkansas

Perryville is the county seat of Perry County, Arkansas. A population of about 1,400 preserves the atmosphere of rural life. However, Perryville is only a few miles from the attractions of the larger cities of Little Rock and Conway.

## Local Points of Interest

Petit Jean Mountain State Park — 22 miles  
Swimming Pool — \$3.25 per person; 12-6:00 pm (May - Sept.)  
Camping facilities and hiking trails (Year round)  
For more information on trails and events, call (501) 727-5441.

## Little Rock — 50 miles

Heifer International Headquarters, Arkansas State Capitol, Clinton Library, River Market, Wild River Country Water Park, movies, malls and restaurants.

For more information on Arkansas, visit [www.arkansas.com](http://www.arkansas.com).

## Local Medical Resources

Ambulance Service, Perryville, AR 911  
St. Anthony's Health Clinic, Perryville, AR (Small Needs) 501-889-3114  
Baptist Health Center, Perryville, AR (Small Needs) 501-889-5543  
St. Anthony's Healthcare Center, Morrilton, AR (Minor Injuries) 501-977-2300  
Conway Regional Hospital, Conway, AR (Major Injuries) 501-329-3831

Heifer Ranch  
55 Heifer Rd.  
Perryville, AR 72126

(501) 889-5124  
[ranchevents@heifer.org](mailto:ranchevents@heifer.org)  
[www.heifer.org/ranch](http://www.heifer.org/ranch)



## Heifer Ranch

## Global Passport Program Information

Global Passport participants internalize complex issues surrounding hunger and poverty by experiencing the circumstances that many of Heifer International's project partners face each day. Participants will leave with an awareness of their role as a global citizen and with ideas on how to create change.

This interactive educational simulation includes powerful and surprising situations that open the world beyond participants' own borders. Through experiencing conditions that arise daily for millions of people they become aware of the effects of poverty and hunger. They feel the discomfort and frustrations when faced with difficult life choices — how will I feed my family?

Throughout the program, they will work to provide for their "family" by tending gardens and livestock, working in the village community, buying supplies from the international market, and cooking cultural meals with appropriate technology. Each night the family will come together and sleep in representative housing, such as Mozambique, the Tibetan region of China or the Mississippi Delta region of the United States.

**Program Activities** (all activities are subject to change)

### Global Passport (3 Night)

Day 1  
Arrival and Orientation  
Dinner in Dining Hall  
Overnight in Heifer Hilton

Day 2  
Breakfast in Dining Hall  
Customs Activity  
Scarcity Lunch  
Cultural Activities  
Traditional Dinner  
Overnight in Village

Day 3  
Village Breakfast  
Service Activities  
Market Lunch  
Relief Session  
Village Dinner  
Overnight in Village

Day 4  
Village Breakfast  
Closing Session  
Shower in Heifer Hilton  
Departure

### Global Passport (4 Night)

Day 1  
Arrival and Orientation  
Dinner in Dining Hall  
Overnight in Heifer Hilton

Day 2  
Breakfast in Dining Hall  
Customs Activity  
Scarcity Lunch  
Cultural Activities  
Traditional Dinner  
Overnight in Village

Day 3  
Village Breakfast  
Service Activities  
Market Lunch  
Relief Session  
Village Dinner  
Overnight in Village

Day 4  
Village Breakfast  
Service Activities  
Market Lunch  
Development Session  
Village Dinner  
Overnight in Village

Day 5  
Village Breakfast  
Closing Session  
Shower in Heifer Hilton  
Departure

## Heifer Hilton Bunk Barn

The Heifer Hilton is an open air barn (no heat or air conditioning). Males and females stay in separate areas with separate bathroom and shower facilities. You may be sharing part of this facility with other groups. You will need to bring your own towels, sleeping bag and pillow.

## Before Your Trip!

### Waiver Forms

Each participant is required to fill out the Ranch's Emergency Medical Information & Disclosure and Acknowledgement of Risk Form (Waiver Form) and have it signed by a parent or guardian (if under 18 years old) to take part in program activities at Heifer Ranch. Your leader will need to make copies of the completed forms so that there are two sets. One set of forms will be given to Ranch staff upon arrival. The other set will be kept with your group for the duration of your stay.

If any members of your group need special consideration for medical reasons, let us know about it as soon as possible. Special needs are not a problem, unsigned waivers are!

### Weather & Dress

Arkansas weather is often unpredictable. The fall and spring are a mixture of cold and warm days, with the spring being our normal rainy season. Summer is usually hot and humid. Beginning in June, temperatures tend to be in the 90's. It is important to stay hydrated. For current weather conditions, visit [www.weather.com](http://www.weather.com). Perryville's zip code is 72126.

Ranch dress code is as follows: shirts must have at least a two-inch shoulder strap, shorts must come to at least mid-thigh, closed-toed shoes must be worn during program activities.

### What to Bring

For the Global Passport program, bring just the necessities such as:

- Sleeping bag and pillow
- Towel and/or washcloth
- Sturdy closed-toed walking shoes\*
- Weather and dress code appropriate clothing\*
- Rain gear (no umbrellas, please)
- Insect repellent
- Sunscreen, hat and sunglasses
- Toiletries
- Basic medication (Tylenol, neosporin etc.)\*
- Water bottle (must hold at least 24 ounces)
- Flashlight
- Camera and film (optional)
- Games and musical instruments (optional)
- ENTHUSIASM!

\*We encourage you to bring both shorts and pants. Keep in mind that clothes will become dirty during your activities so you may want to bring extra. A second pair of closed-toed shoes may also come in handy should your first pair become wet. The Ranch cannot provide any medication. One person in the group should bring a first-aid kit to include basic medications such as pepto, anti-itch cream, tylenol, allergy medication etc.

### What to Leave Behind

- Watches
- Jewelry
- Cell Phones
- Electronic Devices
- Additional Food (unless required for a medical condition)

## Common Questions & Answers

### How should I prepare for my trip?

You can visit our website at [www.heifer.org/ranch](http://www.heifer.org/ranch).

What areas are represented in the Village? Mozambique, Tibetan region of China, and the Mississippi Delta region of the U.S.

What will we be eating?

A hot cereal breakfast will be provided each morning. Participants will prepare lunch and dinner with appropriate vegetables, grains and protein. Meat may be a source of available protein.

What are the sleeping arrangements?

There will be an adult chaperone from your group assigned to each house. Males and females will be randomly chosen to sleep in the homes, unless your group leader communicates with us otherwise.

What are the bathroom facilities?

"Outhouse" style composting toilets are available. Sponge baths or other appropriate technology showers may be available.

Is the Village handicap accessible?

The Mozambique site has an ADA compliant trail to the cooking, sleeping, composting toilet and processing areas.

Are there safety concerns?

Risk of physical injury is about the same as camping. Arkansas has a variety of insects and wildlife. We highly encourage you to bring insect repellent.

What if it rains?

Rain is part of daily life. You can prepare for it by bringing rain gear - no umbrellas, please. Heifer staff closely monitors weather conditions. If weather conditions require it, participants will be moved to a safe location.

Will we be sharing the program with another group?

Depending on your group size, there may be prior arrangements made to combine a group of similar ages.

Can youth under Grade 9 participate if their parents attend?

Participants must be enrolled in or entering the 9th grade.

What is the role of the adults?

Let the young people do the work, help them when they need it by talking them through it, but do not take over. Encourage your group by asking questions to lead them in the right direction and to show them your interest.

Does the Ranch have a Gift Shop?

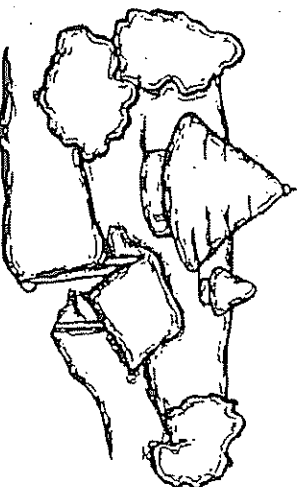
Yes! The Gift Shop offers fair-trade products from around the world as well as basic toiletries.

Will I receive cell phone reception?

Some cellular services receive coverage but not all do. Cell phones must be turned on/vibrate during all Ranch programming.

Who are the Heifer Ranch staff?

Ranch staff includes both employees and volunteers from all areas of the world. All Ranch staff undergo a thorough background check before becoming a member of our team.



**Heifer Ranch Program Participants must complete both sides of this WAIVER form**  
*Group Leader brings 2 copies: original goes to Ranch Staff upon arrival and copy stays with leader during the program*

PARTICIPANT NAME: \_\_\_\_\_

SPONSORING ORGANIZATION: \_\_\_\_\_

HEIFER RANCH PROGRAM NAME: (circle one): Cultural Connections/Heifer Challenge/Global Explorers/Global Gateway/  
Global Challenge/ Summer Action/Alternative Spring Break/Global Passport/Adult Service Journeys/NOMADS/Other \_\_\_\_\_

To learn more about these programs visit [www.heifer.org/ranchprograms](http://www.heifer.org/ranchprograms).

HEIFER RANCH PROGRAM DATE(S): Arrival: \_\_\_/\_\_\_/\_\_\_ Departure: \_\_\_/\_\_\_/\_\_\_

**HEIFER PROJECT INTERNATIONAL  
DISCLOSURE AND ACKNOWLEDGEMENT OF RISK**

Heifer Project International's educational programs utilize experiential and adventure education to help participants "learn by doing." The programs are supervised by qualified instructors who have been trained in group facilitation techniques and approved safety procedures. All activities are presented on a "Challenge by Choice" basis. This means that participants choose their own level of participation.

The program activities are designed to be within the capability of anyone who is in reasonably good health. Prospective participants who are not in good health, who have pre-existing medical conditions, or who have questions about the current status of their health should consult with their physician before participating. Consultation with a physician is recommended if you have any of the following conditions; nervous system disorders (epilepsy, seizures, etc.), heart disease, respiratory problems (asthma, emphysema, etc.), back or neck injuries, pregnancy, recent bone or joint injuries, recent surgeries, or judgment-impairing medications.

The instructors will take every reasonable precaution to assure participants' safety. However, any outdoor activity includes unforeseeable risks, including poisonous plants, wild or domestic animals, slips and falls, cuts, bruises, sprains, fractures, and exposure to the elements. The nature of this program may also expose the participant to emotional risk. Participants in the Global Gateway, Global Passport, Global Challenge, Summer Action Program, and Alternative Spring Break programs may have to make difficult decisions regarding the use of an animal for nourishment. The undersigned acknowledges that the participant choice to use an animal for nourishment does not constitute a "sale" but is a component part of the educational experience. The undersigned knowingly and voluntarily assumes all risk of injury arising out of or in connection with the programs, whether or not such risk are specifically foreseeable, including without limitation the following:

1. Physical Exhaustion;
2. Exposure to heat or Cold;
3. Exposure to Heights;
4. Ingress or Egress into or out of the Course or Training Area or Facility;
5. Consumption of Food Prepared by Group Participation using Ways and Means authentic to Foreign Countries;
6. All other conditions related to the Course or Training

The undersigned warrants that he or she has undergone the necessary medical evaluation and certification that his or her physical condition and capabilities are sufficient to withstand the potential hazards and rigors of the course of training.

The undersigned waives any liability of Heifer Project International for participant/group choices within programs, including those choices regarding the use of an animal for nourishment, and the group process of cooking such a meal for consumption. The undersigned covenants that he or she will not sue Heifer Project International or otherwise pursue any claims for any risks or injuries identified in this document or otherwise arising out of the programs. The undersigned agrees to indemnify Heifer Project International, and provide a defense, against any and all claims for any risks or injury arising out of or in connection with the course or the training.

Further, Heifer Project International is hereby authorized to use the participant's likeness, through the use of, but not limited to photography, video, or film, for future promotional or public relation use, as deemed appropriate and beneficial to Heifer Project International and the undersigned releases any and all claims for compensation or damages for use of such images. Heifer Project International is hereby authorized to use the participants name and address for promotional purposes by Heifer Project International and/or one of its learning centers.

The undersigned hereby certifies that he or she releases any and all rights or claims for damages against Heifer Project International, its employees, agents, and all individuals assisting in instruction and conducting the programs, from all liability of any nature for any and all injuries, loss, or damage suffered by the undersigned.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or legal guardian signature required if participant is under 18 - signature represents compliance with both sides of this form)

EMERGENCY MEDICAL INFORMATION (Heifer Ranch Waiver Form page 2 of 2)

**Participant Information:**

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Home Address: (Include City/State/Zip Code) \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Social Security #: \_\_\_\_\_ (optional)

**Medical conditions** or special needs that might effect your participation in programming or would need to be known in case of emergency: \_\_\_\_\_

**Medications** you are currently taking: \_\_\_\_\_

**Dietary restrictions:** \_\_\_\_\_

**Emergency contact information** (other than traveling companion):

Name: \_\_\_\_\_ Relationship to you \_\_\_\_\_

Home Phone:( ) \_\_\_\_\_ Work Phone( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

**Physician's Name:** \_\_\_\_\_ **Office Phone:** ( ) \_\_\_\_\_

**Insurance:** Heifer Project International requests each participant to be covered by sufficient health/accident insurance. This coverage may be provided by a policy carried by the participant, a parent, a spouse, or the sponsoring organization (church, school, employer, etc.).

Insurance Company \_\_\_\_\_ Effective Date \_\_\_\_\_

Group I.D. Number \_\_\_\_\_ Individual I.D. Number \_\_\_\_\_

Pre-admission Certification Phone Number: ( ) \_\_\_\_\_

**Medical Release:** In the event of an emergency, I authorize the administration of any first aid, transport, examination, diagnosis, and treatment that is deemed necessary by Heifer Project International staff or any paramedic, nurse, physician, or dentist.

**THIS HEIFER RANCH WAIVER FORM MUST BE SIGNED ON PAGE 1**

# Permission Slip

Rapid Descent River Company

P. O. Box 89 \* 3165 Big Creek Road

Hartford, Tennessee 37753

1-800-455-8808

I, \_\_\_\_\_, hereby  
(Parents Name)

Give permission for \_\_\_\_\_  
(Child's Name)

To go whitewater rafting with Rapid Descent River Comp.

On \_\_\_\_\_ with \_\_\_\_\_  
(Trip Date) (Guardian's Name)

Acting as his/her guardian for the trip.

\_\_\_\_\_  
(Parent's Signature)

\_\_\_\_\_  
(Date)