



**CORSTONE**

*Fostering Emotional Resilience  
for Challenge, Conflict or Crisis.*

*Endless Blue*

## **Application**

### **Project Grace Greece**

**Please complete this application and return with your \$1,000 deposit to**

**Project Grace / CorStone 33 Buchanan Drive Sausalito, CA 94965**

#### **Schedule:**

**April 28 – Depart US**

**April 29 – Arrive Athens, Greece. Transfer to Hotel**

**April 30 – Board Sailboat**

**April 30- May 7 visit various islands, volunteer, connect**

**May 7 – Depart Athens, return to US.**

#### **The Group**

- The group will be a diverse group of eight women of all ages and backgrounds. Some have suffered loss recently, others several years ago. All participants are looking to honor their lost loved one and connect with others who have been through a similar experience.

#### **Accommodations**

Accommodations will be shared, with one night in a hotel and six nights on a 50 ft. catamaran.

Accommodations on the boat are very nice, and very small. Each room has one queen bed and a private bath. There will be a staff of 3 on the boat, including a skipper, cook, and first mate.

**Expenses -**

The cost of the trip is \$2,600 per person (**tax deductible**). The cost does not include airfare, some meals and gratuity. We request a \$1,000 deposit with this application, and full payment 30 days prior to departure.

**Endless Blue**

For over twenty years, Endless Blue has provided to its clients unique nautical experiences and unforgettable memories. Endless Blue leverages the sea to cleanse the heart, open the mind and provide a bridge to connect individuals with other cultures of the world. For many Endless Blue clients, their travels through the Greek Islands have been life-changing experiences.

**Fundraising and Scholarships**

If you are interested in ideas for fundraising in your community we can help. Please contact one of us for details.

Unfortunately, we are not able to offer scholarships for this trip.



**2010 Work Group Volunteer Application**

*If, for some reason, CorStone /Project Grace cannot accept your application to participate in a work group your full deposit will be refunded.*

Please complete both pages of this form and return it, along with your \$1,000 deposit, to Project Grace, c/o CorStone, 33 Buchanan Drive, Sausalito, CA. 94965 along with your deposit, 2 copies of your passport, and 2 copies of the Medical Waiver and Release Form.

Date and location of the Project Grace group you are joining

\_\_\_\_\_

Name (as it appears on your passport)

\_\_\_\_\_

Age (on date of departure) \_\_\_\_\_

Address:

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone

Home \_\_\_\_\_ Cell \_\_\_\_\_

Work \_\_\_\_\_

Passport Information – No. \_\_\_\_\_; Date of Issuance \_\_\_\_\_;

Expiration Date \_\_\_\_\_; Place of Issuance \_\_\_\_\_;

Birth Date \_\_\_\_\_

Please Select a Payment Option. Make checks payable to CorStone/Project Grace.

Check. \$1,000.00 check included with this application.

Credit Card

Name on Card \_\_\_\_\_

Credit Card Type \_\_\_\_\_

Number \_\_\_\_\_ exp. \_\_\_\_\_

CV \_\_\_\_\_

*Please take your time in answering the following questions:*

How did you learn about Project Grace?

What are your reasons for wanting to join a Project Grace Work Group?

What experience or skills (i.e. artistic, medical) do you have that you believe will be relevant to a Work Group?

Have you had previous experience(s) in adapting to a different culture?

Do you have previous experience sailing/sleeping on a sailboat?

What do you expect to gain from this experience?

What concerns or reservations do you have about joining a Project Grace group?

What do you expect will be the most difficult physical or mental challenge you will face?

What health or dietary restrictions should we be aware of?

How do you expect to share you Project Grace work experience with your community when you return?



## Medical Waiver and Liability Release

*Please read, sign and return 2 copies of all 3 pages of this form four (4) weeks before departure.*

Through our information programs and pre-departure orientations, Project Grace seeks to provide you with information on the potential risks and hazards of living and traveling in a foreign country, and on how these may impact your health and safety. For additional sources of information, the US Dept. of State publishes travel advisories for all countries to inform Americans of physical dangers, serious health hazards or other conditions. Travel advisories are available at regional passport agencies, on the web at [www.travel.state.gov](http://www.travel.state.gov) or by calling the Citizens Emergency Center at 202.647.5225.

I, \_\_\_\_\_ (full legal name of work group participant, herein I may also be referred to as the “Work Group Participant”) understand that foreign travel and volunteer work projects may present problems, including disease, accidents or other special hazards endemic to Greece. I have voluntarily agreed to participate in a Project Grace work group \_\_\_\_\_ (location of project) on \_\_\_\_\_ to \_\_\_\_\_, 2011 (fill in the exact dates of the project).

In return for being permitted to participate in this work group, I agree to the following terms and conditions:

1. I assume the risk of foreign travel and volunteer work. I release, indemnify, and hold harmless Project Grace and CorStone and its officers, agents and employees from any liability whatsoever related to my participation in the above work group. I will not assert claims for, or hold Project Grace or CorStone responsible for any costs or losses resulting from injury, illness, disability or any events not within the reasonable control of Project Grace or CorStone.

2. I understand that Project Grace is providing me with Overseas Traveler's Protection Plan with limited coverage for accident (\$5,000), sickness (\$2,500), emergency evacuation and repatriation of remains (\$25,000), accidental death or dismemberment (\$25,000), and trip interruption (\$500). I have received a copy of such insurance policy. I understand that this coverage will begin on the departure date of my work group and end on the return date of my work group. I understand the coverage and limits under this policy and also understand that, if I choose, I may obtain additional insurance coverage at my own cost, coverage, as I deem necessary to cover the pre-existing conditions, as well as coverage for any additional travel I elect to do before and after the work group.
3. I hereby authorize Project Grace agents or personnel to secure and approve any necessary emergency medical treatment where, in the opinion of a certified medical authority, it is deemed necessary and I am unavailable to authorize such treatment. This permission is granted between the dates noted above. I agree to reimburse Project Grace for any expenses incurred beyond those covered in paragraph 2 in securing treatment.
4. I understand that Project Grace has the right to discontinue my participation if I disregard reasonable directives regarding safety, liability or laws and regulations of the host country, or if my behavior in any way endangers the safety or community spirit of the group. I have read and fully understand and agree to abide by the Project Grace Work Group Policies.
5. I understand that it is my personal responsibility to obtain a valid passport and all other travel documents required to enter the country hosting the Project Grace Work Group to which I am joining.
6. I have fully informed myself to the contents of this affirmation and release, and I further state that I understand the terms herein are contractual and not a mere recital. I acknowledge that this release is a condition precedent to participating in a Project Grace program. It is understood and agreed that this is a full and final Release, which is not limited in any way. By signing this Release, the Work Group Participant, intend and expressly agree that it shall be effective as a

bar to each and every claim, demand and cause of action the Work Group Participant may have or has against Project Grace as of the date the Work Group Participant signs this Release. The Work Group Participant also hereby expressly waives any and all rights and benefits conferred upon him/her now or in the future under the terms of California Civil Code Section 1542, which provides as follows:

“A general release does not extend to claims which the creditor does not know or suspect to exist in his or her favor at the time executing the release, which, if known by him or her, must have materially affected his or her settlement with the debtor.”

Name \_\_\_\_\_ (please print)

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

**Emergency Information**

Name of medical insurance company:

\_\_\_\_\_

Group or Policy No. \_\_\_\_\_

Physician's Name

\_\_\_\_\_

Telephone No. \_\_\_\_\_

**Person to Contact in the case of an emergency:**

Name (please print) \_\_\_\_\_ Relationship

\_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone Nos. (list all – home, work, cell):

\_\_\_\_\_

\_\_\_\_\_

E-Mail Contact

\_\_\_\_\_

Note: E-mail will be used for emergency notification only if all efforts to contact the above person by phone are unsuccessful.

Physical Limitations

\_\_\_\_\_

Seasickness?

\_\_\_\_\_

Asthma, food allergies, medication allergies or respiratory problems\_\_\_\_\_

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Other chronic medical conditions

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Current Medications/Conditions

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Current Psychiatric Medications

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Name of Mental Health Provider

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## Protocol

*There are a number of cultural differences between the United States and Greece. Beyond the obvious differences in language, there are cultural idiosyncrasies that will reveal themselves over time. By understanding and respecting these differences, our participants will have a more enriching experience.*

Dress and Behavior – We encourage our participants to dress conservatively so not to draw unwanted attention to themselves. When working with children or meeting with local women, short shorts and skirts, low cut shirts, and tops with spaghetti straps should not be worn.

Material Gifts to Individuals – While it may be tempting to sponsor a person or a program in Greece, we ask that donations be channeled through Project Grace/CorStone. We believe we need to “help” in ways that are responsible and consistent with our mission and our principles.

We have learned that 1) it’s better to give a hand up than a hand out (helping people help themselves and their communities empowers them; they gain long-term, sustainable benefits); and 2) it’s better to help groups of people rather than individuals (individual giving has the potential to produce divisions within communities, while giving to groups can create unity and solidarity).

We do not, however, discourage the offering of small gifts (such as a hat, a photo or a book). Such gifts serve more as reminders of a friendship and your time together.

## **Guidelines for Responsible Travel**

*The following guidelines were adapted from the Travel Specialists website:  
[www.thetravelspecialists.biz](http://www.thetravelspecialists.biz)*

- Travel in the spirit of humility and with a genuine desire to meet and talk with local people; travel to meet, not conquer.
- Reflect daily on your experiences; seek to deepen your understanding.
- Don't create barriers; cultivate the habit of listening and observing. Discover the enrichment that comes from seeing another way of life.
- Acquaint yourself with local customs; be culturally sensitive. When taking pictures, be sure to have one's permission.
- Be environmentally friendly; conserve water, energy and other resources.
- Take in to consideration that the people you are meeting in this new locale often have time concepts and thought patterns different from your own – not inferior, just different.
- Be economically conscientious. Spend money so that it stays in the community. When presented with a choice, select products manufactured from the host country (if possible). US manufactured products often do not support the communities where they are being sold.
- Do not criticize cultural practices.
- Make an effort to learn the names of the local people with whom you are working.