



Pre-Trip Screening

Peace in the Wild Alpine Edition

We are thrilled that you are interested in attending Peace in the Wild Alpine Edition. To make sure this is the right trip for you, we'd like to take a moment to bring attention to a few matters specific to this trip.

1. Please note that this will be our first time leading this particular trip. Therefore, this is a pilot offering and we anticipate the need for flexibility as plans are likely to be modified.
2. Due to the rural and rustic nature of our Alpine location, we won't be able to accommodate food restrictions except for Vegetarian cuisine.
3. The Alps are notorious for unpredictable weather, please note that we will aim for as much outdoor time as possible regardless of the cold or the rain.
4. A group Zoom video call with the organizers is required to check on your fitness preparation and packing list clarification.
5. Please note that you are responsible for booking your own flight to Munich, Germany. You **MUST** arrive on 9/10/23 in time to board the shuttle at 1 pm. Please email your flight information as soon as possible to Heidi. schreiberpan@cmhcweb.com
6. You can choose your level of physical activity. Although, you may choose the less strenuous hikes, it's still recommended that you engage in a fitness plan to prepare for the trip. Walking, hiking and biking all take some level of baseline fitness. Do not underestimate the importance of physical conditioning. Hiking in the Alps is a strenuous activity. At a minimum, you should be able to hike for 1 to 2 hours at a time, punctuated by 20-minute breaks with some elevation gain. Email me to receive a brief physical fitness guide.
7. Do you know if your health insurance company covers your health care needs abroad? The first step is to contact your health insurance company to verify whether your emergency medical coverage extends outside the U.S. You may want to contact the customer service department and ask these kinds of questions:



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If I get sick or injured abroad, will my policy cover me? Does my insurance cover pre-existing conditions abroad? Will I have to pay health expenses abroad out-of-pocket and then file a claim for reimbursement?

8. Once we receive your down payment of \$500, we will reach out to you with a Zoom meeting invitation, the packing list and any other updates. Please note that many people are interested in attending this trip. We have a waiting list. If you must cancel your registration, please let us know as soon as possible so we can try to fill your spot. Nevertheless, there will be no refund after June 1st, 2023.

9. Please note that you must have a current passport for international travel. Also, you must have enough Euros to purchase lunches and for optional excursions. Closer to the date we will reach out with a suggested cash amount. The option to locally withdraw Euros is available.

10. Lastly, the success of this trip depends on the quality of our community. We are not a tour company but a mental health and wellness organization. Therefore, we ask that we all help together on various tasks. You will be invited to sign up for 2-3 daily community chores such as helping with the dishes.

If you have any further questions, please don't hesitate to reach out to Heidi via email.

Thank you! Heidi Schreiber-Pan, Petra Schreiber & Anna Seiter

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