

LATITUDES 2010 INFORMATION & APPLICATION PACKET

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(4/10 revision)



Thank you for your interest in the LATITUDES Program, Carpe Diem's newest program offering. This seven-month program is Carpe Diem's personalized study abroad program that allows for a broad exposure to a fascinating region of the earth with a group of peers, followed by focused solo work and travel in a country of your choice.

The LATITUDES program includes a short retreat in Portland, Oregon, a 12-week experiential group semester of language, service and cultural immersion in Central America, India, East Africa, or Australia/New Zealand/Fiji, and a three-month solo internship of your own choosing. Both experiences provide a full palette of physical, mental,

social, spiritual and cultural challenges. Over the years that we have run both group and individual programs we've learned and experienced that this natural progression leads to a maturation and personal development of the individual. Each internship is personalized to meet the individual needs and desires of each student through the use of our contacts around the globe and a dedicated internship specialist. Two quarters of lower-division college credit are also included in the tuition for each Latitudes student.

LATITUDES is designed to be challenging by exposing you to new cultures, experiences, personalities, and to your Self. It requires your active participation and is not a "passive" undertaking. It is for those who want broad international experience and the possibility of learning independently. We look forward to receiving your application, and accompanying you on a life-changing journey! Please feel free to contact our office staff if you have questions or concerns that aren't answered in this information packet.

Enthusiastically yours!

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Program #1: Group Semester in India

We study the Hindi language while doing internships and exploring the traditional arts in Varanasi. We directly experience the Hindu, Buddhist and Sikh religions through a one-week Buddhist meditation course in Bodhgaya or Dharamsala, take a hatha yoga course near the source of the Ganges, and do service work at orphanages in Rishikesh and Varanasi. Students also have opportunity to visit the Taj Mahal and trek in the Indian Himalayas.



Program #2: Group Semester in Fiji/New Zealand/Australia

The group starts its volunteering with 2-weeks of construction in a traditional Fijian village. In New Zealand we attend a week-long introduction to Tibetan Buddhism, volunteer on an organic farm, and attend a week-long outdoor leadership course. Then, on the South Island we volunteer at a Maori stream restoration project before starting 5-days of student-planned adventures & travel. After a flight and a few days in Sydney, we volunteer for 2-weeks in the Australian outback before flying to Cairns and earning a SCUBA certification on the Great Barrier Reef.



Program #3: Group Semester in Central America (Guatemala, Honduras, Nicaragua & Costa Rica)

The group does one month of one-on-one language study in Guatemala with homestays and work projects and internships. Weekends we visit sites of cultural interest such as Tikal, Lake Atitlan, and the colonial city of Antigua. We spend 1 week in Guatemala doing relief work, and 1-2 weeks at a spiritual retreat center on Lake Atitlan. In Costa Rica we work to protect endangered sea turtles, then spend five days diving and earning SCUBA certification on an island off the coast of Honduras.



Program #4: Group Semester in South America (Ecuador & Peru)

The group does one month of one-on-one language study in Guatemala with homestays and work projects and internships. Weekends we visit sites of cultural interest such as Tikal, Lake Atitlan, and the colonial city of Antigua. We spend 1 week in Guatemala doing relief work, and 1-2 weeks at a spiritual retreat center on Lake Atitlan. In Costa Rica we work to protect endangered sea turtles, then spend five days diving and earning SCUBA certification on an island off the coast of Honduras.



Program #5: Group Semester in Southeast Asia (Laos, Cambodia & Thailand)

The group does one month of one-on-one language study in Guatemala with homestays and work projects and internships. Weekends we visit sites of cultural interest such as Tikal, Lake Atitlan, and the colonial city of Antigua. We spend 1 week in Guatemala doing relief work, and 1-2 weeks at a spiritual retreat center on Lake Atitlan. In Costa Rica we work to protect endangered sea turtles, then spend five days diving and earning SCUBA certification on an island off the coast of Honduras.



Program #6: Group Semester in East Africa (Uganda, Tanzania & Zanzibar)

The group does one month of intensive language study in Uganda and Tanzania with homestays and work projects and internships. We spend 1 week in Uganda doing relief work, and 1 week working on an environmental project. In Tanzania we do an 8-day safari through the Serengeti, a 3-day hike down to the central lake at the heart of the Ngorongoro crater; a short bike trip around the base of Mt. Kilimanjaro; and finally two weeks of teaching at a local school. The program concludes on the island of Zanzibar where we study SCUBA diving and hopefully earn our Open Water Certification. There is an optional add-on to climb Mt. Kilimanjaro.



LATITUDES FALL 2010:

Fall Program Overview & Calendar

(All Fall programs run during similar dates. Itineraries will follow similar outlines as above)

Orientation Retreat: *September 13 – 15, 2010* Program orientation in Portland, OR.

Group Travel Semester: *September 15 – December 8, 2010*

Program #1: Group Semester in India

Program #2: Group Semester in Fiji/New Zealand/Australia

Program #3: Group Semester in Central America (Guatemala, Honduras, Costa Rica)

Program #4: Group Semester in South America (Peru, Ecuador, Galapagos)

Program #5: Group Semester in Southeast Asia (Laos, Cambodia, Thailand)

Program #6: Group Semester in East Africa (Uganda, Tanzania, Zanzibar)

Mid-Program Break: *December 8, 2010 – January, 2011*

Solo Internship: *January – April, 2011*

The solo internship is chosen during the Orientation Retreat from a list of possibilities throughout the planet.

LATITUDES SPRING 2011:

Spring Program Overview & Calendar

(All Spring programs run during similar dates. Itineraries will follow similar outlines as above)

Orientation Retreat: *February 7, 2011.* Program orientation at our sister-center north of San Francisco

Group Travel Semester: *February 9 – May 4, 2011*

Program #1: Group Semester in India

Program #2: Group Semester in Fiji/New Zealand/Australia

Program #3: Group Semester in Central America (Guatemala, Honduras, Costa Rica)

Program #4: Group Semester in South America (Peru, Ecuador, Galapagos)

Program #5: Group Semester in Southeast Asia (Laos, Cambodia, Thailand)

Program #6: Group Semester in East Africa (Uganda, Tanzania, Zanzibar)

Mid-Program Break: *May 4, 2011 – June, 2011*

Solo Internship: *June – August 2011*

The solo internship is chosen during the Orientation Retreat from a list of possibilities throughout the planet.

GENERAL DISCLAIMER: *Carpe Diem reserves the right to make changes to any program in order to provide the best possible experience, safeguard participants or respond to changing political or climatic conditions.*



PROGRAM OVERVIEW

While traveling abroad, LATITUDES students stay at homestays, local guesthouses or other situations arranged by internship sponsors. They generally live as the locals do or slightly better. This is generally simple, but not primitive – most of the time we have a bed to sleep in and running water. Food is basic, and the primary challenges are homesickness, culture shock, cold, heat, fellow group members, rain and bugs. When students are not traveling together during the group semester, they are doing one of the following:

ORIENTATION RETREAT: This is a 2-day retreat that starts the program and is held locally here in Portland, OR. During this time, students meet individually and as a group with our Trip Leaders. This is also the time that we determine the solo internship for the second half of the program. This is accomplished by reviewing the internship options through one-on-one meetings with the Internship Specialist.

MID-PROGRAM BREAK: During this period students return home. They use this time to catch their breath, rest and take time to integrate the experiences of the group semester of travel, get needed immunizations, re-pack their bags for the solo internship, and make any other needed internship preparations.

SOLO INTERNATIONAL INTERNSHIP (12 weeks): Following the mid-program break, participants travel on their own to do an internship, volunteer work, or study in a country of their choice. This builds on the semester group travel, and allows for tailored career or other exploration and language acquisition. Traveling solo to another country and working in a new situation follows naturally on the heels of the guided group semester. We arrange for our participants to be met at the airport by the program sponsor, who then gives the intern an orientation to their work and living situation. Past internship placements have included: work in schools and orphanages in India, Central America, South America, Africa, Europe and the U.S, art study in Mexico, work with wildlife in Greece, Central America, South America or Africa, the study of kung fu in China, language study anywhere in the world, environmental work in Central and South America, work with street children in Guatemala, outdoor education in New Zealand, organic gardening in Patagonia, and much, much more.

FINANCIAL AID:

Through our affiliation with PSU, students are able to gain access to FAFSA dollars (Free Application for Federal Student Aid). We have built a website tailored to Financial Aid (both the traditional methods and some less-used but very lucrative methods as well). Please visit that website for ideas and instructions on how to get started with your Financial Aid arrangements at www.carpediemeducation.org/financialaid.php.



COLLEGE CREDIT:

Each LATITUDES participant is enrolled in courses through Portland State University, and upon successful completion of the program can earn up to a total of 36 credits. These are most commonly used as lower-division credits - the equivalent of the first or second year of a B.A. level program. Portland State University is fully accredited by the Northwestern Association of Schools and Colleges (NWASC).

COURSEWORK: Everything that is studied and learned is directly relevant to the program activities. Daily writing and reading are an integral part of the curriculum.

TRANSFERRING YOUR CREDITS: Most State-colleges run on a quarter-system relating to the way they run their courses: Fall, Winter, Spring & Summer. Many other schools function according to a Trimester or a Semester schedule and it can be confusing to understand just how the courses will translate to another institution. Typically, most semester institutions account for 15 quarter-credits as the equivalent of one semester of full-time academics. That said, each institution relates to transferring credits differently and we always encourage you to take our course descriptions to the Registrar's Office of the institution that you hope to transfer to and get them pre-approved.

We've had great success with transferring credits to other institutions though, as before, the only way to be certain is to actually submit them for review. Every year students transfer without issues but there are a few who initially receive a "we won't consider anything until you're actually physically in attendance." In all cases, we suggest that if you have any questions about transferring credits, please call us and we can council you through any issues that may arise.

First Semester:

ART 199	Art through Cultural Exchange	(3 quarter-credits)
ART 399	International Art Intensive	(3 quarter-credits)
SWAH 299	Swahili Language Immersion and Travel	(3 quarter-credits)
WS 299	Introduction to Global Women's Studies	(4 quarter-credits)
PHE 299	Our Community: Our Health	(4 quarter-credits)
SOC 199	Social Systems	(4 quarter-credits)
SOC 399	Social Systems and Structure	(4 quarter-credits)
ANTH 199	Removing the Other: Honoring Resilience and Community	(4 quarter-credits)
ANTH 399	Policies and Practices that Reinforce the Other	(4 quarter-credits)
PSYCH 199	The Individual and Culture	(4 quarter-credits)
PSYCH 399	The Community and the Individual	(4 quarter-credits)
FL 299	Hindi or Thai Language Immersion and Travel	(5 quarter-credits)
SPAN 199	Spanish Language Immersion and Travel	(5 quarter-credits)
SPAN 399	Intensive Spanish Language Immersion and Travel	(5 quarter-credits)
GEOG 199	Experiential Environmental Geography	(5 quarter-credits)
GEOG 399	Environment and Its Peoples	(5 quarter-credits)
INTL 199	Globalization Awareness and Community Development	(6 quarter-credits)
INTL 399	Evaluations of International Non-Governmental Organizations	(6 quarter-credits)
PHL 199	Introduction to Spiritual/Religious Studies and their Roles	(6 quarter-credits)
PHL 399	The Self in Spiritual/Religious Practices	(6 quarter-credits)

Second Semester:

INTERN 399	Context and Culture: Defining Systems	(12 quarter-credits)
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LOGISTICS:

APPLICATION & ADMISSIONS:

Interested applicants must send Carpe Diem a fully completed application and must have an in-person or telephone interview with a Carpe Diem staff member. Once an application is received, we contact the applicant to arrange the interview. There is no application deadline – we accept people until the program is full – then create a waiting list. Upon acceptance into the program, participants receive a detailed trip preparation packet. This packet, together with a regularly-updated semester web page, covers program details, transportation, gear & equipment, health & immunization info, communication during the program, climate & living conditions, college credit and financial aid, detailed trip itinerary with contact info, required documents & paperwork, financial details & tuition agreement. Once accepted, participants must choose between the programs in India, Central America, South America, East Africa, Southeast Asia, and Australia/New Zealand/Fiji.

SEMESTER GROUP SIZE: 6 – 12 participants per group. Two leaders per group.

REQUIREMENTS: Minimum age is 17 by the start of program. No age maximum. Participants must be able to attend the full program. Anyone in good physical condition should be able to do the program successfully.

HEALTH, SAFETY AND COMMUNICATION: The safety and well-being of our students is our first priority. Carpe Diem staff have safely sent over 800 students throughout the world. The current world situation raises questions for our students, their families and friends, and it is very important that you feel confident and secure as you embark on a program involving international study and travel. We constantly monitor the world situation through the U.S. State Department, and through a network of individual and organizational contacts in a variety of countries that function as our eyes and ears on the ground. We design and modify our group semesters to avoid hot spots, health risks & political trouble, and the second-semester internships are arranged with safety as a primary consideration.

Our group leaders are experienced both as travelers and leaders, and each group of students travels with two leaders to insure that any individual emergencies can be given the attention needed for resolution. During the solo internship period each student stays in regular contact with Carpe Diem program staff, and relates primarily to an in-country program sponsor who is directly responsive to their needs.

LATITUDES starts with a 2-day retreat in the U.S. before any travel commences – allowing us to give a comprehensive orientation, get a good sense of each of the participants, and lay down a foundation for healthy group dynamics before leaving the U.S. During this time students also meet with Carpe Diem staff to discuss internship possibilities and placements. Throughout our travels, participants have ready access to medical attention, potable water, clear information about health risks, and an in-country orientation about each new place we visit. The program is designed to move from more structure to less over the course of the year – allowing each participant to become a seasoned traveler before striking off individually during the internship phase.

COST: The cost for LATITUDES is \$17,900 and **includes** the following:

- All scheduled program activities, room and food during the group semester
- Internship costs up to a maximum of \$2,500
- College credit through Portland State University – up to 36 credits
- International insurance good for one year (covers medical, medical evacuation & lost/stolen items)

The cost of the program **does NOT include:**

- The cost of any required books
- The cost of round-trip transportation to Portland
- Group Semester International airfare – usually runs between \$1200 and \$2800, depending on the semester
- Individual Internship airfare – this cost will vary depending on where each internship is located
- Personal medical insurance and personal spending money

Each student's family signs a payment agreement that spaces payments out over the first four months of the program.

IS LATITUDES FOR ME?

LATITUDES is FOR ME if ...

- I'm between 17 and 21 and feel a "call" to service, exploration and personal growth
- I'm willing to deal with culture shock, new & challenging situations, and primitive living conditions.
- I'm motivated to find out what I'm made of, and finding renewed sources of meaning.
- I look forward to being challenged to grow in many new and different ways.
- I'm willing to abstain from using drugs and alcohol for the duration of the program.
- I REALLY want to do this program for MY OWN reasons.
- I want to be an active participant in a group of fellow travelers and explorers.
- I'm willing to be accountable for my actions and take responsibility for my own well-being.
- I'm very interested in learning to embrace mature and responsible behavior.
- I want to be a positive influence in my relationships with others.

LATITUDES is NOT FOR ME if ...

- I'm looking for a vacation, a party, or a chance to "hang out."
- I want to do it because someone else thinks it's a really good idea for me.
- I'm only willing to stick with something until I become bored or uncomfortable or judge it as "a waste of time."
- I regularly use drugs, alcohol or tobacco.
- I'm in the grip of an active addiction
- I need therapy for a serious psychological condition.
- I know what I know, and I don't want anyone else to tell me different.
- I'm not willing to be away from my boyfriend/girlfriend, friends and family for 3 months at a time.
- I don't really want anyone else telling me what to do with my time.

If you find that you fall into the latter category above, we are happy to refer you to one of the myriad other programs that are available to you. Call us if you need help finding other programs that meet your needs.

Expected Outcomes:

College Credit. Successful completion of LATITUDES earns the participant 18-quarter credits or its equivalent in semester credits.

Language fluency and in-depth understanding of and exposure to a culture and region. Participants will get to know India, East Africa, Central America, South America, Southeast Asia, or Australia/New Zealand/Fiji well, then have an opportunity to learn about another region in their second semester. In Central America and South America they have opportunities to gain functional language fluency; in Southeast Asia they will gain functional use of Thai; in East Africa they will immerse themselves in Kiswahili classes; and while in India they will be able to immerse themselves in the Hindi or Tibetan languages.

Wisdom, Maturity, and Experience: Many Ivy League schools are currently in the process of restructuring their admissions policies to require a year away from traditional schooling (Princeton). Some schools, such as Brown, currently guarantee admission to those students that are wait-listed providing they do something 'real' during their year away. The primary reason for such a shift in admission policy is to reflect the maturity and breadth of experiences that incoming students have when they've taken a year away from the normal academic process. Wisdom, maturity, and experience have their own intrinsic value, but these are also exactly what colleges are looking for in new applicants. Participants can become seasoned world travelers.

Enhanced Job Readiness & Career Direction: The 12-week solo internship allows for in-depth and practical career exploration – a chance to try a field on **before** deciding on a college or a major.

Self-Confidence: The program encompasses so many diverse experiences, work environments, skills, and challenges, that self-confidence will be greatly strengthened. This confidence will be based on meeting real world challenges in real time.

SCUBA Certification: For those choosing the program in Central America, East Africa, Southeast Asia, or Australia/New Zealand/Fiji.



Carpe Diem LATITUDES (4/10 rev.)
APPLICATION PACKET (Page 1 of 5)

**Please attach
a recent photo of yourself
here - any size will do.**

**Your application is not
complete
if a photo is missing.**

Please fill out this application thoroughly and thoughtfully. The application, an interview, and reference checks are the ways we determine an applicant's fitness for the program. We expect honest and detailed responses to these questions. We will call you for a phone interview after we have received your complete application and will make a decision within a week after the interview.

Please complete everything that says "Application Packet" on it and then mail or fax it to us at:
Carpe Diem: Latitudes Program, PO Box 17427, Portland, OR. 97217 or Fax: 866-903-1077

YOUR NAME _____

Home Telephone: _____ Cell Phone: _____

Fax: _____ E-mail: _____

The best method and time of day to contact you is: _____

CHECK THE FIRST-SEMESTER SEASON & REGION YOU ARE APPLYING FOR:

Season: Fall 2010 _____ Spring 2011 _____ Fall 2011 _____ Spring 2012 _____

Region: India _____ Central America _____ South America _____

Australia/New Zealand/Fiji _____ East Africa _____ Southeast Asia _____

LATITUDES APPLICATION FEE: The application fee for semester programs is \$150, and is non-refundable.

Please check off your mode of payment:

_____ I have enclosed a check with my application for \$150 payable to "Carpe Diem Education."

_____ Please bill my VISA or MasterCard for \$150:

Card #: _____ CVV code: _____

Name on Card: _____ Expiration: _____

Billing Address: _____

Signature: _____

For office use only:

_____ Received

_____ Logged

_____ App Fee

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Your Name (as it appears in your passport) _____

Passport # _____ Exp. Date _____ Place of issue _____

Date of Birth _____

Address (current) _____

Address (permanent, if different) _____

Father's Name _____

Address _____

Home Telephone: _____ Cell: _____ Work: _____

E-mail _____

Mother's Name _____

Address _____

Home Telephone: _____ Cell: _____ Work: _____

E-mail _____

If not your parents, whom should we contact in case of an Emergency?

Name _____

Home Telephone _____ Cell: _____ Work: _____

E-mail _____ Fax _____

How did you hear about Latitudes? _____

REFERENCES: Please give us the names and phone numbers of 2 adults who know you well who are not related to you – one of them must be a former teacher or employer.

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____

EDUCATION:

Name and town of your High School: _____

Name of College Counselor in H.S.: _____

Name of College currently attending: _____

List of credits earned: _____

On a separate sheet of paper, please fully answer the following questions. This is the most important part of your application, so please take it seriously and put some time into it.

1. What is your inspiration for doing the Latitudes program? What do you hope to gain from taking part?
2. Detail the kinds of community/group experiences you have had. Why do you want to do a group-oriented program now?
3. Describe *in detail* three areas of your life in which you'd like to grow.
4. How do you believe that participating in this program will further each of the three areas mentioned in the previous question?
5. Describe your relationship with foreign cultures and why you want to expose yourself?
6. What single event or experience of your life had the most impact on your life? Why?

LATITUDES PROGRAM EXPECTATIONS & RULES:

For any group of human beings to thrive while living together, basic guidelines of behavior and expectation are needed. The following are the basic non-negotiable rules that govern our community, and that you will have to embrace if you want to be part of it.

1. LATITUDES is for those who are willing to challenge themselves physically, culturally and socially. If you are willing to work hard, take on challenges, and make a difference, this is a program for you. **If you are looking for a vacation, trip or party, please look elsewhere!**
2. We expect all group members to treat one another with basic respect and consideration. Carpe Diem staff will help group members' work through any issues or conflicts that arise during the program.
3. In general, the following behaviors are out-of-bounds, and if you engage in these behaviors and are unable to make positive changes after receiving feedback, you will be asked to leave the program: If you engage in behavior that puts **the program** at risk; If you engage in behavior that puts **another group member or leader's** health, safety, or well-being at risk; If you put **your own** health, safety or well-being at risk; or, if your behavior is negatively impacting someone else's experience.
4. The program is a DRUG AND ALCOHOL FREE ZONE. Any drug or alcohol use, purchase or possession will result in immediate termination from the program, and invocation of the Second-Chance Policy. This includes abuse of prescription medications.
5. If you create a "mess" during the program, it will be your responsibility to make amends within 48 hours. This must be done without the prompting of the group leaders. A "mess" can be a physical mess, a problem for another group member, host family, leader or program sponsor, or other problem that an adult would clear and clean up – to restore harmony and make amends.
6. The following will not be tolerated during the semester: unwanted sexual advances, verbal abuse, physical violence, property damage, or theft. If not rectified immediately, each of these may result in the termination of participation in the program.
7. As a general rule, participants are expected to act responsibly. The program leaders are not babysitters or parental surrogates. Their first priorities are your safety, and the viability of the program.
8. Women need to use more discretion about behavior and dress while traveling abroad than they do in the United States. It is vital to your health and safety that you stay within guidelines given during orientations. If a group member is unable to do so, and is endangering herself, she may be sent home.

Second Chance Policy: Since LATITUDES is a long-term program, and people make mistakes, there is a way to re-enter the program if you have stepped out-of-bounds and have been asked to leave. We want each participant to complete and benefit from the entire program. Missteps are to be expected – learning from them is optional and is up to you. If you are asked to leave the Group Semester in Central America South America, East Africa, India, Southeast Asia, or Fiji/New Zealand & Australia, you forfeit the rest of the abroad portion of the First Semester, and must complete the re-entry process in order to re-join the program and participate in the Solo Internship. Please understand that the Carpe Diem Staff may limit your internship options and/or provide requirements for your Solo Internship depending upon the circumstances of your Second Chance and Re-entry Process. The Second Chance policy is at the discretion of Carpe Diem staff and may not be available in instances where our staff considers the risks of re-entry too great for the participant or the program.

The Re-entry Process: To be considered for re-entry to the program, you must leave and complete 80 hours of volunteer service work with an organization that you and the Carpe Diem staff agree upon together. During this time, you must check in with a Carpe Diem staff member each week, continue with any academic work, refrain from use of drugs and alcohol (as if you were continuing on the program), and receive a satisfactory report from the volunteer agency about your attendance, attitude, and hours worked. You will also have to do a re-entry interview with a Carpe Diem staff member, create a strategy and support system for not making the same mistake again, and make up coursework that the rest of the group has done. Re-entry is at the discretion of Carpe Diem staff.

MEDICAL & HEALTH QUESTIONNAIRE:

Please answer the following questions by circling YES or NO. ***If you answer yes to any of them, please attach another page to describe the situation or condition at greater length.*** We reserve the right to request further information and to speak with doctors, counselors, etc. All medical information and personal disclosure will be kept strictly confidential.

1. Have you ever been asked to leave school or a previous program? _____ YES NO
2. Do you have any physical, psychological or chronic condition that prevents you from participating in any physical activities? _____ YES NO
3. Do you take medications for any health or psychological conditions? _____ YES NO
4. Do you have any allergies? _____ YES NO
5. Do you smoke or use chewing tobacco? _____ YES NO
6. Do you have any special dietary needs or restrictions? _____ YES NO
7. Do you use alcohol? _____ YES NO
8. Do you use drugs? _____ YES NO
9. Have you been treated for a psychological condition during the past 3 years? _____ YES NO
10. Have you been convicted of a crime within the past 3 years? _____ YES NO
11. Have you been or are you currently being treated for substance abuse? _____ YES NO
12. Are you taking any prescription medications? _____ YES NO
13. Have you been hospitalized in the past 5 years? _____ YES NO
14. Are you UNable to swim? _____ YES NO
15. Do you have or have you ever had any of the following?
 - Learning Disability or ADD? _____ YES NO
 - Epilepsy? _____ YES NO
 - Diabetes? _____ YES NO
 - Asthma? _____ YES NO
 - Heart Disease? _____ YES NO
 - Joint or back problems? _____ YES NO
 - Intestinal problems? _____ YES NO
 - Eating Disorder? _____ YES NO

I take full responsibility for my medical, psychological and physical condition for the duration of my Semester program with Carpe Diem. I am unaware of any medical, psychological and physical problems that might inhibit my ability to successfully complete this trip. Should any problems arise during the course of the program, I will promptly notify the trip leader.

NOTE: A history of asthma, ear or heart conditions or other medical conditions may preclude you from SCUBA diving. In such a case, the dive instructor or school may seek a physician's advice before clearing you to dive.

Signature: _____

Date: _____

Signature of Parent: _____

Date: _____