



HEALTH STATEMENTS AND PHOTO RELEASE

Station: SPIRIT 105.3, PRAISE 106.5, and KCIS

Trip Name: Greece: In the Footsteps of Paul the Apostle

Station Contact: Heidi Moore, Heidi@cristamedia.com

Name of Traveler: (please print) _____

Traveler Experience:

CRISTA Media is thrilled to bring together its listeners to embark upon a group travel experience. It would like to take an extra step to inform the group members of travel expectations so that we can foster a positive experience for those traveling.

By embarking on this trip with SPIRIT 105.3, PRAISE 106.5, and KCIS, all travelers represent that:

- They are independently able to meet the activity level guidelines listed here for this trip or are traveling with a companion who will assist them
 - The overall activity level of this tour is a level 3. This means you're an on-the-go traveler. You don't want to miss a thing, so walking and standing for longer periods of time (2-3 hours) isn't a big deal. A moderately paced two-and-a-half-hour walking tour, covering several miles, hills, and uneven surfaces that may be slippery, is no problem for you. Walking four miles over the course of a day is very doable, as is climbing into and out of various modes of transportation, such as tender boats, to access shore. This level is not a fit for travelers who require mobility assistance devices. Accessing one of the two monasteries in Meteora requires climbing approximately 200 steps. In order to access the Acropolis archeological site, you will be required to climb about 50-60 steep uneven steps and walk over rugged terrain with loose stones and without railings. Travelers must be able to climb on and off tender boats to access shore at select ports during the cruise.
- They are able to travel independently and do not need assistance with basic travel functions or following directions, etc., or are traveling with a companion who will assist them
- They understand that if it becomes apparent that they are unable to engage in this trip in an independent manner and require substantial assistance, they may be asked to leave the group and agree that they will be individually responsible for the cost of traveling home (potentially covered by travel insurance if purchased)

If travelers do not agree to the foregoing, they are asked to consider alternate arrangements prior to the start of the trip.

