

STLF High School Pay It Forward Tour!

March 20-24, 2009 – Spring Break



Destination: San Francisco, California

The Second Annual STLF Pay It Forward Tour will be traveling to San Francisco from March 20-24, 2009. The Tour will include students from several Portland Area high schools.

The Portland Tour this year is being carried out through a partnership with STLF and the Oregon Association of Student Councils (OASC).

Students from any school are welcome!

**See www.stlf.net for a route, itinerary, packing list and more information.*

All Tours are open to students from *any* high school. All are welcome!

Each Tour includes service projects in four different cities, in addition to one or two college tours, leadership activities each night, enrichment, and much more.

***Registration is First Come, First Served. Register Today!**

Regular Price:	\$280
Late Registration Price (after March 2)	\$300

Contact Cody Nelson at **218-280-3441** or at cody@stlf.net for more information.

STLF HIGH SCHOOL PAY IT FORWARD TOUR 2009!

Register Online at www.STLF.net or by completing the included forms!

Service: An opportunity to travel and serve in four communities in just five days.
You will gain a first hand experience in unique social issues.

Education: You will learn how these social issues affect the community and our country. One or two college visits will be planned to experience a University setting.

Reflection: Reflect on your experiences to better understand those around us and ourselves.



**Registration fee includes all travel, lodging (one night hotel), t-shirts, enrichment, and two meals per day.
\$100 non-refundable down payment required upon registration. Limited need-based financial aid is available upon request.*



STLF's High School Pay It Forward Tour Registration Form

Please complete and return it to STLF at the address at the top right of this page. Be sure to enclose a minimum non-refundable down payment of \$100 to reserve your spot on the Pay It Forward Tour!

General Information:

Full Name: _____

Gender (Please Circle): Male Female Today's Date: _____

Student Email: _____ Student Phone: _____

School: _____ Grade: _____

T-Shirt Size: _____
Note: You are not guaranteed this T-shirt size.

Parent Information:

Parent/Guardian Name(s): _____

Parent/Guardian Address: _____

City: _____ State: _____ Zip: _____

Parent Email(s): _____ Parent Phone: _____

How did you find out about the Pay it Forward Tour?

- Please mail registration form and a check to the address on top of page, or submit to your school.
- Please make all checks payable to Students Today Leaders Forever.
- Tour Payments and Pricing Information:
 - Full Payment (including down payment) is due one week prior to your Tour departure.
 - Regular Price - \$280
 - Late Sign-up Price on or after March 2 - \$300
- Want to Make a Donation in support STLF? Any amount in addition to the Tour price is tax-deductible! An email confirmation will be sent out along with additional information when your registration.

I, _____, state that all of the above is true. I agree to complete all of the financial obligations **before** getting on the bus:

Signature

Date



To reveal leadership through service, relationships, and action.

Dear Parent/Guardian:

Students Today Leaders Forever is excited to be hosting a Pay It Forward Tour experience for students from the Portland Area for the second year. Students in Portland Area High Schools are taking initiative and demonstrating leadership to make the Pay It Forward Tour a tradition in their community. This Tour will take place from March 20-24, 2009, and will travel to a destination of San Francisco, CA, but not before stopping and serving in three unique communities along the way. In each city visited, students will have the opportunity to carry out service, learn about an issue facing communities, and reflect and grow through leadership activities each evening. This five-day experience is an educational, inspirational, and exciting opportunity to build friendships, serve communities, and learn about several important social issues and one's self.

Students Today Leaders Forever is a student-driven 501(c)(3) non-profit organization based out of Minneapolis, MN. Created in 2003, over 3,200 college and high school students have served in nearly 200 communities across the United States on Pay It Forward Tours. The High School Pay It Forward Tour program was created in April 2006 with 27 high school students from West Fargo, ND. Since its inception, 30 High School Tours with over 1,000 people have combined to serve over 80 communities. In October, 2009, over 500 more high school students will experience a Tour across the upper Midwest.

The High School Pay It Forward Tour combines service to communities with leadership development. The tour consists of four service projects, one or two college visits, and plenty of sightseeing and travel. A six-to-one student to adult ratio provides a safe environment in which students will learn and grow.

There will be space for approximately 35 high school students on the Tour. A parent informational meeting will be held, and additional information will be mailed or emailed prior to the Tour. Additional information regarding the STLF and the Pay It Forward Tour is also available online at www.stlf.net. If you have any questions, please feel free to email or call anytime. Thank you.

Cheers,

Greg Tehven
greg@stlf.net
701-361-7274



STLF Health Information Form

Students Today Leaders Forever (STLF) requires that the following health information and liability waiver form be completed and returned before you attend this STLF program. For any questions regarding any aspect of the form, please email info@stlf.net. This is an information record to ensure for your safety and to assist STLF in making appropriate accommodations throughout your experience.

Program Attending: _____

Name: _____

Date of Birth: _____ Age: _____ Sex: _____

Emergency Contact Information

Parent/Guardian: _____

Address: _____

Phone (Home/Cell): _____

Phone (Work): _____

2nd Emergency Contact: _____

Address: _____

Phone (Home): _____

Phone (Work): _____

Health History

- Asthma: Yes: ___ No: ___
- Diabetes: Yes: ___ No: ___
- Heart Problems: Yes: ___ No: ___
- Mono: Yes: ___ No: ___
- Orthopedic Problem: Yes: ___ No: ___
- Depression: Yes: ___ No: ___
- Head Injury: Yes: ___ No: ___
- Migraine: Yes: ___ No: ___

Please explain all "yes" answers: _____

Other physical limitations: _____

List all current medications (Prescription, Over-the-counter and Herbal): _____

Are you CPR and/or First Aid Certified? _____

Health Insurance

Health Insurance Provider: _____

Policy/ID Number: _____

Insurance Phone: _____

Insurance Address: _____

Allergies

Aspirin: Yes: ___ No: ___

Penicillin: Yes: ___ No: ___

Sulfa: Yes: ___ No: ___

Bee Sting: Yes: ___ No: ___

If yes, do you carry an Epi Pen? Yes: ___ No: ___

Food, please list: _____

Other: _____

Please indicate Yes or No for over-the-counter medications that may be administered if indicated due to injury and/or illness, according to the manufacturer's recommendations, by the leadership of Students Today Leaders Forever. STLF cannot guarantee these medications will always be available.

Ibuprofen: Yes: ___ No: ___

Tylenol: Yes: ___ No: ___

Robitussin DM: Yes: ___ No: ___

Benadryl: Yes: ___ No: ___

Pepto Bismol: Yes: ___ No: ___

Hydrocortisone Cream 1%: Yes: ___ No: ___

Authorization

I give my permission to be treated by a First Responder, EMT, Paramedic, Certified Nurse Practitioner, Registered Nurse or Licensed Physician. I further agree that STLF and its leaders will be held harmless from and indemnified against any and all liability, cost, claims, loss, or damage which may incur as a result of any accident or injury. I authorize that all information on this form is true to the best of my knowledge.

Signature _____ Date _____

Print _____

Parent/Guardian Signature (If under 18 or in High School) _____ Date _____



STLF Participant Waiver Form

I have chosen to participate in the Students Today Leaders Forever (STLF) Pay It Forward Tour. I agree to abide by any decision of STLF relative to my ability to safely complete this experience. I assume all risks associated with participating in this program. Having read this waiver and, knowing these facts, and in consideration of your accepting my registration, I for myself and anyone entitled to act for my behalf, waive and release STLF, affiliated educational institutions, organizational partners, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this Tour.

Photo/Video Release:

I understand that from time to time, trip participants may appear in photographs, videotapes and publications on behalf of Students Today Leaders Forever. In consideration of my participation in the Pay it Forward Tour, I grant full permission to STLF, and/or the agents authorized by them to make and use any such record for publication, public relations, and/or advertising purposes, without limitation, reservation or any additional compensation.

Health Insurance:

I understand that I am required to have adequate health insurance coverage to participate in this STLF program. By signing below, I authorize that I have proper health insurance coverage.

In consideration of the benefits of the activities listed above, I _____, hereby release and discharge STLF, affiliated educational institutions, organizational partners, and their representatives and successors from all claims or liabilities of any kind resulting from complication arising out of a current health problem or personal negligence in this STLF Program.

Signature: _____

Date: _____

Print Name: _____

A parent/guardian signature is required if student participant is under the age of 18 or is still in high school.

Parent/Guardian Signature: _____

Date: _____

Print Name: _____



STLF High School Program Safety and Participation Requirements

I am voluntarily participating in an STLFL program. By signing this document, I am stating that I have read this document in its entirety. I understand and will cooperate with each item listed. I will abide by the rules, regulations, and requests set forth by STLFL leadership. I understand that the following is in place to ensure for the safety and well-being of all involved in this STLFL program.

STLF High School Pay It Forward Tour Participant Requirements:

- I am participating on the STLFL High School Pay it Forward Tour knowing that I must abide by the organization and Tour guidelines.
- I agree to participate in all activities and service projects associated with this STLFL experience whenever physically capable.
- I understand the STLFL Leaders are here as guides, organizers, and leaders.
- I understand that their directions and requests are done with the group and my personal well-being in mind; thus, I will cooperate to the best of my ability.
- I understand that the rules of any places we stay or serve are also rules that I must abide by, as they are indirect rules of STLFL.
- I understand that there is a Zero Tolerance Policy regarding the possession and use of alcohol, drugs, or other illegal substances, regardless of age, gender, culture, etc.
- I understand that the possession or use of a weapon or other item that might cause bodily harm to persons is prohibited on this program.
- I understand that the use or possession of tobacco products, (smoking or chewing), during any High School STLFL program is prohibited, regardless of age, gender, culture, etc.
- I understand that if I do not comply with the abovementioned policies regarding drugs and alcohol, weapons, tobacco products, and other requirements, I may be asked to leave the program early. In addition, an incident report will be filed with my school and my parent/guardian(s) will be contacted immediately.
- I understand that if, for any reason, I must leave the program, I am then responsible for finding, confirming, and paying for all fees my departure may incur, including transportation, lodging, food, etc.

Full Name (printed)

Signature

Date

Parent/Guardian Name (printed)

Parent/Guardian Signature

Date