

WYD FAQ Sheet

(Last Update: 5/4/16)

Money

What type of currency will I need on the pilgrimage? The three types of currency that you will more than likely want to have are Euros, Koruna and Zloty. Euros can be used while we are in Italy. Although the Czech Republic and Poland is part of the EU, the official Czech Currency is Koruna (Kc) and the Polish Currency is the Złoty (Zł or PLN), pronounced zwo-ti. It is divided into 100 Groszy (GR). The approximate conversion is 3.75 PLN=\$1 US or 4.25 PLN=1€. Most shops will accept Euros or even allow you to pay in USD (for a conversion fee).

How much money will I need? Ask yourself: How much do you feel comfortable with taking? Our pilgrimage covers all meals (Breakfast, Lunch and Dinner), tips, museum fees and any extra costs that are directly related towards World Youth Day. The pilgrimage does not cover if you would like to buy extra food, meals or snacks as well as any personal shopping/spending money for miscellaneous items. Take a look at the brochure that tells you where we will be on which days. Count how many days we will be in a particular country and think, "How much do I feel comfortable with to have to spend on each day." We cannot give you a recommendation because each person is different. Some will want more while others will not need as much. Again, it is what you feel comfortable with. Quick rule of thumb: Fast food will cost from \$5-\$9 USD depending on what you get and how much you buy. A cafe may cost from \$8-\$15 USD. Tally that up and set your allowance for souvenirs and gifts.

Can I use a credit or debit card? Absolutely! It is important to note though while Visa and MasterCard are now widely accepted across Europe, your credit and debit cards will be of little help at newspaper stands, street food vendors, and smaller markets. Credit cards are a good safety net for protection while you are in Europe. Be sure to call your credit card company before you leave home to let them know your travel plans. This will prevent the company from putting a security hold on your card. When using credit cards, you will get the banks' exchange rate minus their commission / a foreign transaction fee (usually 3- 5% of each purchase). Debit cards are very handy to withdraw money in any European country. Be aware that some ATMs only allow 4-digit pins, and be cautious to guard your pin as you key it into the pin-pad. Your bank will charge you a withdrawal fee, but you should get a good exchange rate. Only use your ATM card for larger withdrawals, since the fee is charged each time. (Imagine a \$5 USD fee on a \$20US withdrawal!)

Where should I stash my cash? We recommend that everyone use a money belt. Your money belt will be worn under your pants or shirt and only comes off when you shower. (Around-the-neck holders tend to be bulky and hot and end up being worn outside the clothing which is not helpful at all.) Your money belt should hold credit/debit cards, copy of your passport, other documentation, and larger amounts of cash. We recommend you keep a small amount of cash and your passport in a safe secure place back in the hotel or hostel room locked.

When/Where can I change money? It is recommended to change money into Zloty (and other currencies if traveling outside Poland) **before** you depart your country. You may do so at your local bank, just be sure they don't charge more than a 5% commission, or that the exchange rate offered is not

more than 5% off the published rate (www.xe.com). You may need to call the bank in advance so that they can order the money needed. If you need to exchange money in Europe, the best exchange we've found is at the local banks (not the street vendors!). However, keep in mind that banks are not always open on weekends. Money changers vary with rates and commissions. The best rate to hope for is 3% off the official exchange rate.

Weather, Food, Drink and What to Expect at WYD

What's the weather like? World Youth Day will take place at the end of July. During that time, the average temperature in Krakow is 60-85 degrees Fahrenheit, and rain is likely every 2-3 days. Check the 10 day forecast when packing. Weather during World Youth Day can be very unusual.

What clothes should I bring? We kindly refer to the packing list document that can be found on our World Youth Day webpage (www.fwwyd.com).

What kind of shoes should I wear? We HIGHLY recommend either walking or running shoes the whole time we are out. Please do not wear flip flops while we are out. Use flip flops only for the showers in the hostel. We could be walking upwards of 3-6 miles on average a day. You want shoes that are fairly new but are broken in and are ready to take the daily miles you will be adding on them. In addition, make sure to bring good pairs of socks. You will want the kind that wick away sweat from your feet and not cause blisters. Again, we are walking A LOT and the last thing you want is your shoes to fail you.

Can I wear shorts? While we are out during the day we ask all pilgrims to wear pants or jeans. Ladies, you have the added bonus to wearing capris or long skirts (below the knee. The reason for this is many of the churches, shrines, basilicas and locations we are visiting do not allow shorts. When we are at the hotel or hostel you are welcome to wear appropriate shorts to relax in (basketball shorts, shorts that come to the knees) Remember we are on a pilgrimage and our clothing should be appropriate for one. A good rule of thumb is if you have to question whether or not it's okay, then it's best to just leave it at home.

(And if you don't believe me please see the picture from the Vatican below)



What is the food like? Polish food is hearty and tasty! There are many soups and stews, potatoes, breads and meats. Bigos is a hearty stew with cabbage, mushrooms, and various meats. Pierogi – pasta-like pieces of dough filled with potatoes, cabbage, onions, mushrooms, and meat and/or cheese – are a delicious staple. They are served hot with a side of sour cream.

Can we drink the water? The water is officially stamped as safe to drink. However, the antique plumbing in some of the older buildings may make tap water questionable for those of weaker constitution. Be advised that the water in restaurants is very expensive for a small amount. Bottled water from stores is readily available and inexpensive. Make sure to drink LOTS OF WATER!!!

Can we drink alcohol? While laws may be different when it comes to drinking in Europe, we will be following the laws of USA. Thus, no one under the age of 21 will be allowed to drink alcohol. Small Group Leaders and the Director are also not allowed to drink alcohol. Pilgrims who are 21 years of age and older are only allowed one drink per day. Remember, this is a pilgrimage and part of being a pilgrim is to offer up certain sacrifices (including amazing European Wine & Beer). Remember what St. Peter said, "Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour." (1 Peter 5:8)

How will we be getting around? When traveling, you will be transferred from and to the airport by chartered bus. The rest of the pilgrimage will primarily require walking. Public transit in Krakow consists of buses and trams; there is no metro/subway. Train yourself in advance to do a LOT of walking.

What is the schedule of events? Below is the traditional outline of events for World Youth Day. The specific itinerary has not been published. Typically, the venues for smaller events are not publicized in advance of arrival.

Tuesday, 26 July 2016

- Opening Mass celebrated by local bishop
- Youth Festival events : evening (except during Opening Mass) at various locations

Wednesday, 27 July 2016

- Catechesis (teaching) sessions: morning until lunch at many locations, by language, throughout the area
- Youth Festival events : throughout the evening

Thursday, 28 July 2016

- Catechesis (teaching) sessions: morning until lunch at many locations, by language, throughout the area
- Papal Arrival and welcome of the Pope this afternoon
- Youth Festival events : throughout the evening (except during Papal Arrival)

Friday, 29 July 2016

- Catechesis (teaching) sessions: morning until lunch at many locations, by language, throughout the area
- Stations of the Cross : a re-enactment of the last moments of Jesus' life
- Youth Festival events : throughout the evening (except during Stations of the Cross)

Saturday, 30 July 2016

- Pilgrimage walk to Vigil site, plan to begin early in the morning and campout for the day and night
- Evening Vigil with the Pope and sleep out 'under the stars':

Sunday, 31 July 2016

- Final Mass celebrated by the Pope
- Announcement of next host city

- Youth Festival events : at vigil site as many pilgrims depart
- Pilgrim journey back to lodging

Do I need to bring any trading items? Many pilgrims from across the world bring small items, such as stickers, pins, key chains, patches, and flags to trade with pilgrims from other countries. They can be anything that represents your parish, school, city, state or country. It is not obligatory to bring trading items. It's just fun!

Cell Phones and Communication

Will my cell phone work? Some cell phones work in Europe. You should call your phone company for the details of whether your particular phone is set up to work there. Most US carriers today have the capacity to work over in Europe. Some even have free texting to text back to loved ones. Some carriers have either a flat rate to call internationally or you can purchase an international plan. Again, we recommend you call your phone company and they will be able to help you.

It is important to note that even if you have a functional cellphone; it may not work, as cell towers typically don't have the capacity to handle the volume of traffic during large events. For example, it will be very difficult to get cell reception during the vigil with nearly 2 million other pilgrims competing for service. Our group leaders will be carrying Walkie Talkies to keep in communication during the pilgrimage.

How often will I be in touch with loved ones at home? While it may be possible for us to access the internet or call/text almost daily, there may be a few days for everyone when it is virtually impossible. We will have our Facebook group and blog set up to post pictures, videos, and reports throughout. We will also have a remind app setup to send things directly to parents as well throughout the pilgrimage. We know and understand it is important to keep up with how your family is doing while it away. We also know it is so rare in our modern times that we are ever fully "unplugged" – detaching from electronics, media, email, and even the concerns of home. This detachment is one of the greatest blessings of a pilgrimage, and creates space to hear God and to allow him to work in places that might otherwise be too full to let him in. Lift up one another in prayer daily, but do not expect to be in touch every minute of every day while we are away.

Medical Concerns

Medical Concerns What shots/vaccines do I need to visit Poland? It is recommended to be current on routine vaccinations such as tetanus. However there are no vaccinations required to enter Poland at this time. For more information, please refer to the country information from the U.S. Department of State: <http://travel.state.gov/content/passports/english/country/poland.html> .

Does WYD provide medical insurance? While nothing has yet been announced, WYD typically provides basic medical coverage in its registration fee, which includes treatment during WYD and nothing more. They will patch you up and send you off. It is recommended that you also have your own medical insurance.

Do I need additional medical insurance? You should check with your insurance company to see if and under what terms you have coverage in Poland. Many policies will cover you, though you must pay up front and be reimbursed later. If you do not have coverage, you can buy travelers' medical insurance online. We highly recommend Volunteer Card:

<http://www.volunteercard.com/ref/4d4b1caba2c83.html>.

What if I have prescription medications? If you are bringing prescription medication with you to WYD, you should bring the medications in their original bottles. If you are taking a critical medication, you should try to bring a backup prescription order from your doctor in English and in Polish just in case you lose your medication. Everyone suffers when a group member loses his/her medicine!

Are there other health precautions I should take? Please know that we are blessed to have registered nurses and doctors coming with us on our pilgrimage! We will make sure to have a first aid kit containing diarrhea and constipation medication, as well as medications for cold and flu. Other possible recommendations we suggest to bring are Airborne or Emergen-C may be helpful supplements for travel as well. It is also important to prepare your body in advance for the demands of a pilgrimage by eating healthfully, exercising, drinking a lot of water, and getting plenty of sleep during the weeks leading up to your trip.

Electrical Outlets

What are the outlets like in Poland? Poland uses European two-pronged, round-plug outlets and runs on a current of 220V- 240V.

Will my electronic devices work there? Virtually every high end electronic device (cameras, video-cams, cell phones) can handle a 220V current without a converter (look at the fine print on the charger). The 'Don't bring it' Guideline: Don't bring anything you have to plug in, especially if it has to do with your hair; they almost always blow up or melt in a 220V current. A converter will work, but is bulky and heavy. Let's remember that this is a pilgrimage and not a debut at fashion week. Hats and bandanas are welcome!