



## Health and Mobility Checklist for Friendship Force Exchanges

The Friendship Force Board of Directors adopted a new Health and Mobility policy in 2012 that emphasizes the need for ambassador and host EDs to communicate about the level of physical activity required during the exchange and the ability of ambassadors to meet those requirements. The policy states:

*The host ED shall provide the ambassador ED information describing the level of physical activity that will be required during the exchange, including the amount of walking as well as the living conditions and type of transportation that will be used during the exchange. (FFI will provide a checklist to assist in this process.)*

*FFI 2012 Club and Exchange Policies, Section B5, page 3*

**Host Exchange Director:** Complete this checklist and give it to your ambassador exchange director. Providing this information well in advance of the exchange allows the ambassador exchange director to recruit well-qualified ambassadors to participate in the exchange.

**Ambassador Exchange Director:** You should receive this completed form from your host exchange director. Share this information with your applicants and use it when screening and accepting ambassadors.

The host ED is not required to use this form. The host ED may develop his/her own guide, but the host ED must provide the ambassador ED with information describing the level of physical activity required by the exchange.

If you have any questions, please contact your Friendship Force Program Coordinator.

This form is completed by \_\_\_\_\_ of the Friendship Force of \_\_\_\_\_

Date: \_\_\_\_\_

Check all that apply.

### Transportation

Transportation during the exchange will include:

- Rented tour bus
- Private cars
- Public transportation

### Walking

Walking during the exchange will include:

- Indoor walking over an hour (Ex: museums or historic buildings)
- Outdoor walking on smooth, paved sidewalks
- Outdoor walking on uneven pavement or cobblestones
- Outdoor walking on unpaved trails
- Climbing hills or hiking

### Activities

The most strenuous activities on this exchange will include:

- Walking
- Low energy physical activities
- High energy physical activities (Ex: Hiking, swimming, skiing)
- Ambassadors will have the option to choose between high energy or low energy activities

Our exchange itinerary will be:

- Highly structured: Most days will include a full schedule of activities
- Moderately structured: Several days will include unscheduled free time
- Loosely structured: Most days will include unscheduled free time.

# Health and Mobility Checklist Continued

## Home Hosting

### Stairs - Our hosts include homes with:

- No stairs
- Only a few stairs
- One flight of stairs
- Multiple flights of stairs
- Elevator

### Most of our guests will:

- Share a bathroom with their hosts
- Have access to a guest bathroom

### The bathrooms our guests will use are mostly located:

- On the same floor as the guest bedroom(s)
- On a different floor as the guest bedroom(s)

### Sleeping Arrangements - Most of our guests will be offered:

- A bed with a mattress
- A pull-out sofa bed or roll-away bed
- A sofa
- A mattress on the floor
- Other: \_\_\_\_\_

### Most of our hosts:

- Allow smoking in the home
- Do not allow smoking in the home
- Have a place where smoking is allowed

### Most of our guests will:

- Share a bedroom with his/her traveling companion
- Be offered an individual bedroom
- Share a bedroom with members of the host family
- Sleep in a living room or other shared room

### Hosts can accommodate guests with dietary restrictions or pet allergies:

- Most of our hosts
- Some of our hosts
- None of our hosts

## Hotel accommodations

*(Fill in this section if your exchange includes an optional tour with hotel accommodations)*

### Guests will stay in one or more hotels that:

- Require climbing stairs (no elevator)
- Include a working elevator
- Include handicap-accessible bathrooms
- Offer a smoking or nonsmoking preference
- Do not offer a smoking or nonsmoking preference
- Offer in-room bathrooms
- Include only shared/public bathrooms
- Require several guests to share one room (Ex: hostels)

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**All ambassadors are expected to lift and carry their own luggage throughout the airport, in and out of cars or buses, and inside the host home.**

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***Ambassadors: Do you have particular needs or questions about this exchange? Please share them with your ambassador exchange director, who will communicate with your hosts and share their response with you.***