

It's High School Tour Season!!!

A Document For College Cores



To Reveal Leadership through Service, Relationships, and Action.



College Core Role Sheets

The success of a Tour is a process that involves the entire bus. Therefore, College Core members should be aware that there are several main layers of leadership, all of which are designed to work together to facilitate a life-changing, high-impact, service/leadership experience.

College Core (5 – 6 people)

The College Core's primary purpose is to execute the Tour on all levels (basics, programming, logistics, and safety). Good Luck!

Basics

The basics are the necessary items; the general rule of thumb is to keep the students safe, fed, and having fun. The core is to ensure for healthy and cost-effective meals that provide for all nutritional needs (vegans, vegetarians, meat-eaters 😊, etc.). The core is to ensure that the students are getting enough rest by setting appropriate bedtimes and enforcing them. And finally, the core is to also ensure that the students are drinking enough water, wearing the appropriate clothing, and enforcing the appropriate rules. The fun things on tour!

Programming

The programming is what separates the Pay It Forward Tour from every other traveling experience. The college core will program the tour for five consecutive 24-hour days.

The guidebook provides a framework for the entire tour from start to finish. This includes evening programming/facilitation, bus programming, rest time (programming), social time (programming), etc.

Also included is the creation of a safe environment where students feel included and supported. The core is responsible to work together to execute the programming, encourage participation, and present a positive attitude during the entire experience – PMA all the way!

Logistics

The College Core is responsible to execute the on-tour logistics. This is everything from the moment the bus departs to when it returns. This includes serving meals, confirming housing, providing quality service projects, etc.

Safety

The students are excited to return in the same physical condition as when they departed!



Tour Contacts (2 people)

Each College Core has two Tour Contacts. The tour contacts are the two College Core members that work with STLF National to organize and coordinate the pre-tour items.

This includes the tour planning (service, housing, University tours, etc.), communicating with the College Core, and ensuring the entire experience.

The Tour Contacts will have been on a previous HS Tour.

Adult/Community Members (1-2 people)

Another support layer, it is essential for the College Core to speak with adults/community members to best utilize their presence. This is the most undefined role within this program because it really depends on what the adult is hoping for and willing to do.

The best thing to do is to communicate to them your needs and what you have planned for the day. That way, they can choose their level of participation. In addition, inform them of your limits so they know when they are 'allowed' to step in. For example, if someone is sick, you may want the adult to step in (or you don't)—either way, a prep conversation is needed.

High School Leaders (3-5 people, sometimes)

This role is not on every bus, but is another layer of leadership. If applicable, high school leaders are paired with college leaders to lead small group/core discussions. This is a direct role of mentorship, and college leaders must meet the student where they are at. A great way to do this is to set small goals for each day—for example: a more timid high school leader may have a goal of leading the entire discussion on his/her own by the end of the Tour, while a more talkative person may have a goal of improving listening skills.

College Cores will be made aware of High School Core Members prior to the tour.



High School Pay It Forward Tour Frequently Asked Questions

This document is sent to parent/guardians of participants.

Who is responsible for this tour?

Students Today Leaders Forever is working with students and staff at the high school to create this positive experience. All rules and expectations of the high school will also apply on the Tour. STLF holds all legal and financial responsibilities.

Contact Cody Nelson – cody@stlf.net -- 218-280-3441 with any questions/concerns.

How many chaperones are on the bus?

Each trip will have at least six chaperones, and including one or two high school teachers. The teachers will be on the trip to represent the school's policies and help ensure for safety. Approximately five college student volunteers from various universities across the Midwest will also be on the tour to serve as mentors and facilitators of the program. Two of these students will serve as Tour Contacts and will represent STLF on the Tour. These students are trained and experienced in the program, and are also responsible for planning and organizing much of the experience.

Where do the participants sleep?

The Pay It Forward Tour makes various stops at unique places throughout its tour. Some examples of places students will sleep are YMCA's, churches, community centers, and more. A sleeping bag and pillow will be needed. Males and females will be separated for sleeping arrangements. On the last stop of the tour, called the 'celebration city,' all students will stay in a hotel.

What types of service projects will my child do?

The Pay It Forward Tour strives to expose participants to a new social issue and a different community environment each day. Throughout the tour, participants will engage in service projects that involve everything from human interaction to labor-intensive work, usually while using teamwork to accomplish their tasks. While specific projects will be chosen by the tour facilitators, examples of common service projects in the past have been visiting with residents in senior care facilities, engaging in park maintenance and trash removal, tutoring or playing with children, and building homes for low-income families. The safety of all participants is taken very seriously when setting up service projects.

How much spending money should my child bring?

STLF will provide breakfast and one additional meal each day. We will also be providing snacks and other treats along the way. Each student is responsible to pay for one meal per day on their own. We suggest having students bring \$50 for spending money on food and other optional expenses, or an average of \$10 per day.



College Core Frequently Asked Questions

As a college core member, does this tour cost me anything?

The High School Pay It Forward Tour is a leadership opportunity for college students. There are no direct fee's or costs associated with the tour for college core members.

STLF will ask for a donation upon your return from the tour.

What are my pre-tour responsibilities?

STLF asks that each college core member is able to provide his or her own transportation to any pre-tour training and to the bus departure site. Carpooling is generally available for most tours. Your tour contacts will be able to assist with organizing your transportation.

What should you bring as a college core member?

If you are able, plan on bringing some appropriate DVD's, bus games, cards, sporting goods (frisbee's, soccer ball, etc.), iPod Speaker Dock w/iPod, **phone charger!**, power strip.

These items are not required, but you may find them useful. Bring what you can.

How much money should I bring as a college core member?

As a rule of thumb, please plan to have \$20 a day in available funds (cash, debit, or credit). Most days you will spend much less.

There may be the remote possibility that some of the participants either run low on cash or don't bring any money along at all (due to the home economic situation). STLF strives to provide (within reason) for all students on the Tour. There may be a time when a college core member pays for a student sporadically throughout the tour and STLF reimburses the college core member. Extra cash on hand has come in handy for a few tours.

Please remember to act in your best interests when it comes to tour finances, please do not put your personal finances on the line.

Do we bring '40' objects to hand out?

As we traditionally hand out 40 objects to our friends on college tours, STLF is excited to keep this is a college-only activity. You will not have to spend hours and hours trying to find a '40 object' (or you won't have to find rocks at your last stop – Brian P.).

Should I bring homework?

The ULTIMATE question that we have no answer for. If you have homework needs, please please plan on getting it done while you tour. On the other side, we have all seen college core members with high intentions coupled with high volumes of homework and accomplished next to nothing. Please plan accordingly and share your needs with your core.



STLF High School Pay It Forward Tour College Core Packing List

Preamble:

The following are suggested items to bring on board the tour. Feel free keep this list in mind while packing at your own discretion. **Thank you!**

Clothes:

Clothes for 5 days and 4 nights --- Please note that some service projects may involve paint/dirt.

You will be receiving Two STLF Shirts – one t-shirt and one long-sleeve.

- * Athletic Clothes for free time*
- * Closed toe shoes/sneakers*
- * Warmer clothes as some housing sites have been deemed as 'cold'*

Toiletries:

- * Toothbrush and toothpaste*
- * Comb/brush*
- * Soap*
- * Hair Care Products*
- * Towel*
- * Shower Shoes if needed*

Other Items:

- * Water Bottle*
- * Notebook*
- * Books/Magazine*
- * DVD/VHS (school appropriate, please)*
- * Pens/pencil*
- * flashlight*
- * Camera*
- * Sleeping Bag w/Pillow --- bus blanket*
- * Snacks*

**Any questions – call Cody @ 218-280-3441 or e-mail cody@stlf.net