



LEAPNOW
Transforming Education

LEAPNOW: Transforming Education
11640 Highway 128, Calistoga, CA 94515 Phone:
707-431-7265 Fax: 707-431-8479
Email: onerevolution@leapnow.org
www.leapnow.org (7/08 revision)

ONE REVOLUTION: BE THE CHANGE

U.S.  ⇌ Guatemala  ⇌ India  ⇌ Swaziland  ⇌ U.S.

PROGRAM INFORMATION & APPLICATION

One Revolution is a group program of travel and service in Central America, Asia and Africa – the only program we know of that takes you to three continents! Between early January and mid-May 2009, a group of people ages 17 and older will travel around the world and do three 6-week periods of volunteer service in Guatemala, India and Swaziland. The purpose of such a journey is to:

- Allow you to engage in the world in a way that is individual to you (you choose your three internships), but contained and supported by competent, caring leaders and a group of like-minded individuals.
- Give you a chance to dive deeply into Latin America, Asia and Africa in a relatively short period of time – with the encouragement to engage deeply with the people and cultures you are immersed in.

Whatever its destination, what sets a sacred journey apart from an everyday walk, an adventure, or a tourist trip is the spirit in which it is undertaken. It is sacred if it sensitizes the individual to the deeper realities of his own being and of the world about him – if it brings together the inner and outer worlds, the physical landscape serving as a mirror for the inner one. Roger Housdon – Sacred Journeys in the Modern World

- Learn experientially within a context that allows you to reflect on and integrate these extremely diverse experiences into yourself. Each country and internship gives you the opportunity to experience yourself in very different ways – providing an invaluable mirror to you. The program is structured with three contemplative retreats to allow your inner growth to keep pace with a dramatic outer journey.

In terms of abundance and opportunity, Americans are among the most privileged people on the planet. If everyone on the planet were to enjoy the standard of living of an average American, we would need 6 planets to support us! What is our responsibility to this level of privilege? One Revolution is a chance to learn how people live in other parts of the world – in regions that don't enjoy our level of affluence and abundance. Through such "deep travel" we can begin to envision how we might respond to global problems, rather than unconsciously contributing to them.

One Revolution: At a Glance

Retreat #1 in California	Guatemala: 3 weeks of Spanish language and a 6-week internship	India: 5-week internship	Retreat #2 in India	Swaziland: 6 weeks internship in Swaziland	Retreat #3 in California
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The program starts and ends with a contemplative retreat at the LEAPNOW campus north of San Francisco. Most study abroad and travel programs don't give the participant enough time to breath and realize how much has happened. The first retreat will help you prepare for the journey, and give the group some time to come together

before traveling. The second retreat (in India) and the final retreat back in the U.S. give you time to harvest your learning, take time to digest your experiences, and connect your internship experiences to your specific life purpose.

- One Revolution is open to people ages 17 and older. It can be used as the final semester of high school, a half year of college, for who want to gain international volunteer experience to balance their academic education, or for those out of college who want to feel the wind in their hair again. It's for anyone who wants to know themselves and the world better, and who want to have a positive impact on the world.
- College credit is available at a nominal additional cost through Antioch University Seattle or Seattle Central Community College.
- One Revolution is designed to be an extended active meditation and inquiry into how you can "be the change that you wish to see in the world." The variety of cultures and social structures in these three very diverse regions of the world will ask you to examine your potential in the world, and how you might like to realize it.
- A maximum of 12 students will travel with two experienced adult leaders who serve as a resource and a liaison for the participants into the various cultures and internship placements, while working with the group to maximize safety, learning and personal growth.

We look forward to accompanying you on a spectacular journey once around this precious planet!

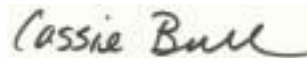
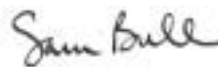
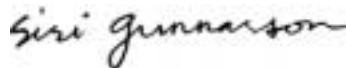
Enthusiastically yours,

LEAPNOW Staff:

Siri Gunnarson
International Program Coordinator

Sam Bull
Executive Director

Cassie Bull
Academic Director



PROGRAM CALENDAR:

<i>January 2-6, 2009:</i>	Retreat #1 in California at the LEAPNOW campus
<i>Jan. 6 – Feb 13:</i>	Guatemala: Language Study and Internship
<i>Feb 14 - March 27:</i>	North India: Internship <i>(Retreat #2 will be held in India – dates to be determined)</i>
<i>March 28 - May 8:</i>	Swaziland: 6-week internship
<i>May 9 – 14:</i>	Retreat #3 at LEAPNOW northern CA campus

PROGRAM OVERVIEW:

Retreat #1: A 4-day retreat at the LEAPNOW Campus in Northern California doing basic orientation to the program, meeting your group members and leaders, and creating a healthy foundation for a conscious traveling community. Orientation includes a cultural introduction to Central America, India and Africa, health and safety education, and basic traveling skills.

Guatemala: We ease into international travel with a flight from San Francisco to Guatemala, then travel overland into the Western Highlands where we'll do an in-country orientation, followed by three weeks study at a

Spanish language school while living with local homestay families. Afternoons during the initial three weeks are spent volunteering with social service projects. The final three weeks deepen into full-time work at your internship. Free time is spent practicing your Spanish, visiting artisans in nearby towns, salsa dancing, or climbing 13,000 foot volcanoes.

Internships: In this part of Guatemala, for your internship you can teach in a school, work at an orphanage, work with local backstrap weavers and other artisans, lead treks in the Highlands, work with street children, do environmental and wildlife protection work, work with abused and neglected women, work at an organic coffee cooperative and assist at a medical clinic.

India: During the next phase of our adventure, we fly to New Delhi in north India, then travel by train to Varanasi, India to explore this ancient city and access traditional India. You'll learn about the rich Hindu culture as well as the significance of the river Ganges, and the burning ghats. During your free time you'll be able to explore the winding stone streets around the historic temples. Varanasi is known for its art and music and when you're not volunteering, you'll have the opportunity to arrange take courses in areas of interest such as spirituality, yoga, meditation, Ayurveda, Hindi language, etc.

Internships: A broad variety of internships are available in Varanasi and nearby Sarnath. These include teaching, work with children, service to the elderly and the dying, arts apprenticeships (wood carvers, classical India musicians and dancers, jewelry-makers, drummers, vocal musicians), environmental work, work at an Ayurvedic clinic, work with people with disabilities and mental illness, work with child prostitutes and public health and HIV/AIDS awareness,

Retreat #2: Spend one week at a contemplative retreat center in northern India to integrate everything you have seen, experienced, and learned so far during the journey through Latin America and India. Take time to reflect on your purpose, align with your intention of being of service, and prepare for travel to Africa.

Swaziland:

For our final volunteer experience we fly to the Kingdom of Swaziland, Africa's smallest and most easy-going country, nestled between South Africa and Mozambique.

Internships: Food distribution to the sick and elderly, work with orphans and vulnerable children, HIV education & counseling, development and construction of playgrounds, construction and renovation of community centers, work with the sick and elderly, medical work in rural communities, and work with midwives.

Retreat #3: Return to our northern California campus to get your feet gently back on the ground in the U.S. This 6-day retreat will focus on reflection and mining of the trip for maximum learning, then focusing on ways to maintain what you have learned, in your post-One Revolution life.

While traveling abroad, One Revolution students stay at homestays and local guesthouses, and live as the locals do. This is generally simple, but not primitive – most of the time we have a bed to sleep in and running water. Food is basic, and there are the inherent primary challenges of culture shock, cold, heat, fellow group members, rain and bugs.

COLLEGE CREDIT: One Revolution participants have the option to earn college credit through a simple and inexpensive process. We have an arrangement with Seattle Central Community College (SCCC) that allows you to earn up to 15-quarter hours of credit for the One Revolution program. SCCC is accredited through the Northwestern Association of Schools and Colleges. The College offers courses for students to earn academic credit for international study or work experience. The courses don't require you to go to Seattle, and there is no physical classroom. The course meets electronically by email, or by mail, phone or fax. Reading, journaling and writing papers are an integral part of the curriculum. There is latitude for you to determine what you would like to study within each course – you can focus on the aspects of the region or culture that are of most interest to you, and it integrates well with the One Revolution experiential curriculum.

Credit will also be available through Antioch University Seattle, which accredits our year-long LEAPYEAR program. Credit will be given for language study and the internships.

LOGISTICS

APPLICATION & ADMISSIONS: Interested applicants complete and send in the attached One Revolution Application Form and must have a phone interview with a LEAPNOW staff member. Once an application is received, we contact the applicant to arrange the interview. At our discretion, we may require an in-person interview at our California office. There is no application deadline – we accept people until the program is full – then create a waiting list. Once accepted into a program, participants receive a detailed trip preparation packet. This packet, together with a regularly-updated One Revolution web page, covers program details, transportation, gear & equipment, health & immunization info, communication during the program, climate & living conditions, college credit, detailed trip itinerary with contact info, required documents & paperwork.

GROUP SIZE: A maximum of 12 students with 2 leaders while traveling around the globe. Student:Staff ratio at the U.S. retreats averages 2:1.

AGE RANGE: Minimum age is 17 by the start date of the program. There is no upper age limit.

REQUIREMENTS: Participants must be able to attend the full program. Anyone in reasonable physical condition should be able to complete the program successfully. A vegetarian or restricted diet can be sustained throughout the program.

HEALTH, SAFETY AND COMMUNICATION: The safety and well being of our students is our first priority. LEAPNOW has safely brought home over 1,200 students after travel all over the world during the past 14 years. The current world situation raises questions for our students, their families and friends, and it is very important that you feel confident and secure as you embark on a program involving international study and travel. We constantly monitor the world situation through the U.S. State Department, and through a network of individual and organizational contacts in the countries we visit that function as our eyes and ears on the ground. We design and modify group travel to avoid hot spots, health risks & political trouble. Students have regular access to phone and email communication throughout the program. Group leaders carry an emergency cell phone at all times.

Our group leaders are experienced both as travelers and leaders, and usually have led a LEAPYEAR group semester for LEAPNOW prior to leading a One Revolution program. Each group of students travels with two leaders to insure that any individual emergencies can be given the attention needed for resolution. One Revolution starts with a retreat in the U.S. before any travel commences – allowing us to give very comprehensive orientation, get a good sense of each of the participants, and lay down a foundation for healthy group dynamics before leaving the country. Please note that there are short periods during the trip when participants will have limited access to medical attention. Throughout our travels, participants are provided with potable water, clear information about health risks, and in-country orientation about each new place we visit and each new activity.

COST: The ONE REVOLUTION program cost is \$13,900 and includes all scheduled program activities, food and accommodation during the program. Not included in the program fee is the cost of personal health insurance (required), personal spending money, as well as domestic and international airfare. The program fee is paid in full prior to the start of the program.

EXPECTED OUTCOMES

Understanding the World of Work: Exploration of Core Values ❖ Identification of Barriers to Success
❖ Acquisition of Practical Skills: ❖ Work Experience in your area of interest

Cross-Cultural Exploration: 3 weeks of intensive Spanish study ❖ 18 weeks service work ❖ Living & working in different countries ❖ Exploration of our own cultural assumptions

Social Skill Acquisition: Communication – Conscious Speech, Conscious Listening ❖ Conflict Resolution ❖ Working together ❖ Embracing Differences ❖ Balancing Group & Individual Needs ❖ Learning to live in Integrity

Language comprehension and in-depth understanding of and exposure to different cultures and regions. Participants will get to know the diversity of the global community and in the process they have opportunities to gain basic Spanish language proficiency.

Wisdom, Maturity, and Experience: Beyond their intrinsic value, these outcomes are exactly what colleges and employers are looking for in new applicants. Participants can become experienced world travelers.

Enhanced Job Readiness & Career Direction: Participants will be getting practical work experience while volunteering in diverse and challenging areas of the world.

Self-Confidence: One Revolution encompasses so many diverse experiences, work environments, skills, and challenges, that self-confidence will be greatly strengthened. This confidence will be based on meeting real world challenges in real time.

IS ONE REVOLUTION FOR ME?

One Revolution is FOR ME if ...

- I'm over 17 and feel a "call" to service, exploration and personal transformation
- I'm willing to deal with culture shock, new & challenging situations, and primitive living conditions.
- I'm enthusiastic about making a journey into my own unknown inner terrain.
- I'm motivated to find out what I'm made of, and finding renewed sources of meaning
- I look forward to being challenged to grow in many new and different ways.
- I REALLY want to do this program for MY OWN reasons, rather than because somebody else thinks it's a good idea.
- I'm willing to do hard work, and be uncomfortable in order to learn more about myself.
- I'm willing to be part of an intense and honest group.
- I'm very interested in learning to live in integrity and willing to be held to a high standard of personal accountability.

One Revolution is NOT FOR ME if ...

- I'm looking for a vacation, a party, or a chance to "hang out."
- I think that One Revolution is merely a good chance to travel
- I only want to do it because **someone else** thinks it's a really good idea for me.
- I'm only willing to stick with something until I become bored or uncomfortable or judge it as "a waste of time."
- I regularly use drugs, alcohol or tobacco or am in the grip of an active addiction.
- I need therapy for a serious psychological condition.
- I'm not willing to be away from my boyfriend/girlfriend, friends and family for five months.
- I like the travel, but the group experience and retreats don't really work for me.
- I don't want anybody telling me what to do with my time.

GENERAL DISCLAIMER: *LEAPNOW reserves the right to make changes to any program in order to provide the best possible experience, safeguard participants or respond to changing political or climatic conditions.*



One Revolution 2009 APPLICATION PACKET

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Please attach
a recent photo of
yourself here - any size
will do.

Your application is not
complete
if the photo is missing.

Please fill out this application thoroughly and thoughtfully. The application, phone interview, possible in-person interview and reference checks will be the way we determine your fitness for the program. We expect honest and detailed responses to these questions. We strive to keep the application process simple. We will call you for the interview after we have received your complete application packet, and we will make a decision within a week after the interview.

Please complete and mail or fax us everything that says “Application Packet” to:

LEAPNOW: One Revolution Program
11640 Highway 128, Calistoga, CA 94515 USA
Phone: 707-431-7265 Fax: 707-431-8479

PERSONAL & CONTACT INFORMATION:

Your Name (as it appears in your passport) _____

Passport # _____ Expiration Date _____ Place of issue _____

If not a U.S. citizen, please specify your visa status: _____

Date of Birth _____ Social Security # _____

Address (current) _____

Address (permanent, if different) _____

Home Phone _____ Cell _____ Fax _____ E-mail _____

Let us know the best method, _____
time of day, & number to contact you: _____

Educational Background:

High School: _____ Location: _____ Graduation Date: _____

GED: _____ State: _____ Date Earned: _____

Colleges Attended:

Name of Institution:	City/State	Dates Attended	Credits Earned
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_____	_____	_____	_____
_____	_____	_____	_____

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Father's Name _____

Address _____

Home phone _____ Cell Phone _____ Work Phone _____

Fax _____ E-mail _____

Mother's Name _____

Address _____

Home phone _____ Cell Phone _____ Work Phone _____

Fax _____ E-mail _____

Emergency Contact: (If not your parents, whom should we contact in case of an Emergency?)

Name _____

Address _____

Telephone _____ Fax _____ E-mail _____

Relationship to Applicant: _____

How did you hear about One Revolution?: _____

On a separate sheet of paper, please fully answer the following questions. *(Please don't give us one word or one-sentence answers if you'd like us to take your application seriously.)*

1. What is your inspiration for doing One Revolution? What change do you wish to be in the world?
2. Do you have any heroes in your daily life? What qualities do they have that you'd like to bring into your life?
3. What do you worry about?
4. What single event or experience of your life had the most positive impact on your life? In what way?
5. Drugs, alcohol & tobacco are big problems for many people - describe your relationship with each one.

APPLICATION FEE: The application fee for the program is \$50, and is non-refundable. Please check off your mode of payment:

_____ I have enclosed a check for \$50 with my application, payable to "LEAPNOW, Inc."

_____ Bill my VISA or MasterCard for \$50 Card #: _____ Expiry: _____

Name on Card: _____ Cardholder Signature: _____

For office use only: Date Rec'd: _____ Logged by: _____ App Fee Rec'd: _____

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ONE REVOLUTION PROGRAM EXPECTATIONS & RULES:

For any group of human beings to thrive while living together, basic guidelines of behavior and expectation are needed. The following are the basic non-negotiable rules that govern our community, and that you will have to embrace if you want to be part of it.

1. One Revolution is for those who are willing to challenge themselves physically, culturally and socially. If you are willing to work hard, take on challenges, and make a difference, this is a program for you. If you are looking for a vacation, trip or party, please look elsewhere!
2. We expect all group members to treat one another with basic respect and consideration. One Revolution staff will help group members work through any issues or conflicts that arise during the program.
3. In general, the following behaviors are out-of-bounds, and if you engage in these behaviors and are unable to make positive changes after receiving feedback, you will be asked to leave the One Revolution program: If you engage in behavior that puts **the program** at risk; If you engage in behavior that puts **another group member or leader's** health, safety, or well-being at risk; If you put **your own** health, safety or well-being at risk; or, If your behavior is negatively impacting someone else's experience.
4. The program is a DRUG FREE ZONE. Any drug use, purchase or possession will result in immediate termination from the program. This includes abuse of prescription medication.
5. The program is an ALCOHOL FREE ZONE for anyone under 21. For those over 21, the program is an ALCOHOL RESPONSIBLE ZONE. This means that any abuse or irresponsible drinking of alcohol may result in your termination from the program.
6. If you create a "mess" during the program, it will be your responsibility to make amends within 48 hours. This must be done without the prompting of the group leaders. A "mess" can be a physical mess, a problem for another group member, host family, leader or program sponsor, or other problem that an adult would clear and clean up – to restore harmony and make amends.
7. The following are not tolerated during the program: unwanted sexual advances, verbal abuse, physical violence, property damage, or theft. If not rectified immediately, each of these may result in the termination of participation in One Revolution.
8. As a general rule, participants are expected to act responsibly. The program leaders are not babysitters or parental surrogates. Their first priorities are your safety, and the viability of the program. You may be asked to leave the program if you put your own, or the group's, or your leaders' safety and well-being in danger.
9. You will need to use more discretion about behavior and dress while traveling abroad than you do in the United States. It is imperative that stay within guidelines given during orientations.

APPLICANTS: I have reviewed the One Revolution application, have read and understood the One Revolution Program Expectations and Rules set forth above, and have completed the Medical & Health Disclosure. I am unaware of any further medical, psychological and physical problems that might inhibit my ability to successfully complete the program.

Name: _____

Signature: _____ Date: _____

STUDENT REFERENCES: Please give us the names and phone numbers of 2 adults who know you well, who are not related to you. One of them must be a former teacher or employer.

Name: _____ Phone: _____ Relationship to you: _____

Name: _____ Phone: _____ Relationship to you: _____

One Revolution 2009 - APPLICATION PACKET (Page 4 of 4)

MEDICAL & HEALTH DISCLOSURE:

Please answer the following questions by circling YES or NO. *If you answer yes to any of them, please add another page to describe the situation or condition at greater length.* We reserve the right to request further information and to speak with doctors, counselors, etc. All medical information and personal disclosure will be kept strictly confidential.

- 1. Have you ever been asked to leave school or a previous program? _____ YES NO
- 2. Do you have any physical, psychological or chronic condition that limits your participation in any physical activities? _____ YES NO
- 3. Have you been treated for a psychological condition in the past 3 years? _____ YES NO
- 4. Do you take prescription medications for any health or psychological conditions? _____ YES NO
- 5. Have you been or are you currently being treated for substance abuse? _____ YES NO
- 6. Do you now or have you ever smoked or used chewing tobacco? _____ YES NO
- 7. Do you have any special dietary needs or restrictions? _____ YES NO
- 8. Have you used alcohol during the past 12 months? _____ YES NO
- 9. Have you used drugs during the past 12 months? _____ YES NO
- 10. Have you committed a crime within the past 3 years? _____ YES NO
- 11. Have you been hospitalized in the past 5 years? _____ YES NO
- 12. Are you UNable to swim? _____ YES NO
- 13. Do you have or have you ever had any of the following?
 - Allergies? _____ YES NO
 - Learning Disability or ADD? _____ YES NO
 - Epilepsy? _____ YES NO
 - Diabetes? _____ YES NO
 - Asthma? _____ YES NO
 - Heart or Lung Disease? _____ YES NO
 - Hepatitis or Jaundice? _____ YES NO
 - Intestinal Problems? _____ YES NO
 - Foot, Leg, Back Problems? _____ YES NO
 - Motion Sickness? _____ YES NO
 - Eating Disorder? _____ YES NO
 - Clinical Depression? _____ YES NO

I take full responsibility for my medical, psychological and physical condition for the duration of the One Revolution 2009. I am unaware of any further medical, psychological and physical problems that might inhibit my ability to successfully complete the program. Should any problems arise during the course of the program, I will promptly notify a LEAPNOW staff member. I have read and understand the Program Expectations and Rules set forth above. I understand that if I withhold or misrepresent vital information from my past, I may be asked to leave the program.

Name: _____

Signature: _____ Date: _____