



**Food for the Hungry**  
Meeting physical and spiritual needs worldwide

**APPLICATION  
TO VISIT YOUR SPONSORED  
CHILD**

1224 East Washington Street Phoenix, AZ 85034 1-866-307-3259

[www.fh.org](http://www.fh.org)

[childmail@fh.org](mailto:childmail@fh.org)

Your Sponsored child's name \_\_\_\_\_

Your Sponsored child's ID number \_\_\_\_\_

**PERSONAL**

**(PLEASE PRINT)**

**NAME** \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_ Fax \_\_\_\_\_

**CHURCH NAME** \_\_\_\_\_

Pastor's Name \_\_\_\_\_

Church Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_ Denomination \_\_\_\_\_

**REFERENCE** (needs to be a Pastor, mentor, or Bible study leader that we can contact)

Name \_\_\_\_\_ (Phone) \_\_\_\_\_ How long have you know him? \_\_\_\_\_

E-mail \_\_\_\_\_ Relationship to you: \_\_\_\_\_

**TRAVEL INFORMATION**

Dates you intend to be in country \_\_\_\_\_ Passport Number\* \_\_\_\_\_

Please see: <http://www.state.gov/travelandbusiness> for visa requirements and safety issues

**MEDICAL INFORMATION**

**IN CASE OF EMERGENCY CONTACT:**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail \_\_\_\_\_

Area Code & Telephone # \_\_\_\_\_ Relationship \_\_\_\_\_

Do you have the required immunizations? Yes/No

Please see: <http://www.cdc.gov/travel> for the required immunizations and other health information

Do you have international health insurance coverage? Yes/No

Please check with your health insurance or go to [www.missionaryhealth.net](http://www.missionaryhealth.net) to purchase a short term policy.

**Secondary Emergency Contact:**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail \_\_\_\_\_

Area Code & Telephone # \_\_\_\_\_ Relationship \_\_\_\_\_



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**CONFIDENTIAL**

This form must be completed by anyone desiring to interact with children. This is a confidential form used by Food for the Hungry in order to provide a safe and secure environment

for those who are ministered to, cared for, or participate in activities lead by or in conjunction with Food for the Hungry.

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Full Name: \_\_\_\_\_

Do you have any physical or mental conditions that would prevent you visiting your Sponsored child?

Have allegations ever been made against you for committing a crime against a child?

Have you ever been convicted of, or plead guilty to child abuse or a crime involving actual or attempted sexual molestation of a minor?

Have you ever tested positive for an infectious disease? If yes, which one and when?

I certify that all answers given are true and complete to the best of my knowledge.

-----  
Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Attach a photo of yourself here:**



## GUIDELINES TO MAKE YOUR TRIP A SUCCESS

Visiting your sponsored child can be a very rewarding experience. It is the intention of Food for the Hungry that all visits should be safe and appropriate. All visitors should be aware that program activities must continue as scheduled. Keep in mind you will be visiting an area where facilities may be very limited. Lodging, food and restrooms may be very rustic.

- While visiting your sponsored child, a Food for the Hungry staff member or approved representative must be present during all interactions with registered children and their family. This staff member will also serve as a translator, if needed.
- Expenses for food, lodging and travel costs for the accompanying staff member or representative will be paid for by the visitor.
- Visitors are **not permitted** to stay overnight with one or more children, whether in a staff member's home or elsewhere.
- Money may NOT be given directly to the child or family. ALL monetary gifts must be processed through the Food for the Hungry, Inc., Arizona office for proper crediting to your account.
- Visitors must be culturally sensitive and must not hold, kiss, cuddle or touch minors in an inappropriate or culturally insensitive way.
- Visitors are strongly discouraged from exchanging personal contact information with a sponsored child or family. All letters to your child must continue to go through the Food for the Hungry office located in Arizona.
- Personal gifts should be approved by the Child Sponsorship office prior to the trip as well as the field office before being given to the child or family.

Please sign here if you agree to abide by all the statements above:

Name \_\_\_\_\_ Date \_\_\_\_\_

For more information about Food for the Hungry or to find out how you can travel with a TEAM, phone (800) 2-HUNGERS or check our website [www.fh.org](http://www.fh.org)



## Disclosure of Risk: Agreement of Waiver, Release and Hold Harmless

(PLEASE SIGN IN THE PRESENCE OF A  
NOTARY)

1. I understand that any travel, volunteer work, or other activities I undertake in connection with Food for the Hungry, Inc., Food for the Hungry International, partnering agencies, organizations, or individuals involves inherent risk on my property, health, and life and I further understand the nature of such risks.
2. I have been and am informed by this document that any travel, volunteer work, or other activities I undertake in connection with Food for the Hungry, Inc., Food for the Hungry International, partnering agencies, organizations, or individuals presents inherent risk, including, but not limited to, loss of property, disease, illness, injury, exposure, physical and mental harm, and death, which may be caused by, among other things, the elements, organisms, environmental conditions, crime, accidents, negligence, and political conflict including civil war, war, and terrorism.
3. No principle, officer, agent, employee, or other person associated with or acting on behalf of Food for the Hungry, Inc., Food for the Hungry International, partnering agencies, organizations, or individuals has disavowed or contradicted anything in this document, including the statements, regarding the existence and nature of the risks involved.
4. The undersigned recognizes and acknowledges that Food for the Hungry is a charitable, non-profit corporation engaged in human services and relief activities. The undersigned, for himself/herself and his/her heirs, does hereby freely and knowingly waive any and all actions, causes of actions, claims, and demands for or by reason of loss of life, bodily injury loss, including, but not limited to the contraction of any endemic diseases, costs, damage, or expense for any act or omission on the part of a third party or on the part of Food for the Hungry or any of its officers, agents, servants or employees for anything in any way arising from or connected with, either directly or indirectly, any volunteer activities of the undersigned Volunteer or of Food for the Hungry. The undersigned realizes that activities which he/she intends to pursue may entail some amount of risk or possible danger and desires to personally assume such risks.
5. This agreement is intended to be as broad and inclusive as permitted by the laws of the State of Arizona. This agreement is to be governed by the laws of the State of Arizona. If any portion of this agreement is held invalid, it is agreed that the remainder shall nevertheless continue in full force and effect.
6. I enter into this agreement freely and voluntarily in consideration of the permission to participate in the Activities described herein and of the benefits associated with such activities. I understand that this agreement is contractual and binding upon me.

**I have read this document and understood and agreed to all of its contents before signing it. I have also had every opportunity necessary to ask questions concerning the risks and hazards I am assuming in each of the countries I will visit or work in. I also have had adequate time to review, analyze and think of this document's contents, before signing the document.**

I certify the above information is correct and I HAVE READ THE DISCLOSURE OF RISK: AGREEMENT OF WAIVER, RELEASE AND HOLD HARMLESS. In an emergency, I give my permission to a licensed physician to hospitalize, anesthetize, or perform surgery as needed. I understand that every reasonable effort will be made to contact my family before these actions are taken.

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

State of \_\_\_\_\_ County of \_\_\_\_\_

Sworn to and subscribed before me this \_\_\_\_ day of \_\_\_\_\_, 200\_\_.

Signature \_\_\_\_\_

# TIPS FOR TRAVELERS

## How to Make Your Visit to FHI Fields More Enjoyable and Effective

1. **Do your homework in advance.** About a month before your trip, check into what inoculations and/or medication you should have for the country you are visiting. In the US, your local county health department can give you the information and the inoculations if you so desire. Take medications for diarrhea, colds or flu that may be prescribed by your doctor. Ask your doctor about a prescription for malaria medication if advisable for the region you will be visiting. Check into the type of clothing that will be needed for the places you will be visiting. Many visitors find it helpful to buy a book on the country and gain some knowledge of the history and culture before arriving.
2. **Be flexible.** Though we try to prepare for your visit in advance, last minute changes frequently need to be made. Go with the flow.
3. **Let us know what you need.** Much thought has gone into helping you achieve your objectives and making you comfortable. However, no one knows your needs as well as you do. Tactfully communicate your needs as they come up to your contact person. If for some reason we cannot meet that need, accept it. Sometimes the solution is simple.
4. **Be culturally sensitive.** Though you cannot be expected to know all about your host country's cultural patterns, you can minimize errors by doing more listening and watching than you normally would. An important guide is: don't judge your host culture. Especially avoid making overt comparisons to your culture (unless asked about your country). It is very demoralizing and in some cases offensive, to have one's country compared unfavorably to another. Avoid criticism; you are a guest in the country, but you should not be afraid to ask your host about practices you do not understand. If your attitude is one of learning, rather than judging, they will be happy to explain.
5. **Maintain a positive attitude.** Negative attitudes have a way of spreading very quickly. On the other hand, a person who can laugh at themselves (not at others), quickly puts others at ease.
6. **Watch what you eat and drink.** Just because "everyone" is eating off the street, does not mean you should. Many visitors like to experiment with street vendors; most regret it. Avoid uncooked fruits or vegetables and non-bottled drinks except in the nicest of restaurants or guest houses used to catering to foreigners. If sanitary conditions are not available, such as eating in a village or a beneficiary's home, it is advisable to eat the cooked food only and drink sodas, coffee or tea. It is safer not to eat parts of food that you handled with unwashed hands.
7. **Be careful with your camera.** Before taking photos, ask staff if it is appropriate. Try to be discrete (telephoto lens, etc.) as much as possible. Consider not taking your camera some of the days – you may find it easier to relate to people and to become a part of the culture if you (and they) are not distracted by photo taking.
8. **Accept the fact that you will stand out.** Though you should try to minimize your "foreignness", you will stand out as different. People may want to touch your hair, may ask questions you feel are too personal, or treat you as "special". The sooner you can become comfortable with this the better.

**Enjoy the hospitality.** You will often find those who have less, give more. Sometimes those you visit will want to feed you or give you some other token of appreciation for your visit; accept it graciously. All of our fields are known for their hospitality – relax and enjoy!

**7 QUESTIONS YOU CAN ASK**  
**THE CHILD SPONSORSHIP WORKER THAT WILL**  
**HELP HER/HIM BE MOST EFFECTIVE**

- 1. What are the critical unmet needs of the children in this community?**  
(Key needs/issues identified and assessed.)
- 2. Which and how many children do you aim to impact in this community?**  
Why these children? (Target group identified.)
- 3. In terms of the needs of these children, what is your current focus?** (Staff should focus on 2 - 4 needs) (Program focus is clear.)
- 4. Why are the parents, church, and leaders not meeting the needs you're focusing on? What's hindering them?** (All root causes analyzed.)
- 5. What will success look like in this area? What change or specific result do you want to see?** (Desired results and impact indicators identified.)
- 6. What will you do to achieve this change or result? Is this the best and most lasting way to achieve this?** (Methods and activity plan are in line with all of the above.)

If you have Teams, Hunger Corps, or other FH programs and resources involved in this community, how do they help achieve the expected results or objectives of this plan? (Other FH resources supporting CDP objectives.)

- 7. What progress or results have you already seen?** (Give specific evidence).  
(Desired results and impact are being measured.)