pacific discovery
inspiring educational adventures

Program Rules and Behavioural Guidelines

Each student is responsible for understanding, acknowledging and following the Program Rules and Behavioural Guidelines. These are in place to protect you, your group mates, your Program Instructors, host communities, and Pacific Discovery.

Breach of a Program Rule is grounds for immediate dismissal from the program. Disregard for Behavioural Guidelines can result in dismissal from the program.

Dismissal of a student from a program is immensely disruptive for the group, can be damaging for Pacific Discovery, and incurs significant administration and logistics costs. Students and families will bear all costs associated with the dismissal, and early departure. No refund of the program fee or reimbursement of costs to students and families will be made.

Program Rules

No drugs, no smoking, no vaping
Pacific Discovery does not tolerate the possession/use of illegal drugs, or misuse of over-the-counter and/or prescription medications, or smoking/vaping of any kind. Any students found possessing or engaging in these activities will be sent home immediately at their own expense and without refund. At no time is the smoking of marijuana permitted. Marijuana is considered a drug regardless of location and a violation of this rule will get a student sent home. Students are not permitted to purchase, use, possess, or be around others using drugs that are illegal in the host country. In the event that a student is arrested in a foreign country for possession or use of narcotics, the student will be under the jurisdiction of local authorities

No Alcohol
Pacific Discovery programs are alcohol free with the exception that, on occasion when it is deemed culturally appropriate by the instructor's, students who are of age in their host country may be allowed to drink with instructor's presence and approval (2 standard drink limit). This is to help model safe and responsible attitudes and behaviours towards alcohol and allow for cultural experience/exchange. This exception does not include our domestic USA programs (Hawaii), where there will be a complete zero tolerance to alcohol, even if students are of a legal drinking age.
Outside of these approved times, consumption, purchase and possession of alcohol is not permitted, and is grounds for immediate dismissal.

No bullying, exclusivity, or harassment
Bullying, intimidation, harassment, physical abuse, put-downs, exclusion, or discrimination, by gender, ethnicity, religion, sexual orientation, or wealth/status will not be tolerated. Exclusive relationships within the group are not supported.

No risk-taking or harmful behaviour
This includes but is not limited to Possession or purchase of any weapon - students may bring one folding-blade pocket knife with a blade length of max 3in; Students must follow all Covid-19 protocol to protect the groups safety and respect all host rules. Staying away from the group accommodation overnight is not permitted.

Behavioural Guidelines

Nothing is more important to **your** overall program experience than **you**. Your attitude and ownership of your own experience is instrumental to your overall enjoyment of the program. If you approach the program with enthusiasm and an open mind, you will gain a lot more from the whole experience.

We expect students to be open to learning and challenging their ideas and assumptions. The program will be as much about the inner journey of personal growth and learning about yourself, as it is about what you will experience in the outer physical journey.

Our programs are a shared group experience. We expect you to join the program with an open mind, and a willingness to work together with your group mates, and support each other, to make the program an incredible experience for the whole group. We expect students to be good

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ethical bystanders, attending to the well-being of all group members (E.g. Taking appropriate action when other group members put themselves at risk – including breaking program rules).

A healthy group dynamic takes some effort on your part and it is natural that you will find you get along better with some members of the group than others, because you share the same interests or outlook on life. We ask that you make a real effort to find common ground with everyone in the group.

Honest, open, and respectful communication and behaviour with your program instructors and group mates is essential. Generally notify a program instructor of your intentions when roaming any distance away from group accommodation.

Taking responsibility:

- Be responsible for all your own possessions at all times.
- Take responsibility for your own health and well-being. Communicate clearly and promptly with your program instructors regarding any health or medical issues that arise.
- We will require all students to report their temperature every evening during program and keep a health and contact log.
- Take responsibility for the administration and care of any medications you need.
- Be responsible for communicating your dietary preferences, allergies, health issues, concerns, and emotional well-being.
- Timeliness – be ready on time when a time has been set for an activity, otherwise it is unfair on everyone else.
- Be proactive in helping out with group tasks and helping others.

Be with at least one other group member anytime you are away from the group accommodation. Notify a program leader of your intentions when roaming any distance away from group accommodation. Students must adhere to a curfew specified by program instructors or host community expectations. Non-group members are not permitted in group rooms/accommodation.

Limited technology use. Phones and devices may be brought on the program, but may only be used during programmed 'WiFi time' on occasional evenings. Use is not permitted during community stays, home stays, during expeditions, travel days, and other intentional group focused time. This is so that students are present and engaged, for healthy group dynamics, and for safety and personal security reasons.

Travel ethically and sustainably and respect the people and places visited during the program. Refer to our code of travel ethics (pacificdiscovery.org/our-story/philosophy/#ethical-travel)

- Students should abide by local customs and dress codes, including all local health guidelines and requirements.
- Students should accord local people the same measure of respect and courtesy they would to their fellow students.
- Students should attempt to minimise their environmental impact:
  - Buy local and eat local foods. Don't eat wild animal dishes.
  - Conserve resources – turn off lights, minimize use of AC, minimize trash.
  - Protect waterways by using biodegradable soaps and shampoos.
  - Practice leave-no-trace hiking, camping and outdoor toileting.
  - Don't buy products made from wild animals, tropical hardwoods, shells or coral.

Students must adhere to host community expectations. Non-group members are not permitted in group rooms/accommodation.

Please initial beside each rule and guideline to indicate that you understand these rules, guidelines and the possible consequences of rule breaking, then name, date and sign.

Name

Date

Signature

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