

Some Practical Tips for WYD

1. Learn as much Spanish as you can. Try visiting <http://www.aoy.org.au/> to find the WYD section on Spanish Lessons with Camilo.
2. Try to learn about Spanish culture, including currently political, social and economic situations. They can have a HUGE impact on a country when you are visiting there.
3. Begin eating Spanish food once a week or fortnight so you are accustomed to it.
4. Try to drink more water each day, it will be very hot and humid in Madrid and your body will need more fluids. Allow it time to adjust.
5. Buy a VERY comfortable pair of shoes, suitable for walking for several hours every day.
6. Go walking and build up to longer distances – you'll be walking 10km to get to the sleep out and final mass!
7. Expect to change your shirt two or three times each day, it will be extremely hot and humid.
8. Plan to bring a backpack, not a suitcase. Some backpacks now have wheels. Make sure it fits properly and you can carry it easily.
9. Visit your doctor before you leave; make sure you have a letter from them for any medication you might need to carry (including over the counter medications). Ask your doctor about medication you can take in case of upset stomachs or constipation. These aren't fun things to worry about if you are spending considerable time on a bus, plane or at a sleep out.
10. Make sure you take time to use the Formation Guide. This is available at www.rok.catholic.net.au.
11. Talk to other people you are travelling with, can you share some items such as clothes detergent, sunscreen, etc to save everyone carrying lots of everything.
12. You will most likely need to bring clothes for a few days and wash your clothes in the sink. Jeans and heavy fabrics take a long time to dry, try to bring light, cotton clothing that can be washed in a sink and dry quickly.
13. Bring a pair of thongs for the showers, hat and sunscreen for when you are outdoors and a light shawl/scarf that you can throw over your head/shoulders if you are going somewhere you need covered shoulders, eg: church.
14. Invest in a money belt, keep your passport and most of your money in this, under your clothing.
15. The Youth Festival will not BEGIN until 9pm, practise have siesta's and being awake later at night.
16. Bring along some garbage bags. They come in GREAT as 'sleeping bag dew protectors' at sleep outs, ground sheets if the ground is dirty, raincoats and bag protectors if it rains, etc.
17. Find a way that helps you process information, e.g.: Journaling, debrief buddy, Review of Life (www.ycw.org.au), etc. Get used to spending 10 or 15 minutes each night doing this before you fall asleep, no matter how tired you are. This will be of vital importance to do once you are in Madrid.

Some useful websites for registration, formation and information are:

<http://www.wydtours.com.au/> (Harvest WYD Website. Visit for registrations and payments)

<http://www.madrid11.com/> (Official WYD Website. Contains formation, media Information, etc)

<http://www.wyd.org.au/> (Australian WYD Website. Contains formation material, events, etc).