



United Planet's Program Eligibility Requirements

United Planet places the utmost importance on our participants' health and well-being during all Quest programs. Health training before and during the program are conducted and participants must complete a health form with all health-related information included. Should the United Planet Team determine that further information is required to ensure proper program acceptance placement, the participant may be required to have a doctor complete an additional form with more information about a specific health issue, and giving permission for the volunteer to participate in the program.

Self-selection is an important part of this process and we ask all participants, before choosing to enroll in our programs, to think seriously about the following program points as some chronic illnesses, acute psychiatric conditions and some forms of physical disability may hinder a participant's safety and ability to effectively participate in the Quest program. Therefore, the following program expectations must be taken into consideration. It is expected that all Quest participants:

- Adjust to a different way of life with changing variables and unforeseen circumstances.
- Live effectively with a host family or with other volunteers, possibly with less amenities than they are used to, which may include heat, water and electricity.
- Are able to listen to and follow all instructions from staff members.
- Are able and willing to identify and recognize hazards in traveling and living abroad and be able to act accordingly to keep themselves safe.
- Are able to notify a staff member in the case of any medical or other emergency.
- Visit their doctor and/or travel health clinic before departure.
- Take all medications as prescribed by their doctor(s).
- Notify United Planet staff of any changes in health.

Physical Eligibility

In keeping with our guiding principles, United Planet will make every attempt to maintain the inclusivity of our programs. In this regard we will make every attempt to accommodate participants with unique needs. However, we do recognize that certain project sites possess inherent logistical concerns which make accommodating some unique needs more difficult. In these cases, logistical challenges will be communicated to the participant and we will work collaboratively with the participant, as well as the in-country staff, to ensure the safety of the participant. This said, certain host projects may be unavailable to participants requiring particular accommodations. United Planet will determine the viability of a given program for participants on a case by case basis in consultation with said volunteer, their physician, and our country coordinator, any of whom may determine whether a program is incompatible for the participant.



Mental Health Eligibility

- No acute psychiatric diagnosis or episode, or psychiatric hospitalization within the past year.
- No new *psychotropic medication(s) within six months of departure for host country.
- No major changes of existing psychotropic medication(s), including sudden stoppage, within three months of departure for host country.
- Relative stability (verified by the treating clinician) over the last year, if a history of chronic depression, anxiety, or other psychological or behavioral diagnoses exists. Some conditions may not be allowed if beyond what our staff and host communities can reasonably handle.

* Psychotropic medication: Any medication capable of affecting the mind, emotions, and behavior such as antidepressant/anti-anxiety agents, antipsychotic drugs, mood stabilizers, anticonvulsant medication, stimulants for the treatment of ADHD, etc.