

Grassroots Romania

Mission Trip Health Questionnaire

Your Name: _____

We are delighted that you want to join Grassroots on a trip to Romania. However we are aware that the climate, culture, pace and a person's general health do sometimes make a trip like this very difficult. We would therefore be grateful if you would complete this form and return it to the office. We will then check with the team doctor before confirming you have a place on the team. We may also need to ask you for additional insurance premium.

- 1) We often have to climb in and out of trucks, travel on bumpy roads, walk up to 2 miles and carry out physical manual work. Do you have any problem with mobility or any other issue that might mean you will find this physically difficult?
- 2) Do you have any allergies or other food requirements? (We cannot promise to provide vegetarian alternatives whilst in Romania) If yes, please give details:
- 3) Have you **any pre-existing medical conditions** that might effect your insurance or are you taking any regular medication?
If yes, please give details
- 4) Do you have any history of suffering from depression? Have you ever suffered from an addiction?
If yes, please give details
- 5) Due to cultural reasons smoking is not permitted on this trip and drinking alcoholic drinks can only happen at specific times. Will you have a problem with this?
- 6) Do you have any phobias?
If yes, please give details

Please give details of your next of kin so we can contact them in an emergency

Name:

Address:

Phone:

Mobile:

Email:

Is there any other information you think we should know? (continue on the other side of this paper.)

Please return this form to:

The Grassroots Trust, 8 Meadow Way, Rowledge, Farnham, Surrey GU10 4DY
Charity Number 1060034

