



ARIZONA TRIP AT A GLANCE

SAMPLE ITINERARY

*Please note that Me to We Trips is happy to customize trips to fit the needs of your group. Dates and activities will be determined together with your coordinator.

Day 1: Travel

Departure to Tucson, Arizona. Meet your facilitators at the airport in Tucson. Travel to the Arizona Leadership Center for orientation.

Days 2-3: Tucson

Take an early morning hike in Patagonia Lake State Park, where you will get to know your group.

Day 5-10: Arizona

Spend time learning about border issues and leadership through workshops, speakers and activities. Visit parks, native communities or charitable organizations on the Arizona side of the border.

- » Volunteer at a local shelter.
- » Expand your skills with hands-on workshops.
- » Gain insight into critical social issues .

Day 11-13: Wind-Song Leadership Center in Arizona

The final days of your trip will be spent reflecting on the experience, learning leadership skills and planning actions to take in your communities at home. On the final day, you will have a chance to return to a market and to have a closing ceremony at the ranch before your depart home.

HIGHLIGHTS

Community development: Volunteer at a local migrant shelter, a fair trade cooperative and a community building project

Leadership training: Get intensive and interactive leadership training

Environmental education: Enrich your trip with guided hikes

COST

The total cost of Volunteer and Leadership Arizona will be determined by your Me to We Trip coordinator based upon your group's desired itinerary.

Your trip cost will include:

- » All meals and accommodations during the trip
- » Curriculum materials and tailored leadership training
- » Facilitation and coordination by qualified staff

Me to We Trips can include your airfare and travel medical insurance as well! Ask your coordinator about different quote options. Detailed information on costs, payments and procedures is provided in the application package, which will be e-mailed to you. Trip capacity is 18 individuals. Since space is limited, group applications are considered on a first-come, first-served basis.





THE ARIZONA EXPERIENCE

ENVIRONMENT

The Wind-Song Leadership Center is located in the beautiful Sonora Desert, which is host to a wide variety of cacti, birds and wildlife. The weather is typically hot and dry, except during the monsoon rains of July and August when an occasional thunderstorm makes it hot and wet. Even though you'll be there in monsoon season, it will still be extremely hot and easy to become dehydrated. It is important to carry water with you at all times and to make sure you drink lots of it.

ACCOMMODATIONS

Wind-Song is a full service conference facility with two residential houses equipped with bunk beds, full bathrooms, kitchenettes and swamp coolers (desert air conditioning). Bedding, pillows and towels are provided. The main house has a beautiful full kitchen and dining room where participants and facilitators eat most meals.

LANGUAGE

A working knowledge of Spanish is helpful but not necessary. Most participants will view the obstacles to verbal communication as an opportunity to explore alternative ways of forming bonds with the people they meet. Smiles, games and body language are all great ways to communicate without using words!

FOOD AND WATER

The food on the trip is scrumptious, plentiful and healthy. We will accommodate any special dietary requests but it is important that you advise us of these special needs well in advance. The well

water at the ranch is as pure as you can find—make sure to drink lots of water per day but to conserve water by taking shorter showers and turning off the tap when brushing your teeth. Bring a sturdy, reusable water bottle so you can drink consistently while avoiding excessive plastic waste.

The food is delicious and can range from tame to spicy. There will always be options for those with sensitive tongues or stomachs. You will be drinking either bottled or filtered water.

