

Thinking of applying to join
the **Lourdes Pilgrimage** as a

Redshirt?

Over the years thousands of young people from across the Diocese have experienced what it means to be a young catholic by joining the Lourdes Pilgrimage as a **Redshirt**. The Redshirts are led by a committed and dynamic group of volunteer leaders who are passionate about sharing the joy of our faith and of Lourdes with those in their care.

The Redshirt experience is not just limited to the pilgrimage itself. We know the importance of building a community amongst the group so we hold several welcome and preparation events prior to our departure. You can get to know one another, ask questions, and feel the excitement build!

A Redshirt is a young person in school year 10 or 11 who is:

- seeking to deepen or explore their **faith**
- open to making **new friends** and sharing experiences
- prepared to **offer their service** to their fellow pilgrims
- willing and able to attend pre-pilgrimage **preparation days**
- ready to experience '**a week with a difference**' on Pilgrimage in Lourdes



What do some previous Redshirts say of their experience?

Going up to see St Bernadette's living spaces was very incredible!!

I absolutely LOVED the time after reconciliation for us to reflect on the past week and it was my highlight.

The candlelight procession was definitely a highlight of mine, as well as the redshirt hour of prayer.

If you decide to apply to join the Redshirts what would be expected of you?



To attend the following pre-pilgrimage preparation days:

- Redshirt Preparation day 1: **Saturday 25 April 2026** (parents/carers are required to attend the first hour of this meeting)
- Redshirt Preparation day 2: **Saturday 6 June 2026**

That you read, understand, sign and abide by the Code of Conduct.

Practical Information

Redshirts travel to Lourdes by coach and ferry, which takes around 22 hours. Travel within France is mainly overnight, with an early arrival in Lourdes the following day. There are frequent comfort stops and plenty of opportunity to purchase food both on the ferry and at the service areas. You will need a picnic for the outward journey (the pilgrimage will provide one for the return).

The Redshirt group stays together in one hotel with their own dedicated leaders and chaplains.

Bedrooms are ensuite and you will be sharing with at least one other Redshirt of the same sex.

You will have 3 meals a day, special dietary requirements can be catered for.

You will be given two uniform polo-shirts and a hoodie.

You will only need spending money for gifts, sweets, soft drinks and ice-creams.



What does a day in Lourdes look like for Redshirts?

Our days can be very varied, usually beginning with the whole pilgrimage coming together for mass where the Redshirts offer their special ministry of welcome, the 'Red Carpet'.

The rest of the day may have a combination of the following:

- Time for catechesis, known as Ministry sessions
- Preparation for prayer ministry
- Sharing experiences of faith
- Socialising with friends, shopping for souvenirs or an ice cream!
- Procession, stations of the cross or other pilgrimage activity

We know that applying to join the pilgrimage may be taking you out of your comfort zone, especially if your particular friends are not thinking of going. You are not alone! Many of those who apply feel the same way. During the preparation days, the Redshirt leaders will be helping you all to feel reassured, safe and happy so that by the time you get on the coach on the day of departure you have already built relationships with new friends from all over the Diocese.

THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON
LOURDES PILGRIMAGE

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