

# IT SEEMS LIKE A LOT OF MONEY?

Yes – there is no getting away from it. It does seem a lot of money. But the price covers all travel and accommodation and all your meals in Lourdes (breakfast, lunch, evening meal). So once you have paid for the pilgrimage you should not need much for spending money.

There are always fundraising opportunities available. Speak to your school chaplain or parish priest for some advice.



# WHAT HAPPENS IN THE WEEK?

You will have your meals with your coach in your hotel. In the morning and afternoon you will usually be 'on duty'.

This can be either pushing wheelchairs or helping with practical things like giving out water or making sure the route we are walking is clear. But you are not on duty all the time! There is plenty of time to get an ice cream with friends or grab a coke in a café.

You are never asked to do things you are uncomfortable with and we do not ask people to be on duty on your own – there will always be another youth pilgrim or member of staff with you or nearby.

In the evening a coach may have some time to spend by themselves, or we may do something together as whole youth pilgrimage. Then we will go to the local cafes – perhaps you may sing along to some music or you may prefer to chat with friends.

And each coach has a day off to get away and spend time together at the beach or one of the local towns.

# ABOUT THE YOUTH PILGRIMAGE

The Youth Pilgrimage is 50 years old. It was created to offer assistance to our pilgrims in Lourdes who might need some extra help moving around the town.

Over the years it has grown and developed. We now take 7 coaches of young people, like yourself, from all different parts of the archdiocese – so there will be a coach group local to you.

We still help our assisted pilgrims, but the week is so much more than that.



In your week in Lourdes you will get a chance to meet so many new people – youth pilgrims, ordinary pilgrims and our lovely assisted pilgrims. You will make new friends and have new experiences with old friends. You will come back with tales to tell and a sense of life and joy in your heart knowing that you have made a difference to the life of someone else.

You will travel as part of a coach group that will act as a mini community – a home away from home.

You will be asked to act in service of others, but you will get so much back in return.

**It can be a life changing experience!**



# LOURDES YOUTH PILGRIMAGE

## Information for young people

All you might need to know about what the Lourdes Pilgrimage is, what to expect, and what it offers you.



01744 740461

admin@animateyouth.co.uk

www.animateyouth.org

**Get in Touch**

# WHAT IS THE PILGRIMAGE ALL ABOUT?

We like to try to explain what the pilgrimage is all about by using the 4 S's

## SERVICE



Maybe the thing the pilgrimage is most famous for is seeing hundreds of young people, like yourself, wearing our yellow t-shirts and assisting our pilgrims around the town of Lourdes. That idea of service to others is the foundation of our pilgrimage. But we are not simply like a human Uber – taking people from A to B!



Each coach will do different activities as a group during the day. You will have your own coach day off in the week. And we will meet other coach groups in the evening in some of the local cafes.

Your coach becomes like a little family – a mini community – as you spend time with each other and get to know each other through the week.



## Spiritual

The reason we go to Lourdes, though, is because it is a place of pilgrimage. We believe the Blessed Virgin appeared to a young girl called Bernadette in Lourdes.

And for the next over 150 years pilgrims have been going to Lourdes.



When you go to Lourdes you will assist our pilgrims go to Masses and services. But you will also have a chance to take part in your own coach times of prayer.



## Skills

You may well be thinking that you seem to be doing a lot for other people – but what do you get from this? Well, aside from a sense of **doing something for others** and a **feeling of achievement** and maybe a general sensation that you have **made a difference** to the lives of other people there are quite a few skills that Lourdes can help you build and develop.

- **Friendships** – Meet other people and build new friendships. Or share new experiences with friends you already have when you go as a group.
- **Experiences** – New and different experiences every day.
- **Resilience** – Meeting new people, being in a new place, taking part in duties we may not be familiar with all help build resilience.
- **Independence** – Being away from home and caring for yourself offers life skills we all need.



- **Responsibility** – You are responsible for yourself and are given the responsibility of helping our assisted pilgrims.
- **Confidence** – Being away from home, taking on new tasks, being responsible for others – all help build confidence in who we are and what we can do.
- **The Future** – Being able to say you have been part of the Pilgrimage and acted in service of others in your own time will help you stand out from the crowd on CV's, Job Interviews and College or University applications.
- **Finally - Faith** – Lourdes is a reminder that faith can be an empowering gift in our lives – encouraging us to act for the good of others and giving us a sense of joy that nothing else can compare with.

Our service is based on relationships – getting to know people. We speak to our assisted pilgrims (those in wheelchairs) and we speak to each other on our youth pilgrimage. Service is about getting to know more about each other – learning from each other, chatting over a coffee in a café or having an ice-cream by the river.



## Social

So, really, our service has a a very strong social element to it.

Social time is important in Lourdes. We spend time with our assisted pilgrims. But we also spend time with each other on our coaches and as a whole youth pilgrimage.