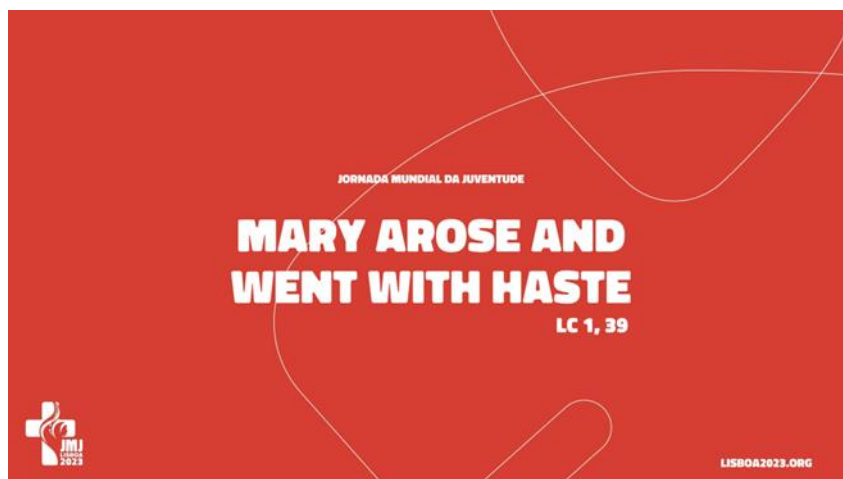


WYD PILGRIM BOOKLET



AMRI

“I am the servant of the Lord. May it be done to me according to your word” (Luke 1:38).



Welcome

Welcome to our Pilgrimage to World Youth Day in Lisbon. We will be joining pilgrims from all over the world to this amazing experience of faith. Your pilgrimage is organised by AMRI, Vocations Ireland and other Congregational Leaders. If this is your first WYD, prepare to be amazed at the welcome that will be provided to you by the local Church in Portugal. We also welcome back some of our “veterans” from previous WYD’s.

All information is on www.amri.ie



WYD Team

Our Team for WYD is made up of people who have expert knowledge of pilgrimages and events.

Combined they have huge experience of attending and assisting at previous WYD’s. They have been meeting pilgrims since registrations were made. All have been involved in training our leaders, pastoral planning for events with young people and developing pastoral resources for all pilgrims.

- Gerard Gallagher – AMRI
- Phone 0872347220 – communications@amri.ie
- Margaret Cartwright – Vocations Ireland
- Vocationsireland1@gmail.com - 0867820149
- Sr Eileen O Connell O.P. Dominican Sister 0876651738
- Fr Seamus Mc Entee, Chaplain, Dublin City University
- Seamus.mcentee@dcu.ie - 0867750177
- Dermot Kelly – Redemptorists Youth Ministry Leader
- dkelly@cssr.ie +447525774024

What is expected of Every Pilgrim @WYD 2023

Pilgrimage Protocol

You will have to respect the house rules of the accommodation assigned. If you are staying with a family, you will respect their home and be an ambassador of good manners and behaviour. If you are staying in private accommodation, ensure you keep in touch with leaders and be on time for group activities.

You are an ambassador for your family, your community and Ireland.

Crowd Control

All our pilgrims will be assigned a group leader. This helps with effective communication and mobility at WYD.

Each group will have the appropriate ratio of leaders to young people.

During WYD there will be free time. However, we request all pilgrims to stay together in groups.

Try/Do not travel on your own at any time.

There will be regular meetings for leaders in order to streamline communication.

This will include in-person meeting and via social media such as WhatsApp.

Behaviour—structure and consequences

AMRI will support and assist many congregations during WYD, including the official AMRI group.

Leaders of groups have the responsibility to deal with initial issues. However, they can ask for advice or support from the WYD Team.

If any behavioural issue is prolonged then, it will be dealt with by the designated Safeguarding Officer or WYD Team.

Health and Safety

It is the responsibility of each pilgrim to take care of their own health.

We do not have direct first aid experience in the group and will rely on the local organisers.

It is essential that each pilgrim brings their own medical supplies if required.

You should guard against possible heat exhaustion and sunstroke, as it will be hot in Lisbon. You should wear appropriate clothes, including headgear, suncream, stay hydrated and also use insect repellent.

General health promotion measures should be implemented by everyone (volunteers and pilgrims): drink water, use sunscreen every 2/2 hours, wear a hat, avoid direct exposure to the sun between 12h and 16h;

Ensure that any required vaccinations are up to date before the trip and bring their own first aid kit with what they usually need when travelling.

Insurance

Ideally you should have personal travel insurance, as well as the E111 if you can avail of it through the Health Authorities here.

Please note the official insurance package provided for participants does not cover the full duration of World Youth Day activities in Lisbon.

Flights

WYD – AMRI Package

Flight Details - RYANAIR

**DUBLIN T1 LISBON 31/07/2023 17:10pm
/20:00pm**

(To Lisbon FR7328)

**LISBON DUBLIN T1 07/08/2023 20:25pm
/23:10pm (To Dublin FR7389)**

All times are local & correct on date of publication.

What's included in the flight only price?

Return flights from Dublin T1 to Lisbon Airport (RYANAIR)

- 1 suitcase per passenger not exceeding 20 kg (additional fees WILL be charged by the airline should you exceed this limit)
- 1 small item of hand-luggage for under seat in front on aircraft
- Allocated group seating including ATOL Protection

Name of Parish and Address:

We will be hosted and staying at Redemptorists Parish near Lisbon.

Parish Church of Damaia – Parish of the Most Holy Redeemer Damaia

Lgo da Igreja S/N, 2720-122 Amadora, Portugal

<https://www.paroquia-damaia.pt/>

Accommodation

We have a number of pilgrims who will be staying in different locations in the city centre. Group leaders will know of these addresses.

For those who have selected the WYD simple accommodation, this will be in collaboration with the Irish Redemptorists. Dermot Kelly and Fr Seamus Mc Entee will be the main points of contact for these pilgrims.

Accommodation is basic and organised by WYD organising team and it's out of our control. It is typically municipal spaces such as schools, community halls etc. **You need to bring a sleeping bag and mat.**

Please note - Parish Accommodation: Will be with families/or in municipal spaces such as schools etc—but bring a sleeping bag, mat and a small gift. The type and location of the accommodation is beyond the control of the AMRI leaders and is controlled by the local Lisbon leaders.

Our Travel Partners

ANAM Cara - <https://anamcaratravel.com>

Key Programme

Catechesis (Wednesday – Friday)

A key part of the World Youth Day Programme is the daily Catechesis. Our base will be

Our Church:

Igreja de Nossa Senhora do Bom Sucesso,

Rua Bartolomeu Dias 51-43, 1400-038 Lisboa, Portugal

- Catechesis starts each morning at 9:00am and finishes with mass

AMRI has been invited to animate Catechesis on Wednesday 2nd, hopefully many of our pilgrims will assist.

We invite you and your groups to come along and take part.

For musicians/singers please make contact with your designated leader and get the QR code for the music that will be used.

Rise Up starts each morning at 9:00am and finishes with Mass

You are welcome to explore other Catechesis venues on Thursday and Friday.

Ireland Evening Prayer

- All Irish Pilgrims are invited to attend Evening Prayer at 6pm on Wednesday 2nd. All Bishops attending and groups will participate.
- It will take place in *Igreja de Cristo-Rei da Portela* we will use the group app to suggest how to get there. (Full address and google map location below)
- It is suggested you wear your group tee-shirt or a 'county' jersey/your club or country jersey if you have one! (Not obligatory!)

Venue

Igreja de Cristo-Rei da Portela

Igreja, Av. dos Descobrimentos 4, 2685-194 Portela, Portugal

Google Map link: <https://goo.gl/maps/f2G89u1HTtquBX7n7>

Key Events

For the Opening Ceremony, Arrival of Pope Francis, Way of the Cross and the Vigil – we will plan to go as a group if possible – details will be communicated once we are in Lisbon.

We will also communicate a daily plan of our itinerary.

CHECKLIST

Travel Lightly—Travel Wisely!

Luggage

- You will be allowed to bring 20kg bag check in bag - 1 onboard bag also.
- Sleeping Bag—and Mat (for accommodation and Vigil).

Clothing

- Group tee-shirt
- Sun hat, raincoat (yes it will be warm—but it could rain too).
- Towel (Swimsuit -maybe needed for showering and sliders/flip-flops).
- Light clothes, cotton socks, underwear, nightwear.
- Comfortable runners/shoes/sandals—there will be plenty of walking!
- Empty plastic bag for your dirty clothes—in case you need to go to a laundrette.
- You can buy some detergent to wash clothes too!

Toiletries/Medicine

- Note: - re toiletries for your check-in bag on flight—100ml for the flights is the maximum. (Many of these can be purchased at the airport to avoid restrictions).
- Bring any medication that you need in your on-flight bag.
- Inhalers—if required. Pack in your on-flight bag.
- Sun cream lotion/after-sun.
- Shampoo, toothpaste, brush, shower gel, toilet bag, baby wipes, hand sanitizer, sanitary products.
- Plasters.
- Lip balm.
- Insect/ mosquito repellent.
- Paracetamol, Dioralyte (solution salt & water), Motilium—(upset stomach) Imodium.
- Sunglasses.
- Portable Fan—handheld (optional)

- Small FM radio (not your phone) essential to listen to translations—Pope Francis may not speak in English. (Optional)
- Adaptors plug and phone charger. (Powerbank if you have one)

Do check with your phone provider—Roaming and Data can be expensive—switch off or arrange a package before you travel.

- Wi-Fi is not guaranteed.
- Musical Instrument (optional) however Irish music and singers will be very welcome!
- Items for swapping (e.g. little inexpensive Irish trinkets/gifts).
- Small Irish/National Flag.
- Portuguese Phrases.
- Small gift for your host family if you happen to stay with one

We recommend that you do not bring valuable items. If you do they are your own responsibility.

- Reusable Bottle

Money

- Local currency is in EURO.
- Spending money—we recommend you have a budget of around €25/30 Euro's per day. (Note bring some cash, as not everywhere accepts cards/google/Apple pay etc)
- (During WYD your flight, accommodation—with families in parish— and WYD meals are covered. However there will be some days where you will have to purchase your own food, or snacks, drinks or emergencies)

Weather

Average 25- 30 degrees warm = Prepare for very hot weather.

Other

- Passport—you will be required to keep your passport on you in Lisbon. We recommend bringing a photocopy of it also. (Or a digital copy in your safe travel wallet)
- Travel & Health Insurance is your responsibility. You will need to have a copy of the relevant info when you travel.

Time Keeping

- It is important that all pilgrims and leaders pay attention about time keeping, meeting times and locations. It is the pilgrim's responsibility to follow directions of the assigned leader.
- It is a pilgrimage and not a holiday, so be prepared to rest and rise early!

General Information

- Agree with your family/congregation before you leave how often you will be in contact with them.

What if I get Lost?

- If you do get lost—please do not call home first! This can cause unnecessary worry; your group might be just around the corner.

(If you would like to make your way to *Igreja de Nossa Senhora do Bom Sucesso, Rua Bartolomeu Dias* (Catechesis site) – someone can arrange to meet you there.

Prevention

- We are a small group, so it is important for everyone to watch out for each other. Keep a friendly eye out for other pilgrims too.
- Ensure you agree a way of keeping in touch with your group.
- Do not go anywhere on your own
- The WYD Team will have daily info sessions outlining what will happen each day.
- Become familiar with your environment, be vigilant and aware of your own safety

In case of emergency

In case of emergency contact your group leader and if necessary the civil authorities.

Useful Contract information

- WYD website – <https://www.lisboa2023.org/en>

Embassy Address

Embassy of Ireland, Portugal

Diplomatic and Consular Information for Portugal

Embassy of Ireland

Avenida da Liberdade 200, 4th Floor

1250-147 Lisboa

Portugal

Tel: +351 21 330 8200

Fax: +351 21 397 7363

Follow on twitter @dfatravelwis for the latest travel updates.

Read 'Know Before You Go' guide.

<https://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/portugal/>

Emergency Assistance - You can contact all emergency services in Portugal by dialling 112.

- Department of Foreign Affairs - <https://www.dfa.ie/>

World Youth Day At A Glance

DISCOVER.

OVERALL AGENDA IN LINE WITH PREVIOUS WORLD YOUTH DAYS

WORLD YOUTH DAY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mon-Sat						
Days in Dioceses (integration of youth from all over the world in the dioceses of the country)	Pilgrim's arrival and check in	Pilgrim's arrival and check in	Rise up (Catechesis)		Pilgrimage until Parque Tejo	Missioning Mass
			Welcome Ceremony	Via Crucis		
	Opening Mass with	Youth Festival				
		City of Joy (Reconciliation Center + Vocational Fair)			Evening Vigil	Meeting with Volunteers

LISBOA2023.ORG



MARY AROSE AND WENT WITH HASTE

The spiritual journey of the pilgrims will pass through different phases, beginning with a motivation to action, with the "ready-set", culminating in the "rise up" as a call from God to be sent forth on mission to our homes and to the world

31th July	1st August	2th August	3rd August	4th August	5th August	6th August
READY	SET	GO	REJOICE	BELIEVE	GIVE THANKS	RISE UP
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

LISBOA2023.ORG

INITIAL EVENTS



Opening Mass

Tuesday, 01/08/2023



Welcome Ceremony

Thursday, 03/08/2023



Via Crucis

Friday, 04/08/2023



LISBOA2023.ORG

FINAL EVENTS



Evening Vigil

Saturday, 05/08/2023



Missioning Mass

Sunday, 06/08/2023



LISBOA2023.ORG

Pilgrim Prayer

Our Lady of the Visitation,
you who left in haste towards the mountain to meet Elizabeth,
lead us also to meet all those who await us
to deliver them the living Gospel:
Jesus Christ, your Son and our Lord!
We will go in a hurry, with no distraction or delay,
but with readiness and joy.
We will go peacefully, because those who take Christ take peace,
and well-doing is the best wellbeing.

Our Lady of the Visitation,
with your inspiration, this World Youth Day
will be the mutual celebration of the Christ we take, as You once did.
Make it a time of testimony and sharing,
fraternization, and giving thanks,
each of us looking for the others who always wait.
With you, we will continue on this path of gathering,
so that our world will gather as well,
in fraternity, justice and peace.

Help us,
Our Lady of the Visitation,
to bring Christ to everyone, obeying the Father, in the love of the Spirit!



Diary/Blog Notes

It is encouraged for pilgrims to keep some notes and reflections on what has happened each day. If you like you can let the team know if you want to share them to a wider audience.

- What have you experienced today?
- What impacted you on what you heard or took part in?
- What are your impressions of other young pilgrims?
- What are you learning about yourself?
- What are you finding out about yourself as a pilgrim?
- What questions are emerging for you as you try to respond in faith to some of the experience of WYD?
- What are your hopes for tomorrow?
- As you begin to return home at the end of WYD – what will you do next?