



## Habitat for Humanity Canada's Core Philosophy

### **Our Vision:**

A world where everyone has a safe and decent place to live

### **Our Mission:**

To break the cycle of poverty and build strong communities by helping people gain access to affordable and sustainable housing

### **Our Values:**

Our actions are guided by these values ...

**HOUSING FOR ALL:** We believe that access to safe and decent housing is a basic human right that should be available to all people.

**HUMAN DIGNITY:** We respect and believe in the worth and dignity of every human being. We recognize the people we serve and those that help us in this effort as our greatest resource.

**PARTNERSHIPS:** We believe we can best achieve our mission through meaningful and mutually beneficial partnerships with others.

**FAITH IN ACTION:** We believe that faith is lived through action. Committed to our roots in Christian principles, we serve others in a spirit of justice and compassion alongside people of all faiths and beliefs.

**DIVERSITY & INCLUSIVENESS:** We believe there is a role for everyone committed to our mission, vision and values and we seek to enrich our organization through diversity.



## **Welcome to Canada Builds**

You are about to embark on an adventure that will change your life and the lives of others. It will take you to places that you have never been and immerse you in experiences that you can only imagine. You will make wonderful friends, explore a different culture and try new things. You will find challenges and rewards, joy and heartbreak, and when it's all over and you're back home with the ones you love, you'll find that you will never look at life in the same way again.

As a member of a Canada Builds team you will experience the effects that poverty and substandard housing have in Canada. You will be amazed and saddened by the conditions that some people are forced to live in and you will have your heart and spirit lifted as you witness the pride that Habitat homeowners have for their homes and communities. As you get to know your hosts you will learn that their hopes and dreams are not that different from your own. In the end, you will discover that you have received as much as you have given.

We at Canada Builds are here to make this experience as rewarding as possible. The Canada Builds staff and your team leader will work very hard to prepare you for your trip, work with you in the field and help you get the most out of your experience on your return home.

The key to having a full and meaningful experience is to be well prepared. This Orientation Handbook has been developed as a tool to help you do just that. It contains a wealth of information on how to get ready for your adventure, including chapters on health and safety, travel tips, Habitat for Humanity and the Canada Builds program. It asks questions that you may not have considered and gives answers to others that you have. It is important to take the time to read it carefully. You may even decide to take it along with you as a resource. If you have questions about anything in this manual, or about your trip, please contact your team leader or the Canada Builds Coordinator.

You have made a conscious choice to make a difference, to use your time and energy to help a family you have never met realize their dream of a safe and decent place to live. By giving this gift, you have truly become a member of Canada Builds and the Habitat for Humanity family.

We hope you have an exciting and fulfilling trip!

In partnership,

Your Canada Builds Coordinator



## **Chapter 1**

### **Introduction to Habitat for Humanity**

#### **Habitat for Humanity International**

Habitat for Humanity is a non-profit organization dedicated to bringing the benefits of homeownership to low-income families by building and renovating simple, decent and affordable homes with the assistance of volunteers and community partnerships. Habitat for Humanity was founded in 1976 in the United States and has grown to involve tens of thousands of volunteers around the world. Habitat for Humanity International has built, rehabilitated, repaired or improved more than 800,000 houses worldwide, providing shelter for more than 4 million people

The idea for Habitat for Humanity was born at Koinonia Farm, a Christian community founded by Clarence Jordan near Americus, Georgia. Millard and Linda Fuller abandoned a millionaire lifestyle and joined Jordan in a program building houses in partnership with low-income neighbours. After testing this model in Zaire, now the Democratic Republic of Congo, the Fullers returned to Georgia and founded Habitat for Humanity International.

The Global Village program began in 1989 in response to requests for international short-term volunteer opportunities. In the first year, 12 countries invited 30 teams to participate in house-building work and to learn about Habitat in their country. Today, Global Village sends more than 800 work teams to over 40 host countries each year, involving more than 13,000 participants.

#### **Habitat in Canada**

Habitat for Humanity Canada was founded in 1985 and has grown to include 65 affiliates in all 10 provinces, the Yukon, Northwest Territories and Nunavut. In 2005, Habitat for Humanity established its own Global Village Canada program to send volunteers to work with Habitat for Humanity affiliates around the world which has resulted in over 800 homes being built in 47 countries. In 2014, Canada Builds was created to address the need and requests for volunteers to build homes here in Canada.

#### **Partnerships, the Habitat Model**

The focus of Habitat for Humanity is not simply the construction of houses. Habitat for Humanity is fundamentally concerned with the people, homeowners, volunteers, and donors, who come together to turn the Habitat for Humanity vision into reality.

Habitat for Humanity partnerships begin with homeowner families. Families do not receive free houses; instead each family purchases and participates in the construction of their own house. This demonstrates significant commitment to the process of homeownership, and fosters pride and a sense of dignity. To qualify for a Habitat for Humanity house, a family must be in need, be able to cover the costs of a modest mortgage, and be willing to contribute significant hours of sweat equity toward the construction of their home. Families are chosen by a committee at the local affiliate level through a process of application review, with preference given to families with the greatest need. Their house payments are placed into a revolving Fund for Humanity to be used to build more houses.



Volunteers contribute time and labour to building a Habitat for Humanity house, but they also benefit from the partnership. Volunteers become aware of housing issues, the tremendous benefit of empowering people to help themselves, and the role they can play in breaking the poverty cycle.

Financial partnership is a vital component of the work of Habitat for Humanity. International affiliates are assisted with funding until the affiliate becomes self-supporting through local fundraising and funds from mortgage payments. Many individuals and companies that share Habitat for Humanity's vision also contribute to its work. Donations from Canada Builds volunteers help fund the local affiliate's building program. Canada Builds teams increase awareness in the local community of the program and its need for volunteer support and funds.

Habitat for Humanity's founder, Millard Fuller, once said, "If a person is in need, it doesn't matter what they believe. They're in need." In this spirit, and in the spirit of partnership, Habitat for Humanity is an inclusive organization, seeking to make decent housing available to all people. Habitat for Humanity affiliates around the world serve as a neutral meeting ground for people of various beliefs to put compassion into action. While rooted in Christian principles, Habitat for Humanity benefits from the wealth of resources brought by secular organizations, interfaith programs, interdenominational coalitions and other groups. These group groups work in partnership, sharing respect, ideals and dignity.



## **Chapter 2**

### **Canada Builds**

A Habitat for Humanity Canada Builds experience is an exciting and life-changing journey that takes individuals and teams across the country. They immerse themselves in another community, roll up their sleeves and work side by side with their neighbours to make a tangible difference.

Helping to build a home for someone in need is a powerful experience that opens your eyes and your heart to the plight of others who do not have the basic, decent shelter that most of us take for granted. It is a physically and emotionally challenging experience, and when the work is done, the volunteers often come away feeling that they have received as much as they have given.

All it takes to participate in a Canada Builds trip is enthusiasm, a sense of adventure and a willingness to learn. No other skills are required; there will be experienced help on hand to guide you along the way.

Trips are usually from one to two weeks in length, but are preceded by four to eight months of careful planning and preparation. This is an integral part of ensuring a safe and enjoyable experience.

Three important people will be working closely together to make your Canada Builds experience a success: your Canada Builds Coordinator, your team leader, and the host from the Habitat for Humanity local affiliate.

#### **Team Leader**

Your team leader, an experienced and committed volunteer, works with the CB Coordinator and the affiliate host to plan and then lead your Canada Builds trip. The team leader serves as a guide, counsellor and safety coordinator from start to finish. Your team leader will work diligently each day to bring together all of the details that will make your trip a success.

#### **Affiliate Host**

The affiliate host is a primary contact and partner in planning and organizing your team's work project. Your host helps to plan the itinerary and make arrangements for lodging, local transportation, recreational activities, etc. They are instrumental in ensuring that the team's visit is a positive experience for team members and the affiliate. Your host is invaluable in orienting the group and assisting with communication and cultural awareness.

#### **The Team**

Canada Builds team members come from all walks of life, but all join the Canada Builds team with the goal of giving of themselves to help those who are in need of a simple, decent place to live. Every team member brings a diverse set of life circumstances, values and talents to the project. No one can do it all, but each team member has strengths and gifts to offer the group. The challenge and reward in being part of a team is to discover and value what each person brings. Working together harmoniously day after day doesn't always happen – expect a few speed bumps on the road to fulfillment. Getting along requires patience and a willingness to compromise.

## Chapter 3 Expectations

If this is your first Canada Builds trip you are probably feeling anxious. A wild mix of questioning scenarios is most likely running rampant through your mind. What will the community be like? Where will we sleep? Is the work difficult? Why am I doing this? What can I expect?

This chapter and those that follow will answer your questions and provide a vehicle through which you can examine your own expectations.

### What Are Your Expectations?

It is important for team members to examine their expectations as early in the planning process as possible. Consider sharing your thoughts with your team leader and other participants. Expressing your thoughts on paper is a good first step.

- What is your purpose in going on this trip? Adventure? Spiritual focus? Alternative tourism? A desire to give?
- What do you expect intellectually? Emotionally? Spiritually?
- What do you expect physically? How hard do you think the work will be?
- What do you expect the facilities to be like? (Hotels, restaurants, buses, accommodation at the project?)
- How will you contribute to the group?
- What do you expect from the group? From your team leader?

Some things to think about and expect:

- Differences: Different is just different, not wrong.
- Schedules probably won't happen as planned.
- Be flexible. You might get tired of hearing about flexibility, but it will continue to be one of the most valuable phrases to remember.
- Be patient. No matter what the situation, you'll always be encountering the unexpected.
- Be forgiving. You and your team mates will make mistakes. You'll need to forgive yourself as well as forgive others. You'll learn a lot about acceptance: how to accept those who don't agree with you, and how to accept yourself when you don't perform the way you think you should.
- Be willing to be stretched, challenged and changed.
- Accept that your expectations may not all be met.



Accept that you don't always have to be productive to have a good experience. You need to be patient and flexible. There will be times of waiting for someone to show up, to make a decision or to just get started. Use this time to enjoy the people around you! Talk with them and ask questions about their lives, families and work. You can always work extra hard when the time comes for you to work. Make the most of the "waiting around" time to share with people. You may never have the opportunity again.

### **Sample Itinerary**

A 1-week Canada Builds itinerary might typically look something like this:

- Day 1.....Travel to host affiliate
- Day 2.....Welcome and Orientation, Building
- Day 3-5.....Building
- Day 6.....Building, Closing reception, local cultural events
- Day 7.....Rest and relaxation (tourist activities)
- Day 8.....Travel home



## **Chapter 4 Community life**

Participating in a Canada Builds trip is more than simply building houses. You'll be totally immersed in the community you visit. You'll eat, sleep, work and play as a team, within the world of your host communities culture.

With this immense opportunity for growth comes an equally immense responsibility. Each team member is expected to act responsibly with their every action. This chapter prepares you for what you can expect and what is expected of you.

### **Alcohol Consumption and Drug Use**

The use of illegal drugs is strictly forbidden on all Habitat for Humanity Canada Builds trips and will result in your immediate removal from the trip. Consumption of alcohol is not allowed at work sites and should be used in moderation at other times. Remember, since you represent Habitat for Humanity, you should act in an appropriate and respectful manner in keeping with the general philosophy of our organization at all times.

### **Relationships**

We ask that you refrain from initiating any intimate or exclusive relationships with local community members or other team members during your Canada Builds trip. While you may form close and lasting friendships with your team mates, exclusive relationships during the trip can cause tension and stress between group members.

It is important that participants respect and adhere to these guidelines, as failure to do so can have a serious negative impact on your team's stay and on the dynamics within your team.

### **Gift Giving**

Our partners have asked that we not bring gifts for individual families. Such gifts can often create jealousy, competition and feelings of ill will. Donations to the local affiliate that benefit the whole community, such as school supplies, soccer balls, small tools, clothing, shoes and work gloves, are welcome and can be submitted to Habitat for Humanity affiliate staff for distribution.

Team members are occasionally asked by community members about sending money or sponsoring a child in the community. This too is discouraged; Habitat for Humanity strives to promote independence, not create dependence. Such acts of generosity falsely raise expectations of what future Canada Builds teams will provide. If you are interested in further supporting the host community, contact the Canada Builds Coordinator when you return home.

### **Recreational Activities**

Most Canada Builds trips include opportunities for team members to participate in organized leisure activities unique to the area. We also encourage teams to get involved in local community activities.





These may include visiting the local school, meeting with the local women's group, talking with the Habitat affiliate's members about their family selection and building program, participating in a local craft session, or taking part in cultural ceremonies, dances and sing-a-longs. These are rewarding and satisfying experiences. Make an effort to get involved and share yourself with others and you will be sure to enjoy the returns. Let your team leader know if you have any special interests or requests.

### **Reflection Time**

Every day the team leader will gather the team members for a reflection session where each person has the opportunity to share feelings and discuss issues or concerns. It is important to remember that while everyone is there for the same reason (to do what they can to help others) each person may do that in a different way. This time of reflection and sharing may be a very meaningful or spiritual time. It is important that everyone can be themselves and feel supported. Every attempt is made to foster togetherness and create a positive team spirit. Making new friends and coming together as a team are a significant part of the Canada Builds experience.



## **A Code of Ethics for Team Members**

- Travel in a spirit of humility and with a genuine desire to learn more about the people of your host community.
- Be keenly aware of the feelings of other people, thus avoiding what might be offensive behaviour on your part. This applies particularly to photography.
- Cultivate the habit of listening and observing, rather than merely hearing and seeing.
- Instead of looking for that “resort destination”, discover the enrichment of seeing a different way of life through other eyes.
- Acquaint yourself with local customs—people will be happy to help you.
- Instead of the practice of “knowing all the answers”, cultivate the habit of asking questions.
- If you really want your experience to be “a home away from home,” it is foolish to waste money on travelling.
- Spend time reflecting on your daily experiences in an attempt to deepen your understanding. It has been said, “What enriches you may rob and violate others.”

## Chapter 5 Work Site Safety

Safety is everyone's concern and an important consideration at all Habitat work sites. Since Habitat work crews often include inexperienced volunteers, everyone must:

- Pay extra attention to safety. An observer can often see danger better than the worker directly involved in a task
- Be cautious at all times, and ask questions if you are uncertain how a task is performed, or if you should be performing it.

Safety is based on knowledge, skill and an attitude of care and concern. The on-site construction supervisor will instruct volunteers in the correct and proper procedure for performing each task and will familiarize you with the potential hazards, and how such hazards can be minimized or eliminated.

Your team leader and local Habitat staff work together to maintain a safe working environment and ensure that everyone at the site is following safe work habits. It is important that every volunteer knows about safe work practices and follows them to the letter. The final responsibility for each team member's personal safety lies with themselves.

Please take a few minutes to review this [Build Site Safety Video](#).

### Attitude

Safety begins with a safe attitude. Please keep the following in mind when working on site:

- THINK before you begin a task.
- If you are uncertain about how to perform a task or how to use a tool - ask.
- Avoid distractions and concentrate on the task at hand.
- Inspect all tools, ladders and scaffolding before use.
- IMMEDIATELY advise the team leader of any unsafe or hazardous tools or conditions.
- Know where the first aid kit is located and how to summon emergency help.
- Wear safety work boots at all times.

### Dressing for Work

It is important to dress in a way that is practical and safe for the work being done. Keep in mind that loose clothing can be dangerous. Follow these basic guidelines.

- Wear clothes and gloves that are appropriate for the work and weather conditions.
- Wear safety work boots. Any volunteer wearing sandals or other inappropriate footwear will not be permitted to remain on site.

- Wear hard hats.
- Use protective glasses when there is any possibility of eye injury.
- Wear a dust mask when sanding or installing insulation.
- Use earplugs when using a power tool for a prolonged period. Earplugs, if needed, are available at each work site.

The above recommendations are minimum standards. Depending on the work being performed, the on-site supervisor may request that volunteers take additional safety precautions.

### **Personal Precautions**

In their enthusiasm to contribute, Habitat volunteers often exceed their personal limitations. They then pay for it through injury or sore muscles and back pain for the remainder of the project. In many cases, team members are not accustomed to extended manual labour. It is important that each team member recognize their limitations and work within them.

- Lifting—always use the proper lifting technique: bent legs and straight, vertical back. Do not exceed your lifting capacity.
- Over-exertion—recognize your limits. Avoid struggling to keep up with other team members. When you get tired, take a break; sit down and rest often.
- Wear safety work boots when on the construction site.
- Hydration—physical work causes you to perspire which, unless lost liquid is replenished will result in dehydration.
- When working on a Habitat project, always drink more water than normal. Every job site will have safe drinking water available. Drink plenty.
- Sun—many work sites are without shade. Under these conditions, always wear sunscreen and a broad-brimmed hat. At the first indication of sunburn, reapply sunscreen and cover exposed areas with clothing.

### **Power Tools and Other Electrical Equipment (if applicable)**

- A power tool should not be used without proper instruction in its use and explanation of the potential consequences of misuse.

- Defective tools should not be used; they should be labeled and reported to the team leader immediately. Do not wait until the end of the day to report a defective tool.

### **Hand Tools**

- Always select the correct type and size of tool for the task, and make sure it is sharp or properly adjusted.
- Do not use a tool if the handle is loose or in poor condition.
- When using tools hold them correctly. Most cutting tools should be held in both hands with the cutting action away from your body.
- Avoid using your hand or fingers as a guide to start a cut.
- Handle and carry tools with care. Keep sharp-edged and pointed tools turned downward.
- Never place a tool on a sloping overhead surface or in a precarious position where it could fall.
- When not in use, tools should be returned to their place of keeping —special boxes, chests or cabinets.
- Do not use a power nail gun unless you are proficient in its use and the immediate work area is clear of volunteers. This tool can be very dangerous to you or others!

### **Ten Things to Remember Regarding Safety**

Safety is everyone's number one job! Your attitude is important—think safety.

- Do not take chances.
- Be aware of situations that may lead to risky or dangerous conditions.
- Report all unsafe conditions to your team leader or on-site supervisor.
- Know the location of the first-aid kit and who to contact in case of an emergency.
- Wear the necessary protective equipment, including glasses, hard hat, safety boots, dust mask and earplugs.
- Help maintain a clean work area. Remember, clutter leads to accidents.



- Be particularly careful about power tools and saws.
- Demonstrate ladder safety awareness. Practice safe scaffolding.

## **Working Up High**

Working above ground level on ladders, scaffolding or roofs is a common source of accidents on work sites. Injuries of this type may be serious and are often due to user error—failing to follow safety precautions.

### **Ladders**

- Inspect a ladder before you use it. Look for wear and tear, loose rungs and defects. If the ladder is unsafe, don't use it.
- Use a ladder that will reach the work area. An extension ladder should extend three feet above the work level.
- Move your ladder with your work. If both of your shoulders are extended outside the ladder while you are working, you are overreaching.
- When using an extension ladder, use the four-to-one rule. For every four feet of height, move the bottom of the ladder one foot away from the wall.
- A ladder is pitched at the proper, safe angle if you can comfortably grasp the rung at shoulder height.
- Place the ladder on solid footing in a safe location.
- If there is danger of the ladder moving while you work, tie it down. If there is danger of the ladder being hit, barricade it.
- If the feet of the ladder are not level, dig the ground out under one foot instead of raising one side with a block.
- When climbing always face the ladder and keep your hands free for climbing. Carry tools and materials in proper carrying devices.

### **Scaffolding**

- A scaffold must be designed to support four times the weight of the workers and the materials resting on it.

- Scaffolding components that are not compatible should not be mixed.
- Inspect scaffolding each day before using.
- When erecting scaffolding, provide adequate sills for the scaffold posts and use base plates. Use adjusting screws, not blocks, when on an uneven grade.
- Do not force end braces.
- Use only properly inspected lumber for planking and check daily for splits and knots; remove defective or damaged planks immediately.

## Roofs

Use extreme caution and follow a few simple rules when working on a roof:

- Roof materials should not be cut aloft. It is much safer to send down measurements and have the sheets cut on the ground.
- Always keep track of where you are in relation to the edge of the roof.
- Avoid laying tools and other items that are not in use on the roof.
- Secure building materials to prevent them from sliding or being blown off the roof.
- Some tasks along the edge of the roof are easier and more safely done off a ladder from below.
- Do not allow scrap materials and sawdust to accumulate on the roof.
- Do not work on the roof when the surface is wet.
- Secure the access ladder to the edge of the roof to prevent the ladder from moving.
- Do not throw items from the roof unless someone on the ground declares the landing area “all clear” and prevents others from entering the area until the thrown item has landed.

## Maintaining a Safe, Clean, Secure Work Site

“A clean work place is a safe work place” refers to the neatness and good order of the work site. Good housekeeping prevents accidents.

- Clean up rubbish and scrap materials daily. Do not permit scraps of wood, nails, empty cans, pipe, wire or other materials to accumulate around the work site.



- Keep tools and equipment that are not in use in their proper place. This protects both tools and workers.

### **Poisons and Toxins**

It is rare that Habitat volunteers encounter poisons or toxic substances on a work site; however, there are some instances when asbestos, lead oxides, solvents or animal feces are present. Special care must be taken when you come in contact with any of these substances or any unfamiliar substance.

- If you discover asbestos being used as pipe, boiler or heating duct insulation, contact the site supervisor immediately. DO NOT ATTEMPT TO REMOVE THE ASBESTOS FIBER ON YOUR OWN.
- Lead chips, dust and particles are most often encountered when scraping woodwork or demolishing lead-painted walls. Contact the on-site supervisor immediately if you suspect lead-painted surfaces.
- Wear masks to protect against breathing germs that can be borne in dust containing animal feces (such as rodent droppings).





## **Chapter 7**

### **Health and Personal Safety**

#### **Emergency Medical Care**

If a person is injured on the job, contact your team leader immediately. They will direct a person to summon medical help, if needed, and obtain the work site first-aid kit. Make the injured person comfortable and attempt to stabilize the injury until medical help arrives. Your team leader possesses an Emergency Management Plan that outlines specific procedures to follow in cases of injury or illness. They will discuss emergency procedures with you during the team orientation.

#### **Travel Health Insurance**

Travel health insurance is compulsory for all Canada Builds participants and is arranged for you by Habitat for Humanity through ACE travel assistance. It covers emergency medical evacuation and medical expenses, not covered by your provincial health insurance. An information sheet detailing this coverage is included with this orientation package. There is no medical questionnaire for this policy, but you will not be covered by it if you are travelling against the advice of a qualified medical practitioner. If you are travelling before or after your Canada Builds trip, then you must arrange for additional coverage through the provider of your choice.

Consult your travel agent about trip insurance to cover lost luggage and trip cancellation.



## **Conclusion**

Thank you for taking the time to review this orientation handbook; doing so is an important investment in yourself, your Canada Builds team and your host affiliate. The success of your Canada Builds trip relies on each participant being well prepared; reading this handbook is the starting point.

As you take the necessary steps to prepare yourself for your upcoming adventure, don't forget about your family and friends. They need to be assured of your safety and know how to contact you in case of emergency. They also need to understand why it is so important for you to participate in this experience.

By making the decision to join a Canada Builds trip, you have become one of those people who are not prepared to sit by while others are in need.

We want to express our hope and excitement for you and your upcoming adventure.

Thank you for joining the Habitat for Humanity Canada Builds family.

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."*

-Margaret Mead



## Canada Builds Team Member Agreement

I realize that the following elements are crucial to the effectiveness, quality and safety of our experience together. As a member of this Canada Builds team I agree to:

- Remember that we have come to learn, not to teach. I may run across procedures that I feel are inefficient or attitudes that I feel need changing. I'll resist the temptation to inform our hosts about 'how we do things'. I'll be open to learning other people's methods and ideas.
- Respect the hosts' view of religion.
- Respect my team leaders and their decisions.
- Respect my fellow team members and refrain from gossip. I may be surprised at how each person will blossom when freed from the concern that others may be passing judgment.
- Refrain from complaining. I know that travel can present numerous unexpected and undesired circumstances. Instead of whining and complaining, I'll be creative and supportive.
- Respect the work that is going on at the local affiliate with Habitat for Humanity. I realize that our team will be there for just a short while, but that Habitat for Humanity is there for the long term. I will respect their knowledge, insights and instructions.
- Attend all team meetings and follow-up meetings.
- Fulfill all logistical requirements. I will comply with all requirements regarding finances, safety, etc.
- Refrain from negative political comments or hostile discussions concerning the politics of the community I am visiting.
- Remember that I am a guest working at the invitation of the people of the host affiliate.
- Remember not to be exclusive in my relationships. If my spouse or best friend is on the team, we will make every effort to interact with all members of the team, not just one another.
- Refrain from any activity that could be construed as romantic interest toward a local or other team member.
- Refrain from consuming alcoholic beverages except when and where permitted by the team leader.
- Refrain completely from using illegal drugs or engaging in inappropriate sexual behaviour while on the trip.