

MEDICAL QUESTIONNAIRE

PLEASE READ CAREFULLY

Volunteer projects can be extremely strenuous and stressful. They may include long train or bus rides of 10 to 20 hours in duration. Travelers are almost always required to carry their own luggage. Rest rooms are not always readily accessible. The food is high in fat, carbohydrate, and sodium content. Fruits and vegetables may not always be available. The housing and meeting rooms may not have air-conditioning and may not have adequate heating. There can be a considerable amount of walking between the housing and meeting locations in addition to climbing many flights of stairs in meeting halls or hotels. During the winter months, walking may be on snow-covered or ice-covered walkways and stairs. On the other hand, the summer months in much of the world are very hot and this might affect your overall strength and energy.

All of these factors may aggravate certain health conditions and the medical facilities in most countries where we travel may provide inadequate care. We may request a medical release statement from your doctor.

1. Do you have any physical condition that may limit your ability to perform the ministry for which you have applied under the conditions listed above?
2. Have you had any surgery or major health problems in the past 2 years? If so, explain.
3. What medications are you taking regularly?
4. Are you currently under a doctor's care or have you been in the past year? If so, explain.
5. Do you have any special dietary needs? If so, please explain.
6. Please summarize your health. Do you place any limits on yourself to avoid physical or medical problems?