2027 16th ANNIVERSARY TRIP
Friends of Appalachia Inc.
Appalachia Service Project Trip

July 3rd to July 11th, 2027

After you have read through this information packet, and made your decision to join us, register for the 2027 FOA Trip online at http://www.friendsofappalachia.org/ (click the College/Adult Volunteer Tab and scroll down for the application) Applications will open on November 1st, 2026. It will stay open until we have enough advisors.

A non-refundable deposit of $150 (cash/check/PayPal) is due with your application. After your application has been accepted the Safe Sanctuaries Training/Quiz link on the website should be filled out and submitted. Your quiz must be successfully completed prior to the February meeting. $100 is due at each of the January and February Meetings ($350 total in your account by March 1st) with a minimum total of $750 due prior to the May Meeting. To promote as many donations as possible we also have a $1300 and a $1500 Club, which entitles you to choose an extra purchase decisions for your work site home, and more.

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First and foremost: THANK YOU!!

…if you are here for more information, welcome. Since 2009, the high school youth volunteers of Friends of Appalachia have participated in the Appalachia Service Project, which brings together youth from all over the country to do home repair for families in need in Central Appalachia. But without enough adults to accompany them, this life-changing experience of service will not be possible for our kids! ASP/FOA requires two adult leaders for every work crew of four/five youth. If you have a heart for others, the desire to make a difference, and a week to give: we need you!

...if you are ready to join, then thank you for your willingness to be a part of this year's Appalachian Adventure with the Friends of Appalachia. Without adult volunteers like you, the teens in FOA would not be able to experience the joy and challenge of serving through serving others.

An Introduction to Friends of Appalachia!

This Appalachia Service Project, Inc. trip is a mission trip sponsored by Friends of Appalachia Inc. Friends of Appalachia, Inc. (FOA) is a Trumbull, Connecticut based 501c3 Community Organization, open to all, which strives to educate and sensitize youth and adult volunteers to address the needs of impoverished people in Central Appalachia. This will be our 11th Annual Trip.

Some background of ASP

The Appalachia Service Project was created in 1969 by the Board of Discipleship of the United Methodist Church, to address the needs of people in poverty in the Appalachian region of the U.S. Since 1976, A.S.P. has been an independent, nonprofit corporation welcoming participation from church groups of any denomination. Each summer, ASP operates work centers across Kentucky, West Virginia, Virginia, Tennessee, and North Carolina, for nine weeks. Each week, 750 - 1000 volunteers from churches in different areas of the country arrive at their work centers for a week of home repair in the

community in which the center is located. The centers are run by a four or five person crew of ASP staffers, who do the work of screening applicants for home repair and deciding which projects to take on each summer. The staff also is in charge of evening programs at the center for the week, which includes group-building exercises, and informal devotional moments to reaffirm the religious basis of ASP. To learn more about ASP, visit their website at www.asphome.org

What we ask of you as an Advisor:

FOA advisors don't have to be stern disciplinarians … but we will be counting on you to help us make sure the week runs well for everyone. We count on our adults to be people who will offer interest, support and friendship to the kids, who make sure things at each worksite are going as smoothly as possible, who will ensure that the kids are following FOA and ASP's expectations and rules, and who will lead by example—by being a part of the work that goes on and by sharing your enthusiasm. Specific expectations: Before the trip, you'll be in touch with your work crew, and make sure your crew has the supplies it will need. The list of what each crew needs is at the back of this booklet.

On the trip, you'll be overseeing and encouraging, with another adult partner, a 6/7 total member work crew. You'll be providing leadership on the work site by organizing the tasks to be done, and ensuring everyone has meaningful work to do – working alongside the youth as a partner and mentor.

Adults will be expected to help with driving, usually a Chevy Suburban/Ford Expedition or 12/15 Passenger Van. You and your advisor partner will be responsible for a vehicle with 4/5 youth in it … so a comfort level with driving is essential. (From Trumbull to our first night in Harrisonburg, Virginia, (approx 7 hours with a stop for lunch) then we travel approximately 4 hours to our county

center for the week, and then during the week from center to worksite each day).

At all times on the trip, from departure until our return, you will be responsible for the shared oversight and supervision of all our youth. This includes sharing sleeping quarters with the kids (girls in one room and boys in another). This also includes separation in the vehicles. Adults are never to be in the Youth area (back to seats) of the vehicle and no one under the age of 18 is to be in the Adult area (front seat) of any vehicle at any time during the trip. At all times on the trip, from departure to return, advisors are expected to abide by the expectations, rules and regulations adopted by FOA and ASP for all volunteers. (all of which are at the end of this booklet).

Adult leaders are responsible for their youth volunteers at all times. This includes enforcing all FOA and ASP rules and regulations with their youth. The ASP staff counts on the adult leaders from each group to supervise the behavior of the teens. Please note that all volunteers (youth and adults) are expected to participate in the ASP programs, including meals, chores, meetings, evening gatherings, etc.

Alcohol/Drug/Tobacco Policy:

There is no drinking/drugs/tobacco or “the like" on the ASP trip. This is a dry week for all participants... for so many reasons! ASP requires it, as part of its code of conduct -- and as part of the guarantee it makes to the towns which host us. People violating the policy have been removed from ASP. As adults, we are supervising (as well as driving) kids who are entrusted to us -- none of which happens well with alcohol. More than that: our kids live in an alcohol and drug-infused society. This is one week of the year when they are away from all that. They need to see that we've left it behind, too.

How the Group is Organized:

ASP requires that our group of volunteers be broken down into work crews of six/seven people: usually, two adults and four/five youth. Our 2024 group was formed into 9 work crews. Each work crew represents our best effort to create a mix of male-female, ASP experienced, newcomers, underclassmen, upperclassmen. Generally, “best friends” don’t end up on the same work crew.

Life During Our Trip:

The first day, Saturday June 28th, is spent traveling to Harrisonburg, Virginia, where we will be spending the night at Eastern Mennonite University. We travel in several caravans. Each of our work crews is required to have its own vehicle for transportation from the work centers to the homes where the crews will be working. Sunday morning we have a devo and get into our respective vehicles and head off to our ASP work center.

FOA has been sending crews to Appalachia since 2009 as part of its annual fellowship youth program. The number of people interested has grown steadily over the years—in 2026, our 15th trip, we took 49 volunteers. The kids who go are at least in the 9th grade and have participated in the various fundraisers that FOA puts on over the course of the 6 months to meet the costs of the trip. The advisors participating (you!) include those who work with FOA as advisors over the course of the 6 months, and friends and parents of those participating. Each center is staffed by four or five ASP employees— often college kids who have worked with ASP through their own churches. During the week, they are the real authority figures! It is extremely important that they be treated with respect and courtesy, and we as advisors must model to our youth that respect and courtesy. Though they are young, they are all very experienced with the Appalachia Service Project, and are far more familiar with the community than we are. Working with them in friendship and cooperation ensures that life at the center for our week together is enjoyable and fun for everyone involved.

Having said that, some specifics about what happens: Distribution of home repair “jobs”: During our first evening at the center, Sunday night, all adult advisors will meet with the Center staff to discuss the available repair projects for the week. Having distributed the projects among the various work crews, the staff will then take the adult advisors and 1 youth per crew out to visit the homes in which their crews will be working for the week, to give the advisors a chance to look over the work needing to be done, as well as to introduce ourselves to the families living there and who will be tolerating our presence for the week! (*NOTE: If you are panicked about home repair: try not to be! The tasks are all fairly basic, and ASP provides a wonderful construction manual, which you will receive from ahead of time. It’s worth reading thoroughly to acquaint yourself with the types of tasks you may encounter.)

FOA and Staff support for home repair: Over the course of the week, our Floater and the ASP staff visit the home sites, help advise on what each crew should be doing, and just generally serve in a support role. Our Floater also helps transport materials out to the site, when necessary.

Evening Gatherings (EG’s) at the center: Each evening during the week, the entire center gathers for an evening program, which typically includes some singing, some devotional moments, and some talking about the day’s experience. The center staff generally rotate leadership of these evenings, and often involve members of the church groups present as well.

Chores/Devotions: Each work crew will be assigned a daily chore at the work center, such as cleaning the kitchen, scrubbing toilets, or other such delightful activities. It is very important that each crew be responsible about their task: your crew may need to be “encouraged” to fulfill their responsibility each day, so please be mindful of the chore they are assigned, and work with them! -- provide your leadership there as well. In addition, you might be asked to provide morning devotions once or twice, so it’s a good idea to take along any inspirational materials you might have, if you are motivated to do so.

The Appalachian Families:

The families whose homes you'll be working on range from the traditional "mom, dad and kids" to a grandmother whose five children and sixteen grandchildren live with her to a single elderly gentleman. A big part of your experience lies in getting to know "your" family, and interacting with them with friendliness, love and concern. Although our chief task is to make their homes "warmer, safer, and drier," we are also there to show God's love through our interaction with the family. It's a good idea to have a chat with the family a normal part of your working day, and to work on developing relationships with them as hard as you work on their roof! It is also crucial to remember that the "heap of junk" on which you're working is someone's family home which is dear to them. Therefore, it's important to approach your task, and their home, with sensitivity: this is where someone lives, and will continue to live after you've gone, so remember to take great care with what you do and the way in which you do it ("let's knock this crummy old porch down!", for instance, would be an awful way to approach your work!) Many of us who have gone in the past have had wonderful experiences getting to know our families. Family relationships are one of the most special elements of the "Appalachian experience," so don't hesitate to make the most of them. FOA gives 1 or more quilts to the family at the end of the week. These are donated to us to give to the families in need by the CT Quiltmakers Guild. FOA participants also give each family a Flower Box which we made, filled with flowers from the area.

Working with Your Crew:

The beauty of this trip is that young people are empowered to do great work for people in need. It is important to be sure that every teen on your crew is given equal opportunity to work and participate. Please be sure especially that girls are given the same opportunities as boys … it's all too easy to fall into assumptions about who is capable of what! The following was sent out to us

from the ASP office. I encourage you to read it and give it much thought as you prepare for this trip.

Getting the Most out of Your Work Crew: 1. The project that is picked for you, is suitable for your group. 2. Make notes of jobs that can be done by the youth throughout the week. At the end of each day, try to come up with enough work to keep your entire crew busy during the following day. 3. Before starting a task, ask yourself, "Could one of the youth do this task?" or “Could I teach them how to do this task?" Remember that these youth have spent a lot of time, energy, and money to prepare for this experience. They really don't want to stand around watching the leaders or even a few youth do all the work. [NOTE: Please be especially sensitive to making sure you give the girls on your crew as much to do as the guys!] 4. Give constructive criticism to youth but do it cautiously. If you are constantly correcting a young person's work, they may get so frustrated that they will be afraid to attempt to do anything. Remember that just because a young person doesn't do something the way you would do it, that doesn't mean it's wrong. 5. In teaching new skills, use the "4 steps of delegation": Step 1: I do it; you watch. Step 2: I do it; you do it. Step 3: You do it; I'll support and supervise. Step 4: You do it; I'll spend time in the next area. By using this model, you will feel confident in what the youth are doing, and they will feel better about what they are able to contribute. Watch for what youth do right, rather than what they do wrong. Let them know when they have done a good job. Youth are starving to hear positive comments, especially from adults like you who they look up to and admire. Take time to walk around your worksite encouraging and celebrating their progress. Let them know that they are making a significant contribution. It may be necessary to lead your youth to an understanding of why their project may not be progressing well. This may help your youth handle some possible frustrations due to different expectations or other factors. 8. Judge the success at the end of the day, not by how much work was done, but rather how much of a significant impact your youth felt they made; whether it was in the building of a stud wall or the building of relationships with the family. 9. Finally, always remember safety! Take time each morning before starting to work to review

safety concerns relating to your project. Encourage everyone to watch out for each other to avoid accidents. Complement safe practices. Watch out for fatigue and rushing which often leads to accidents.

Itinerary for the Trip:

First Saturday, 6:00 a.m. we meet at TCC to pack up the vehicles! After last minute details are given, a trip prayer and any words from dignitaries...FOA will leave, prior to 7am. We will stop as a group in Carlisle PA for lunch at the rest stop then continue to JMU. We will arrive in Harrisonburg, Virginia around 3:00 p.m. We will be staying in dorms at JMU. 6:00 to 7:30 - Dinner will be served - 8:00 Whole group gathers; work crews meet and talk. Lights out at 10:30. **First Sunday** at 7:00ish wake to a Morning Devo, which afterwards we leave to drive to Brunch and then onto the Center, approximately arriving at 3pm. We then arrive at our work center & settle in. Sunday evening: meet the center staff, have our first Evening Gathering; two people from each crew visit the home to be worked on. **Monday – Friday** activities: See next paragraph! **Second Saturday**: Leave work center in the morning, head to EMU. There may be an activity planned on the way back such as the caverns or water park and arriving at approximately dinnertime. **Second Sunday**, after our morning devo, we will leave and drive straight thru to Unity Park arriving back at approximately 3:00 for our 4:00 Post Trip Picnic and Celebration

ASP's Daily Schedule:

Monday through Friday (The general schedule will vary slightly from county to county depending on things such as when the hardware store opens or when the cooks arrive at work, etc.) Sunday 3:30pm. arrive at our center, register, and meet other groups. 4 - 5pm. Staff meets with group leaders to: • discuss the center and community • explain the home assignments 5pm Evening Gathering 6 p.m. Dinner 7pm Group leaders/staff travel to meet families 11 p.m. Lights-out; rest for a wonderful experience Monday - Friday 6:30 - 8am. Rise and shine, devotions, breakfast 8:30 - 4:30 Work day with a lunch break at noon at the site. 5 - 6pm. Clean up and make an inventory of supplies

needed for the next day. 6 – 7pm. Dinner 7 - 10pm. Center clean-up; Evening Gathering (a time of fellowship, reflection, sharing, singing, playing, sometimes with a guest speaker, local musician, artist, or other special event); team time; staff and group leaders discuss details of the day's work; free time. 10:30-11pm. Quiet time; settle in for a well-deserved sleep. 11pm. Lights-out; make sure your group understands the importance of getting enough sleep. Saturday: 7 - 10am. Groups depart.

FOA Provides for you - Packing List

First Aid Kit, Tools: Measuring Tape, Carpenter pencils (or sharpies) Ear Plugs (also useful at night!), Work Gloves, Nail Apron/Tool belt, Face Masks, Boot Protectors

You Should Provide - Packing List

Each Adult Advisor should bring their own hammer, Personal Tools and Eye Protection (safety glasses). General packing items are listed on all the Participant tabs on the website. It is a downloadable and printable link.

What Each Work Crew Must Have:

1) A fully equipped First Aid kit (supplied by FOA) 2) Medical release information forms for each member of your crew in your vehicle (Avery will provide these) 3) A cooler to carry ice, drinks and lunches (check with crew members to find one to borrow) 4) Water jug (check with crew members to find one to borrow) 5) Tools – including suggested items below extension cords circular saw hand saw screwdrivers pliers levels squares chalk line staple guns/staples tin snips drill files extra drill bits: cement/wood/metal 2-prong electrical adapter putty knives (narrow/wide) utility knives chisels crowbars Each participant (youth and adult) is asked to bring: hammer; work gloves; goggles/eye protection.

ASP Key Safety Rules:

(many more in Safety Handbook, printed separately) Group leaders are responsible for the safety and conduct of their volunteers at all times while your group participates with ASP. This means while at the center, at the work site, and in the community. The ASP staff does not have responsibility for the supervision of volunteers at the center, at the work site, or in the community. No volunteers are to be left behind at a worksite without access to a vehicle. If you are unsure of your ability to perform a task, say so! Never attempt a job that you are unable to do or for which you do not have the proper skills. If the family you are serving has small children, know where they are at all times. If you can't keep up with them, have work crew members take turns playing with the children. The other crew members can then work safely and the children will be occupied and safe. Keep everybody hydrated! Each participant is required to bring a reusable water bottle and keep it with them at all times.

NO HORSEPLAY at the worksite or at the center. ASP has limited resources and we all need to practice good stewardship. Accidents can easily happen when people are fooling around. Remember that the safety of everyone (staff, volunteers, families) must be in the forefront of everyone's mind and practice when at the worksite and at the center. Everyone needs to stay together at all times.

ASP's Expectations and Rules

These Expectations, Rules and Regulations apply to all volunteers:

• The ASP staff has overall responsibility for all activities (at the center and worksites). • Adult leaders are responsible for their youth volunteers at all times. This includes enforcing all ASP rules and regulations with their youth. ASP staff will intervene only when necessary. • All volunteers (youth and adults) are expected to participate in the programs, including meals, chores, meetings, evening gatherings, etc. • Volunteers assist in Center clean up, tool and supply organization, after meal clean up, loading or unloading of building materials. • Possession or use of illegal drugs or alcohol is strictly forbidden! Violators will be asked to return home immediately at your expense. • Smoking

or use of tobacco products is prohibited inside all ASP Centers. A designated area may be identified outside. Use of tobacco is prohibited on this trip. • Weapons (or replicas) are not permitted. • Always travel in groups of two or more adults when away from the center. • Personal Musical Equipment is encouraged at the Center • Sexual harassment or abuse will not be tolerated.

Worksite related: • Working hours are from 8:30am – 4:30pm. EACH DAY. Implement a buddy system so that no volunteer is left in the position of being alone. If you leave the work site, all crew members must leave in their vehicle. Never leave youth volunteers 18 unattended at the worksite.• Lunch is to be eaten at the work site. We encourage you to bring extra sandwiches for the family you are serving. - Seatbelts must be worn at all times when traveling. • No participant is permitted to ride in the back of a pickup truck. • Notarized Medical Forms for each volunteer should be kept in the vehicle in which he or she is currently traveling. • Use tools, supplies and resources responsibly; for their intended purposes • Only adults age 18 and older may check out power tools. All volunteers who operate power tools must be trained at home. Youth must always be supervised when using these tools. • Safety and sensitivity to your family should always be a top priority. • Work attire: Shirts with sleeves, long pants, and sturdy shoes must be worn at the work site. Sweat pants or scrub pants are not considered appropriate for the work site. • Ask permission from the family prior to taking any photos on the worksite. • Volunteers are encouraged to invite families to the picnic as your guests. Try to coordinate transportation and assist with any parking or swimming fees.

Center related: • Center attire: Shirts must be worn at all times. When leaving the Center grounds, shorts of appropriate (knee) length will be acceptable attire. Not appropriate attire at any time: halter, spaghetti-strap, or tank tops, sports bras worn as an outer garment, sleeveless shirts, or any clothing expressing alcohol/beer slogans and/or obscenities. Appropriate clothing must be worn at all times including to and from the showers and after “lights out.” • No pets are permitted at the Center. • ASP abides by the “Safe Sanctuaries” guidelines. • Adults and youth will have separate showering times. • No

females are permitted in the males' sleeping area. Males are not permitted in the females' sleeping area at any time. • In sleeping rooms there must be at least 2 adults of the same gender as youth. These adults will sleep away from youth if possible. • A strict 10:30pm. quiet time and 11:00pm. lights out applies to all.

The "Three S's of ASP" Sensitivity

1. Follow the dress code outlined in ASP's Expectations, Rules, and Regulations. 2. Take time to meet and talk with your family before unloading. 3. Ask the family for ideas and advice; encourage them to join in the work, if they are able. 4. Keep reactions to yourself that might hurt or insult the family. Use positive language that won't alarm the family, using terms such as "repair" or "replace" rather than "tear out" or "gut" to help minimize the family's stress level. If you must talk about something sensitive, "take it to the van" or talk about it with your crew on the way back to the center. 5. Be sensitive to the family's need for space and privacy. Ask before venturing into new areas of the home. Remember, you are a guest. 6. Ask permission from the family prior to taking any photos on the worksite. We suggest you don't take any photos on Monday morning and that photos taken earlier in the week are of your work crew. If you'd like to take pictures of the family, please wait until a relationship has been established. Video cameras are not permitted. 7. Eat lunch at your site to develop relationships. Pack sandwiches to share with your family. 8. Place drop cloths on the family's belongings before you start work in a room. Each day put things back the way you found them before you leave. Treat them with respect! 9. Do not mention your family's name out in the county; help maintain their privacy. If people ask where you're working, you might say… "All over the country." "So many different places." "We are working at a variety of homes in the county."

Safety 1. Implement a buddy system so that each volunteer is never left in the position of being alone while at a worksite. 2. When traveling away from the

center after the work day, always travel in a group. 3. Only adults 18 and older will be allowed to check out power tools at the center. While ASP recognizes that the use of power tools can be a valuable and empowering experience, because of liability, we ask that only volunteers 18 and older use these tools. If volunteers under 18 use power tools, they must be under the direct supervision of the adult group leader who is ultimately responsible for the safety of his/her volunteers. 4. Use power tools safely. Always unplug them when not in use. 5. Take breaks throughout the day and drink lots of water. 6. Use ladders safely and take them down when not in use. 7. Beware of snakes, ticks, bees, and other creatures. 8. Put a First-aid kit and Volunteer Statement and Registration Form for all participants in each vehicle. 9. Drive cautiously and be aware of curves and coal trucks. 10. Wear hard hats, goggles, ear protection, work gloves, and N95 dust masks as needed for the job. 10. Do not leave people at a work site without a vehicle. If one person needs to leave for any reason, everyone leaves if there is only one vehicle at the site. 11. When roofing, always have at least one driver on the ground in the event of an emergency. 12. Be sure to leave the worksite safe for the family. 13. Notify the staff of any unsafe working conditions, as soon as possible.

Stewardship 1. Plan ahead to use materials in the most economical way. Measure twice, cut once. 2. Ask the staff before agreeing to do anything not previously discussed. 3. Clean tools every day, including mud knives and paint brushes. Be careful not to contaminate the family's water source. 4. Use the right tool for the job. 5. Do not take more food than you can eat. 6. Conserve water; take short showers. 7. Complete your chores thoroughly. 8. Turn off lights, air conditioners and fans when nobody will be in the room, such as when leaving for the worksite in the morning.