

# KROKA EXPEDITIONS STUDENT CONTRACT

**Please read carefully. It is important for students to understand and agree to these ways of being.  
(For students ages 13 and older)**

- 🌐 I, \_\_\_\_\_, am choosing wholeheartedly to participate in a Kroka program because I am excited to learn new skills, meet new people, spend time in the great outdoors and have lots of fun.
- 🌐 I am willing to live in a simple way without the comforts of home such as showers or flush toilets.
- 🌐 I understand that I will be living with a group of people and it is important to consider the group's needs before my own.
- 🌐 I understand that how I behave effects everyone in the group. I will strive towards always being helpful, positive and friendly in my actions toward others.
- 🌐 I know that expectations are high and attainable. I am expected to treat others and myself with respect.
- 🌐 I am responsible, to a certain degree, for my own safety. I will use common sense and always think before acting.
- 🌐 I will take great care of equipment.
- 🌐 I will share the load in daily chores and responsibilities, such as cooking, clean up, gathering firewood, keeping my area of the tent organized, and participating in a service project.
- 🌐 I realize that I am entering the home of the plants and animals and I will carry myself with great care and respect.
- 🌐 I understand that I will need to work hard, push my physical and emotional limits and deal with success and failure. I will be learning difficult skills that require practice and patience.
- 🌐 Sometimes it will be hot, sometimes it will rain and sometimes I will be bothered by mosquitoes or other people. The only thing I have control over in these situations is my attitude and how I choose to react.
- 🌐 I understand that I will be joining a group of exceptional people of all ages and I will come back a stronger person.
- 🌐 I know that I will be welcomed as a member of the Kroka family and there will be great support for me when I need it.

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Student's Signature

Date