

Essential Eligibility Criteria for Participation

Thriving Futures 2100 C.I.C.

Global Care Packs Programs

Connect and Thrive Courses

The Connect and Thrive programs offered through Thriving Futures 2100 C.I.C. involve experiential, reflective, outdoor, online, and community-based learning activities. These Essential Eligibility Criteria are intended to help prospective participants understand the general expectations, capacities, and participation requirements associated with the programs.

The purpose of this document is not to exclude participants unnecessarily, but to support informed participation, personal wellbeing, group safety, and realistic expectations within small-group experiential learning environments.

Reasonable accommodations and supportive adaptations will be considered wherever feasible within the practical limitations of program environments, locations, staffing, and safety considerations.

1. General Participation Expectations

Participants should be able to:

- engage respectfully within small-group learning environments
- communicate needs, concerns, and boundaries appropriately
- participate constructively in collaborative dialogue
- follow basic safety instructions
- manage personal care and hygiene independently
- participate responsibly within shared community settings

Programs involve both individual reflection and group participation. Participants should be prepared to engage in:

- discussion and dialogue

- reflective exercises
 - experiential learning activities
 - outdoor observation practices
 - journaling and mapping activities
 - mentorship and collaborative learning processes
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2. Physical Participation Requirements

Most Connect and Thrive activities are low to moderate intensity and may include:

- walking outdoors
- light hiking
- sitting outdoors for extended periods
- participation in varying weather conditions
- field-based observation activities
- carrying small personal items or daypacks
- navigating uneven natural terrain

Participants should generally be able to:

- walk independently for periods of 20–90 minutes with breaks
- tolerate moderate outdoor environmental conditions
- participate safely in light physical activity appropriate to the program setting

Programs are not designed as high-performance athletic experiences, wilderness expeditions, or survival training programs. Activities are adaptable within reason, but some locations and environments may involve terrain or accessibility limitations.

Participants are encouraged to communicate any relevant mobility concerns, injuries, or health considerations before participation.

3. Emotional and Interpersonal Readiness

Programs involve:

- reflective practices
- community dialogue
- intercultural interaction

- identity and worldview exploration
- collaborative learning
- unfamiliar experiences and environments

Participants should generally be able to:

- engage respectfully with differing perspectives
- participate without persistent hostility or aggression
- regulate behaviour within group settings
- seek support appropriately when needed
- tolerate constructive discussion and reflective inquiry

These programs are educational and community-based learning experiences and are not substitutes for clinical mental health treatment, crisis intervention, or therapeutic care.

Participants currently experiencing severe emotional distress, acute psychiatric instability, or circumstances that may significantly impair safe group participation are encouraged to consult appropriate healthcare professionals before enrolling.

4. Communication Expectations

Participants should generally be able to:

- communicate sufficiently in the primary language of instruction for their cohort
- understand group instructions and safety guidance
- engage in basic collaborative communication with facilitators and peers

Some international cohorts may include additional English-language support sessions for participants at approximately B2 level or above.

Participants are encouraged to communicate learning needs or accessibility concerns before program participation wherever possible.

5. Online Participation Requirements

Online cohort participants should have:

- stable internet access sufficient for video participation
- access to a computer, tablet, or smartphone

- basic digital literacy skills
- ability to participate respectfully in online group settings

Online programs may include:

- live cohort meetings
 - app-based communication
 - collaborative discussions
 - journaling and reflection activities
 - mentorship sessions
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6. Environmental and Safety Responsibilities

Participants are expected to:

- follow safety instructions provided by facilitators
- use reasonable judgement during outdoor activities
- avoid behaviour that creates unnecessary risk to self or others
- communicate relevant medical or safety concerns appropriately
- respect environmental boundaries and local regulations

Participants are responsible for carrying any required medications and managing personal health needs during programs unless otherwise specified.

7. Community Participation Expectations

The Connect and Thrive programs are built around small-group collaborative learning and shared responsibility.

Participants should be willing to:

- contribute respectfully to group learning environments
- support constructive dialogue
- engage with curiosity and openness
- respect personal and cultural differences
- participate in ways that support trust and psychological safety within the group

8. Accommodation and Accessibility

Thriving Futures 2100 C.I.C. is committed to making programs as accessible and inclusive as reasonably possible within the practical realities of experiential and outdoor learning environments.

Participants with accessibility needs, medical considerations, learning differences, or accommodation requests are encouraged to contact organizers prior to enrollment so that reasonable accommodations and participation options can be explored collaboratively.

Some program locations or activities may involve environmental or logistical limitations that affect accessibility. Organizers will communicate these limitations transparently and work with participants wherever feasible to support meaningful participation.

9. Participant Responsibility

By enrolling in a Connect and Thrive program, participants acknowledge that:

- experiential learning involves varying degrees of uncertainty and adaptation
- outdoor and community-based activities may involve physical and emotional challenges
- participation is voluntary
- personal responsibility and communication are important components of safe participation
- collaborative learning environments depend on mutual respect and shared responsibility

These Essential Eligibility Criteria are intended to support participant success, informed decision-making, and healthy learning communities within the Global Care Packs Programs and Connect and Thrive courses.