



PHYSICIAN CERTIFICATION

Instructions: Please have your physician approve your travel to Mozambique and / or Rwanda by completing this form (Page 2). If you are traveling to both Mozambique and Rwanda, please complete both sections.

_____ [print full name of program participant / patient] has advised me that s/he wishes to participate in international travel with Elevate Destinations. I understand that s/he will be traveling to **Mozambique for the following dates of travel: June 21 – 28, 2025.**

I have been advised that while Elevate Destinations seeks to include all participants, regardless of physical ability or medical condition, Elevate Destinations is limited by the infrastructure and services available in the communities they visit and that medical services and treatment in the country of travel may not be of the same quality as is available in the United States. This is an active trip, and we recommend that travelers have a **high level of fitness and agility**. Travelers on this trip should be able to:

- Walk at least one mile without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance
- Swim strongly in ocean water, and scuba dive if certified
- Keep pace with an active group of travelers
- Ride comfortably in a vehicle on bumpy roads for extended periods of time

_____ [print full name of program participant / patient] has advised me that s/he wishes to participate in international travel with Elevate Destinations. I understand that s/he will be traveling to **Rwanda for the following dates of travel: June 28 – July 2, 2025.**

I have been advised that while Elevate Destinations seeks to include all participants, regardless of physical ability or medical condition, Elevate Destinations is limited by the infrastructure and services available in the communities they visit and that medical services and treatment in the country of travel may not be of the same quality as is available in the United States. This is an active trip, and we recommend that travelers have a **high level of fitness and agility**. Travelers on this trip should be able to:

- Walk at least one mile without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance
- Hike in tropical weather at a high altitude for 5+ hours
- Keep pace with an active group of travelers
- Ride comfortably in a vehicle on bumpy roads for extended periods of time

In my professional opinion, _____ [print full name of program participant / patient]: **(check one)**

- IS medically fit to fully and safely participate in this international travel, *including scuba diving if traveling to Mozambique and hiking at a high altitude, if traveling to Rwanda*
- IS medically fit to fully and safely participate in this international travel, **not including scuba diving if traveling to Mozambique**
- IS NOT medically fit to fully and safely participate in this international travel.

- Additional Notes:**

Physician Name: _____

Physician Signature: _____

Physician Phone Number: _____

Physician Street Address: _____

Physician City, State, Zip: _____