



# STF Europe 2004 - 2006 Handbook

*“At the crucial turning point between high school and college, young people need specialized education to overcome the influence of a humanistic, materialistic culture of self-gratification and prepare themselves to take initiative in spiritual leadership during the college years.”*



## STF Mission Statement

STF is a full-time, three-year<sup>\*</sup> leadership training program for the Blessed Children to inherit heavenly tradition and the culture of living for the sake of others. At the crucial turning point between high school and college, young people need specialized education to overcome the influence of a humanistic, materialistic culture of self-gratification and prepare themselves to take initiative in spiritual leadership during the college years. Emphasis on experiential learning creates an environment where STF participants can challenge their limitations, awaken their inner potential, and discover their true identity as the Second Generation, rooted in the blood lineage of True Parents.

STF cultivates heart and character, leading young people to become persons of conviction, who can dream big and accomplish those dreams. Experiences of frontline training in fr, witnessing, Divine Principle lectures and Service for Peace projects lead participants through a process of inner transformation, where they firmly establish their relationship with God, True Parents, and True Family. Divine Principle comes to life in building relationships of true love, teamwork, harmonizing with people of all different backgrounds, and practice in conflict resolution. Blessed children will gain a strong foundation for creating a harmonious and victorious Blessed Family of true love through developing such relationship skills. STF equips the Blessed Children to fulfil their destiny as Abel to love and save Cain, to take ownership of God's Providence, and commit to a lifetime public mission.

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\* "Three years" include two consecutive years of training and one year of foreign mission work anytime after the training period.



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## Overview over the Educational Course

### The 7-Year course

The Seven-Year Course for Second Generation includes 2 years of full-time training, 1 year of missionary work abroad anytime after the 2-year training, and 4 years of committed CARP activity involvement while studying. Through this course Second Generation will mature their character and gain an understanding of God's heart that will guide them for their entire lives.

### Special Task Force Europe (STF Europe)

STF Europe is a general 2-year training program for Second Generation, which includes FR, witnessing, Service for Peace activities and staffing workshops, all for the sake of the education of heart.

### Purpose

The purpose of STF is to educate:

1. To prepare participants for the Blessing
2. To prepare participants for a life of public service

### Program Overview

#### Workshops

The STF EUROPE program starts with a Kick-off Workshop with all the participants. We aim to prepare participants for the whole year: to have the right attitude and understanding of the program through DP and Culture of Heart study, receiving internal guidance, hearing testimonies, playing sports, and preparing for FR.

In addition, throughout the year, the participants will meet monthly for mini-workshops and larger workshops with CARP and other members of the Second Generation. There will also be a conclusion workshop that will involve a lot of reflection at the end of the STF Europe year.

Members will also be able to participate in a Blessing Workshop, which is a requirement of matching candidates.

#### FR

FR training gives the STF Europe members fundamental spiritual education for strengthening mind-body unity, living a public life, gaining dominion of time, space, and all things, and solidifies their relationship with God. Such training helps them to deepen their conviction, their faith, their commitment, and strengthen their conscience to repel all types of temptations.

- ***Emphasis on Teamwork***

While living together as a team and striving to achieve a common goal, STF Europe members learn how to unite and work harmoniously with others based on God-centred objectives. We will arrange new teams several times throughout the year, so that various aspects can be experienced.

- ***Emphasis on Goals***

STF Europe teaches that by facing our limitations and making effort to overcome them we can grow spiritually. Without setting up goals that challenge our limitations of faith,



thought, and heart, it is harder to grow. Therefore, STF Europe members are encouraged to set clear goals (external goals) and a clear internal plan (internal goals) to reach those goals every day. They are also guided to purify their motivation and focus on the process and effort to reach their goals. Through striving for their greatest potential and experiencing the joy of challenging and overcoming their limitations, STF Europe members can find their value in relationship to God and True Parents, which is their internal result of FR. At the end of each day the members offer both internal result and external result of FR (funds) to God.

### **Witnessing**

STF Europe members learn to witness, give lectures, and take care of guests on witnessing teams. Through witnessing and spiritual parenting, they will discover and develop the parental heart and love of God and True Parents and gain a deeper understanding of the Divine Principle. At the same time they learn to organise cultural nights and events, Service for Peace activities, and workshops for guests.

### **Guiding Younger Second Generation**

During the winter and summer vacations, STF Europe members will help staff national HARP workshops and European Summer Activities. This gives them the opportunity to share and pass on what they have learned and experienced, as well as gain training as a team leader, staff member, or exemplary elder brother/sister.



## Preparation

### Internal Preparation

#### Finding Desire and Commitment

There are many reasons for candidates to feel a little nervous about coming to STF Europe: leaving home for the first time, having little or no confidence to do well in the program, fighting the fear of failing to fulfil parents' expectations, feeling unsure about the decision to come to STF Europe, being compared with other Second Generation, etc. This is very understandable, and probably all newcomers experienced this when they first came to the program.

The most important preparation before coming to STF Europe can be done only by the participant: Finding your own desire and reason to come to STF Europe, and making a commitment for a time period. If the decision to come to STF Europe is somebody else's decision, you still have to make that decision on your own later, which is usually quite difficult. When the decision to come to STF Europe is made your own, you can persevere through challenging situations without giving up, simply because you have your own reason to be on STF Europe.

Furthermore, candidates should make clear personal goals for themselves prior to coming to the program. The more meaningful these goals are, the more drive they will find to maintain their determination when they are challenged on the frontline. New members should arrive with the determination that they will keep their commitment throughout the entire year. With this kind of internal preparation, a new member can grow and develop very rapidly.

#### Living a Healthy Spiritual Life

The daily STF Europe schedule always consists of Pledge, Hoon Dok Hwe, morning service and spiritual conditions that nurture the spirit. We recommend that candidates reflect on their daily life with the following checklist in mind, and maintain these same habits so they are better prepared to embrace a schedule of frontline standards:

Pledge Service, Hoon Dok Hwe, Prayer and Studying God's Word, Reporting to Parents, Choosing Good Friends, Serving Family and Community, Attending Sunday School / Service

### External Preparation

#### Reading this Handbook

This handbook is prepared to give enough information about the STF Europe program. Should you have any questions or concerns about the program, please contact us at [sfeurope@e-sg.org](mailto:sfeurope@e-sg.org) or Tel. +49-69-74745933.

#### Participation Fee

The purpose of the fee is to demonstrate a physical sign of support from the parents of participants to the STF Europe program. Through this we aim to restore the disunity and pain that so often occurs between participants on public mission and their parents. However, the fee is not just symbolic; it is primarily used to start the program by covering the costs of preparations and the Kick-off workshop.

The fee for the 2 years is € 500 - and must be fully paid at the beginning of STF Europe (1 October 2004). If for any reason at all there are complications about this requirement you must get in touch with us.

We strongly recommend that you find a way to raise some of the money by yourself, rather than asking your parents for all of it. In this way you can make a true personal contribution to the program.



### **ID Card (International Student Identity Card)**

As well as your passport, we ask that all members bring an international student card with a picture on it, either a International Student Identity Card (ISIC) or an International Youth Identity Card (ISYC) to be used as ID when fr and to get discounts on travelling costs. You can get this at any STA Travel shop. Check out [www.statravel.com](http://www.statravel.com) for specific locations in your nation.

We also ask that every member brings two passport photos to be used if needed to make extra ID cards, etc.

### **Medical / Dental Care**

During STF Europe it is extremely difficult and costly to take care of physical problems. At the same time especially FR is physically challenging and requires good health. Therefore we request everybody to prepare through physical exercise, especially train your joints and back. If your health causes you to be unable to participate fully in the program for a longer time, you will be asked to return home at your own cost until you recover.

*In addition, every participant is required to do an overall health check (esp. back, knees, feet and joints) at your doctor's and send a (copy of the) certificate with your application form.*

STF Europe candidates who have physical problems or have had any serious disease must give a detailed explanation in the application form.

Dental problems or orthodontic care should be taken care of before coming to STF Europe. Because STF Europe members travel frequently, it is not easy to find dentists or go to orthodontists.

### **Insurance**

You need to get some form of medical coverage/travel insurance for the year ahead of you as group insurance is not possible. A good way to arrange this is for citizens of most European Nations to get an E111 form (and its equivalents for countries as Switzerland and Eastern Europe etc.) from your regular health insurance (in case of the UK at the post office). This will already cover most countries you will go to. In addition a travel insurance is advisable, rates start as low as ~ 8 € a year.

If you don't have medical insurance and need to see a doctor, it will be expected that you cover the costs by yourself.

### **University Applications**

If you are planning to study after STF, you will most likely need to apply for the following year in university while on STF. The process for applying for university differs from country to country. However, if possible, take care of as much of it as you can before coming to STF Europe. Try to get as much of the paper work done as possible, and if certain forms can only be sent later on in the year, prepare them so that your parents or someone else can do the rest for you, as it is very distracting and complicated to try to organise that while on STF Europe. If it is absolutely necessary that you are in the country while applying because of interviews, etc., you need to inform us before starting the year of STF Europe, as leaving the program for any reason is usually not permitted.

### **Label all Clothes and Belongings**

Put your name on all luggage, clothes and socks (special mark), as laundry is always done publicly. It helps a lot in finding your clothes again after any workshop or activity.



### What to Bring

- ▶ STF Europe Participation Fee: € 500 (in cash, no checks, no other currencies)

- ▶ Books

- The Exposition of the Divine Principle

Highly recommended, optional Books:

- The Way for Students (HDH series 6)
- The Way for Young People (HDH series Vol. 7 )
- The Way of a True Child (HDH series Vol. 8)
- The Way of God's Will
- The Way of Tradition

You can order these books at [www.kando-verlag.de](http://www.kando-verlag.de) or [bestellung@kando-verlag.de](mailto:bestellung@kando-verlag.de)

- ▶ Notebooks, for lectures and morning services
- ▶ Pens, Pencils, etc.
- ▶ Journal, for personal reflection
- ▶ Toiletries (just for the kick-off workshop), basic toiletries will be provided throughout the rest of the year
- ▶ Clothes
  - Simple Pledge Clothes

Brothers: a shirt and tie, a pair of trousers / pants and a jacket if owned

Sisters: a simple dress or skirt and a shirt

- 2-3 Long-Sleeves Shirts or Sweatshirts
- 1-2 Sweaters
- 5-7 T-Shirts
- 3-4 Pairs of Socks
- 1-2 Shorts
- Sleeping Clothes: Pyjamas are not recommended. Something comfortable, like a t-shirt and a pair of comfortable sweatpants
- 7-8 Pairs of Socks
- 7-8 Underwear
- Trainers / Sports Shoes
- Slippers, for indoors in the winter
- Dress shoes (a pair of shoes that can be used on formal occasions)
- Towel

Absolutely necessary, please buy if you don't have:

- 1 Winter Jacket
  - Winter Gear: Gloves, Hat, Scarf, Wool Socks, Thermal Underwear (preferably NOT cotton)
  - Poncho or totally Waterproof Jacket, it is very important to have waterproof clothes, especially during FR
  - Winter-Hiking Shoes, for FR, hiking and other sports or outdoor activities it is very important to have comfortable and waterproof shoes. A good investment on shoes will prevent back and knee problems, as well as blisters and wet feet, and can even be used after STF
- ▶ Sleeping Bag with case



- ▶ ISIC or ISYC Card, international student identity card or international youth identity card
- ▶ Passport, if you have more than one nationality, please bring all passports
- ▶ Insurance Card or Copy of Medical Cover/Travel Insurance
- ▶ Driver's License, if you have one

#### Two Passport Pictures

- ▶ Small Picture of True Parents
- ▶ Medicine if you need a particular kind
- ▶ Small Waist Bag or Purse to keep your ID, can also be useful for FR
- ▶ Alarm Clock
- ▶ Small FM Radio, for translation
- ▶ Some Money, for extra clothes, socks or for any emergency (we recommend approximately € 100)
- ▶ 2 Small Duffel / Sports Bags, absolutely NO suitcases
- ▶ 2 Backpacks, one empty for FR

#### What NOT to Bring

- ▶ More Clothes than described above
- ▶ Any valuables that you do not want to lose, including an excess of cash
- ▶ Mobile phones: although these are brought to the program with the intention of emergency use, we have found that they have only brought distraction and problems to those who have them
- ▶ Anything you may use to make yourself attractive such as make-up, jewellery, perfume /cologne, or provocative clothes.

As there will be a lot of travelling throughout the year, often with all your belongings, it is for your own benefit not to bring more than what you can carry. Also consider that if you take an airplane during the year, only a limited amount of weight is allowed, the rest will have to be paid. For the sake of your own personal expense and convenience as well, please hold strictly to the above list.

#### All the belongings should fit into these bags:

- ▶ 2 small duffel / sports bags
- ▶ the bag for the sleeping bag
- ▶ backpack

Anything that does not fit into these bags will be send back home at the Kick-off Workshop at the participant's expense.



## Overview

### Expenses

STF Europe will cover the expenses of food and lodging, transportation during the STF Europe program, workshops, basic medical needs, mail (only letters -not packages), and toiletries. All personal expenses are expected to be covered by the participants.

In case members need to replace something (for example, worn out shoes or missing socks) STF Europe will cover the expense. When members would like something that is not considered a necessity or is beyond the given budget, participants are asked to cover that expense.

### Blessing

STF Europe participants will be asked not to apply for the matching or to attend the Blessing during the first year of participation. Previous experience has shown that applying for the Blessing during the program distracts attention from the STF Europe experience itself. The purpose of the program is to prepare for the Blessing. In order to do that properly you have to complete the full year first.

### Leaving STF Europe for Special Reasons

STF Europe members are expected to attend the entire schedule throughout the year. There should be no alternate schedules arranged by parents or members themselves during their STF Europe commitment. This includes special visits to relatives or any Unification Church, Christian and secular holidays. There were several misunderstandings in the past concerning this policy. Because the STF Europe educational training is very carefully structured and scheduled for the sake of the participants' spiritual growth, an unplanned break in focus and momentum can be very disruptive to the overall objectives of the program and the members.

If your child must go home for any personal or special family reasons, then he/she will be required to extend their STF Europe training time period in order to receive the STF Europe graduation certificate.

In case of a family emergency, please notify the STF staff and discuss.

### Music

Only music that is approved by STF Europe staff is allowed. This is to make sure that we can create a healthy, joyful spirit for the sake of everyone on the team. If members wish to listen to other kinds of music, they are allowed to listen to it on days-off only.

No walkmans or discmans are allowed, except on days-off. STF Europe staff would like to discourage individualistic attitudes in our teams/centres, and encourage STF Europe members to build genuine family relationships with brothers and sisters.

### Suggested Dress Code

- ▶ No tight clothes
- ▶ No sleeveless or low-cut shirts or shirts which show the stomach or back - including when one is reaching or bending over
- ▶ Shirts or trousers should not be too long
- ▶ No clothes that are ripped, stained or tattered. We want a fresh, clean look. This includes hairstyles. Excessive piercings and tattoos should be hidden from view as well.



## The 'Bottom Line' for Spiritual Health

STF Europe rules and guidelines are based on the guidance for Second Generation given by Dae Mo Nim. The following are strictly prohibited:

- ▶ Intentional and serious Chapter 2 violations: pornography, masturbation, language and appearance that are obviously and consciously attracting the opposite sex, romantic relationships between brothers and sisters, attempting to arrange matchings between brothers and sisters.
- ▶ Buying, selling, and using alcohol, tobacco, and drugs.
- ▶ Misusing public money.
- ▶ Intentional and extremely disobedient conduct toward STF Europe staff and guidelines, foul language toward the staff and other members.
- ▶ Breaking secular law.

STF Europe 'bottom line' is very strict. Therefore, if necessary, please prepare NOW in cutting the above mentioned habits.

## Consequences of Violations of the STF Europe Rules

It is not easy for young newcomers to the STF Europe program to suddenly adhere to all the policies of public life. The STF Europe staff spends most of the beginning months of the STF Europe program guiding and supporting them to do so. In the case of serious, deliberate or consistent violation of STF Europe policies, a member may be dismissed from the program, permanently or temporarily.

## Health and Safety

Providing a healthy and safe environment for the spiritual growth of the STF Europe members is of primary importance to the staff.

### Meals

The STF Europe staff makes an effort to provide healthy food whenever possible within the budget, as well as encourage members to make a practice of eating well. We would also like parents to encourage their children to choose healthy food and improve their eating habits if necessary. Some teenagers may tend to eat "junk" food even when they have the choice to eat nutritiously.

### Safety Guidance for FR

- ▶ FR after dark is usually done in pairs, especially for sisters.
- ▶ All captains carry cellular phones for emergency situations.
- ▶ Approaching customers: Members are taught to cut off conversation and walk away when a customer makes strange comments or actions that imply a sexual motivation. Members are taught not to go into an enclosed room, house or office when there is (are) only the opposite-sex customer(s) there. Members are taught not approach any customer in the dark when there are no people around.
- ▶ Trust and follow your intuition: Members are taught to call captains immediately when they do not feel comfortable with the area. They should not worry about customers' salvation, but should walk away from them if they feel uncomfortable.

Regarding appearance, words, and behaviour, the members are taught that they represent True Parents.



## Safe Driving

Drivers, captains and members receive lectures on safe driving rules.

Some of our driving rules are:

- ▶ Always wear seatbelts (even those in the backseat)
- ▶ Keep traffic rules
- ▶ No eating while driving
- ▶ Use a hands-free device while driving and talking on the cellular phone
- ▶ No looking at the maps while driving
- ▶ Always drive with two hands
- ▶ Drivers must get a sufficient amount of rest, even missing some of the schedule if necessary.
- ▶ During long journeys, drivers will take shifts and must always have at least one co-driver.

Participants with a driving license will only be asked to drive, if needed, in shifts on long journeys. Especially since many are new drivers, before they are allowed to drive, the staff will evaluate their driving skills as well as give them extra training on driving a van. The staff is very aware of the dangers on the road and will not allow anyone to drive without making sure they are qualified and dependable. No participants will be allowed to do more complicated driving (i.e. FR driving) until at least 2005, and then only in special cases.

## Communication between Parents and Children

STF Europe staff encourages members to communicate with their parents through letters and occasionally phone calls. All participants will have the chance to call home every 2 weeks. Letters can always be sent to the STF Europe Office and will then be forwarded to the team's newest location. If teams are stationed in one location for many months, we will inform you of the address.

Although at times it may be available, it is better not to expect any internet access for the whole year. If the participant wants to keep an email address working, it would be best to ask someone else to check it for them throughout the year.

Communication methods will be made clearer according to the different activities and locations of the teams.

In the case of emergency, if the participant is not in a fixed location, parents should call the STF Europe Hotline in the European Headquarters and the staff will get in touch with the participant in the fastest way possible. +49-69-74745939

Children will be uniquely challenged through their growing process in public missions and they will experience new and powerful situations every day. If a participant happens to give their parents some extreme explanation of their daily activity that causes the parents to worry, please communicate to the STF Europe staff for a complete explanation of the situation before drawing a full conclusion. Experience has shown that when parents hear a rounded explanation of the entire situation it greatly assists them in understanding not only the particular struggle of their child, but the context, reasoning, purpose and value of that experience.

STF Europe members always appreciate and feel deep love from their parents' encouragement. They also like to listen to their parents' stories of victories and struggles from their own life of faith. After experiencing frontline life children are able to understand their parents' past mission experiences more intimately. Through such conversations they gain great power and feel much closer to their parents. All STF Europe newcomers will face new challenges and see themselves from a different viewpoint than before. In calling home they may be looking for support in order to accept such challenges as a part of their growing process.



## Contact Information

If you have any questions or concerns please email us: [stfeurope@e-sg.org](mailto:stfeurope@e-sg.org) or Tel +49-69-7474 5933, STF Europe Hotline +49-69-7474 5939

Check out updated news, pictures and information on the participants' activities throughout the year as well as personal reflections from specific activities on our website: [www.e-sg.org](http://www.e-sg.org).

