

# STF Europe

## 2006-2008 Handbook



## STF Mission Statement

STF is a full-time, three-year (two year)\* leadership training program for Blessed Children to inherit the 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 people 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 (of public service) mission.

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



## STF requirements

The following points are the minimum requirements that need to be completed before the applicant joins the program at the time of the kick-off workshop that usually starts by the end of September. Ideally these requirements should be naturally and consistently realized by the applicant throughout his/her years of HARP or Junior STF age. These requirements are not supposed to create obstacles but rather spark an extra and clearer motivation for all of those that wish to be selected to join the STF program. So please read with your eyes but try to understand and embody it with your heart. Please do not hesitate to contact us in case you might have some doubts or questions.

### Every applicant:

- Must have an absolute vision and desire to attend the full time 2 year STF program
- Must have a clear desire to learn, improve and practice a life of living for the sake of others
- Must have a clear understanding of the STF goals
- Must have attended a minimum of 7 days Divine Principle lectures content
- Must have read the Divine Principle (the whole book)
- Must have read or attended lectures on Core Values
- Must have read Hyun Jin Nim's main speeches (at least the book "Owning the culture of heart", if you don't have it we can help you with that)
- Must have experienced fundraising (some days at least)
- Must have a good level of physical fitness
- Must have a minimum level of faith and belief in God and True Parents
- Must complete a clear spiritual condition prior to coming to the STF kick-off workshop (e.g. fasting, praying, special HDH, etc) to lay a good foundation



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## Overview of the Educational Course

### The 7-Year Course

The 7-Year Course for Second Generation includes 2 years of full-time training, 4 years of committed CARP activity involvement while studying, and 1 year of missionary work abroad. 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. This will enable them to create the necessary experiential foundation to become mature Leaders. This means that the benefit of the 2 year STF program can only be fully realised by completing the whole 7 year course.

### Special Task Force

STF is a general 2-year training program for Second Generation, which includes FR, witnessing, Service for Peace activities, guiding and assisting 2<sup>nd</sup> generation in various workshops and projects, all for the sake of the education of heart.

#### 1<sup>st</sup> Year

In the first year, fundraising is the main educational focus. Special activities like workshops, Service for Peace projects and STF Assembly are also part of the yearly program. Through this program participants make a good foundation for a successful 2<sup>nd</sup> year.

#### 2<sup>nd</sup> Year

During their second year participants receive additional education about leadership, either through leading a team or by being a team assistant leader; the blessing and blessed family life, by participating in a blessing workshop with their parents; guiding younger Second Generation in national HARP workshops and European Summer Activities. The 2<sup>nd</sup> year members also attend the CARP/STF workshops. However the main focus on the 2<sup>nd</sup> year is working on national and continental levels in outreach activities with CARP.

### Purpose

The purpose of STF is to educate:

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

### Program Overview

#### Workshops

The STF program starts with a kick-off workshop with all the 1<sup>st</sup> and 2<sup>nd</sup> year participants. We aim to prepare participants for the year ahead of them: to have the right attitude and understanding of the program through Divine Principle and culture of heart study, through Core Values education, receiving internal guidance, hearing testimonies, playing sports, and preparing for FR.

In addition, throughout the year, the participants will meet regularly for mini-workshops, and there will also be a conclusion workshop that will involve a lot of reflection at the end of the STF year.

Members in their 2<sup>nd</sup> year will also be able to participate in a Blessing Workshop, which is a requirement for matching candidates and a CARP STF workshop to prepare for their mission after STF.

#### FR

FR training gives the STF members fundamental experiential spiritual education for strengthening mind-body unity, living a public life, gaining dominion over 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 in order to develop a proper sense of the term OWNERSHIP.

- ***Emphasis on Teamwork***

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

- ***Emphasis on Goals***

STF 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 members are encouraged to set clear goals (external goals) and a clear internal plan (internal goals) and 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 towards their greatest potential and experiencing the joy of challenging and overcoming their limitations, STF members can find their value in relationship to God and True Parents. This is the internal result of FR. At the end of each day the members offer both internal result and external result of FR to God.

#### **Outreach**

STF members learn to witness, give lectures, and take care of guests on witnessing teams. Through witnessing and spiritual parenting, they will discover and develop their parental heart and love for God, True Parents and others, 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, 2<sup>nd</sup> year 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 to train 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: leaving home for the first time, having little 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, 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 can be done only by the participant: Finding your own desire, vision and reason to come to STF, and making a commitment for a time period. If the decision to come to STF 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 is your own, you can persevere through challenging situations without giving up, simply because you have your own reason to be on STF.

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 schedule always consists of Pledge, Hoon Dok Hwe, morning service and spiritual conditions that nurture the spirit. We recommend that candidates reflect on their current daily life with the following checklist in mind, and maintain these same habits so they are more 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 [stfeurope@esgd.org](mailto:stfeurope@esgd.org) or tel. +49-69-74745933.

#### Participation Fee

The purpose of the fee is to demonstrate substantial support from the parents of participants to the STF program. From an internal point of view through this we aim to build unity between the 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 the participant's first STF year. If for any reason at all there are complications about this requirement please 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 and develop a sense of ownership in your life commitments.

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

As well as your passport, we ask that all members bring either an 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. Check [www.isic.org](http://www.isic.org) for the closest issuing office.



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 the program it is extremely difficult and expensive to take care of physical problems. At the same time 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 period, you will be asked to return home at your own cost until you recover.

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

STF applicants who have physical problems or have had serious diseases 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 members travel frequently, it is not easy to find dentists or go to orthodontists.

### **Insurance**

You absolutely need to get some form of medical coverage/travel insurance for the year ahead of you, as a group insurance is not possible to organize. A good way to arrange this is for citizens of most European Nations to get an E111 form (or its equivalent for countries such 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 travel insurance is advisable, rates start as low as €80 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. Try to get as much of the paperwork 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 this while attending the program. If it is absolutely necessary that you are in the country while applying because of interviews, etc., you need to inform us before starting STF, 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, 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)
- ▶ The Exposition of the Divine Principle. (English version, if possible)
- ▶ 2 A5 notebooks, one for lectures and morning services, one as a diary
- ▶ small pencil case
- ▶ toiletries for one month, basic toiletries will be provided throughout the rest of the year
- ▶ Clothes
  - Nice formal pledge clothes
  - 3 long-sleeve shirts or sweatshirts (jumpers)
  - 5 t-shirts
  - 8 pairs of socks
  - 1 pair of shorts
  - 1 pair of sports trousers/pants
  - 2 pairs of trousers /pants
  - 8 pairs of underwear
  - trainers / sports shoes
  - good walking shoes, waterproof
  - slippers, for indoors in the winter (we recommend 'sandal type', to avoid bad smell)
  - 2 towels
  - 1 winter jacket (should be durable and in a colour that does not need to be washed that often, does not need to be expensive, but needs to be of good quality material has to be water-proof and warm)
  - winter gear: gloves, hat, scarf, wool socks
  - 1 rain jacket (against wind, can also be used in spring and autumn)
  - swimming suit / shorts
  - If desired (it might be needed): thermal underwear (preferably NOT cotton)
- ▶ sleeping bag with case
- ▶ ISIC or IYIC Card, international student identity card or international youth identity card (check [www.isic.org](http://www.isic.org) for the closest issuing office)
- ▶ Passport (if you have more than one nationality) please bring all passports (check the expiration date)
- ▶ 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 in, can also be useful for FR
- ▶ small alarm clock (should be very 'effective')
- ▶ some money, e.g. for extra clothes or for an emergency (we recommend approximately € 100)
- ▶ 1 medium size duffel / sports bag (preferably with wheels) absolutely NO suitcase
- ▶ 2 back packs



### 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 brought unnecessary distraction. All teams have two mobile phones that can be used for emergency cases
- ▶ Anything you may use to make yourself unduly attractive such as make up, jewellery, 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 by you personally. For the sake of your own personal expense and convenience as well, please keep strictly to the list above.

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

- ▶ 1 medium size duffle / sports bag
- ▶ the bag for the sleeping bag
- ▶ backpack

We have tested this combination and it is possible without much effort. Anything that does not fit into these bags will be send back home at the Kick-off Workshop at your own cost (can be very expensive).

We advise that instead of buying many things that you think you will need, it is better to not buy them beforehand but bring money along and buy them only if it is necessary later on during STF. If you have doubts, please do not hesitate to contact us.



## Overview

### Expenses

STF will cover the expenses of food, lodging, transportation during the 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 (e.g. worn out shoes or missing socks) STF will cover the expenses. 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 participants will be advised 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 program experience itself. The purpose of the program is to prepare for the Blessing. In order to do that properly you have to complete at least the full first year.

### Leaving STF for Special Reasons

STF 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 time commitment. This includes special visits to relatives or days off on any Unification Church, Christian and secular holidays. There were several misunderstandings in the past concerning this policy. Because the STF 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 the participant and the Parents are obliged to first contact the STF office and upon evaluating each case a decision will be taken.

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

### Music

Only music that is approved by STF staff is allowed. This is to make sure that we can create a healthy, joyful spirit for the sake of everyone on the team.

STF staff discourages individualistic attitudes in our teams/centres, and encourage STF members to build genuine family relationships with brothers and sisters.

### 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 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, using and possessing alcohol, tobacco and drugs.
- ▶ Misusing public money.
- ▶ Intentional and disobedient conduct towards STF staff and guidelines, foul language toward the staff and other members.
- ▶ Breaking secular law.

STF 'bottom line' is very strict. Therefore, if necessary, please prepare NOW by cutting any habits which contravene this standard.

## Consequences of Violations of the STF Europe Rules

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

## Health and Safety

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

### Meals

The STF staff makes an effort to provide healthy food whenever possible within the budget, as well as encourages members to practice 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 Team leaders carry mobile 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 their team leaders 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, Team Leaders and members receive lectures on safe driving rules.

Some of our driving rules are:

- ▶ Always wear seatbelts (including 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 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 usually 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.

## Communication between Parents and Children

STF staff encourages members to communicate with their parents through letters and phone calls. All participants will have the chance to call home every 2 weeks for a period of 30 minutes. However it should be normal to accept that sometimes for justifiable reasons they may not be able to do it at the expected time. So for that reason we need the Parents collaboration in waiting for their children to call them at the next possible opportunity. 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 Office and the staff will get in touch with the participant in the fastest way possible +49-69-74745933.

Participants 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 with 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 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 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. So we suggest that when they call you at home that you may encourage them in such a way.



## Contact Information

If you have any questions or concerns please contact us

by email: [stfeurope@esgd.org](mailto:stfeurope@esgd.org)

or tel.: +49-69-7474 5933

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

