

Several important principles to pass on to the pilgrims on their journey to Lisbon for WYD

1. Remember that World Youth Day is a pilgrimage (not a vacation).

- On a vacation, the goal is rest.
- On an excursion, the goal is adventure.
- On a pilgrimage, the goal is conversion.

2. Encounter the Universal Church at World Youth Day.

3. Celebrate World Youth Day in community and communion.

4. Be proud of your heritage of mercy as a pilgrim from the United States.

5. Prepare spiritually for your journey.

6. Be open to the Holy Spirit, wherever he may be leading you.

7. Keep the fire burning... the end of World Youth Day is only the beginning.



Three Opportunities to Never Pass Up

Pilgrim groups should take advantage of these three key opportunities when they arise, because it is not always certain that another chance will come anytime soon.

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| <ul style="list-style-type: none">✓ Refill the water bottle (whenever you see a public tap. It's free and safe to drink!)✓ Eat something (from pilgrim pack meals or at local restaurants or vendors), and✓ Use the toilet (at portable toilets, public restrooms, or at your lodging). |
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Packing Tips

- Pack Light! Plan on wearing outfits more than once. There is no need for any formal clothing at WYD, so pilgrims should pack functional, casual apparel. Some religious shrines and churches enforce a modest dress code requiring that shoulders and knees be covered, be prepared for that. In general, pilgrims should wear modest and appropriate clothing throughout the WYD pilgrimage.
- Pilgrims will walk a great deal at WYD. Bring sturdy, **well broken-in** shoes along with foot care or a blister kit (available at local drug stores). Most if not all days will be warm and sunny with low chance of rain and average high temperatures in the low 80s and lows in the upper 60s.
- Be prepared for the hot sun! Sunscreen, sunglasses, hats are essential.
- It is a good idea to wear layers to prepare for the change in temperature in the morning and evening; this is especially important for the Saturday walking pilgrimage and overnight vigil. Those 24 hours may go from warm to cool and back to warm.
- Pack extra thin socks (which can take almost no space and wash/dry quickly); wearing two at once can limit the formation of blisters.
- Refillable water bottle
- Hand sanitizer
- An extra roll of toilet paper, just in case!
- *Labeling Luggage:* In addition to a name tag on each bag, consider having everyone in your group put a group identifying marker on all checked and carried bags so that everyone in your group can recognize a bag that belongs to someone travelling in your group.

Our journey

Unless you have arranged a separate itinerary, the Boston pilgrims will fly out of Logan Airport on the evening of Friday, July 28th and arrive in Lisbon the morning of Saturday, July 29th.

Our first 2 nights in Portugal will be outside of Lisbon. Our pilgrimage will take us to Santarem, the site of a famous Eucharistic Miracle in the year 1247. Learn about this the Eucharistic Miracle here:

[Santarem](#)

We will also visit the Shrine of Fatima, the site of numerous apparitions of Our Lady to 3 shepherd children in 1917. Learn more about the apparition of Our Lady of Fatima and the shrine here: [Fatima Shrine](#)

We will arrive in Lisbon on Monday, July 31. Our current lodging is set for the [VIP Grand Lisbon Hotel](#)

The official dates of World Youth Day are August 1 – 6, 2023

August 1 Opening Mass with the Cardinal Patriarch of Lisbon at Parque Eduardo VII

August 2-4

Mornings: *Rise Up* is the name of the catechesis of World Youth Day. The *Rise Up* meetings will take place in Churches and other spaces, by language groups. Following a synodal methodology of listening to the young people and helping them to discern, in the light of the Word of God, the paths that lead them to, like Mary, “rise and go with haste”. Pilgrims will have the opportunity to share their faith, hear the voice of the Church and celebrate the Sacraments of Reconciliation and the Eucharist. Resources to aid in preparation for the Catechesis sessions can be found here: [Rise Up](#)

Afternoons: *The Youth Festival* is a set of cultural, religious, and sporting events, carried out by WYD pilgrims. The Youth Festival provides WYD pilgrims and the city of Lisbon with an experience of joy, youth, universality, and faith, showing that the Catholic Church is a lively and young church, capable of using today’s languages and art forms without compromise the message that they want to transmit.

Evenings: Events with Pope Francis at Parque Eduardo VII

Aug 3 – Welcome Ceremony

Aug 4 - Way of the Cross

August 5

Morning/Afternoon: Pilgrimage to Parque Tejo

Evening: Candlelight prayer vigil with Pope Francis

Many people bring inflatable pool floats to sleep/sit on during the vigil, Mass and overnight. It is customary to leave your sleeping bag / blankets on the field when you leave. They are collected and distributed to the needy and you don’t have to worry about bringing them home!

August 6 Mass and Closing Ceremony with Pope Francis