1. I am assuming that emails are unique among guests and hosts.

   Every country and every city in my database has at least one guest and at least one host.

   A host may have had no guests or many guests that have requested a couchsurf. A guest may have sent none or many couchsurf requests.

   A member may have many friends or no friends.

   A event may have zero invites or many invites associated with it. A member could be invited to zero or many events.

   An event may have nobody going to it, or many going. A member could go to no events or many events.

   A group must have at least one member.

   A member can join zero or more groups.

   A group may have zero or more messages. A member can post no messages or many messages. A post must be associated with at least one member and at least one group