



Youth Retreat Information Package

There are four sections in this information package:

What to Expect – Overview of the Youth Retreat.

Health and Wellness – Overview of supports offered and health considerations.

Shared Expectations – Overview of the expectations we agree to share and uphold.

Registration Information – Overview of what you will need, things to know and how to register.

WHAT TO EXPECT

Our Youth Retreats bring youth in and from care from across the province together to learn life skills, have fun, build lasting friendships, direct the work of the Fed, have their voices heard, and build a community. We'll be stepping out of the city and into the wilderness together!

Youth Retreats are structured weekends that create space for free time, learning, information sharing and most importantly fun! What this means is that there is a high level of participation expected from our youth participants.

Below is some information about a few of the things we do at a Youth Retreat.

Workshops

You will get to choose from a variety of informative, skill building, fun workshops. Past workshops have included things like resume building, open studio art creation, yoga, budgeting, tenant rights and more! Our workshops are typically hosted by guests, Fed staff, or other young people from care!

Camp Activities

Camp activities will be led by friendly camp staff to make sure we have a safe and fun time. They can include things like:

Swimming Pool: You can float around in the INDOOR swimming pool, or chill in the hot tub!

Archery: How many bullseyes can you hit? You will get to learn basic archery skills, safety, and technique.

Skynet: Jump, bounce and hop around giant trampolines high up in the tree canopy.

Campfire: Roast a hot dog, make smores, or sit around and enjoy the sound of the fire!

Evening Activities: Board games, drawing, and small group activities will be available every night for participants to enjoy!

Talent Show & Art Wall

Showcase your AMAZING talents during our evening Talent Show!

Are you an aspiring singer? Got some poetry you want to share? Do you play the guitar? Can you juggle? Have any funny jokes? Share your talents lets celebrate how amazing you are! The talent show is just for fun, no competition. Bring your own musical instruments if you have one!

Have more of an artistic talent? Painted something during the retreat and want to share it? We have an Art Wall for youth to showcase their art!

Memory Books

Something special about our Youth Retreats are the ways young people show appreciation for one another. One way to do this is by signing memory books. Each attendee will get to decorate their own memory book.

During the retreat, everyone is encouraged to write kind and meaningful things about people in that person's specific memory book. By the end of the Youth Retreat, everyone will have a memory book full of kind words, thoughts, stickers, and messages left by other people. Memory books are little pieces of the Youth Retreat you get to bring home.

Youth Retreat Example Schedule

(this is not the actual schedule for the retreat)

Friday (Arrival Day)

3:00 – 4:00 PM	Travel to Camp
4:00 – 4:30 PM	Arrive and Settle In to Assigned Cabin
4:30 – 5:30 PM	Welcome and Land Honouring
5:30 – 6:15 PM	Dinner
6:15 – 6:30 PM	Group 'Get to Know You' Games
6:30 – 7:00 PM	Our Shared Guidelines and Expectations
7:00 – 7:15 PM	Break
7:15 – 9:00 PM	Workshop
9:00 – 11:30 PM	Free Time/Evening Activities

HEALTH AND WELLNESS

Wellness Space

We have a quiet space that youth may use as needed to encourage their wellness. This space contains a variety of quiet activities and wellness related tools.

Supports

Feeling overwhelmed? Not sure where to go? Just want to express how excited you are? Fed staff and adult supports are there to listen and support you.

Wellness Plans

After you register, you will receive an email with a link to complete a Wellness Plan. Wellness Plans are optional however we encourage Wellness Plans for all participants attending this Fed event. Wellness Plans are confidential and kept between Fed Youth Support Staff and the young person creating the plan.

A staff person may reach out to discuss if a Wellness Plan is needed based on information shared in your Youth Retreat Application. If these applicants do not submit a Wellness Plans by **March 11 at 3:00 PM** your eligibility to attend may be impacted.

Wellness Plans help ensure you are supported in a way that works for you. If you want support completing your Wellness Plan a Youth Support staff person would be happy to help. Click [here](#) to connect with a Youth Support staff member.

Here are the questions we will ask you for your Wellness Plan.

1. What helps you feel grounded (in the present moment?)
2. What causes you to feel unwell?
3. What can you do to feel better?
4. What can others do to help you feel better?
5. How will you let others know you need support?
6. Is there anything else that would be helpful for us to know, to support you in having a good time at this event?

*Note: If a staff member contacts you to create a Wellness Plan and we do not receive a Wellness Plan before **March 11 at 3:00 PM** your eligibility to attend may be impacted.*

Communicable Diseases

The health and safety of young people is one of our priorities at the Fed. All attendees will be encouraged to take the necessary precautions to prevent the spread of communicable diseases during our Youth Retreat. Masks and hand sanitizer will be available at the retreat and attendees are encouraged to use them to help minimize exposure and spread.

We also encourage general cleanliness and hygiene like regular hand washing. Information on the prevention of communicable diseases will be available for attendees to review at their discretion during the Youth Retreat.

We ask that if you are feeling unwell to please not attend the Youth Retreat.

Medications

For safety reasons, we require that participants turn over their medication to our medications holder as outlined in the Fed [Medication Policy](#). Please pack ONLY enough medication for the weekend or what you anticipate you may need.

If you are over the age of 19, please indicate if you plan on bringing cannabis in the Medical Information section on the registration form. Please share details around approximate doses/amounts and times you would consume cannabis during the retreat. If you bring cannabis to the retreat without letting us know, this may result in being sent home.

We do not allow smoking or vaping of cannabis at Youth Retreats. However, edibles and oils are acceptable and non-scented forms of consumption can be discussed. All cannabis will be given turned over to our medication holder upon arrival. Cannabis will be treated as a medication and will follow the Fed [Medication Policy](#).

Young people under the age of 19 will not be allowed to bring or use cannabis during the Youth Retreat. For more information, please check out <https://www2.gov.bc.ca/gov/content/safety/public-safety/cannabis/safe-kids#:~:text=In%20British%20Columbia%2C,health%20problems%20later%20in%20life>

SHARED EXPECTATIONS

In addition to our [Values Code](#), below are some shared expectations to ensure we maintain a safe, respectful, and supportive environment.

Safety first, fun will follow

We all have a responsibility for being aware of and mindful of safety. It is expected that everyone will behave in ways that put safety, health and wellness first. Failure to behave in a safe manner can lead to various consequences including being asked to leave the event.

Participate in good ways

Participation can look very different from person to person. We ask that everyone participate in ways that work for them and give space and understanding to those who show up differently than you do. Some things that might help people participate include doodling, using fidget toys, movement, asking questions, etc.

Consent is Necessary

Everyone has different comfort levels when it comes to touch, comments about their appearance, and how they do things. You must receive consent from people before physically touching them (like hugs or high fives,) borrowing or using their things, and before giving compliments or feedback. If you don't hear a yes, consent is not given.

Take Care of Your Well Being

You know best what your body needs to stay present and engaged.

- Stay hydrated
- Move your body
- Eat food that fuels you
- Get lots of rest
- Take space when needed

Being in a Shared Space

As a large group it will be important that we are all aware of how we are showing up in shared space.

- Keeping our voices in level with an activity. (Sudden loud noises can be triggering for some folks.)
- Keeping the space scent free. (Many people navigate scent allergies.)
- Being present. Use fidget toys, or doodling to stay present during different activities.
- Encouraging and supporting folks who are sharing or presenting by not talking when they are

Wake-up Time and Quiet Time

Choosing to participate in the Youth Retreat means that you agree to follow the wake-up times and quiet times that are in place.

All participants must be up and prepared for the day by 8:00am. You will receive a wake-up call at 7:30am.

Quiet time starts at 11:30pm. This means the lights will be out and you must be ready for bed. If you choose not to go to bed by 11:30pm you must be at the main hall. You will not be able to go back into the cabins after 11:30pm unless you are going to bed. All participants **must** be in their cabins by 2:00 AM.

Cabins and Sleeping Space

Youth and adults will have separate designated sleeping areas. Sleeping areas are bunk bed style, heated and have washrooms available in the same building. Cabins are shared sleeping spaces. The male cabin, female cabin, and gender-neutral cabin will be separated from each other. You can only enter the cabin and room you are assigned to. Cabins are strictly for sleeping. Attendees cannot hang out in their cabins. If you would like to change the cabin you have been assigned to please speak to a Fed Staff member.

Since the cabins are shared spaces, we ask that you:

- Respect other people's belongings and sleeping areas
- Be mindful of noise and lights when other people are sleeping in the cabin
- Keep your sleeping area tidy
- Only enter the cabin and room you are assigned to

Food

Since we will be in a remote area that is home to various wildlife, food is not permitted in any spaces other than the main hall and at the campfire. You will be given meals throughout the day and snacks will be available in the main hall between mealtimes. We ask that you do not bring energy drinks to the Youth Retreat.

Scents

We have attendees who have scent sensitivities, so we ask that you help us to maintain a scent-free environment by using unscented/fragrance-free products.

Camp Boundaries and Terrain

We will be in a remote area that is home to various wildlife, a dense forest, and many natural hazards. It is vital that attendees stay within the designated boundaries. The boundaries of the camp will be reviewed at the Youth Retreat.

What to Bring

Please bring a reusable water bottle, sleeping bag, and enough clothes and hygiene items for your time at the Youth Retreat. Please avoid scented products. We have a packing list of items we suggest attendees bring. If you do not have access to a sleeping bag, please contact us as we have a limited number of sleeping bags available.

Click here to view our [Packing List](#).

REGISTRATION INFORMATION

Registration key dates

Registration opens: Monday, January 29

Registration deadline: Monday, March 11 at 3:00pm PST.

Submissions made after March 11 may be waitlisted.

Application approvals will be sent no later than Friday, April 5 at 4:00pm PST.

Eligibility

- You are a youth in or from [care](#) in BC
- You are between the ages of 14-24

Other Roles

There are different roles people can play at the Youth Retreat. When registering please select the role that is most appropriate for you. If you are unsure about what role you should select or have any questions, please contact Marcey (information below).

- Participant – a young person between the ages of 14-24, in or from care attending the event.
- Volunteer – a youth and/or alumni members who are there to support the event and encourage others participation.
- Adult Support - are there to support the general event and young people.
- Guest – attending the retreat as special speaker, workshop host and/or a rep for other organization/community partner. May also be invited to be adult supports.

- Host Team – are leading and organizing the event and are responsible of the overall safety and wellbeing of event attendees. This team is made up of Fed Staff and Contractors.

Application Process – Multi-Step Application

Step One: When registration opens, you will need to have access to a computer and reliable internet. A partially completed application cannot be saved and must be completed in full to be submitted. You will need to have the Zajac waiver form downloaded, completed, and saved before starting your application so it is ready to attach to your application.

If you do not have access to a computer and reliable internet, you can make a phone appointment with one of our [YOUth Support Staff](#) and they can help you complete the application form.

Step Two: After submitting your application, you will receive an email confirming your submission with a request to provide either payment and/or subsidy information.

Step Three: Once your payment information and/or subsidy information has been provided you will receive an email requesting additional information.

For youth participants this includes your Wellness Plan (required) and Media Consent Agreement (optional). For young people under the age of 18, in addition to your media consent your guardian will be contacted to provide their approval too.

For all other attendees this includes a code of conduct agreement, Criminal Record Check, and media consent (optional).

Step Four: Once we receive your additional information, you will receive an email to confirm your application has been approved. It is rare but please note there is a chance you maybe waitlisted or not approved to attend. We will email you to let you know if you have been waitlisted or not approved to attend.

Event fee

There is a \$300.00 event fee to attend the Youth Retreat.

The event fee covers camp costs, rooming, food, and camp activities (archery, swimming pool etc.)

We have some subsidies we can provide if you need support with event fees.

Please Read the Financial Support section for more information and for who is eligible to apply.

Travel

You are responsible for getting to our meet-up location at 318 Keary St, New Westminster, BC.

If you are an adult support bringing a group of young people to our retreat, please list the first name and

last name initial of the people who will be traveling with you in the **Group Travel** section of the registration form.

We have some subsidies we can provide if you need support with travel costs.

FINANCIAL SUPPORT

If you are a young person in/from care between the ages of 14-24 without access to a social worker, you may receive financial support through our subsidies. You can apply for one or both subsidies. If there are other additional supports you need to participate, there is an option to request that support as well. We will do our best to meet those needs however, we may not be able to meet every request. Please note there are limited number of event fee subsidies that we can provide.

Who can apply for subsidies?

Youth in or from care between the ages of 14-24 and Fed Alumni living in BC can apply for one or both of our subsidies.

How do I apply for a Subsidy

After you submit your registration, you will receive a confirmation email where you can select “Subsidy Request”. This will open a form that details what support you need. Once your form is submitted it will be reviewed and we will be in touch to confirm it has been approved or not.

If needed, a staff person can support you in filling out your Subsidy Request Form.

EVENT FEE SUBSIDY

We try to keep most of our programs free, however, there are times when this isn’t possible. To ensure equitable access to our programs we offer an event fee subsidy, which will cover the full cost of the event. The event fee subsidy will cover the \$300.00 fee to attend the youth retreat.

TRAVEL FEE SUBSIDY

We want young people from all parts of BC to be able to participate in our programs. We recognize that this sometimes means significant travel. To ensure equitable access to our programs we offer a travel subsidy, which can cover full or partial costs of third-party transportation to get to and from the event.

Third Party Transportation includes:

- Public Transit
- Ferries
- Flights
- Coach buses
- Taxis

BEFORE STARTING YOUR APPLICATION

Helpful information to have ready for Your APPLICATION

- Emergency contact name and contact details
- Guardian contact information (if under the age of 19)
- Dietary restrictions and allergies
- Medications that you are prescribed (name, dose, and times you take the medication)
- Medical and health conditions
- Criminal history information

Read and Complete IN ADVANCE OF STARTING YOUR APPLICATION

- [Fed Policies](#)
- [Fed Media Consent Policy](#) (Please review before submitting your media consent form.)
- [Zajac Ranch Acknowledgement of Risk – Under 19](#) (Will need to be signed and uploaded as part of your application)
- [Zajac Ranch Acknowledgement of Risk – Over 19](#) (Will need to be signed and uploaded as part of your application)

LINKS AND HOW TO CONTACT US

Application Forms and Packing List

[Application Form](#)

[Subsidy Request Form](#)

[Payment Information Form](#)

[Packing List](#)

Support

If you have any questions or need support, connect with Marcey by:

- Email: marcey.amaya@fbcyicn.ca
- Phone/text: 604-355-2530
- Facebook Messenger: Marcey Amaya FBCYICN