



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 and how to apply to attend.

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!

Our 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 key things we do at a Youth Retreat.

WORKSHOPS

You will get to choose from a variety of informative and skill building 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 youth!

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:

Indoor 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.

Animal Interactions: Connect with animals at the camp like donkeys, chickens, goats and more!

CAMPFIRE

Listen to the crackling campfire, enjoy connecting with others under the sun and even make smores and roast hotdogs. Each evening, if weather permits, we will have a campfire you can enjoy if you choose.

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? Let us see and celebrate you! The talent show is just for fun, no competition. Be sure to pack an instrument if you can!

Have more of an artistic talent? Doodled something at the art workshop 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 of doing that is by signing memory books. Each attendee will get to decorate their own memory book. During the camp, 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.

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 health 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

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

COVID-19

The health and safety of young people is one of our priorities at the Fed. COVID-19 remains a risk for many populations, including the care community. The Fed cannot guarantee a COVID-19 free space. All attendees will be encouraged to take the necessary precautions to prevent the spread of COVID-19 during our Youth Retreat. Masks and hand sanitizer will be available at the retreat and attendees are encouraged to use them frequently to help minimize exposure and spread. We also encourage general cleanliness and hygiene like regular hand washing. Information on the signs and symptoms of COVID-19 will be available for attendees to review at their discretion during the Youth Retreat.

Attendees will be asked to complete a COVID-19 self-assessment screening prior to attending. For more information, please check out <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

MEDICATIONS

For the safety of all youth attending a Fed event, we require that participants turn over their medication to the designated person as outlined in the Fed [Medication Policy](#). Event attendees are encouraged to bring only the medications they may require over the duration of the weekend. Please pack ONLY what you need 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 category you feel is most appropriate under the Health and Wellness Information section on the registration form. In this section, please share details around approximate doses/amounts and times you would consume cannabis during the retreat. 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. Cannabis will be handled as a medication and will follow the Fed [Medication Policy](#). If you share that you will bring cannabis for your health and wellness you will be **REQUIRED** to create a [WELLNESS PLAN](#).

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>

WELLNESS PLANS

We offer individualized Wellness Plans for young people attending this Fed event. Wellness Plans are confidential and kept between Fed staff and the young person who agreed to creating a plan. Wellness Plans help ensure you have the support you want at the Youth Retreat and provides information on

what you might need if you are in crisis or not doing well. In the registration form you can choose to create a wellness plan with a Fed staff. A Fed staff will contact you and ask some questions. You can view those questions beforehand here. [Wellness Plan template.](#)

Reasons to make a Wellness Plan: you have recently been hospitalized, have a physical disability, need support managing emotions, etc.

Note: Based off information provided in your registration a staff person may contact you to create a wellness plan even if you've selected 'no'.

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 first. Failure to behave in a safe manner can lead to various consequences including being asked to leave the event.

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.

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

We will be in a remote area that is home to various wildlife. To ensure we maintain a safe environment, 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.

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.

REGISTRATION INFORMATION

ARE YOU READY TO APPLY FOR OUR YOUTH RETREAT?

We are so excited for our upcoming Youth Retreat and can't wait to see you there! Registration for this event will open on Monday, January 16 at 1:30pm PST. The deadline to apply is Friday, March 3 at 9:00am PST. Application approvals will be sent no later than Friday March 10 by 5:00pm PST.

ELIGIBILITY

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

APPLICATION PROCESS

We are moving to an online application process that will be found on our [website](#) when registration opens so 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. 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.

EVENT FEE

There is a \$300.00 event fee to attend the Youth Retreat. We have some subsidies we can provide if you need support with your event fees.

EVENT FEE SUBSIDY

There is a limited number of event fee subsidies that we can provide. There is an option on the registration form to let us know if you would like to request one.

TRAVEL

You are responsible for getting to our meet-up location in New Westminster, BC.

TRAVEL SUBSIDY

There is a limited number of travel subsidies that we can provide. There is an option on the registration form to let us know if you would like to request one. You will be required to complete a travel plan as part of your subsidy request.

TRAVEL PLAN

A travel plan must be completed and submitted as part of your application if a subsidy is requested.

If your travel plan includes a flight, the Fed will only cover economy class flights. The Fed will not cover additional bagging fee.

If your travel plan includes a ferry, the Fed will not cover fees associated with vehicles. You will be required to cover gas and parking costs if you choose to drive to the event.

A staff person will reach out to approve your travel plan and subsidy. Please DO NOT book travel until your travel plan has been approved by a Fed staff.

If you need support building a travel plan or have any questions, please contact a Fed Staff and we are happy to help!

TRAVEL PLAN EXAMPLE

Below is an example of a completed travel plan/itinerary going to and from the event that will need a full subsidy

Travel to the Event

1. 9:58 AM – 10:40 AM:

Take the number 90 Sechelt Express bus to Langdale Ferry Terminal

2. 10:40 AM – 11:40 AM:
Board the ferry heading to Horseshoe Bay Terminal
3. 11:40 AM – 12:30 PM:
Take the 257 Vancouver Express bus to Georgia St at Granville Street
4. 12:40 PM – 1:35 PM:
Take the Expo Line towards Production-Way University to Sapperton Station

Cost Breakdown

\$2.00 cash fare for 90 Sechelt Express Bus
Langdale – Horseshoe Bay (free)
\$4.45 adult 2 zone

Total: \$6.45

Returning from the Event

1. 3:00 PM – 3:40 PM:
Take Expo Line towards Waterfront to Granville Station
2. 3:40 PM – 4:30 PM
Take the 257 Vancouver Express bus to Horseshoe Bay
3. 5:00 PM – 6:00 PM
Board ferry heading to Langdale Ferry Terminal
4. 6:15 PM – 7:00 PM
Take the 90 Sechelt Express bus to Sechelt

Cost Breakdown

\$2.00 cash fare for 90 Sechelt Express Bus
\$13.70 Horseshoe Bay – Langdale
\$4.45 adult 2 zone

Total: \$20.15

HELPFUL INFORMATION TO HAVE READY FOR YOUR APPLICATION

- Emergency contact name and contact details
- Guardian contact information (if under the age of 19)
- Your BC Services Card number

- Dietary restrictions and allergies
- Medications that you are prescribed (name, dose, and times you take the medication)
- Medical and health conditions
- Criminal history information (including any details regarding probation and probation officer contact info)

READ AND/OR COMPLETE IN ADVANCE OF STARTING YOUR APPLICATION

- [Fed Policies](#)
- [Fed Media Consent Form](#) *(Will need to be signed and uploaded as part of your application if under the age of 19)*
- [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)*

APPLICATION FORMS

[Application Form for 14-18 Year Olds](#)

[Application Form for 19-24 Year Olds](#)

[Application Form for 25+ Year Olds](#)

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