

# YOUTH RETREAT FREQUENTLY ASKED QUESTIONS

## 1. What is Youth Retreat?

Youth Retreats bring together youth from across BC in a camp-like setting to have fun, build lasting relationships, share knowledge, and step into their leadership.

## 2. Who is eligible to attend the Youth Retreat?

Youth in and from care in BC, aged 14 to 24, are eligible to attend the Fed's Youth Retreats.

## 3. What types of workshops are available at the retreat?

We offer a variety of workshops that help youth develop their skills and explore their interests. Past workshop themes have included open art studio, yoga, peer support, self-care, crocheting, spoken word, and more! Our workshops are typically hosted by guests, Fed staff, or other youth from care.

## 4. Will there be any free time?

Yes, during free time participants can choose to take part in camp activities like swimming, archery, and other fun camp activities or use the time to relax, get schoolwork done, be alone, or socialize. In the evenings, activities like board games, campfire, drawing, and small group activities are available.

## 5. What are Memory Books?

Memory Books are personalized books (kind-of like a mini year-book) where attendees can sign and leave stickers, drawings and kind words for each other. Each participant makes a memory book at the beginning of the Youth Retreat and then everyone can write in each other's books throughout the weekend. When participants leave, they go home with a book full of memories.

## 6. What are the sleeping arrangements?

Youth and adults have separate sleeping areas. Youth sleep in shared cabins and can choose to sleep in male, female, or gender-nonconforming sleeping spaces. Cabins are sleeping spaces and are not meant for hangouts.

## 7. Are there any group guidelines that must be followed?

For our time together, all participants, staff and volunteers must adhere to our [Values Code](#) and Shared Expectations. A quick summary of our Share Expectations is below:

- Safety first fun will follow!
- Participate in a good way
- Consent is necessary
- Take care of your wellbeing

More details of our shared expectations and value codes will be provided in the registration package.

#### **8. What is the food like?**

The menu is chosen by our youth planners in consultation with the camp offerings. The meal plan typically includes things like burgers, wraps, pasta, stir fry, soups, salad, fruit, eggs, toast, sausages, cereal, pancakes...etc. We also have plenty of snacks and goodies available!

#### **9. What if I have special dietary needs?**

Participants with special dietary needs should indicate this on their registration form. Meals and snacks are provided for all participants, and efforts will be made to accommodate all dietary restrictions and preferences.

#### **10. What is the registration process?**

To sign up for the next Youth Retreat, fill out a registration form on our website when it becomes available. As part of your application, you will also be asked to read our values code and shared expectations, complete a liability waiver for the camp location, and submit a media consent form. If you are under the age of 19 you will need the permission of your guardian to attend. If you do not have access to a computer and reliable internet, you can make a phone appointment with one of our team members [[Info@fbcyicn.ca](mailto:Info@fbcyicn.ca)] and they can help you complete the form.

#### **11. What does it cost to attend a Youth Retreat and are there subsidies available?**

The Youth Retreat fee is \$300, covering camp costs, rooming, food, and activities. Subsidies are available to help cover the cost of the event fee and travel for those in need. Many young people can get their fees covered by their social worker.

#### **12. What should I bring to the Youth Retreat?**

A packing list will be provided upon registration approval. It typically includes essentials like weather appropriate clothing, toiletries, a sleeping bag and pillow, swimwear, and any personal items you may need.

#### **13. What should NOT be brought to a Youth Retreat?**

Please do not bring the following items illicit drugs, alcohol, weapons, energy drinks, or valuables.

**14. Can I bring my medication?**

Yes. When you arrive at the retreat, all participants will be asked to give their medication(s) to a designated staff member (including non-prescription meds like Tylenol and Cannabis). They will ensure that all medications are recorded, kept safe and secure, and made available to participants when they need them. Make sure you bring all your necessary medications and that you know your correct dosage and schedule.

**15. Can I leave the retreat early if needed?**

If you need to leave the retreat early, please inform staff as soon as possible. We will be in a remote location, leaving can be complex, but we will do our best to coordinate transportation.

**16. What's a Wellness Plan?**

A Wellness Plan is a document that youth can submit ahead of a retreat that helps our team to better understand how to support you during the event. Wellness plans outline any accommodations requested, relevant triggers, specific needs when receiving support, who you can connect with at the retreat, what kinds of things/activities are helpful, and any other relevant info. This document can be reviewed by both staff and youth during the retreat as needed. Someone from our team [info@fbcyicn.ca](mailto:info@fbcyicn.ca) can help create a wellness plan with any youth that is interested, or you can submit one on your own.

**17. What should I do if I feel homesick or overwhelmed?**

It's not uncommon to feel overwhelmed in a new situation. If you feel homesick or overwhelmed you can speak to any staff member, who are there to support you. There is also a wellness spaces you can visit at most times during the retreat where there are activities designed to help you feel more comfortable and grounded.

**18. Will there be transportation to the retreat location?**

Participants are responsible for getting to the meet up location (typically in a major city like Vancouver). From there everyone takes a rented bus as a group to the retreat location. Subsidies for travel costs may be available for those in need.

**19. How do I contact someone if I have questions before the retreat?**

You can contact [Marcey](#) or any designated youth support staff member for any questions or concerns before the retreat. Their contact information is also provided in the registration materials.