



# YOUTH RETREAT INFORMATION PACKAGE

There are three sections in this information package:

**What to Expect** – Overview of the Youth Retreat

**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. Also, 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 Zajac Ranch 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 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.

**Petting Zoo:** Meet and pet some of the animals at the Zajac petting zoo. 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? Can you juggle? Let us see and celebrate you! The talent show is just for fun, no competition.

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. Over the duration of 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!

## 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

## 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 are located 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.

## 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 are located 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.

## 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>

# 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 Wednesday, September 21, at 1:30pm PST. The deadline to apply is October 6 at 9:00am PST. Application approvals will be sent no later than October 7 by 5:00pm PST.

### Eligibility

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

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.

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.

You are responsible for getting to our meet-up location in New Westminster, BC. We have some subsidies we can provide if you need support with your travel costs.

## 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)

## 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)
- [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](mailto:marcey.amaya@fbcyicn.ca)
- Phone/text: 604-355-2530
- Facebook Messenger: Marcey Amaya FBCYICN

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