



# YOUTH RETREAT INFORMATION PACKAGE

Key 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 key info, eligibility, fees, travel, and subsidies.
- **Application Process** – Overview of each step involved in the application process.
- **Apply Now** – Links to applications, key info, and support.

## 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! This means 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**

A variety of camp activities will be available for participants to have a safe and fun time. They can include things like:

**Nature walks:** Take in the sights of the amazing flora and fauna of the Pacific Northwest forests.

**Arts and crafts:** Enjoy many fine arts tools and crafting supplies and explore your artsy side.

**Field games:** Play a variety of pick-up games to let out your energy.

**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.

These activities may change each Youth Retreat.

### **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 messages in each other's memory books. 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 – 4:30 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

For more info about Youth Retreats, check out our [FAQ \(frequently asked questions\)](#)!

## HEALTH AND WELLNESS

### *Wellness Space*

We have a quiet space that youth may use as needed to support 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 you and Fed YOUth Support Staff.

A staff person may reach out to discuss if a Wellness Plan is necessary based on information shared in your Youth Retreat Application. If you are asked directly to complete a Wellness Plan by a staff, it must be submitted by **April 1 at 3PM** or you may not be eligible to attend.

Wellness Plans help ensure you are supported in a way that works for you. If you want support completing a 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 ask in the 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?
  - 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 **April 1 at 3PM** your eligibility to attend the Retreat 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.

**If you are feeling unwell, 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 and plan on bringing cannabis for *medical reasons*, please indicate this in the Medical Information section on the registration form. Please share details around approximate doses/amounts and times you would need to 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 must be 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, as per [BC Government Guidelines](#).

## 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 but are separated by gender identity (male, female, gender neutral) and age (14-18 and 19-24). **You can only enter the cabin and room you are assigned to.** Cabins are strictly for sleeping. Attendees cannot hang out in their cabins.

There is limited space for each gender identity. Please be sure your registration information is accurate for room assignments. If you're not sure what room you'd like to go in, please contact a YOUth Support staff person.

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 Capacity***

We have space for 30 young people to attend this Youth Retreat. Registration approval will depend on the availability of sleeping arrangements for the age and gender identity of applicants. We will have 6 sleeping spaces, organized accordingly:

- 14-18 years old: 5 gender neutral, 5 female, 5 male.
- 19-24 years old: 5 gender neutral, 5 female, 5 male.

Applications may be waitlisted for the following reasons:

- Sleeping arrangements are not available for age/gender
- Camp registration capacity has been met
- Submission was made after April 1

### **Registration key dates**

- **Registration opens:** Tues, Feb, 25
- **Registration deadline:** Mon, April 1 at 3PM, PST.
- **Subsidy Requests deadline:** Mon, April 1 at 3PM, PST.
- **Wellness Plan Submissions deadline:** Mon, April 1 at 3PM, PST.
- **Application approvals** will be sent no later than Friday, April 4 at 4PM PST.

### **Eligibility**

- You are a youth in or from care in BC. (Please visit our [website](#) to learn what our definition of “care” means)
- You are between the ages of 14-24

### **Roles at Youth Retreats**

There are different roles people can play at Youth Retreats. 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.

### **Event fee**

There is a \$300.00 event fee to attend the Youth Retreat which covers camp costs, rooming, food, and camp activities.

We have some subsidies we can provide if you need support with event fees. Please Read the **Financial Support** section of this document down below for more information and for who is eligible to apply.

## **Travel**

**Youth:** You are responsible for arriving to the camp and leaving the camp on your own/with a guardian.

**Group Travel with Adult Support:** 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. Please be sure to develop an early departure plan in case a young person from your group needs to leave the Youth Retreat early.

## **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 an *event fee subsidy*, a *travel fee subsidy* or both. If there are additional supports you need to participate, you may request that as well. We will do our best to meet everyone's needs however, we may not be able to fill 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 where you can indicate what financial 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



**You are responsible for creating and completing your own travel plan.** YOUth Support Staff are available to support and answer any questions you might have. But you must be able to travel on your own and understand your travel plans.

**IMPORTANT:** You will need to provide detailed travel information as part of your subsidy request. Please research your travel to and from the retreat ahead of completing your subsidy request, so you have all the information you need. Here are some helpful links to get you started:

- [Google Maps](#)
- [BC Ferries](#)
- [Air Canada](#)
- [Pacific Coastal Airlines](#)
- [Westjet](#)

## APPLICATION PROCESS

### STEP 1: READ POLICIES, COMPLETE WAIVERS, GATHER KEY INFO

#### *Read and Complete Before Starting Your Application*

- [Fed Policies](#) - read
- [Values Code](#) - read
- [Medication Policy](#) - read
- [Fed Media Consent Agreement](#) – read, complete, download (optional)
- [Liability and Risk Waiver](#) – read, complete, download (mandatory)
- [Wilderness Kayaking Waiver](#) – read, complete, download (mandatory if kayaking, 10 spots available)

#### *Have this Info Ready for Completing 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
- Detailed travel information if you are requesting a travel subsidy

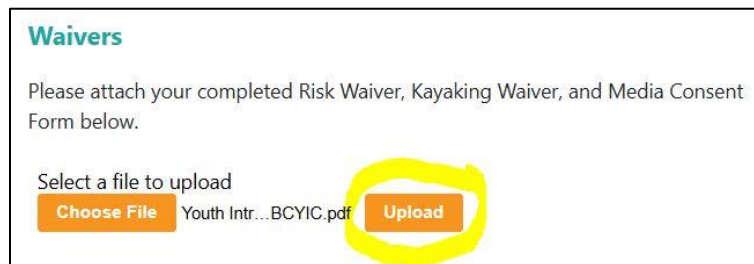
### STEP 2: COMPLETE REGISTRATION APPLICATION

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 all waivers & agreements completed, downloaded and saved before starting your registration so it is ready to attach to your application.

### **Attach waivers to your application:**

After completing all required waivers and agreements, save a copy to your device. Under the Waivers section in the application, click “Choose File” to select the file you want to attach. An “Upload” button will appear. Click “Upload.” If you do not click the upload button, the file will not be added, and your application will be incomplete. Repeat these steps for the *Liability & Risk Waiver, Media Consent, and Wilderness Kayaking Waiver.*



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 3: PROVIDE PAYMENT**

After submitting your application, you will receive an email confirming your submission with a request to provide either payment and/or request an event fee or travel fee subsidy. Please provide payment or complete the subsidy request(s).

### **STEP 4: PROVIDE ADDITIONAL INFORMATION**

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

**For youth participants:** this includes creating an optional Wellness Plan (if required we will notify you) and completing a Media Consent Agreement if not already submitted with the application (optional). For youth under the age of 19, your guardian will need to approve media consent.

**For non-participants:** this includes completing a Code of Conduct Agreement, submitting a Criminal Record Check, and a Media Consent Agreement (optional) if not already submitted with the application.

### **STEP 5: CONFIRMATION OF APPROVAL**

Once we receive your additional information, you will receive an email to confirm if your application has been approved. Please note due to a high volume of interest, some applicants may be waitlisted or not

approved to attend. We will email you to let you know if your application has been waitlisted or not approved to attend.

## APPLY NOW!

### ***Apply Now!***

Use the links below to apply for the youth retreat!

[Youth Participants \(ages 14-24\) Application Form](#)

[Non-Participants \(ages 25+\) Application Form](#)

### ***Key Information***

[Packing List](#)

[FAQ \(frequently asked questions\)!](#)

### ***Staff Support***

If you need support with your application, connect with Marcey:

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