

## **Root to Rise 2018: Information Pack**

### **Welcome to Camp Camp!**

This isn't your average summer residential.

Get ready to open your mind and heart and discover all the magic that is waiting inside you.

The theme this year is “**Root to Rise**” and we will focus on getting up close and personal with our roots, our history, our grounding, knowing the land we stand on so we can grow from a solid foundation to unpack the splendour of what lives in our hearts to go forward and make meaningful changes in our communities.

We will employ all kinds of creative methods to nurture our exploration – expect movement workshops, creative arts activities, campfires, delicious cooking and eating, self-development opportunities, self-care, and nourishing connections with like-hearted souls and the natural world.

This camp will include an exploration of empowered selfhood as an act of political and cultural resistance to oppression – how can we use our unique talents to make positive changes to our environments? We are going to spend the week nurturing these aspects of ourselves, deepening and strengthening our roots so we can rise more powerfully than ever.

This is an opportunity for self-development where you can learn new things, meet new people, challenge yourself and step out of your comfort zone. Therefore we are asking for a slightly more serious commitment than for a purely recreational camp. Think of it as part creative play time, part retreat.

### **Fee**

Participants are required to pay a £20 reservation fee to secure their place. It costs us about £500 per young person so we ask that you demonstrate your commitment by contributing £20 to attend the summer camp

We want everyone to have the opportunity to take part, so if this presents a barrier for you, please speak to us and we will work with you to find a solution.

**Gender inclusive rooms & washroom facilities:**

"Gender inclusive" is a term that we use to be inclusive of all experiences of gender. Most youth events are organized by differentiating between "boys" and "girls", but as the experiences of so many of our participants and leaders do not fit into these categories, we are organized by age groups rather than gender experience. Our bathrooms and rooms are gender inclusive and accessible. As privacy needs do not depend on gender, all showers and toilet stalls are private and additional privacy for changing can be arranged upon request. Gender inclusivity offers an opportunity for youth to engage with one another person to person. At Camp Camp we offer an opportunity to develop mature, communicative, and respectful relationships with one another across all genders.

**Food sharing responsibilities:**

We will be catering the residential ourselves, so we will all be involved in preparing and cooking meals and cleaning up. Everyone will receive a cookbook containing all the recipes made over the week to take home with them.

**Technology policy:**

We want to create an environment where we can be 'in the moment' as much as possible, so phone and technology use will be limited in favour of slowing down, opening up, and sharing our learning. Phones and other devices will be available at breaks and during free time, but we encourage you to 'unplug' as much as possible.

**Non-negotiable ground rules:**

- We are committed to being a physically and emotionally safe environment that is alcohol, drug, and sex free.
- We will not tolerate disrespectful, harmful, or inappropriate behaviour.
- All participants accept responsibility for taking care of their health and wellness by getting adequate sleep and nourishment
- We will respect the facility and rules of our host venue.

Anyone who breaks these ground rules will be sent home immediately at their own expense.

### **Participation Agreement:**

In order for all participants to have equal access to the benefits of the camp, I understand and will agree to the following:

- I accept responsibility for taking care of my health and wellness by getting adequate sleep and nourishment.
- I commit to full participation in all camp programming as much as I can.
- I understand that there will be limited access to personal electronic devices so that everyone can participate fully in the camp experience.
- I am aware that I will be assigned a shared room according to my age group.
- I am aware that rooms and washrooms will be inclusive of all genders.
- I will inform staff or the Camp Director about any problems/issues that may arise for me at camp.
- I understand that I will not be permitted to leave the camp for any non-Camp Camp organized recreational purpose, nor will friends who are not registered at camp be permitted on site.
- I understand that Camp Camp strives to create a physically and emotionally safe environment.
- I understand that this is a sex positive, but sex-free environment. No sexual activity will be permitted.
- I will not use alcohol or other substances during the camp.
- I will respect myself and fellow Camp Camp participants and staff by being aware of my language and actions.
- I will respect the facility hosting Camp Camp
- I agree to respect the non-negotiables in order to help create an inclusive space for all participants.
- I will abide by the Community Guidelines.

### **Community Guidelines**

1. Create an atmosphere of non-judgment, respect, inclusivity, and acceptance
2. Mistakes are OK with positive intent
3. Platinum rule: Treat others as THEY wish to be treated
4. Acknowledge/create quiet spaces and leave room for silence, low-energy times and reflection
5. Move up/Move back: create space for all and remember to listen
6. Respect all emotional and physical boundaries. Get consent before hugging, taking pictures, etc.!

7. Remember – It's OK to ask for help!
8. Patience with self and others
9. Everyone has the right to pass if they choose
10. Use inclusive language as much as you can
11. Respect accessibility needs and prioritise accessible spaces; support different needs as defined by individuals
12. Engage in controversy with civility
13. Speak to an idea not the person
14. Care for self and others. Be responsive to your own needs
15. Invite participation: support and celebrate everyone's contributions
16. Honour silence, listening and witnessing
17. Foster vulnerability and connections
18. Confidentiality – "What's said here stays here; what's learnt here leaves here."
19. Respect the non-negotiable rules at all times
20. Be curious, challenge by choice, and remember: feeling uncomfortable is different from feeling unsafe
21. Affirm and appreciate hard work, self-care, community work and invisible work.
22. Look out for one another
23. Have FUN!