

Welcome to CampOUT! 2015



Welcome

Hello Campers!

We are so excited to have you here!

There have been folks working hard all year to create this camp, and we hope your time will be full of welcoming, inspiring, and super fun unforgettable experiences!

This is a guide to help you navigate and prepare for the camping experience. Please take time to read the information on the following pages. This program includes information about CampOUT! workshops, our community's gender inclusive approach, our non-negotiable rules, our Community and Participation Agreements, and the schedule.

Thank you for being here, we are excited to share this experience with you all!

Who's Who...

There is a large group of amazing individuals who are coming together to make this amazing camp happen! The CampOUT! Leadership Team is:

Camp Director: Anna White
UBC Support Staff: CJ Rowe
Camp Assistant: Cicely Blain

Care Team:
Mental Health Worker: Alex
Camp First Aid Attendant: Karen
Camp Nurse: Ray
Lifeguard: Allison

Cabin Leaders:
Alex, Arielle, Axel, Beaner, Ivan, Julian, Kay, Kenny, Leroy, Meris

Community Resource Volunteers:
Ayesha, Chris, Isabel, Jen, Lau, Melanie, Rich, Steps, Tiaré, Zavi, Zena

Your Guide to CampOUT!

Our vision is a community where:

- “Normal” doesn’t exist.
- All forms of diversity are celebrated.
- We are agents of change.
- Each person’s individual journey is affirmed.
- People are welcome as they are.

Our Mission is to create an inspiring and welcoming community-based outdoor leadership summer camp experience for queer, trans, and allied youth ages 14-21 from across BC and the Yukon. By providing educational, social, spiritual, health, and leadership tools participants return to their home communities with new skills, capacities, resources, and friendships.

We Value:

- All youth, regardless of sexuality and/or gender identity.
- Leadership as a tool to realizing personal potential and creating social change.
- Learning in non-traditional (and fun!) ways.
- A commitment to take home our learning and to share knowledge and skills to better our home communities.

CampOUT! Non-Negotiables*

In order for all participants to have equal access to the benefits of the camp, the five following ground rules are non-negotiable:

- CampOUT! is a sober space. This means that no drugs or alcohol are permitted at camp.
- CampOUT! is a sex positive, but sex-free environment. No sexual activity will be permitted.
- CampOUT! will not tolerate harmful, disrespectful, or inappropriate behaviour.
- CampOUT! participants will respect the agreed upon curfew.
- CampOUT! participants and staff will respect the facility and rules of our host Camp Fircom.

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

CampOUT! Participation Agreements

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 to the best of my ability.
- I am aware that I will be assigned a cabin group and leader according to my age category.
- I am aware that cabins and washrooms will be inclusive of all genders.
- I will inform my leader, the Care Team, or the Camp Director about any problems/issues that may arise for me at camp.
- I will keep all personal electronic usage to a minimum in order to participate fully in the camp experience.
- I understand that I will not be permitted to leave the camp for any non - CampOUT! organized recreational purposes, nor will friends who are not registered at camp be permitted on site.
- I understand that CampOUT! is committed to being 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 CampOUT! participants, leaders, staff, and volunteers.
- I will respect the facility hosting CampOUT!.
- I agree to respect the non-negotiables in order to help create an inclusive space for all participants.
- I will abide by the Community Agreement.



CampOUT! Community Guidelines

These guidelines are created by the Cabin Leaders, Campers, and Comrades over the years we hope you will add to them too! We invite y'all to use these guidelines to help us create a space where we can have fun, learn good things together, and build connections!

1. Create an atmosphere of non-judgment, respect, inclusivity, and acceptance
 - Mistakes are OK with positive intent
2. Platinum rule: Treat others as THEY wish to be treated
3. Acknowledge/create quiet spaces and leave room for silence, low-energy times and reflection
4. Move up/Move back: create space for all and remember to listen
5. Respect all emotional and physical boundaries. Get consent before hugging, pictures, etc.!
6. Remember – It's A-OK to ask for help!
7. Patience with self and others
8. Everyone has the right to pass if they choose
9. Use inclusive language as best as you can
10. Respect accessibility needs and prioritize accessible spaces; Support different needs as defined by individuals
11. Engage in controversy with civility
12. Speak to an idea not the person
13. Care for self and others. Be responsive to your own needs
14. Invite participation; support and celebrate contributions
15. Honour silence, listening and witnessing
16. Foster vulnerability and connections
17. Confidentiality – “What’s said here stays here; what’s learnt here leaves here.”
18. Respect the non-negotiable rules at all times.
19. Be curious! Challenge by choice; and remember feeling uncomfortable is different from feeling unsafe.
20. Affirm and appreciate hard work, self-care, community work and invisible work.
All the work!
21. Look out for one and other
22. Have FUN!



Questions & Answers

What is the link between CampOUT! and UBC?

UBC is the major sponsor of CampOUT! in that UBC's Access & Diversity department "houses" the project by providing an office and infrastructural support. UBC's Alumni Affairs, Annual Giving, and the School of Population & Public Health were all strongly involved in the creation of CampOUT!. UBC is proud to support this project.

How do people access this program?

We have spread the word of the camp through social networking, emailing, word of mouth, school counselors, health care providers, and youth workers across B.C. It costs CampOUT! approximately \$500 per camper to offer the camp's educational and creative programming. We are able to offer this program for only \$25 thanks to our generous donors! Help us spread the word to grow support!

How are campers chosen?

A selections committee reviews camper applications and prioritizes campers that have not yet been to CampOUT! and live where there are fewer LGBTQ resources.

How is the Leadership Team chosen?

The Leadership Team is selected through a competitive application process that involves being screened and selected by the Selection Committee. Selections are made based on criteria that both meet the needs of the camp program and meet the needs of the youth campers themselves. We are very happy to have such an amazing and skilled group of folks providing leadership for us. If you are between 19 and 25 next year, consider applying as a Cabin Leader to grow your leadership skills and work to create an awesome camp experience for future campers!

What does queer, trans, and allied mean?

In an effort to bring together sexually and gender diverse communities the word **queer** includes gay, lesbian, bisexual, transgender, two-spirit, transsexual, asexual, pansexual, pangender, intersex, androgynous and ally identities.

Trans is a term used with the intention of including all self-identified trans folks.

CampOUT uses the term Trans to be inclusive of transgender, transsexual, two spirit, trans-identified, intersex, androgynous, bigender, crossdresser, and genderqueer folks. Not all trans folks experience body dysphoria. While the term 'queer' includes trans folks, 'trans' does not imply a sexual orientation and many trans folks do not identify as queer. Some folks write trans* to communicate this wide range of identities.

Allies are people that may identify as straight/heterosexual or cis gender (people who do not identify with a gender diverse experience) and are identified as allies by their

queer and trans communities because of their commitment to challenging homophobia and gender norms. At CampOUT we provide opportunities for folks to engage in striving to be allies across all differences (gender, race, sexuality, class, ability, religion, experience).

How to navigate social media at CampOUT!

- Camp is a nice place to put down your phone and enjoy spending time with new and old friends, exploring, learning, and experiencing nature. Challenge yourself to go 3 or 4 days without texting or using the Internet.
- There will be no Wi-Fi at camp – let your friends and family know you probably won't be posting much while you're away.
- You're welcome to listen to music or podcasts if it helps you fall asleep. But be respectful of your cabin mates – the light from screens can be distracting when one is trying to sleep.
- Not everyone at camp has given consent to having their photos taken. Always ask people if you can take their picture and if it's alright for you to post that picture. If you're unsure you can always take beautiful nature pictures to represent your time at camp.
- CampOUT! is a place of community building and can be an intense experience that is hard to describe to others. Stay in the moment and wait until you get home before sharing pictures or stories. This will allow you to really reflect on your experience.
- The camp staff will send an email to parents and guardians that have requested one to let them know we have arrived safely and are enjoying ourselves. They will worry a lot less if they receive a quick but official message from us.

Leadership Team

Cabin Leaders

Over the past two months, our team of Cabin Leaders has participated in intensive training on leadership, anti-oppression, social justice, facilitation, group process, peer support, healthy communication, conflict resolution, and group decision making. Each cabin will have two Cabin Leaders. We are confident that your leaders will be able to assist you with any issues that may arise for you while at camp and refer you to the best Community Resource Volunteer or Care Team person if your issue is not their area of expertise.

Community Resource Volunteers (Comrades)

These folks are a group of skilled community resource people with a range of expertise who are here to work collaboratively with each other and the Cabin Leaders to offer the camp programming, participate in leadership, offer a listening ear, be a resource to campers and Cabin Leaders, and participate in building a welcoming intergenerational community here at camp. Take time to read the Leadership Team Biographies and introduce yourself to folks you'd like to talk with!

Care Team

These folks are trained professionals in handling Health & Safety issues and will work collaboratively with UBC staff to support all Campers, Cabin Leaders, and Volunteers. Cabin Leaders and Volunteers will refer campers to the Care Team for all issues out of their areas of expertise. For the safety of all participants, all medications (including over the counter meds) will be secured in the Care Cabin and can only be accessed via the Care Team. There will be an opportunity on the first day to meet with the Care Team and hand over meds and make a schedule.



Cabins

Gender Inclusive Cabins and Facilities

'Gender inclusive' is a term that we use to be inclusive of all experiences of genders. Most youth events are organized by differentiating between 'boys' and 'girls', but as so many of our camper and leader experiences do not fit into the limitations of these two categories, we are organized by age groups rather than gender experience. Our bathrooms and cabins are gender inclusive. As privacy needs do not depend on our gender identity, all showers and toilet stalls are private and cabins can set up change rooms in their cabins for additional privacy.

Gender inclusivity offers an opportunity for us to engage with one another person to person. At CampOUT! we offer an opportunity to develop mature, communicative, and respectful relationships with one another across all gender spectrums!

There will be bathrooms in a central location, and baths and showers will be completely private. There will be opportunities to talk about this gender inclusive approach in more detail at camp.

Programming Streams:

- 1. Leadership:** Empowerment, skill development, critical thinking, and mentoring to foster leadership for social change.
- 2. Community Building:** Education and skill development to cultivate community involvement.
- 3. Arts & Performance:** Engagement in personal and collaborative creative arts opportunities.
- 4. Health:** Gain tools for helpful self-care practices, body & mind wellness, healthy relationships, communication, sexuality, gender identity, and responsible sexual practices.
- 5. Fun Camp Activities:** Engage with a truly inclusive camping environment through swimming, hikes, games, canoeing, nature walks, campfires, arts & crafts, music, skits, and more!

Leadership:

Intersectionality & Allyship – with your Cabin Leaders

Yes, we're queer, trans, and allied.... and we're so much MORE! During this camp-wide workshop in our cabin groups, we'll be exploring our identities and experiences through activities and conversation – consensually revealing areas of connection, and of difference. By investigating intersectionality and allyship, we hope to discover ways that we can create a supportive and inclusive space together, at camp and beyond. This workshop will be one piece of an ongoing camp conversation about the complexities of our identities and experiences, and how we can be in solidarity with each other.

Resource Mapping: Dreams & Realities – with Ayesha and Lau

Join Ayesha and Lau for an amazing resource sharing workshop! Use giant maps to map out some of the awesome youth services that exist in BC, and explore some of the challenges for accessing these services. Are there supports you wish existed? Let's brainstorm and come up with creative ways to build our dream communities!

T is for Term – World Café Style – with your Cabin Leaders

This is an opportunity to explore new as well as familiar terms relating to the LGBTQ2SIA+ spectrum. Campers will have the opportunity to ask questions, create dialogue, learn, unlearn, and relearn all things gender and sexuality.

Free Voices – with Chris

When we speak with clear, confident voice, a miraculous thing happens: people listen. Exploring vocal warm-ups, games, and exercises created for theatre performers, participants will gain an understanding of how breath and physical alignment support a free voice, and how powerful a free voice can be. As part of this workshop, campers will explore reciting poems, and present portions of these poems to the group. Come and explore the power of your voice!

Creative Queer and Trans Communities In the Country! (Or Outside the City) – with Lau and Ayesha

Are you from a small (or more remote) town in BC? Do you sometimes feel like all the best parts of being queer only exists in Metro Vancouver? NOT TRUE! Come hang out with Lau and Ayesha and talk about what it's like to be a small town queer, trans, two-spirit, or allied person, and connect with other people like us! We'll do some cool art activities to talk about what we want to see in our communities, and connect with each other to make some action plans to create what we want to see across BC! SO MUCH FUN! See you soon!

Community Building:

Femempowerment – with Zena

This workshop should probably be called a party, because it's going to be an empowering celebration of femme identities! BEST PARTY EVER.

Whether you identify as femme, are curious about femme, or want to build your skills as a femme ally, this party's for you. Bring your thoughts and questions about femme, your curiosity, and your creativity. Together, we'll explore expressions of femme, how we understand and relate to other people's femme identities, and how femme community building and solidarity can be strategies for fostering resilience and resisting misogyny. Feel free to wear or bring something that shows what femme means to you.

We'll SING It Together – with Lau & Beaner

Come sing with us! This is a super fun, super low-stress chance to raise our voices together and explore how it feels to build community through song! Have you sung a bunch? Never sung before? Sung sometimes but mostly casual lullabies to your adorable pet hamster? Well, then this workshop is for you! We'll be learning a bit about singing, doing some breathing and voice exercise, and then learning a fun, fabulous choir song together! Yay! Let's be a choir! Let's sing harmony! We can even dance if we want too! Hurray!

Letter Writing – with Steps

A letter can be a lot of things. It can be a diary, a drawing, a poem, a story, a hello, a goodbye. It can inform, inspire, or entertain. It can be used as a tool of artistic expression and experimentation. It can cross oceans and penetrate prison walls. It can

create new relationships or strengthen existing ones. It can be silly, serious, or sad. Powerful, playful, or political.

In this workshop, equipped with paper, pens, typewriters, glitter glue, creativity, and curiosity, we will be exploring all of the things that a letter can be.

Decolonizing LGBTQ2S – with Jeremy

We will take time to look at what it means to be indigenous and queer, the meaning and history of the term two spirited, and some historical roles the “LGBTQ2S” folks might have played in precolonial villages of the Americas. We can explore how indigenous and non-indigenous folks can find identity from our pasts. We will do this using oral tradition which has been practiced since time in memorial with the majority of indigenous people of the Americas.

Arts & Performance:

Feed the Artist! – with Tiaré

As flowers need cross pollination to bloom, artists need exchange of energy, ideas, inspirations and witnessing to bud. The goal of this workshop find the ingredients to feed your inner artist: whether that be a poem, a comic artist, a song, or a shade of teal you saw in the sky. This workshop will ask you what nourishes your inner artist and how do you give back? We're in it together.

Stampmaking – with Jen

Down with digital! Letters, cards, wrapping paper, envelopes, gift tags... this workshop is about putting your stamp on the world literally. Hang in the art room and learn a cheap and easy way to make your own stamps with erasers.

Writing By Heart – with Chris

In this workshop, campers will have the opportunity to create their own monologues centered on a personal experience. Participants will explore several writing exercises investigating potential monologue content, structure, and imagery. Through these exercises, participants will generate a first draft of the monologue, and share this draft with the group. Campers will be encouraged to take risks in their writing, and write truthfully – by heart. Discover the beauty and joy of telling personal stories in a supportive and playful environment.

Performance: What is Drag? – with Leroy

Ever witnessed the magic of gender performance? Ever wanted to be on RuPaul's MeH Race? Come spend time with mother Gay Sha, a performer hailing from East Vancouver, Unceded Coast Salish Territories. We'll be discussing the real definition of drag, exploring some drag history and origins, and maybe even learning some new disciplines and mediums to add to your roster of this limitless art form.

Health:

YouthCO's HIV 101 – with Isabel

What is HIV anyways? How is it different from AIDS? What do we need to know about transmission, testing, and treatment? This workshop will cover the basics. We'll also get to unpack myths and stigma surrounding HIV and AIDS, and explore strategies to destigmatize HIV and sexual health.

YouthCO's Sexual Self Esteem – with Isabel

Our sexual health isn't just about how we feel physically; it's about our overall well-being. Lots of factors can affect our sexual well-being, like social norms and values, gender roles, access to healthcare and education, peer pressure, self-esteem, and more. In this workshop, we'll get to examine some of these factors through discussion and activities. We'll also build tools to increase our sexual well-being, be in touch with our own desires and boundaries, communicate our wants and needs, and form positive relationships with ourselves and others.

Health & Wellness: Finding Balance – with Melanie

Everyone's life gets off balance from time to time. Our lives are much busier than they were decades ago, and things don't seem to be slowing down! This workshop will encourage you to reflect on different areas of your life that can help you keep your life in balance – or to start creating a more balanced life. Come share, create, learn, and reflect!

Q&A: Let's Talk About Sex & Relationships – with Isabel and Ray

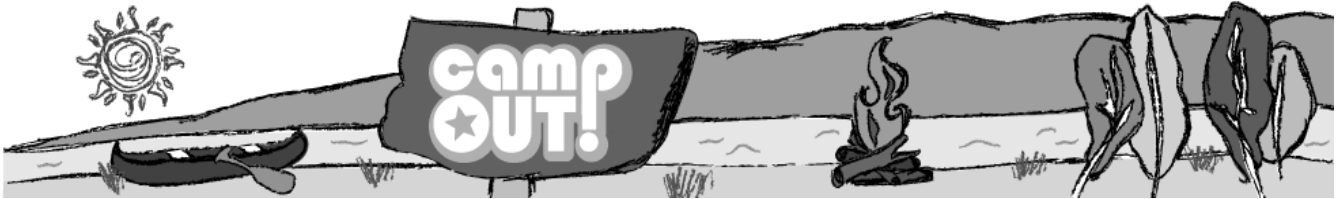
Whether we're doing it, thinking about it, or couldn't care less, accurate and relevant information about sex and sexual health can be hard to find. Here's your chance! No judgment, no pressure – all questions are welcome!

Drop your questions about sex, sexuality, and sexual health in our box and we'll gather as a whole camp to learn from each other's questions and get information that's accurate, non-judgmental, and inclusive of all sexualities and genders. We'll conclude with strategies to make sex safer, including a demonstration of all barrier methods.

How to be your Own Health Advocate – with Zena

Imagine having a magical cheering section/bodyguard/librarian/wise and loving friend at your side every time you needed to take care of your health. Going to the doctor, navigating the health care system, or finding health information can be confusing, intimidating, and stressful (especially if you're encountering homophobia, transphobia, ageism, racism, ableism, sexism, or other forms of oppression).

This workshop is about being your own health advocate (a shorter way of saying magical cheering section/bodyguard/librarian/wise and loving friend). We'll take stock of the amazing health skills, knowledge, and resources we already have, share strategies for getting the care and information we need to thrive, and discuss how we can work together create healthier communities through activism and mutual support.



Fun Camp Activities & Free time activities

Arts & Crafts – Sometimes words are not quite enough and art finds space to step-through. The arts and crafts station will be open throughout camp as a place for folks to chill out, create, make connections and explore possibilities. In here you can create notes for each other's 'happy envelopes', prints, wood burnings, paintings, affirmation cards, silk screening, collages, drawings, clay projects, and anything else folks come up with!

Campfire – A chance to reflect on the day, sing songs, and enjoy nature together! Help create fun, thoughtful, and provoking skits and songs for campfires and the community celebration.

Stand Up Paddle-boarding – with Rich

It's the latest trend on the water... SUP! Stand up paddle boarding is kind of like canoeing on a surfboard. After a quick lesson on the basics of standing up, staying up, and paddling, we'll be able to explore Halkett Bay and play some fun games on the water. Space is limited to 10 paddlers per session.

Hike to Halkett Bay – with Rich

The hike, there and back again, takes just over an hour. Once in Halkett Bay, we'll be able to catch our breath on the beach and take in the beautiful views. Along the way, we'll crisscross meandering creeks, pass by beautiful old maple tree groves, and have some great conversations and laughs too!

Canoe over Canoe – with Rich

Not only will we get to paddle around beautiful Halkett Bay in Camp Fircom's canoes, but will also have some fun capsizing them! On purpose! It's okay though. Working as a team, we'll learn how to rescue fellow paddlers, get canoes right side up again, and climb back in.

Field Games – Fun and silly group games. Also includes things such as soccer, Frisbee, bocce ball, and croquet.

Lahal – with Jeremy

Lahal or bone game is a guessing game that has been played by the indigenous people of the North West Coast of North America since time immemorial. There are two teams who try and obtain a set of sticks by guessing what hand the fancy bone is in while a bone game song is sung.

Open Waterfront – Every morning and at other points the beautiful beach will be open for swimming, hanging out on the beach or checking out tide pools and sea life (and seeing seals splashing!). Participants are encouraged to bring along sketch pads and/or journals for reflection at the beach.

Gardening – Take opportunity of the chance to connect with the Camp Fircom Garden Project and volunteers! Most days there will be opportunities to help out in the garden.

Community & Allyship Building at Camp

Trans Community Building

This is a space by and for trans-identified folks including gender queer, gender non-binary, and two spirit folks. A safer space to discuss issues facing each of us, our Trans communities and our lived experiences. What does being Trans mean to you? What future do you envision for yourself and our Trans communities? Our aim is to leave the sharing space with a renewed sense of hope, community, and connection with ourselves and each other.

Trans Allies Workshop

A space for cis-gender folks who want to learn more about trans issues and allyship. A space to discuss issues facing each of us and our trans friends, partners, and communities. What does striving to be a trans ally mean to you? How can you foster trans inclusive spaces? Our aim is to leave the space with a toolkit and action tips to be able to act in solidarity with trans folks.

Aboriginal, First Nations, Inuit, and Métis Lunch

This is an optional gathering for Aboriginal, Métis, Inuit, First Nations, and two-spirit camp participants to share a meal and conversation with each other.

QTIMIPOC Community Building and Resource Sharing

A space by and for queer, trans and intersex mixed-race folks, Indigenous folks and people of colour (QTIMIPOC) to explore our lived experience navigating the intersections of race, gender and sexuality. We'll share thoughts, feelings, questions, hopes, worries, dreams and uncertainties, and will have the chance to reflect and connect with ourselves and with the group through both small and larger conversations. This will be an opportunity to (re)connect with each other and create supportive communities of care.

Witnessing Whiteness

Are you ready to remove blame and examine the roles we might all play in challenging racism? The goal of this session is to encourage white people to begin to explore our sense of self from a racial point of view. Through discussion and activities we will learn about racism, how discrimination affects all people, and gain tools to become active witnesses.

Self-Care

Strategies for Self Care at Camp & Beyond!

1. **Do art** – pencil drawings, paint, sculpt, anything you enjoy.
2. **Curl up** on a couch with a book from the CampOUT! library.
3. **Write** – keep a journal with poetry, art, and thoughts which help to process and release strong feelings.
4. **Humor** – read a funny book, watch a comedy, or listen to a podcast.
5. **Cuddle** something – like a blanket, pillows, or a favorite stuffed toy.
6. **Exercise** – walk, go dancing, or try yoga.
7. **Recall what positive coping strategies have been helpful before.** Put them in your phone, with a daily alarm to remind you to use them.
8. **Do things as it feels OK**, feel empowered to say “no” if it feels like too much.
9. **Check in with a safe person** at camp when you need to talk.
10. **Relaxation techniques** – such as focusing on your breathing or visualization (thinking about a magical place that makes you happy).
11. **Sleep!** Come to camp well rested and take advantage of quiet hours to recharge with the wonders of sleeping!

On Thursday and Friday evenings we have an opportunity to gather in community around a fire. This will be an opportunity for individuals and groups of folks to share songs, skits, cheers, and even poetry with the camp community! Some ideas: Make up a skit with members of your cabin, share your cabin cheer, make up a cheer for another cabin, teach a favorite camp song to a new friend or cabin leader and perform it, teach us all a song, or take us on a journey by telling a story!

Community Celebration

On Saturday evening, we will have the CampOUT! Community Celebration! This is an opportunity for campers and cabins to get creative and “come out” as creative forces to the group by sharing some of their unique skills, abilities, jokes, talents, stories, poetry, drag performances, tap dancing, acting abilities, or any other entertaining, inspiring, or thought provoking tidbits that folks would like to put together for the showcase! Try some collaboration!

Take a deep breath, ask your leader or a new friend for the support you need to share a bit of your unique self, and have a blast with this great opportunity!

CampOUT 2015 Camp Schedule

Thursday July 2nd

10:00AM	Check-in @ Horseshoe Bay
11:00 AM	Load Water Taxi and depart for camp!
12:00 PM	Arrive – games in field
12:30 PM	LUNCH!
1:30 – 2:30 PM	Cabin Time
2:45 PM	Big Circle – We’re in it together! <i>What do I bring? What do I need?</i> <ul style="list-style-type: none">• <i>Elder Welcome, Theme Intro, Name Game, Reflection (gifts/needs), Community Agreement</i>
3.45 PM	SNACK BREAK
4:00 PM	Big Circle “We’re in it together!” cont. <ul style="list-style-type: none">• <i>Energizer, Intro to Social Change Model, Reflection (goals), Introductions</i>

4:30 PM	Free Time Activities <ul style="list-style-type: none"> • <i>Open Waterfront, cabin settling in, check-in with Care Cabin, Arts & Crafts, field games</i>
5:30 PM	DINNER
6:30 – 7:30 PM	Free Time Activities / Optional Activities <ul style="list-style-type: none"> • <i>E.g. improv games, capture the flag, arts & crafts, smudging, basketball, volleyball, button making...</i> Leadership Meeting (1/2 team)
7:30 – 8:30 PM	Intersectionality & Allyship (in Cabin Groups)
8:30 – 9:30 PM	Camp Fire & Mug Up <ul style="list-style-type: none"> • <i>Skits, storytelling, songs, cheers, poems</i>
9:30 – 10 PM	Cabin Time & morning session sign-up
10:30 PM	Bedtime
11:00 PM	Lights OUT!

Friday July 3th

7:00 – 7:30 AM	First gong: early wake up & optional morning activities (morning swim/paddle boarding/stretching/shower)
7:30 AM	Wake up gong!
8:00 – 9:00 AM	BREAKFAST
9:00 – 9:15 AM	Cabin tidy-up
9:15 – 9:30 AM	Big Circle – We're in it together! <i>What do others bring? What do others need?</i>
9:30 – 11:00 AM	Workshops <ul style="list-style-type: none"> • Leadership stream <ul style="list-style-type: none"> • <i>Resource Mapping: Dreams&Realities (Ayesha&Lau)</i> • Community stream <ul style="list-style-type: none"> • <i>Femempowerment (Zena)</i> • Arts stream <ul style="list-style-type: none"> • <i>Feed the Artist! (Tiaré)</i> • <i>Writing by Heart (Chris)</i> • Health stream <ul style="list-style-type: none"> • <i>YouthCO's HIV 101 (Isabel)</i> • Campy stream <ul style="list-style-type: none"> • <i>Stand Up Paddleboarding (Rich)</i>

11:15 AM – 12.15 PM	<p>Cabins 4 & 5</p> <ul style="list-style-type: none"> • <i>T is for Term – World Café Style</i> <p>Cabins 1, 2, & 3</p> <ul style="list-style-type: none"> • <i>YouthCO's Sexual Self Esteem</i>
12:30 – 1:15 PM	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <i>First Nations, Métis, Aboriginal, Inuit, and Two Spirit lunch</i>
1:15 – 2:15 PM	<p>Free Time Activities / Optional Activities</p> <ul style="list-style-type: none"> • <i>Open Waterfront, paddle boarding, dress-up extravaganza, affirmation cards, singing, etc.</i> <p>Leadership Meeting (1/2 team)</p>
2:15 PM	<p>Gather at Jubilee Hall</p>
2:30 – 4:00 PM	<p>Workshops</p> <ul style="list-style-type: none"> • Leadership stream <ul style="list-style-type: none"> • <i>Free Voices (Chris)</i> • Community stream <ul style="list-style-type: none"> • <i>We'll SING It Together! (Lau & Beaner)</i> • Arts stream <ul style="list-style-type: none"> • <i>Stampmaking (Jen)</i> • Health stream <ul style="list-style-type: none"> • <i>Health & Wellness (Melanie)</i> • Campy stream <ul style="list-style-type: none"> • <i>Hike Halkett (Rich)</i>
4:00 – 4:15 PM	<p style="text-align: center;">SNACK BREAK</p>
4:15 – 5:30 PM	<p>COMMUNITY BUILDING THROUGH UNDERSTANDING</p> <ul style="list-style-type: none"> • <i>Witnessing Whiteness</i> • <i>QTIPOC Community Building & Resource Sharing</i>
5:30 – 6:30 PM	<p style="text-align: center;">DINNER</p>
6:30 – 7:00 PM	<p>Free Time / Optional Activities</p>
7:00 – 9:00 PM	<p>Cabins 1, 2, & 3</p> <ul style="list-style-type: none"> • <i>T is for Term – World Café Style</i> <p>Cabins 4 & 5</p> <ul style="list-style-type: none"> • <i>YouthCO's Sexual Self Esteem</i>
9:00 – 10:00 PM	<p>Camp Fire & Mug Up</p> <ul style="list-style-type: none"> • <i>Skits, storytelling, songs, cheers, poems</i>
10 – 10:30 PM	<p>Cabin Time & morning session sign-up</p>
10:30 PM	<p>Bedtime</p>

11:00 PM

Lights OUT!

Saturday July 4th

7:00 – 7:30 AM

First gong: early wake up & optional morning activities (morning swim/paddle boarding/stretching/ smudge/shower)

7:30 AM

Wake up gong!

8:00 – 9:00 AM

BREAKFAST

9:00 – 9:15 AM

Cabin tidy-up

9:15 – 9:30 AM

Big Circle – We're in it together!
How do we build inclusive communities?

9:30 – 11:00 AM

Workshops

- Leadership stream
 - *Creative Queer and Trans Communities in the Country! (Ayesha & Lau)*
- Community stream
 - *Letter Writing (Steps)*
 - *Decolonizing LGBTQ2S (Jeremy)*
- Arts stream
 - *Performance: What is Drag? (Leroy)*
- Health stream
 - *How To Be Your Own Health Advocate (Zena)*
- Campy stream
 - *Canoe over Canoe (Rich)*

11:00 – 11:15 AM

Free Time

11:15 AM – 12:15

Community Building Workshops

- *Trans Community Building & Resource Sharing*
- *Trans Allyship Workshop*

12:30 – 1:15 PM

LUNCH

1:15 – 2:30 PM

Q&A: Let's talk about Sex & Relationships! (Isabel)

2:30 – 3:00 PM

Optional continuation of Q&A / field games / quiet Arts & Crafts

3:00 – 4:00 PM

Open Waterfront / Cabin Celebration preparations

4:00 – 4:15 PM

SNACK BREAK

4:15 – 5:15 PM

Free Time Activities

- *Arts & Crafts, happy notes, open waterfront, singing, Celebration rehearsal in Jubilee Hall*
Leadership Team Meeting

5:30 – 6:30 PM	DINNER
6:30 – 7:00 PM	Community Celebration Prep
7:00 – 9:00 PM	Community Celebration!!!
9:00 – 9:30 PM	SNACK/BREAK
9:30 – 10:30 PM	Dance!!
10:30 PM	Grounding Stargazing or Night walk
11:30 PM	Cabin Time
Midnight	Lights OUT!

Sunday July 5th

7:00 AM	Sleeping
7:30 AM	Wake up gong & pack
8:00 – 9:00 AM	Cabin & Camp Clean up
9:00 – 9:45 AM	BREAKFAST
10:00 – 10:15 AM	Group Photo! / Lost & Found
10:15 – 11:00 AM	Cabin Circle – Evaluations & Letter to Self
11:00 AM – 12:00 PM	Big Circle – We're in it together! <i>Continuing to build connections and explore healthy relationships beyond camp! + Closing</i>
12:00 – 12:30 PM	QUICK LUNCH
12:30 – 12:45 PM	Walk to dock
1:00 – 1:30 PM	Boats Depart Gambier Island
2:00-2:30 PM	Arrival in Horseshoe Bay...campers going home with new friends and resources and spreading the camp love all over BC!



<http://campout.ubc.ca/>