

SIKH YOUTH AUSTRALIA



INFORMATION PACKAGE

SIKH YOUTH CAMP 2006

TO ALL PARENTS

This is a **Youth Camp** and places are limited.

Preference for enrolment will be as follows:

1st Preference: Our children – our youth – our future

2nd Preference: Parents' whose **kids are below the age of TEN**

3rd Preference: Other parents

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SIKH YOUTH CAMPS AUSTRALIA 2006

1. Introduction

Sikh Youth Camps have been organised by the Sydney Punjabi Society and Waheguru Simran Society, under the banner of Sikh Youth Camps Australia, for the past 7 years.

The objectives of the Youth Camps are

- To develop religious awareness and understanding of Sikh values
- To develop self esteem and confidence
- To learn and understand the Sikh way of life
- To develop leadership and communication skills
- To learn the values of teamwork and unity
- To be proud and loyal Australian Sikhs
- To meet other Sikh youth and have fun

The camp is open to children and youth aged 10 years and above
Participants below 10 are also welcome but must be accompanied by a parent or guardian.

2. Learning Activities

- Sikh religion, history, culture
- Meditation,
- Nitnem, Kirtan
- Discussions on Sikh social issues
- Essentials of Sikhism
- Team projects – plays, debates, story telling
- Team building, social skills, self-esteem, living & learning together

All programs are delivered in an interactive learning environment and will be segmented to cater for the different age groups of the participants.

3. Camp Theme:

“From SikhTo Khalsa”

We shall hold discourses based on this theme. We shall have differing opinions thrown at us and we shall individually decide firstly what we understand by the term Khalsa and what 'amrit' entails and if some of us decide that we want to partake of amrit, that opportunity shall be made available.

Please tick the box in the enrolment form if wish to take amrit.

4. Theme Shabad:

5. Recreational & Leisure Activities

The following activities are available for all participants, under the guidance of trained Dept of Sport and Recreation Staff

- Initiative Courses
- Raft Building Challenge
- Ropes Course
- Canoeing/Kayaking
- Rock Climbing
- Archery
- Swimming
- Soccer
- Mini Golf
- Basketball
- Netball
- Cricket

6. Camp Leaders

The camp facilitators are persons with over 50 years of international experience in running Sikh Youth Camps. They will be lead by Sardar Dya Singh, and assisted by Giani Sukhdaiv Singh, Sardar Harcharanjit Singh and Sardar Sukhindarpal Singh.

A number of local Sikhs will assist these gentlemen. All youth will be under the appropriate supervision at all times.

7. Camp Facilities

Myuna Bay Recreation Camp is a modern camp, with excellent accommodation, meeting and recreational facilities. Separate accommodation is provided for girls and boys; each room with it's own ensuite. All meals will be vegetarian and the menu includes eastern and western dishes.

8. Camp Fees

Youth participants:	For Five Day Camp :	\$250.00 per person
Family discounts:	2 children per family:	\$450.00
	3 children per family:	\$650.00
Accompanying parents/ guardian/grandparents		\$260.00

Costs include the following:

- Comfortable dormitory style accommodation
- All meals – breakfast, lunch, dinner plus snacks
- Camp guidebook and program content
- Recreational activities
- Camp photo

9. Day Visitors: 7:00 AM – 8:30 PM

Day visitors are welcome but prior notice is required as special arrangements have to be made. (Please call Satwant on 0411 081 244)

As this is a fully catered camp, day visitors must enrol and pay a fee of \$60.00 per day

10. Camp Location

<p style="text-align: center;">Myuna Bay Sport and Recreation Centre Dora Creek NSW 2264</p>

This site is located 1.5 hours north of Sydney. It is nestled on the Western foreshore of Lake Macquarie in the fabulous Hunter Region of NSW. It is situated on a beautiful 156 hectare bushland property.

11. Getting There

From Sydney, the most direct route is to take the F3 Sydney-Newcastle Freeway. Then take the **Morisset exit** and keep going till you see the campsite on your right.

12. Camp Bus Service

The Camp organisers will be providing bus transport for participants who wish to utilise this facility at an additional cost of **\$30 per person**.

On Wednesday 11 January 06, the buses will leave Revesby Gurudwara and Parklea Gurudwara at **7am sharp**. Parents are asked to drop off their children at these venues at **6.30am**

On Sunday 15 January 06, the buses will drop off the children at their respective Gurudwaras at about **5 pm** and parents are asked to pick them up from these venues.

The buses will not stop on the way. So please visit the toilets before boarding the bus. Please do not eat or drink in the bus and keep the bus clean and dry.

Those parents wishing to transport the children by their own private vehicles are welcome to do so.

13. Medical Support

Dr Sukhdev Singh Dillon will be on call and other medical staff will be at the camp at all times. There is also a 24-hour first aid station available.

14. What To Bring? / What Not To Bring?

A. Mandatory Items:

1. 1 pillow case
2. 2 flat sheets (single bed) or 1 sleeping bag (to be used zipped up)
3. 2 towels
4. Toilet articles (soap, t/brush, t/paste, lip balm, personal items)
5. Handkerchief / tissues
6. Sufficient underwear, socks for a change **every day**
7. T-shirts preferably with collar
8. Broad brimmed hat (rather than peaked cap)
9. Personal supply of SPF 15+ sunscreen
10. Pyjamas
11. At least 2 pairs of old track shoes (1 pair of which **will** get wet)
12. Thongs / Reefs – These should not be worn during activities. Children require **“closed in”** shoes at all times – including boating activities (Thongs may be worn to showers/pool)
13. Raincoat or wet weather gear
14. Swimmers & sunshirt to prevent sunburn while swimming
15. Shorts
16. Warm clothes
17. Plastic bag (for wet and dirty clothes)
18. 6 clothes pegs
19. **Pen / pencil for worksheets at camp**
20. **Roll-on insect repellent**
21. Appropriate head gear for Darbar Sahib (turban, patka, chuni)
22. Appropriate clothes for Darbar Sahib
23. Comb, brush or kanga
24. Suitable change of clothes for 5 days
25. Torchlight
26. **Swim Caps**

B. These items should NOT be brought to Camp.

Jewellery, electronic games, watches, mobile phones, spray cans & “junk food”.

C. Optional Items

Camera, stationery, flannelette shirt and drink bottle –

please ensure that all items are clearly marked with your name.

D. Medication

All medication should be clearly labelled with the child’s name and indicate the dosage and times required. These are collected and stored in the clinic. All medications are taken under the supervision of the camp supervisors.

Parents / Guardians are advised that it is a condition of attendance that any personal property taken to camp is the solely your personal responsibility. The Department of Sport & Recreation and Sikh Youth Camps Australia do not have insurance to cover any loss or damage to neither personal property nor do the Department/ SYCA accept responsibility for any loss or damage to any personal property howsoever such loss or damage may arise or be caused.

15. Cancellations

Any cancellation of enrolment after the closing date must be notified in writing and may incur a cancellation fee of **\$50 per person**.

No refunds may be made for any cancellations after 1 January 2006.

16. Late Enrolments

Late enrolments may be accepted subject to availability due to cancellations but an administration fee of **\$50 per person** may apply.

17. Adults at The Camp

All adults attending the camp will be expected to be active participants of the programs provided. They would need to comply with camp regulations and should not be expected to be treated any differently to youth participants.

Grandparents and mothers with babies are an exception to this rule.

IMPORTANT NOTICE

- There are limited places at this camp. Enrolment will be done by age groups (for each age group there are only a set number of places available). **Enrolments will close** as soon as age groups are full. To avoid disappointment, you are advised to enrol early.
- DO NOT leave camp or activity areas without permission;
- Camp participants must abide by the rules and regulations of the camp. Inappropriate behaviour will be subject to disciplinary action.

The organisers would like to thank all those who have provided assistance in any form or manner in the organisation of this camp.