

# Welcome to the Sierra Youth Coalition's Sustainable Campuses Conference



## Dear Sustainable High Schools Participant,

Congratulations! We are extremely excited to welcome you to SYC's Sustainable Campuses Conference, February 8-10<sup>th</sup>, 2008. As you probably know, the conference will be held at Thompson River University, In Kamloops, BC . The conference will offer dynamic speakers and hands-on workshops around a range of school sustainability issues, tools to address these challenges and a support network of post-secondary mentors and like-minded youth for each participant to better implement the Sustainable High Schools project to increase the ecological and social well being of their own school and/or community. The conference features an opportunity to have your voice heard by the provincial government through a special meeting on Friday morning. Accommodation, safety, food and fun will be provided for 3 days and 3 nights, with time for bowling, yoga, art, games, music, reflection, and just hanging out. Hopefully this package will answer your questions and help you prepare for a fun, safe, and empowering weekend!

## What's Special about This Conference?

The Sustainable Campuses Conference is a gathering that unites high school students and post-secondary students in an inspiring setting for a weekend of skill-building, strategizing and personal growth. Secluded from all the distractions of day-to-day life, you'll have the chance to connect with other young people from across the province and learn about environmental and social justice issues from some of B.C.'s most respected organizations and youth leaders.

## Accommodation, Food and Supervision

We will be sleeping in a community hall near the Thompson River University Campus (separated by gender, with chaperone supervision), taking the city bus to the conference, and all meals will be prepared by the university cafeteria. We will be modelling more sustainable ways of living, so please come with an open mind towards conserving water, avoiding wastage of food, minimizing use of disposable materials and stepping lightly on the earth! Sierra Youth Coalition chaperones will be designated to ensure the high school students at the conference are having a comfortable, meaningful and enjoyable experience. There will be around 20 students from the Sustainable High Schools Project and 100 university and college students from the Sustainable Campuses Project coming from across British Columbia!

## Transportation

### Getting to the conference

Thursday, Feb. 7<sup>th</sup>, meet at the Victoria Bus Depot at 3:30pm. The bus leaves at 3:45pm and drives on to the 5pm ferry to Tsawwassen. We will be arriving at the Vancouver Bus Depot and meeting folks from Vancouver there at 8:00 pm to take the 8:30 pm Greyhound to Kamloops.

### Going Home

We will be arriving on February 10<sup>th</sup> at the Vancouver Bus Depot at 5:05pm and the Victoria Depot at 9:30pm.

# ***SYC Sustainable Campuses BC Conference February 8<sup>th</sup> – 10<sup>th</sup>, 2008***

**Gear List:** Make sure all your belongings are **clearly tagged** with your First And Last Name, and **pack light, in a bag or pack that is easy to transport!** - you will be carrying your own items.

## **Basics**

- Warm clothes
- Sleepwear
- Jacket, fleecy or sweater
- Rain Coat
- Camera, Musical instruments – please do!
- Book to read, Cards, Games,
- Healthy “comfort food”
- TOILETRIES (toothbrush/toothpaste/ect..)
- Soap/Shampoo (biodegradable)
- Towel & Washcloth (durable)

## **Very Important items**

- Sleeping bag & camp mattress
- Pillow & Pillow Case
- Journal/Note book/ Water bottle
- Mesh bag with durable, lightweight cutlery, plate, bowl and mug (tupperware works well)
- Flashlight with extra batteries
- OPEN MIND AND POSITIVE ENERGY!
- IDEAS ABOUT WHAT ISSUES OR PROJECTS YOU WOULD LIKE TO ADDRESS IN YOUR SCHOOL!

## **Do NOT Bring**

- Drugs, alcohol, knives
- Expensive Items
- Too much homework! (there will be time on the bus and ferry home for some however)

### **SYC's Expectations of Participants: Non-Negotiables !**

- No alcohol, illegal drugs, or the expression of exclusive/sexual relationships.
- Participants must follow directions from Staff to ensure the Conference is enjoyable for all.
- You will be expelled from the program if:
  1. You jeopardize the safety of your self and others
  2. You seriously inhibit the learning process or positive experience of others

**Meeting these baseline expectations and joining us with a positive attitude, flexibility, respect and keen desire to learn will enable everyone to have an incredible experience!**

## **Any Questions or Concerns? Please contact us!**

Emily Menzies, B.C. Coordinator  
Sustainable High Schools Project  
**#304-722 Johnson St. Victoria, BC**  
**250-386-5255 ext 245**

[emily@syc-cjs.org](mailto:emily@syc-cjs.org)  
[www.syc-cjs.org/sustainable](http://www.syc-cjs.org/sustainable)  
[www.sustainablehighschools.ca](http://www.sustainablehighschools.ca)

**SYC Sustainable Campuses  
BC Conference  
February 8<sup>th</sup> – 10<sup>th</sup>, 2008**



Please submit to SYC by Feb. 3, 2008.

**Health Concerns and Medical Information**

Name of Participant: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_ Relation: \_\_\_\_\_

<b>EMERGENCY CONTACT:</b>		
<b>Name:</b> _____	<b>Home Phone:</b> (____)_____	<b>Work Phone:</b> (____)_____
<b>Cell Phone:</b> (____)_____	<b>Address:</b> _____	
<b>Participant's Care Card #:</b> _____	<b>Doctor:</b> _____	<b>Phone:</b> ( ____ ) _____

*This information will be maintained confidentially by the Sierra Youth Coalition. It will only be shared with Sierra Youth Coalition representatives who need to know this information in order to maintain safety and well-being of all participants. If there is other information that you consider pertinent to your child's well-being at the Sustainable Campuses Conference, please attach it to this form.*

**Allergies:** Food: \_\_\_\_\_ Drugs: \_\_\_\_\_

Insect Stings/Bites: \_\_\_\_\_ Other: \_\_\_\_\_

The Participant carries an EPI Pen, knows how it works, and can use it him/herself: Yes \_\_\_\_ No \_\_\_\_

**Dietary Restrictions:** \_\_\_\_\_

**Medical Conditions/Disabilities:**

The Participant has the following medical condition(s) or disabilities:

Diabetes \_\_\_\_\_

Epilepsy \_\_\_\_\_

ADD \_\_\_\_\_

Asthma \_\_\_\_\_

Disability: \_\_\_\_\_

Other: \_\_\_\_\_

Is medication being sent to Camp? Yes \_\_\_\_ No \_\_\_\_

If yes, please specify what it is, and how/and when the medication is to be administered, and whether the Participant can administer the medication to himself or herself. (Medication will be stored by the Chaperone and dispensed as directed by guardian) \_\_\_\_\_

Chaperones should be concerned if they see the following signs or symptoms:

Other Concerns: \_\_\_\_\_

# Sierra Youth Coalition's Making Waves Youth Action Gathering 2006 *PARENTAL CONSENT FORM*

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_, agree to grant permission for him/her to participate in the Sierra Youth Coalition's BC Sustainable Campuses Conference, to be held at Thompson River University in Kamloops, B.C., from February 8-10<sup>th</sup>, 2008. I understand and accept the measures that the Sierra Youth Coalition has taken to ensure safety and provide a program of good quality, and I accept that my child will be expected to behave according to the Sierra Youth Coalition Code of Conduct.

## **Sierra Youth Coalition's** **CODE OF CONDUCT**

In order to ensure that everyone has a safe and positive experience during the Sustainable Campuses Conference, the following guidelines must be followed.

- Awareness and care for the safety and well-being of self and other participants
- Respect for the people and property visited: No graffiti, vandalism
- No drugs, alcohol, or sex
- A Chaperone must be informed If minors leave the conference or accommodation facilities

Failure to comply with these conditions may result in the offending participant being asked to leave the Conference at their own expense.

While every precaution will be taken to ensure the safety and well-being of every participant, I understand that the Sierra Club of Canada, Thompson River University and the Sierra Youth Coalition will not assume any liability for injury and accidents that may happen to my child while traveling to, from and/or participating in the Making Waves Youth Action Gathering. I understand the potential risks involved in this program and agree to hold the Sierra Club of Canada and Sierra Youth Coalition harmless for injury or accident to my child while at the Sustainable Campuses Conference. I agree to assume all financial responsibility in case of injury or accident arising out of the event. I understand the legal implications of signing this waiver.

Medical Authorization: *(complete if necessary)*

I do hereby give my permission for the Sierra Youth Coalition and its authorized representatives to assist with or to do the following on behalf of my child (e.g., administer medication, etc.) while he/she is a participant at the Sustainable Campuses Conference \_\_\_\_\_

I hereby authorize the Sierra Youth Coalition and its authorized representatives to act in the event of a medical emergency and to seek medical treatment for my child. I hereby give consent for any medical assistance or treatment or procedure deemed necessary by a qualified doctor or other qualified health professional, in the event that I cannot be reached to give such consent.

\_\_\_\_\_  
Signature of the Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date



**Preparation Check List:** Please fill this form out and send it back to us so that we know what you will be bringing and how you will be getting to and from the conference.

**Gear: Please circle the items that you are bringing, and write comments as necessary:**

- Sleeping bag
- Sleeping mat
- Other: \_\_\_\_\_(is there something on the gear list that you cannot bring?)

**Transportation:** Please explain in detail how you traveling to/from the conference. Please bring your student ID if you have it, along with music, books, or anything you need to make yourself comfortable on the bus. We will be doing activities together as well, but if you get motion sickness, please bring any medication you might require with you. You can plan your trip via [www.bctransit.com](http://www.bctransit.com), [www.greyhound.ca](http://www.greyhound.ca) , [www.bcferrries.com](http://www.bcferrries.com) and/or ask us for help at any time. Thanks to support from the BC Government, we will be able to reimburse the travel costs for those traveling by bus on Thursday, Feb. 7, and you may apply for a bursary from the Sierra Club BC Chapter to waive the Conference fee of \$50.

**Arriving:**

\_\_\_\_\_: I will be taking the bus from Vancouver to Kamloops

\_\_\_\_\_: I will be taking the bus from Victoria to Kamloops

\_\_\_\_\_: I will be Meeting SYC Staff at the Bus Ticket desk on the 5:00pm ferry from Swartz Bay

**Departing**

\_\_\_\_\_: My parents will be picking me up from the \_\_\_\_\_ Bus station.

\_\_\_\_\_: I will be taking the bus home from the \_\_\_\_\_ Terminal

\_\_\_\_\_: I have other arrangements: \_\_\_\_\_

\_\_\_\_\_: I need help with the following aspects of my transportation arrangements: \_\_\_\_\_

**Participant Contribution: A Cheque for \$\_\_\_\_\_ is enclosed, payable to the Sierra Club of Canada. Please get your parent/guardian to check your plans over and sign here: \_\_\_\_\_**

**Parents/Guardians:**

During the conference, you may contact us, and your child may contact you via our Emergency Cell Phone Contact Number: (250) 686-2726. Please keep in mind that long distance charges will apply, and participants often enjoy and take part more fully in the experience when allowed to “live in the moment,” without worrying about what is going on at home. Please do not hesitate to call or email us with any questions you may have!

# What is the Sierra Youth Coalition?

The **Sierra Youth Coalition** (SYC) is the youth arm of the Sierra Club of Canada. It is a national youth environmental coalition with members and local groups in high schools, Universities and communities across the country. Through grassroots action, the Sierra Youth Coalition aims to address environmental and social sustainability, by focusing on environmental integrity, social equity and economic prosperity. Our organization reflects the belief that all things are interrelated.

## **SHS BC Coordinator and High School Participant Chaperone**

Emily Menzies' passion for the past 13 years and counting is to create and support hands-on experiential learning opportunities for youth to build awareness, community and leadership skills for ecological justice and social sustainability!

Through co-creating and developing a wide variety of many successful by-youth, for-youth programs, projects and organizations, Emily knows the value of youth leadership first hand. Since 2005, she has been working with the Sierra Youth Coalition and Sierra Club BC Chapter to support youth in building their "Sustainable High Schools Project." This curriculum linked, comprehensive initiative provides students with the tools, skills and connections to work with their peers, teachers, administration and other members of their high school communities to assess and improve their schools' level of ecological and social well-being. Emily is excited about sharing the exponential, transformative power for positive change this unique project offers youth, schools, British Columbians and future generations the world over!

She comes to this work with a wide and in-depth range of hands-on experience, academic studies and investigative travel. Emily has been developing her leadership skills in group facilitation, event coordination, program development and youth engagement since the age of thirteen, by taking on leadership roles in a variety of youth projects and organizations. She worked her way from participant to youth mentor to program staff through twelve programs of the groundbreaking and inspirational youth environmental organization Leadership Initiative For Earth (LIFE), best known for its week-long LIFEboat Flotilla, an annual voyage of 15 sailboats and 200 BC youth participating in diverse, sustainability-themed interactive workshops throughout the Gulf Islands.

Since then she has been a leading youth member of Turning Point, a installation arts-based group deconstructing the image of young women in the media, was the Under-19 BC representative on the Sierra Youth Coalition's Executive Committee, helped found Check Your Head: the Youth Global Education Network, was one of twelve youth across Canada awarded a position in Environment Canada's Polaris Network, and was a finalist for TD Canada Trust's Scholarship for Community Leadership. Emily has been putting her knowledge about sustainable community development and climate change gained through her BA at UBC in International Relations and Geography as well as her travels in Central America, Europe and Oceania to use through working for SYC's Community Youth Action Project and the Sierra Club BC Chapter's Education Program.

## **Sessions designed for high schools students at the Sustainable Campuses Conference**

### **Stereotypes, Privilege, and Prejudice: How we can empower ourselves and ally with others**

Who and what do you want to be and what factors were you born into that are preventing/enabling you to succeed? How can we ally with others to acknowledge and share our privileges, overcome our barriers, and achieve our individual and collective goals of justice and sustainability? In this youth-facilitated session, we will endeavour to create a safe, respectful and deeply open space to explore how we can establish anti-oppressive community norms in our school sustainability movement. You will have the opportunity to reflect upon and map where you find yourself in the various stereotypical categories we often use to judge ourselves and others. We will use Theatre of the Oppressed techniques to examine allyship, interruption / perpetuation of everyday oppression and societal systems of power, especially as experienced in the school sustainability movement. You will take from the session a concrete plan of steps you have identified you can take in your life/community to empower yourself and others for true school sustainability and justice.

### **How to Build a Sustainability Advisory Committee**

Do you find there are often 2 sustainability-related events held at your school at the exact same time on the same day, ruining the success of both? Are students voices not heard and are they left out of the decision-making process at your school? Do you find that each year there is a hole left in your clubs and committees by key student leaders graduating, inspiring teachers retiring, and supportive administrators moving to a different school? For those of us who are new to the term "multi-stakeholder", this interactive workshop will take secondary and post-secondary students step-by-step through the process of creating an inclusive, representative, effective decision-making body at your school, where students can take a leadership role in coordinating fun and transformative sustainability initiatives that engage and impact the whole school, year after year.

### **Education and Awareness Building with Youth**

Sometimes the biggest challenge in working towards school sustainability has nothing to do with convincing administration, politicians, custodians or teachers. Often, it's engaging our own peers in caring about and taking action for sustainability that causes us the most trouble. So how can we stem the tide of apathy, denial and despair? Emily Menzies will share the lessons she has learned while presenting to over 2000 youth through the Sustainable High Schools Class program. In this dynamic, presentation-based workshop you will learn how to engage, educate, inspire and mobilize other youth to not only take responsibility for the consequences of their own actions but to actively participate in co-creating sustainable communities now and wherever they find themselves in the future.