



SEEDS OF PEACE CAMP

Hello and Welcome to Seeds of Peace Camp and to the global Seeds of Peace community!

Whether you are a Camper or a Camper's parent/guardian/mentor – we are so glad you have chosen to join us this summer as we embark on an adventure of discovery, engagement, and action-taking at Seeds of Peace Camp in Maine! You will be joined by youth of different racial, religious, and political backgrounds from Maine and the Northeastern United States to live, play, and share perspectives across lines of difference. We will connect with one another in new ways, challenge ourselves to engage deeply with the world around us, and enjoy new passions on the sports fields, in the lake, or in creative arts.

Our youth are supported by Counselors and Facilitators who bring a wealth and diversity of lived experience, professional skill, and passion to our Camp community. Seeds of Peace provides rigorous training in positive youth development, emergency management, culturally responsive education, trauma-informed practices, and curriculum design to all staff. We seek to create a Camp culture that models the world we seek to create – a world rooted in justice and inclusivity.

Special aspects of the of the Seeds of Peace Camp are Dialogue and Community Action. Dialogue was Spencer's favorite part of Camp when he was a camper! In dialogue, Campers build communication skills that allow them to share with purpose, engage with curiosity, and listen with compassion. In dialogue, Campers learn to see and hear one another and the different realities they experience outside of Camp. In dialogue, we learn to navigate disagreement and conflict with respect and empathy, in order to reach a deeper understanding of the world and our power to change it.

We know that not everybody is used to being away from home for such a long period of time or used to being in an outdoorsy Camp environment without air conditioning or technology! Campers will be able to make regular calls home and we will upload pictures daily so you can see how we spend our days at Camp. In addition to our trained Counselors, Facilitators, and Health Center nurses, our dedicated Camper Support Director is available to check in with Campers and provide support as needed.

We are working to create a Camp environment that is as safe and healthy as can be! In addition to masking, social distancing, and bunk pods, we are asking that all staff become vaccinated and limit their own travel in and out of Camp. You can review our COVID-19 protocols, which will be updated before and during the summer [here](#).

This summer will be filled with growth, challenge, learning, creativity, engagement, relationship-building, and community as we gather across our lines of difference on the shores of Pleasant Lake. We are so excited to welcome you to Seeds of Peace! Please reach out if you have any questions. See you in July!

[Sarah Stone](#) (Stoney) [Spencer Traylor](#)

(2014 Counselor)
Camp Director

(2008 Camper, 2017 Facilitator, 2019 Director of Staff Supports)
Co-Director



SEEDS OF PEACE CAMP

Required Participant Paperwork for Session One July 11th – July 28th

Please return completed paperwork to us via email by May 15, to camp@seedsofpeace.org or by filling out the online version at www.seedsofpeace.org/permissions.

Parents/Guardians: Complete all parts of this application with your child to the best of your ability.

There is a separate Health History Form that *must* be completed and signed by a physician, and returned to camp@seedsofpeace.org. If your child uses an epi-pen or asthma inhaler, your physician must also sign the Emergency Medication Approval Form.

Camper Information:

First Name _____ Last Name _____

Parent/Guardian Information:

Parent/Guardian One Name: _____

Profession/Place of Work: _____

Mobile Phone: _____ Email: _____

Does this parent/guardian live at the same address as the Camper? YES / NO _____

Parent/Guardian Two Name: _____

Profession/Place of Work: _____

Mobile Phone: _____ Email: _____

Does this parent/guardian live at the same address as the Camper? YES / NO _____

Camper-Parent/Guardian Agreement

Camper Agreement:

By signing below, I confirm my participation in Seeds of Peace Camp for Session One (July 11-28, 2021). I agree to uphold the values of Seeds of Peace, submit all required forms, remain in communication with Seeds of Peace staff prior to the start of Camp, and attend Camp in its entirety. I also agree to participate fully in the activities throughout the full session of Camp.

Signed: _____ Date: _____

Parent/Guardian Agreement:

My child has my permission and full support to attend the Seeds of Peace Camp for Session One (July 11-28). I understand that by signing this form, I am securing my child's space, agreeing to pay tuition costs other than those covered by scholarship funding, if applicable, committing to support his/her full participation in Camp this summer and to encourage their continued involvement with Seeds of Peace following this experience.

Signed: _____ Date: _____



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Emergency Contact Information:

Please list at least one person who is not a Parent/Guardian. Parent/Guardians will be contacted first if there is an emergency.

Full Name: _____
Relationship to Youth: _____
Mobile Phone: _____ Email: _____

Full Name: _____
Relationship to Youth: _____
Mobile Phone: _____ Email: _____

Emergency Contact Information for Camper Removal from Camp

Please list the person who is responsible for picking your child up from Camp in a private vehicle in the event that your child tests positive for COVID-19, is exposed to a child who tests positive for COVID-19, or if the child needs to leave Camp for any other reason.

Is this person the same as the Emergency Contact above?

Full Name: _____
Relationship to Youth: _____
Mobile Phone: _____ Email: _____

_____ I am not sure if someone is able to pick up.



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Program Activity Permission

During the summer at Seeds of Peace, campers will participate in many activities at Camp. These activities may include:

Art: Including but not limited to: Arts & Crafts, Music, Drama Performance, Dance

Waterfront: Swimming, Boating (Canoe & Kayaking). All Campers must participate in a Swim Test upon arrival to Camp.

Land Sports: Including but not limited to: Basketball, Football, Frisbee, Soccer, Tennis, Volleyball, Low Ropes Course

Dialogue and Community Action: Guided conversations about our lived experiences, identities, and conflict; developing an action plan to address issues in our communities.

Bunk Life: living in a cabin with 6-10 other Campers and 2-3 Counselors, with access to shared bathroom and separate shared shower house.

For each activity at Seeds of Peace, a staff member will explain the rules and safety procedures before the activity begins. I understand that the participant named below is responsible for following all safety rules and procedures to ensure his/her safety during camp activities.

I give my permission for _____ to participate in the activities listed above.

Signature of Parent/Guardian: _____ **Date:** _____



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Liability and Force Majeure

Liability:

Seeds of Peace carries insurance for its operations, including 1) Accidental Medical coverage that covers program participants while in our care, custody and control, 2) a camper medical policy for participants attending camp and 3) Public Liability insurance. Evidence of this insurance is available upon request. You hereby acknowledge that Seeds of Peace and any affiliated company, their Board of Directors, officers, servants, agents, employees and representatives, all of the above together shall hereinafter be referred to as SoP, shall not be liable or responsible, beyond the insurance coverage specified in the preceding sentence, for any loss or damage which the participant may sustain to his/her person or property, or for any loss or damage by reason of any delay, modification, curtailment or arrangement pertaining to the services or facilities to be provided by SoP in connection with your participation in SoP programming.

Force Majeure:

In the event of a situation/occurrence of Force Majeure (meaning any circumstance beyond the parties' reasonable control, including[but not limited to] acts of God, explosion, tempest, fire or accident, war or threat of war, sabotage, insurrection, civil disturbance, requisition, sickness, quarantine, government intervention, weather or other untoward occurrence), neither party shall be liable in any way (by way of delay or non-performance of any obligations) to the extent that such is due to any force majeure.

In circumstances of force majeure, SoP shall have the right to vary or cancel the program and/or a participant may be rendered unable to complete the program. In such circumstances, any deposit due shall be returned at the discretion of SoP although all reasonable endeavors shall be used to reimburse the participant wherever possible, less reasonable costs. However, if, under circumstance of force majeure, SoP, after due deliberation, deems the participant able to fully complete the program, then no refund shall be payable.

I have read and understood these terms and conditions.

Parent/Guardian Signature: _____ Date: _____

Child's Name: _____



SEEDS OF PEACE CAMP

Publicity Waiver and Release

I, _____, in consideration of my participation in Seeds of Peace programs (“Programs”), hereby authorize and license Seeds of Peace and its officers, directors, employees, agents, and service providers to record my image, likeness, and voice in any format and medium during or in connection with the Programs and to use my image, likeness, and voice anywhere in the world, with or without edits or alterations, and whether or not combined with other images or sounds, in any format and medium, for any and all lawful purposes relating to its mission, including in and in connection with programming, advertising, promotional materials, and fundraising. I understand that news media and others persons or organizations interested in the Programs (but not affiliated with, retained by, or providing services to Seeds of Peace) (“Visitors”) may attend the Programs from time to time. I am aware that Seeds of Peace’s policy is to do all it can to ensure that these visits do not interrupt participant experience in any way, and that I am free to decline to speak to the media if I wish. Unless I make it known otherwise at the time, I hereby consent to be interviewed and/or photographed/filmed by news media, including but not limited to TV, radio, newspapers, magazines or other types of media productions that capture my first or last name, writing, voice, and/or image during the time I am participating in the Programs. My authorization is perpetual unless expressly terminated by me upon written notice to Seeds of Peace. Upon termination, Seeds of Peace will not use my image, likeness, or voice in materials created after receipt of the termination notice. Seeds of Peace may continue to use my image, likeness, and voice in materials existing or in the process of production prior to receipt of the termination notice. I understand that Seeds of Peace does not accept responsibility for, and either agree or disagree with, any views, opinions or comments that I may express. I also hereby release Seeds of Peace and its agents and employees from any claims, demands and liabilities whatsoever in connection with the above. I agree that I am participating on a voluntary basis and I will not receive any payment from Seeds of Peace for signing this release.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Dispute Resolution

Seeds of Peace believes in collaborative dispute resolution. Should there be any dispute between us, it is our intention to resolve such disputes without recourse to the judicial system. As a condition precedent to the filing of any claim, we agree to confer in person in an effort to resolve any dispute.

If such efforts are not successful, we agree to submit our dispute to non-binding mediation before Conflict Solutions in Maine or the CPR Institute for Dispute Resolution in New York. If we are unable to mutually select a mediator and a location for the mediation, CPR shall appoint a mediator and the mediation will be held in New York City. We agree to share the cost of mediation equally.

If mediation is not successful, we agree that any remaining matters shall be submitted to arbitration before Conflict Solutions or the CPR Institute for Dispute Resolution. Any deposit required by the arbitrator shall be paid by Seeds of Peace. However, the arbitrator shall allocate the cost of the arbitration. All other expenses, including counsel fees of the prevailing party shall be paid by the non-prevailing party.

Signature of Participant: _____

Signature of Parent/Guardian: _____ **Date:** _____



SEEDS OF PEACE CAMP Survey Consent Form

Seeds of Peace is committed to making our program as strong and effective as possible. In order to do so, we are continually evaluating our curriculum and program components in order to make the experience as meaningful as possible. We are fortunate to be able to partner with a professor (and Seed graduate!) at the University of Chicago. Please read and sign her required permission statement below.

THE UNIVERSITY OF CHICAGO
Managerial and Organizational Behavior, Booth School of Business
Principal Researcher: Jane Risen

Dear Parent/Guardian,

We are psychology researchers at the University of Chicago in the United States. We are studying the effects of the Seeds of Peace camp and learning more about how children from conflicting cultures interact with each other. Your child(s), regardless of whether they attend Seeds of Peace camp or not, can be involved in our research study. We are interested in studying children who attend Seeds of Peace camp, children who do not attend camp, and brothers and sisters of children who attend camp.

There are at least two possible benefits from this survey. First, we will better understand the impact of the Seeds of Peace camp. We will be better able to identify ways to improve the camp. Second, we will improve the scientific understanding of how people view others from conflicting cultures.

If you agree to have your child(s) participate in the study, they will complete surveys before and after camp this summer. If they do not attend camp, the surveys will be sent to them online to complete. If they do attend camp, the first survey will be completed on the day of arrival and the second survey will be completed on the last day of camp.

Each survey will contain questions asking about your child's attitudes towards people from other cultures. The surveys will take about 10 minutes to complete.

In addition to these two surveys, we will send periodic follow-up emails (about once per year) with other short surveys that your child(ren) may complete as they wish.

Your child's responses will be entirely confidential. Your child's name and identifying information will **not** be attached to his or her answers. Your child's surveys will be given a code number rather than a name to identify it. Participation is voluntary. Neither your decision to let your child participate or not in this research study, nor the answers they give, will affect their application to or participation in the Seeds of Peace program in **any** way.

If you have any questions about this research, please write to Jane Risen who is the Principal Researcher of this study (and an American Seed who first went to Camp in 1994!), using the contact information below.

Jane Risen, PhD
Jane.risen@chicagobooth.edu
773-834-2187



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If you have any questions about your child's rights as a participant in a research project, or in the event of a research-related problem or concern, please contact the following office at the University of Chicago:

Social & Behavioral Sciences Institutional Review Board

University of Chicago

Phone: 773-834-7835

Email: sbs-irb@uchicago.edu

Thank you very much for participating!

Your signature below indicates that you have read and understand the information in the study summary, that you willingly agree for your child to participate, that you may withdraw your consent and stop participation at any time without penalty or loss of benefits, and that signing this release does not limit any of your legal rights.

I have read and understand the above information and agree to participate in this study.

Parent/Guardian Signature: _____ Date: _____

Child's Name: _____



SEEDS OF PEACE CAMP

Seeds of Peace Camper Contract

Seeds of Peace is a diverse and dynamic community made up of individuals from a variety of backgrounds, cultures, religions, and beliefs. Respect, honest communication, and the willingness to take risks and learn from others are the cornerstones of this community. Seeds of Peace strives to create a safe and brave space for all campers, and for this reason, I understand that there have to be rules of behavior, which will help us create this kind of community.

- I understand that I am responsible for my own behavior.
- I understand that Seeds of Peace does not tolerate inappropriate behavior and that I could be sent home early if I engage in any of the following:
 - SMOKING (of *any* kind, including e-cigarettes, vaping or juuls)
 - PHYSICAL VIOLENCE OR ABUSE
 - DRUG OR ALCOHOL USE
 - DISRESPECT FOR PERSONS OR PROPERTY
 - UNHEALTHY BEHAVIOR THAT DOES NOT ADHERE TO CAMP COVID-19 PROTOCOLS (testing, wearing a mask, maintaining distance when necessary)
 - ENTERING THE BUNKS OR BATHROOMS OF PERSONS OF A DIFFERENT GENDER IDENTITY

I understand that the Seeds of Peace program is designed to teach conflict resolution, change-making, and leadership skills and that it is located in a rural, wooded area on a lake in Maine. I understand that I am coming to learn, to listen, and to engage with others.

Name of participant: _____

Signature of participant: _____ **Date:** _____



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Travel Procedures

Travel to/from Camp by bus will be arranged by Seeds of Peace. School buses will be leaving from the following three locations in the morning on July 11th

- Boston South Station
- New York City (EXACT LOCATION TBD)
- Syracuse New York (EXACT LOCATION TBD)

It is essential that all participants travel together as one group. Late arrivals and early departures from Camp are not permitted.

Each bus will be accompanied by a Seeds of Peace staff member or adult chaperone throughout travel both to and from Camp.

Exact travel details will be shared in late June.

I understand and agree to the travel procedures (subject to change):

- I will wear my mask for the entire of the bus ride, except when drinking water
- I will remain seated during the entire bus ride
- I will stay six feet away from other people during the mask-break/rest-stop
- I will stay in my assigned seat during the bus ride, and will keep my window slightly open

If traveling by private vehicle to Camp, I understand and agree the following travel procedures:

- Parent/Guardian/Driver must remain inside the vehicle when on Camp property
- Camper must wear mask when stepping outside of the vehicle

Participant Signature: _____

Signature of Parent/Guardian: _____ **Date:** _____



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Health Information

Each participant must submit the results of a medical exam conducted within the last year before they leave for Camp, and all Campers must submit the medical form below by June 1st. Please make sure that the participant's MMR (Measles/Mumps/Rubella) vaccine is current and that all COVID-19 related information is updated. In addition to the physical exam, the participant should visit their dentist and orthodontist, if applicable, before Camp starts.

Please remember to sign the release on the bottom of the first page of the form. Only with your signature are we authorized to provide routine health care, administer medications, order X-rays, and secure proper treatment. While we always attempt to notify you before your participant leaves Camp for any necessary treatment, it is very important that we have the signed authorization just in case you cannot be reached. We will try to contact you immediately if your Camper experiences a medical emergency, is diagnosed with COVID-19, or is a known exposure to someone who is diagnosed with COVID-19.

Medications: Please label all your participant's medication with the name of the medication and your Camper's full name and place it in a sealed plastic bag. All medication must be stored at the Camp Infirmary and administered under the supervision of our medical staff. Please do not send over the counter medications (i.e. acetaminophen), as we keep plenty in stock at the infirmary.

Lice Checks: In order to avoid a potentially summer-long problem, we administer lice checks to all Staff members and camper participants at the start of Camp.

For Participants who bring an EpiPen or inhaler to Camp:

Maine State law addresses access to emergency medications for campers who are at risk of asthmatic attacks or severe allergic reactions and come to camp with an EpiPen or inhaler. You AND your child's physician must complete the attached AAP Allergy and Anaphylaxis forms to carry an EpiPen or inhaler at Camp.

*This form **only** applies to those who have a prescription for an inhaler or EpiPen which they bring to Camp. It is NOT intended for Tylenol, Advil, Benadryl, or any other medication we stock in the infirmary.*



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COVID-19 Testing Information and Consent Form

Consent for COVID-19 Testing

I have been informed about the purpose of the COVID-19 diagnostic test, procedures to be performed, potential risks and benefits, and associated costs (if any). I understand that if I do not wish for my child to continue with the collection, testing, or analysis of a COVID-19 diagnostic test, I may decline for them to take the test and they may be asked to refrain from attending and/or leave the camp premises. I have read the contents of this form in its entirety and voluntarily consent for my child to undergo diagnostic testing for COVID-19 using both Abbott BiMax rapid tests (upon Camp arrival and during Camp for screening of symptomatic cases) and PCR saliva tests.

I acknowledge that the diagnostic testing of all saliva medical specimens will be performed by Shield T3 [“Laboratory”], an independent clinical laboratory that is not owned, operated, or affiliated with [Camp]. [Camp] makes no warranties of any kind, express or implied, regarding the testing or results thereof performed by the Laboratory, and hereby disclaims all such warranties, including, but not limited to, all warranties of merchantability and fitness for a particular purpose. I further acknowledge that laboratory testing may result in certain inaccuracies, such as false negatives or false positives. To protect and prevent the spread of COVID-19 at Seeds of Peace, in the event your child tests positive, their positive result will be reported to local health officials.

I acknowledge and agree to coordinate the pick-up of my child within 16 hours in a private vehicle from the Camp location if they test positive or if they are a known exposure to any child who tests positive.

Information Regarding COVID-19 Testing:

If your child develops symptoms or their symptoms get worse, Seeds of Peace will seek medical care for them. If they have the following symptoms Seeds of Peace will seek immediate medical care at the closest emergency room: (1) trouble breathing, (2) persistent pain or pressure in the chest, (3) new confusion, or (4) inability to wake up. For more information regarding COVID-19 testing, please visit the [Centers for Disease Control](#) website.

Release:

To the fullest extent permitted by law, I hereby release, discharge, and hold harmless, Seeds of Peace and the Laboratory, including, without limitation, any of their respective officers, directors, employees, representatives, and agents, from any and all claims, liability, and damages, of whatever kind or nature, arising out of or in connection with any act or omission relating to my child’s COVID-19 diagnostic test or the disclosure of my child’s COVID-19 test results.

Certification:

By signing this form, I certify that:

- I have read this form, and I am satisfied that I understand its contents.
- I am eighteen years of age or older and authorized to provide consent to the COVID-19 diagnostic test for my child.
- I consent to treatment related to provision of my child’s COVID-19 diagnostic test.
- I allow for the testing company to release my child’ COVID test results to Seeds of Peace.

Print your name

Date Signed

Child’s Name

Parent/Guardian Signature



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COVID-19 Waiver

The coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and increased personal protection efforts, including frequent hand washing and wearing face coverings at all times outside the home.

Seeds of Peace has put in place precautionary measures aimed at preventing and reducing the spread of COVID-19 among attendees of the Seeds of Peace events; however, the Seeds of Peace cannot guarantee that you (or those you come in close contact with) will not become infected with COVID-19. Further, attending a Seeds of Peace event (including your travel to and from such event) could increase your risk of contracting COVID-19.

By registering for, signing below and attending a Seeds of Peace event:

You acknowledge the contagious nature of COVID-19 and voluntarily assume all risk that you may be exposed to or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death to you or those with whom you come into close contact.

You further acknowledge and agree to accept sole responsibility for any injury (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, to you or those with whom you come into close contact (including your household members) ("Claims"). You hereby release, covenant not to sue, discharge, and hold harmless Seeds of Peace, its employees, board of directors, and representatives, of and from any Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

You further understand and agree that this release includes any Claims based on actions, omissions, or negligence of Seeds of Peace, its employees, board of directors, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Seeds of Peace event.

You agree to abide by posted rules, warning or instructions by Seeds of Peace, the venue where the event is held and any government authority with respect to social distances, adherence to any dress code (including mandatory face coverings) and sanitation guidelines.

You further agree not to attend the event if you are diagnosed with or suspect that you may have been infected by COVID-19, and in the event you become ill or suspect you have been infected with COVID-19, you agree to immediately discontinue your participation in the event and alert Seeds of Peace via e-mail or telephone.

If you cannot agree to or accept the foregoing, DO NOT ATTEND SEEDS OF PEACE EVENTS. Failure to agree to or abide by any of the foregoing may result in denial of entry or immediate expulsion from the event, in the Seeds of Peace's sole discretion, in addition any and all remedies which may be available to Seeds of Peace, in equity or at law.

Registered Attendee's First and Last Name (PRINT)

Registered Attendee's First and Last Name (SIGNATURE) Date

IF ATTENDEE IS UNDER 18: Registered Attendee's Parent/Guardian First and Last Name (PRINT)

IF ATTENDEE IS UNDER 18: Registered Attendee's Date
Parent/Guardian (SIGNATURE)



SEEDS OF PEACE CAMP

Packing List for Seeds of Peace Camp

Things to Know:

- **Weather:** *Maine summers are usually sunny and beautiful, warm (75°F/24°C) during the day and often times very chilly (50°F/10°C) at night, so please pack accordingly! Though most days are sunny and beautiful, Maine can have very rainy and cold summers, so come prepared with a waterproof jacket and rain boots or waterproof shoes.* Please pack items in a bag that the camper can carry alone.
- **Laundry:** Camp has a laundry service do Campers' laundry once a week. Please label everything you bring with your name.
- **Bags:** Please pack everything in a bag that the Camper alone can carry. We have limited storage space at Camp.
- **Bedding, Towels, Linens:** Towels and bedding will be provided – you do NOT need to bring sheets, towels, a sleeping bag, or pillows, though you can bring a towel (and teddy bear!) of your own if you choose.
- **Phones:** Campers' cell phones will be collected and stored when they arrive at Camp. If your phone doubles as your camera, please bring another way to take photos. Please note that there will be an on-site photographer capturing Camp life every day, and many Campers choose to use those photos at the end of the summer rather than take their own. We may allow the use of cell phones a few times during the Camp session at predetermined times and following Camp cell phone use protocol. Check out previous photos on our [Flicker account](#).
- **Phone Numbers:** Please write down and bring a list of important phone numbers so you are able to call your family when you use Camp phones.
- **T-Shirts:** All Campers wear the official Seeds of Peace T-Shirt and sweatshirts throughout Camp (provided for all Campers when they arrive). Do not bring your own t-shirts or sweatshirts. You can bring your own pajamas, and one set of your own clothing for a Camp special activity.
- **Shoes:** Open-toed shoes (shoes showing your toes) are not allowed at Camp. Flip-flops are allowed only for showering. Please bring sneakers and sandals you can shower in.
- **Medicine:** If you take medicine regularly, please note this in your medical form and bring it with you to Camp. When they arrive, all Campers check in with the Camp nursing team and discuss storage and distribution of those meds. Be sure all medications you bring are marked clearly with your name. All medications are stored in the Health Center.
- **Masks:** Masks should have two or more layers of breathable washable fabric, completely cover the nose and mouth, should fit snugly against the sides of the face and not have gaps, and have a nose wire to prevent from leaking out the top of the mask. Gaitors ("buffs") may not be used. See the [CDC Guide to Masks](#) for most updated guidance. Seeds of Peace will provide two re-usable masks to all campers. Please bring additional masks.
- **Money:** Campers do not need to bring any money to Camp. There is no Camp store; Camp will have spare simple toiletries available (soap, shampoo, toothpaste, etc) for Campers who forget or need these items. Camp also has a few extra supplies, including sneakers, extra sweatshirt, and rain jackets for Campers who need these items to be provided.



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Mandatory Items to Pack:

- Sports pants or jeans (5-6)
- Shorts (5-6)
- Socks (10 pairs, one warm pair)
- Underwear (10)
- Swimsuit that is comfortable for watersports (boating and swimming)
- An outfit or clothing that represents your culture to wear for an Evening Activity
- Raincoat (1)
- Masks – surgical masks (14) and/or reusable cloth masks with two or more layers (4)
- Sweatshirts for sleeping (2)
- Pajamas (2 sets)
- Hat and/or scarf (1)
- Sneakers (1 pair)
- Rain boots or waterproof shoes (1 pair)
- Flip Flops or shower shoes (1 pair)
- Toiletries (toothbrush, toothpaste, deodorant, soap, shampoo, hairbrush/comb, sunblock, bug spray)
- Basket or Bag for Toiletries (the showers have hooks outside of them, and it is much easier to walk back and forth to the showers when you have all of your items in a bag or waterproof basket!)
- Flashlight
- Reusable Water Bottle labeled with your name

Optional Items to Pack:

Musical instrument, bath towel (though towel will be provided), notebook/journal, national clothing, religious clothing, pencils/pens, music to share (all mp3 players or iPods may *only* be used in the bunk), camera, prayer book, umbrella, books to read, pictures of family or friends to share and stamped, addressed envelopes to write home.

DO NOT BRING:

- Laptops/iPads/Tablets
- Anything valuable
- Fireworks, knives or weapons of any kind, water guns



SEEDS OF PEACE CAMP

Dress Code Seeds of Peace Camp 2021

Dress Code Summary:

Participants should dress in a way that makes them feel comfortable, safe, and engaged, but must also wear clothes that adhere to the Seeds of Peace values of respect, peace, and equality. They should strive to dress in ways that are culturally sensitive out of respect for those coming from conservative societies and communities around the country and world.

Camp staff will use their best judgment in enforcing this dress code, ensuring that all participants are treated equitably regardless of gender identification or expression, sexual orientation, race, ethnicity, body type/size, religion, and personal style.

Participants who wear clothing that does not adhere to the dress code will be asked to change into something else.

Dress Code Values:

We want all participants to wear clothing of their choice that is comfortable and expressive, while also creating an equal playing field through our choice to use uniform t-shirts for all Campers, counselors, staff, and facilitators. We also want our staff to be able to focus on their responsibilities at Camp without the additional and often uncomfortable burden of dress code enforcement.

Students must wear:

- Seeds of Peace green t-shirts and sweatshirts
- Bottoms
- Closed-toed shoes

Students may wear:

- Clothing that makes them feel comfortable and able to engage fully in all Camp activities
- Clothing that expresses their self-identified gender
- Religious attire
- Hats with no symbols

Students must not wear:

- Clothing that exposes private parts (including chest, rear, and abdomen) or a participant's undergarments
- Clothing with any symbolism on it
- Clothing with images or language depicting violence, drugs, alcohol, hate profanity, or pornography
- Open-toed shoes (ex: flip-flops, sandals)



SEEDS OF PEACE CAMP

SAMPLE Daily Schedule: subject to change due to [COVID-19 guidelines](#), programmatic changes, and based on Youth/Camper leadership and input!

Time	Title	What does this mean?
7:15-8a	Early bird activities	Calm morning activities available to Campers who wake up before the rest – Yoga, Walk, Jog, or Read.
8a	Wake Up	Bunk Wake Up Time – wake up to sun shining through your window screen, to a new tune your Bunkmate chose, or to the sounds of birds chirping in the trees.
8:30	Line up	Entire camp gathers in front of the lake (sitting with your bunk) to hear inspiration quotes, performances, and the day’s announcements.
9	Breakfast	Eating with your bunk at a picnic table under our tent! Vegan, gluten-free options, etc available. Our kitchen director will reach out to parents/guardians of youth regarding allergies before the start of Camp.
9:45	Bunk Clean Up	Everyone contributes to keeping our Camp environment clean, safe, and comfortable! Each Bunk has a chore chart, and you’ll contribute to cleaning our shared spaces while listening to fun music, singing new songs, or chatting with your new friends.
10:15	Special Activity	Activity designed and led by Campers (that’s you!), counselors, facilitators, and other members of the Camp community. Campers choose the same Special Activity to participate in every day each week – start thinking of passions you’d like to share with each other!
11:00	Activity / Dialogue	Some Campers will be in Dialogue, where you share your own stories; learn to hear and see one another across our racial, religious, political, or gender differences; and build your ability to listen and navigate conflict with respect, empathy, and compassion. Other Campers will rotate through Sports, Creative Arts, or Waterfront Activities, where you discover new passions, learn new skills, and find new ways of communicating with one another.
12:30	Line up	Same as above.
12:45	Lunch	
1:30	(Rotating) Rest Hour, Phone Time, or Swimming	[*reminder – all Campers and staff are required to complete a Swim test at the beginning of the Summer. We encourage all of our Camp community to try Swimming and developing your Swim skills!]
2:30	(Rotating) Same as above	
3:30	(Rotating) Shower Time or Free Time	Some bunks (cabins) have a shared shower inside of the bunk. Other bunks will need to use our shared shower houses on a rotating basis, to maintain our COVID-19 safe pods.
4:00	Activity / Dialogue	Same as above.
5:15	Free Time	Take a walk with friends, take a moment to do Yoga under a tree, walk in the Garden, practice a song or play for Evening Activity, kick a ball!
5:30	Community Action	Gather with youth from your school or your city to identify an issue in your home community, and start making a plan on how to address that issue using your shared Youth power and Youth voice!
6:30	Line Up	Same as above.
6:45	Dinner	



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7:30-8:30	Choice Activity	Choose between your favorite Sports or Arts Activities.
8:30-9:30	Evening Activity	At the beginning of the Session, Evening Activities are led by Counselors or Facilitators. After a few days, Campers design and lead Activities with support from Staff. Examples of Evening Activities are Bunk Nights, Open Mic Nights, Camp-wide Scavenger Hunt.
9:30-10:45	Shower, Phone, Free Time	
10:45	Lights Out!	Good night – you'll fall asleep in your bunk bed to the calming sounds of the waves in Pleasant Lake and the chirping of crickets!

Do you have more questions? Visit our [FAQ page](#).

Join our pre-summer parent/guardian and Camper Virtual Orientations in June; links to the Zoom Orientations will be sent out via email to the Camper and parent/guardian email addresses we have on file.

Contact Information for Seeds of Peace Camp

July 11, 2021 through July 28, 2021

- Letters may be sent to the following address. Please do *not* send care packages that contain food. We strongly encourage you to mail your child letters over the course of the summer.
Camper's Name
Seeds of Peace Camp
183 Powhatan Road
Otisfield, ME 04270
- Phone messages may be left at any time by calling the Main Office and will be delivered once daily with the mail:
207-627-7500

Website www.seedsofpeace.org/camp

Blogs and photos will be posted daily under “Camp Reports” — we encourage you to follow along!

Participants can mail letters home through the outgoing mailbox at the Camp office, but make sure you provide them with stamped, addressed envelopes to ensure you get the letters that they write.

Emails may be sent to campers@seedsofpeace.org to be printed and delivered to participants. Campers will not be able to check personal emails. You must write the name of the Camper in the subject line of each email to ensure delivery. Let us know in advance by emailing camp@seedsofpeace.org if your Child will need access to email for extenuating circumstances such as School related coursework or applications, and we will make special arrangements.

Please do not write many one-line or short emails! **Please do NOT send more than one email a day.** A longer email with actual content will mean much more to your child than a “Hi! We miss you!” email. Also, please do not send any photo attachments—we will not be able to print them.

- **Phone calls** will be made by participants to families on the day after arrival (first full day of the camp session). We will create a Camper Phone schedule for each Bunk and will share the Phone schedule with parents/guardians over Email at the start of the Camp Session. We encourage



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Campers to become fully involved in creating relationships and experiencing Camp, and ask that Phone calls remain short so that all Campers have the chance to call their loved ones within the scheduled time.

- **Phone messages** may be left at any time by calling the Main Office voicemail box and will be delivered to campers:

+1-207-627-7500

- **Phone calls** regarding general inquiries to the Main Office will be answered during Eastern Standard Time daytime hours. The number to the phone line in the Camp Main Office is:

+1-207-627-7202

Visits: Parents are not allowed to visit campers at camp this summer, so that we can protect our camp community from COVID-19 and to allow your campers the time to develop relationships and build a community with their peers during the Camp session. We know it can be tempting to drive to the Camp location, but we unfortunately will not be able to allow you to visit during the session.

Also follow us and your child at [Seeds of Peace camp flickr](#) or on [Facebook](#).

The Camp Emergency Contact Number will be provided before the start of the Camp session.