



# TEENS, Inc.

## Girls Leadership Program

### Spring Break Trip 2018

#### Family Information

Dear Families and Students,

This spring at TEENS, Inc., we are very excited to once again offer the Spring Girls Trip as part of our Outdoor Leadership Program. Our aim of this experience is for young women to find personal challenge and adventure within a supportive environment of their female peers. This will not be an advanced trip and no previous skill or outdoor experience is required. The staff facilitating the trip will be TEENS, Inc.'s Youth Corps Director, Stefani Davidson and Program Assistant, Cait Healy.

Stefani has led numerous trips with TEENS, Inc., as well as other organizations. She is a Wilderness First Responder and has experience paddling rivers, camping and traveling with students.

Cait has also led several trips with TEENS, Inc. and has led kayak, surf, and bike trips on the East Coast. She also has a lot of experience camping and traveling with students.

We want girls to have a safe, fun, and challenging learning experience. We will be pushing their personal comfort zones and encouraging them to work as a team to overcome challenges. This may be their first outdoor adventure experience and we will be working as a group to learn backcountry living skills, as well as learning about the culture in Southern Louisiana.

Some other topics we will cover and think about:

- Female empowerment and self-worth
- Leadership skills
- Healthy risk taking
- Perseverance during personal challenge
- Communication skills
- Connections to the natural world
- Cultural diversity

Tuition is based on a sliding scale. Please see the tuition section in this packet. Fees paid cover a portion of the cost for food, gas, equipment purchased, permits, plane tickets and staff time. The majority of these costs are covered by grants and individual donations. Additionally, we will be doing fundraisers with the girls, in order to raise money for the trip. Each participant will be required to participate in 10 hours of fundraising for the trips. However, the amount of money a student can contribute towards the trip fee will never be a barrier to attending. Scholarships are available in many capacities. Please contact Stefani Davidson if payment is a concern or if you feel you can sponsor another student's trip.

Please review all the information provided and complete the registration and safety forms. Take your time reviewing the packet in its entirety. If you still have questions remaining, please feel free to call. This packet needs to be completed and return to TEENS, Inc. by **January 19th**. We will be holding a parent meeting on **February 1st** at 6pm for all families whose daughters are attending the trip. This is for families to gain more information about the trip and pre-trip requirements, and meet the staff that will be facilitating. Students are also encouraged to attend this meeting.

If you have any questions at all, please contact Stefani or Cait  
[stefani@teensinc.org](mailto:stefani@teensinc.org), [cait@teensinc.org](mailto:cait@teensinc.org) or (303) 258 3821 ext. 13



TEENS, Inc.  
Girls Leadership Program  
Spring Break Trip

*Itinerary*

**January 19th**

Completed Application packet due

**February 1st**

**Parent Meeting.** Parents and girls meet at 6pm at TEENS, Inc. to go over trip details, answer questions, and talk about packing and preparation.

**February/ early March**

10 hours of group fundraising such as letter writing and bake sales.

**March 22nd**

**Gear Check**

Meet at TEENS, Inc. at 5pm to do gear check, packing and pre-trip preparation. The meeting will last two hours. Parents do not need to be at TEENS, Inc.

**Monday, March 26th**

Meet at TEENS, Inc. to drive to Denver Airport. Upon arriving in New Orleans, we will get our van and drive an hour to Fontainebleau State Park, which is on the banks of Lake Pontchartrain. We will set up camp and settle in for the night.

**Tuesday, March 27th**

We will go on a guided tour of a nearby Bayou, floating under huge Cypress trees that grow out of the marsh. Afterwards, we will relax on the white sand beach of Lake Pontchartrain, playing games and playing in the water.

**Wednesday, March 28th**

We will volunteer, either with rebuilding homes or revegetation in the swamps, whichever the participants choose.

**Thursday, March 29th**

Visit New Orleans. We will tour the French Quarter, visit a cemetery and go to an outdoor jazz festival in the park.

**Friday, March 30th**

Pack up and fly back to Denver.

**There will be no contact with families while we are away. Families can work with the assumption that no news is good news and we will call on the last day to let people know we are safe and confirm pick-up time.**

**Information will be provided to families regarding the process if a family emergency should arise.**



TEENS, Inc.  
Girls Leadership Program  
Spring Break Trip

***Weather and locations***

Weather in Louisiana this time of year is typically in the 70s or 80s during the day and lows in the high 50s or 60s. It is humid and there are mosquitos, so you'll want to have light long sleeve shirts and pants for the evenings and shorts and T-shirts during the days. We will make sure everyone has sunscreen, bug repellent and drinks lots of water.

The campground is equipped with a picnic table and fire ring and restroom facilities.

***Equipment, water and food***

TEENS, Inc. will provide all technical equipment, tents, camping gear, and sleeping bags. We will purchase the food and provide this for students. Our group will be expected to come prepared with clothing appropriate for our activities. You can see below the equipment list required for this trip. You will also notice a large quantity of the equipment and clothing we can provide and we welcome families to take full advantage of this service.

When we are camping with our vehicles we will be able to bring as much food and water as we like. The food will be simple camping style food, but we will still be able to have fresh food and some extra treats and luxuries. Many of our meals will be Cajun-style in order embrace the culture of southern Louisiana.

***Behavior and expectations***

We anticipate all of our students will have an excellent time, live up to expectations and get as much out of the experience as possible. We want to have lots of fun and challenge ourselves to learn new skills. Our expectation is that students will push themselves to their personal limit and be motivated to learn new skills. Although fun is a likely outcome, sometimes these experiences may be emotionally or physically challenging. We may be paddling for several hours, walking up big hills, and we may get wet, hot, hungry or tired. Our hope is students choose to persevere in these experiences and help their group members through these challenges as well.

Our non-negotiable behaviors include: bringing or using alcohol, drugs, vapes and tobacco, violence of any form, abusive language or behavior, bringing or using cell phones, bringing or using weapons, and sexual contact of any kind, including PDA. For all of these behaviors we will have serious discussions about whether the students involved will be able to remain on our trip. **If a serious breach of these expectations is made students will be sent home and need to be picked up at the airport immediately upon arrival. The cost of this return home will be \$300 and if TEENS, Inc. must coordinate transportation from the airport to Nederland then the cost will be \$600 that the family must pay.** We do not anticipate that we will encounter any of these non-negotiable behaviors, and our students will have no problems living up to our expectations.



TEENS, Inc.  
Girls Leadership Program  
Spring Break Trip

## Equipment and gear

This is a complete list of personal gear students need to have on the trip. We understand most families don't have all this gear at home so we can provide most of the major items. If the item has a ☺ next to it, TEENS, Inc. can provide it. We have an extensive supply of gear for students to use and we encourage students to use our high quality items. **All of your packed items must fit into 1 duffel bag or suitcase. We have limited packing room!**

### Personal Clothing

**All these items need to be synthetic, fleece or wool.**

**No cotton at all please**

- T-Shirts x3 ☺
- Shorts x1- Synthetic like basketball or board shorts
- Rain Jacket and Pants ☺
- Synthetic/wool long underwear top x1 ☺
- Synthetic/wool long underwear leggings x1 ☺
- Warm Fleece Jacket x1 ☺
- Puffy Coat ☺

/Cup/Spoon

- light, long sleeve shirts x2 ☺
- Hiking Pants (lightweight)x2 ☺
- Warm Fleece Hat ☺
- Wool or Fleece Gloves ☺
- Underwear
- 3 pairs of wool socks ☺
- Brimmed Hat
- Swimsuit

### Other

- Any personal medications and inhalers
- Government Issued photo ID for airplane
- Toothbrush/toothpaste
- Sunglasses
- Towel
- Sunscreen ☺
- Camera (optional)
- Journal/pen ☺
- Book (optional)

Packing Ideas and tips:

- You may bring a cotton t-shirt to hike in when it is hot or wear to bed, but the majority of your gear cannot be cotton as it holds moisture and can make you really cold. This means no jeans, no cotton socks, no cotton hoodies.

### Personal Equipment

- Hiking Boots or sturdy shoes ☺
- Comfy camp shoes (closed toe)
  - sandals / water shoes
- Large duffel suitcase ☺
- Day hike Backpack ☺
- Sleeping Bag ☺ (20° or warmer)
- Sleeping Pad ☺
- Head Lamp/flash light
  - Tupperware (bowl)
- 2 liter water carrying capacity  
(Gatorade bottles work well)

**NO ELECTRONICS!!!!**

**(iPods will be allowed while traveling)**

**NO TOBACCO, DRUGS, ALCOHOL, VAPES!!!!**

**NO WEAPONS! NO POCKET KNIVES!**



TEENS, Inc.  
Girls Leadership Program  
Spring Break Trip

- It is really nice to have a clean change of clothes in the car to change into when we are done. It is a nice feeling to have clean clothes for the return trip.

Filling out this application does not guarantee acceptance to go on this trip. We anticipate more people applying to go on the trip than spaces available. The application process may include an interview and / or follow up conversations.

Application 2018

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Contact phone Number: \_\_\_\_\_ (H) \_\_\_\_\_ (C)

Parent Contacts:

Parent 1) \_\_\_\_\_ Phone numbers \_\_\_\_\_

Parent 2) \_\_\_\_\_ Phone Numbers \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**Please tell us a little bit about yourself; how would you describe yourself and what do you like to do in your spare time?**

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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**Why would you like to participate in our Girls Spring Break Trip?**

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\_\_\_\_\_



TEENS, Inc.  
Girls Leadership Program  
Spring Break Trip

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**Our program is limited to eight participants. So please take the time to share with us why you think you will be a valuable member of our team?**

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**Anything else you would like us to know about, or any questions you would like us to answer?**

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Parent signature\_\_\_\_\_

Student signature\_\_\_\_\_



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Girls Leadership Program  
Spring Break Trip

*Tuition*

Tuition for all our outdoor programs is on a sliding scale based on family income. Our programs are heavily subsidized by grants and are still a third of the cost of other outdoor programs for teens in Colorado. We would love to make our programs free, however to serve as many students as possible and support those that do need free programming we have to include payment in some form. Please see the tuition scale below; based on your family income and how many people in your family you will find the cost you need to pay for your daughter to attend our program.

Please note that all rates below are subsidized by individual donations and grants.

**Deposit is due February 1st**

<b>Girls Leadership Program scale- 8 Students, 5 days</b>							
Tuition		Number of people in your family					
Rate	Deposit	2	3	4	5	6	7
\$475	\$225	\$51,201+	\$57,601+	\$64,001+	\$69,101+	\$74,251+	\$79,351+
\$325	\$160	\$35,651- 51,200	\$40,101- 57,600	\$44,551- 64,000	\$48,101- 69,100	\$51,701-74, 250	\$55,251 -79,350
\$150	\$75	\$21,401- 35,650	\$24,101- 40,100	\$26,751- 44,550	\$28,901- 48,100	\$31,051- 51,700	\$33,151 -55,250
\$75	\$35	\$21,400 or less	\$24,100 or less	\$26,750 or less	\$28,900 or less	\$31,050 or less	\$33,150 or less

We understand that there are often things that come up and make payment for this trip difficult. Please share with us information about why you may need further assistance to pay a lower amount for the program. No family will be turned away for financial reasons and there are always additional scholarships available. (Use an additional sheet if necessary)

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