



GIRL GUIDES  
AUSTRALIA  
VICTORIA

GGV PRESENTS

# *Shine your light!*

A CAMP TO BOOST YOUR  
SELF ESTEEM AND CONFIDENCE

AGES 13+  
TYNONG NORTH CAMPSITE  
3RD-5TH JULY



Free Being Me

Shine Your Light is designed for Guides aged 13-17 to explore the Free Being Me program and other activities in a fun 3-day interactive camp that will help you shine your light!

## **When**

10.00 am Wednesday 3 to 1.30 pm Friday 5 July 2019

## **Venue**

Alcheringa Girl Guide campsite, 555 Tynong North Road, Tynong North

## **Cost: \$80 per Guide**

INCLUDED:

- Indoor accommodation
- Meals: all meals from Wednesday lunch to Friday lunch
- All activities

## **Registration is strictly online: [www.guidesvic.org.au](http://www.guidesvic.org.au)**

Please ensure you have the following on hand:

- Login details (ID and password)
- Information about dietary, health, and special needs

Registrations will close at midnight on Wednesday 12 June, or sooner if the event reaches capacity (20 youth members). No late registrations will be accepted.

If you do not receive an email acknowledging receipt of your registration, please contact [support@guidesvic.org.au](mailto:support@guidesvic.org.au) or call 03 8606 3500.

## **Accommodation Arrangements**

All participants will be sleeping indoors. Youth members will not be sleeping in the same room as adult members, as per our Child Safe Policy.

## **Transport Arrangements**

Private travel to and from camp. Please arrive between 10.00 am and 11.00 am on Wednesday. Pick up is between 1.30 pm and 2.30 pm Friday.

## **Program**

There will be a mix of great activities from the latest WAGGGS programs that will leave you feeling revitalised, as well as some mid-year down time in the cosy comfort of Alcheringa to recharge and relax.

## **Conditions of Attendance**

All participants must be current members of Girl Guides Victoria and be registered for the event. All youth participants are expected to be at the event from Wednesday morning (sign-in is between 10.00 am and 11.00 am) to Friday afternoon until 1.30 pm. All participants will abide by the camp rules as outlined at the beginning of camp and the conditions of property use as outlined by Girl Guides Victoria.

## Supervision and Security

Leaders with Police and Working with Children Checks will supervise Guides while at camp. This is in line with our Child Safety Policy. All activities and event supervision is overseen by the Leader in Charge, Mel Reoch and the organising team. More information about our Child Safe Policy [can be found online](#).

## Health and First Aid

There will be a fully qualified First Aider on duty at all times during the camp.

Girl Guides Victoria relies on the information from a Guide's profile on our database regarding medical and developmental support needs to plan staff ratios at events. Please ensure this information is up-to-date online upon registration. Camp staff will phone parents to discuss health or developmental needs in the week prior to the event if required.

Camp staff will make every possible effort to accommodate a Guide's physical and mental health needs, or special support required, if disclosed on registration and discussed with the camp staff prior to the event. If a Guide arrives at camp with a support requirement for which the volunteer staff have not prepared, or for which the volunteer staff are not trained to safely cater, the Guide will likely not be able to stay at camp.

Upon sign-in, Guides must provide the First Aider with a copy of any health management plans listed on the Health Form (e.g. asthma management plan, anaphylaxis management plan etc.). The Health Form will be emailed to participants prior to camp.

Parents and guardians may give their Guide permission to self-manage analgesics (paracetamol and ibuprofen) and antihistamines by indicating this on the Health Form and on registration. Otherwise these and all other medications must be handed in at sign-in to the First Aider. Please ensure all medications are listed on the Health Form and are in original packaging in a snap-lock bag clearly labelled with the Guide's full name and dosage instructions.

Medications handed in will be available for collection from First Aider from 1:300 pm on Friday. Please note that GGV volunteers are not permitted to issue any medication to participants without the consent of their guardian.

If you have any questions, email the event Leader in Charge, Mel at [mreoch@guidesvic.org.au](mailto:mreoch@guidesvic.org.au) as early as possible. We are happy to help!

## Technology – Electronic Devices and Mobile Phones

Girl Guide events are great opportunities to spend time with friends, get to know others, and enjoy all the amazing experiences on offer. We strongly encourage Guides to think about whether devices are needed for this event, and note that GGV can't take responsibility for their safekeeping.

If Guides do have electronic devices, Girl Guides Victoria requires the following:

- When participating in activities, phones are put away
- Cameras are not used in sleeping areas
- Permission is always sought before photos are taken and posted
- All posts are made with respect to our Guide Law to 'respect myself and others'

In light of today's ubiquitous availability of cameras and social media choices, GGV cannot monitor and are not liable for any photos youth share.

If you have any questions regarding this, or if there are specific legal issues regarding custody or safety with respect to photos, please contact [mreoch@guidesvic.org.au](mailto:mreoch@guidesvic.org.au)

## Contact for parents during the event

If you require an urgent emergency message to be given to a Guide during camp, please call Cat Anderson (Co-Leader in Charge) on **0408 302 853**. Parents and guardians are asked to refrain from contacting Guides during the event, as it is disruptive and may cause homesickness.

## Kit List

Required	Description or notes
T-shirts	Must have sleeves, collars preferred
Long pants and shorts	No short-shorts: preferably mid-thigh or longer
Jumpers/hoodies	
Socks and underwear	
Suitable sturdy walking shoes x 1	No sandals, open-toed shoes, or thongs
Toiletries	Including toothpaste, toothbrush, soap, shampoo, hairbrush, and sanitary items as required
Towel	
Plastic bag	For wet/dirty clothes
Torch with spare batteries	
Sleeping bag	
Camp blanket	
Single bed fitted sheet	
Pillow	
Waterproof jacket	Must be waterproof, not a spray jacket
Drink bottle	Min. 600 ml capacity
Sun hat and beanie	
Sit-upon	Small square of waterproof material, tarp, or groundsheet for sitting on the ground
Personal First Aid kit	Including sunscreen, roll on insect repellent, Band-Aids
<b>Optional</b>	
Camera	
Book	
Thongs	For use in shower only
Small teddy bear	
Slippers for indoor use	