

Public Health Association of BC

RISE UP!

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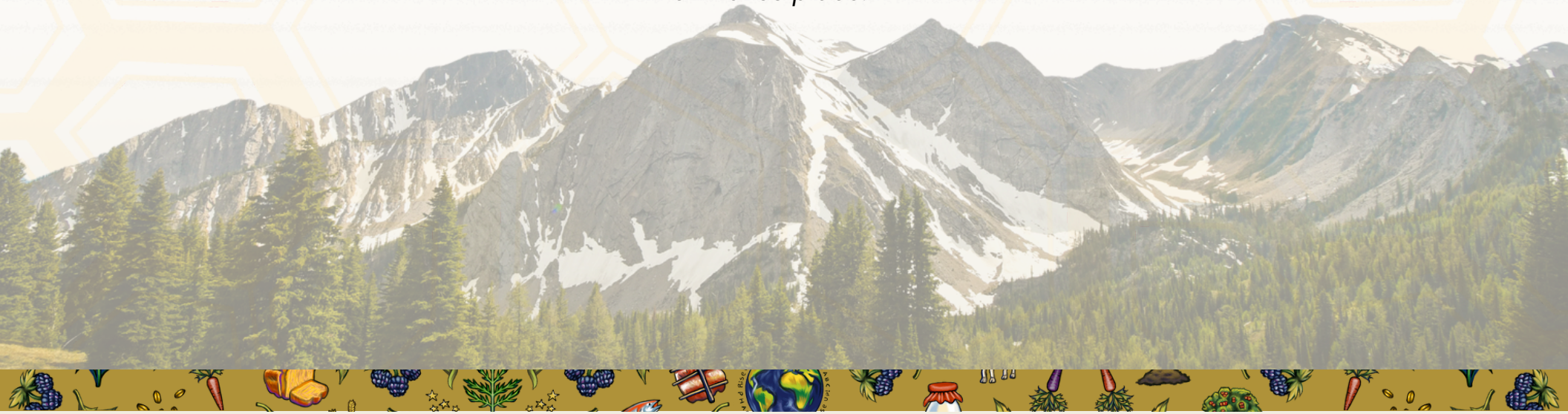
# Provincial Retreat Information Package



*We acknowledge the land on which we will gather together is the unceded and traditional territories of the Coast Salish peoples, home to the Snaw-Naw-As First Nation and the Qualicum First Nation.*

*PHABC is a provincial organization and acknowledges that our work goes beyond the places we live and impacts the lives of nations across British Columbia and Turtle Island. We recognize the deep relationships that Indigenous Peoples hold with the lands and food systems where our work takes place.*



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# Table of Contents


Welcome! ..... 3

General Retreat Information ..... 4

Safety, Supervision & Contact Information ..... 7

Transportation Overview ..... 10

Program Agenda ..... 17

Packing List ..... 24

Acknowledgements ..... 25

Rise Up! Contact ..... 26





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# Welcome!



**A big, warm welcome to the Rise Up! Provincial Retreat! We are so excited to bring YOU, our youth volunteers, together from across the province for four incredible days of fun, learning and connection!**

You have all been working hard in your volunteer placements, so it's time for you to lean back and let our team guide you through what we know will be an incredibly impactful event.

This retreat is an opportunity for you to:

- Connect with fellow Rise Up! peers who share the same passions
- Deepen your knowledge and understanding of a diversity of topics such as land stewardship, food sovereignty, agriculture, mental health and wellbeing.
- Strengthen leadership skills and confidence
- Learn from inspiring guest speakers and field trips
- Explore career pathways and skills
- Have fun and build community!

The following information package will give you some valuable details on safety information, our transportation plan, the agenda for our four days together and a packing list to ensure you're prepared to be safe, comfortable and have fun!

If you have questions or concerns leading up to the retreat, please contact your Regional Lead or Rise Up! Program Manager, Lauren Bernardi, at rise.up@phabc.org or 250-884-5526.

Looking forward to seeing you soon!

**Lauren & The Rise Up! Team**

# General Retreat Information

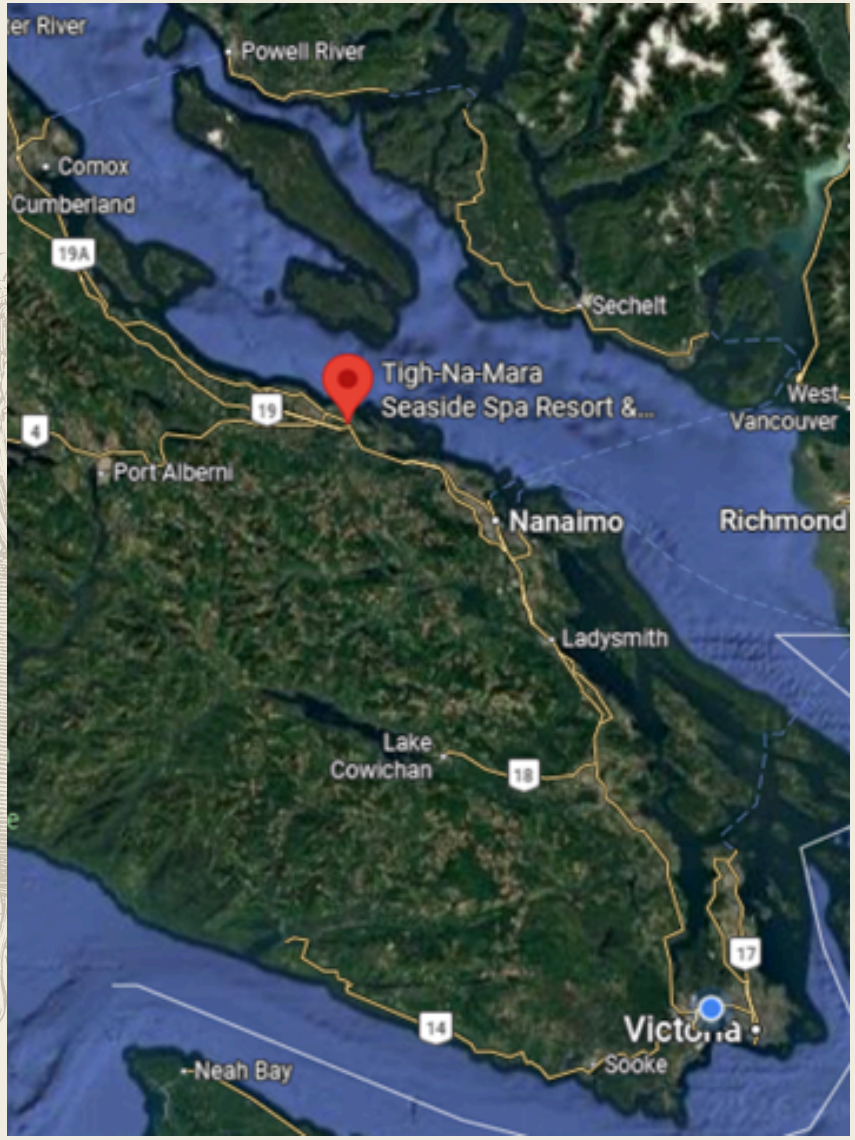
**Dates:** Thursday, March 12th - Sunday, March 15th, 2026

**Location:** Tigh-Na-Mara Seaside Spa Resort & Conference Centre, 1155 Resort Dr, Parksville, BC V9P 2E3

The majority of our time together will take place in several rooms on the first floor of the Conference Centre (see map on next page), and our main meeting space and dining area will be in the Grand Moriarty room.

Attendees are expected to stay on the grounds of the resort for the duration of the retreat, apart from our group field trips on Saturday afternoon. If you have any questions about this, please reach out to your Regional Lead.

Youth will stay in a variety of individual and shared rooms (if preference indicated) and cabins, separated by gender, age where appropriate, and supervised by staff.



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**Here is the site map, starred with the conference centre where the retreat will be taking place. You can also visit an interactive map on their website: https://tigh-na-mara.com/resort-map.**





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## Meals and Refreshments

- **Breakfast Buffet:** 7:30am-8:30 am
- **Lunch Buffet:** 12:00pm-1:00pm
- **Dinner Buffet:** 6:00pm-7:30pm.
  - 6:30pm-8:00pm on Thursday, March 12th
- **Alternative Options:** Gluten-free, dairy-free, vegetarian, and vegan options are readily available for each meal, break and during the reception.
  - All foods are labelled and clearly displayed on an ingredient list.
- **Snacks and Refreshments:** Coffee, decaffeinated coffee, tea, and light snacks are available during morning and afternoon wellness breaks.
- **Personal Kitchens:** All rooms are equipped with a kitchen, so you are more than welcome to bring your own snacks, too!
- **Travel Snacks:** We will have extra snacks available for travelers on the charter buses, and for our field trips.

## Registration

All conference attendees must check in at the registration desk to receive their name badge, retreat information and other goodies! Name badges must be worn at all times during the retreat. The registration desk will be open on Thursday, March 14th from 4:00pm-7:00pm.

## Who is attending?

YOU-Rise Up! youth volunteers ages 15-30, joined by an energetic program staff team and an incredible array of guest speakers, some of who will join us for meals and discussions throughout the weekend!

Trained staff will be present at all times. We will also have a trained support person on site, should anyone need someone to talk and connect with one-on-one. More on this in the section below!

# Safety, Supervision & Contact Information

The safety and wellbeing of participants is our highest priority. The following strategies have been implemented to ensure safety and security of program participants.

- All PHABC supervisory staff have received a recent Criminal Record Check and are approved to work with members of the vulnerable sector.
- A staff member with extensive experience in residential youth care will be on site 24/7 and responsible for the wellbeing of participants.
- All participants will receive a contact list of staff members, as seen in the table below. Each youth's assigned group lead will be their contact person during each day. A designated individual will be on call at night in the case that any situations arise.
- Seven staff members trained with First Aid and CPR will be on site with equipment.
- All participants will have their own bedroom, unless room sharing was indicated on registration form.
- Participants are expected to stay on the resort site for the duration of the program. In the case of an emergency, program staff will accompany youth off site.
- This is a dry event. Alcohol and cannabis products of any kind are prohibited.
- All participants will have an 11:00pm curfew.





## Health & Medications

- All medical information provided during registration will be kept confidential and shared only with necessary staff.
- Participants are responsible for bringing and managing their own medications.
    - If you require assistance or experience a medical concern during the retreat, please notify a member of the first aid team (identified in the emergency contact list below).

Participants will be encouraged to leave their phones in their pockets/ bags during sessions, but there will be many scheduled breaks and free time to check their phones and contact family members and friends.

## Emergency Contact Information

| Name | Role | Phone |
|---|---|---|
| Lauren Bernardi | Rise Up! Manager, First Aid Attendant | 250-884-5526 |
| Tigh- Na- Mara Main Office | Tigh-Na-Mara Guest Services | 250-248-2072 |
| Fiona Picken | Youth Support | 250-878-7185 |
| Megan Viszlai | Interior Regional Lead, First Aid Attendant | 250-308-8550 |
| Cameron Bell | Northern Regional Lead, First Aid Attendant | 250-981-6887 |
| Tegan McGowan | Vancouver Coastal Regional Lead, First Aid Attendant | 672-380-1759 |
| Payal Parti | Fraser Regional Lead, First Aid Attendant | 604-500-4678 |
| Ben Ziakin | Island Regional Lead, First Aid Attendant | 250-815-0404 |
| Marcus Lobb | Education Specialist, First Aid Attendant | 250-644-4604 |



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# Transportation Overview

We are welcoming Rise Up! participants and staff from across the Province! See the details below for a break down of travel details by region.

Charter bus schedules and pick up times will be sent out through Regional Leads and presented at the information session on Wednesday, February 25th, 2026.





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## Vancouver/ Fraser Regions

**Departure: March 12th**

- Charter bus pick-up times: multiple.
- Charter bus from Vancouver will pick up Interior and Northern participants at YVR.
- Tsawwassen to Duke Point ferry: 3:15pm.

**Return: March 15th**

- Duke Point to Tsawwassen: 10:15am (arriving at 12:15pm).

Participants will select a charter bus pick-up location through their Regional Lead. Please let your Regional Lead know if you will be meeting the group at Tsawwassen ferry terminal (arrive by 2:15pm).

All staff and participants will depart to Nanaimo from Tsawwassen on BC Ferries. From Nanaimo, Participants and staff board a chartered bus to Parksville.

Participants traveling with their own vehicle are eligible for mileage reimbursement.




## Island Region

**Departure: March 12th**

- Charter bus pick up times: multiple from Saanich, Westshore and Mill Bay. Will then continue to pick up the rest of the group at 5:15pm at Duke Point ferry terminal.

**Return: March 15th**

- Charter bus will depart Tigh-Na-Mara at 8:45am to drop off group at Duke Point ferry terminal, and will then continue on to Westshore and Saanich.

Participants will board a chartered bus from Victoria to Parksville. The stops include Saanich, Westshore and Mill Bay, and will continue on to Duke Point to pickup our friends from the ferries on our way to Tigh-Na-Mara.

Participants traveling with their own vehicle are eligible for mileage reimbursement.


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## Interior Region - Kelowna

**Departure: March 12th**

- Flight from YLW at 10:35am (meet by 9:00am).
- Youth and staff will be picked up by a charter bus at YVR, that will then continue on to Tsawwassen Ferry Terminal to board the 3:15pm sailing.

**Return: March 15th**

- Land at YLW at 6:05pm.
- Youth and staff will be picked up by a charter bus from Tsawwassen Ferry Terminal at 12:15pm and dropped off at YVR at 1:00pm.

Participants will meet Regional Lead at Kelowna Airport (YLW).

Public Transportation, personal vehicle, taxi/ uber will be reimbursed to ensure your arrival at Kelowna Airport.

Please contact Regional Lead if you have not yet received a flight itinerary confirmation in your email.



## Interior Region - Kamloops

**Departure: March 12th**

- Flight from YKA at 10:30am (meet by 9:00am).
- Youth and staff will be picked up by a charter bus at YVR, that will then continue on to Tsawwassen Ferry Terminal to board the 3:15pm sailing.

**Return: March 15th**

- Land at YKA at 6:27pm.
- Youth and staff will be picked up by a charter bus from Tsawwassen Ferry Terminal at 12:15pm and dropped off at YVR at 1:00pm.

Participants will board flight at Kamloops Airport (YKA).

Public Transportation, personal vehicle, taxi/uber will be reimbursed to ensure your arrival at Kamloops Airport.

Please contact Regional Lead if you have not yet received a flight itinerary confirmation in your email.



## Northern Region - Terrace

**Departure: March 12th**

- Flight from YXT at 10:15am (meet by 9:00am).
- Youth and staff will be picked up by a charter bus at YVR, that will then continue on to Tsawwassen Ferry Terminal to board the 3:15pm sailing.

**Return: March 15th**

Three separate flights departing YVR and landing in Terrace (YXT) and Smithers (YYD):

- Land at YXT (3 participants) at 6:13pm.
- Land at YXT (2 participants) at 9:48pm.
- Land at YYD (3 participants) at 6:15pm.
- Youth and staff will be picked up by a charter bus from Tsawwassen Ferry Terminal at 12:15pm and dropped off at YVR at 1:00pm.

All participants must meet PHABC Regional lead at Terrace Airport (YXT), unless otherwise planned with Regional Lead for early pick up. Public transportation, personal vehicle, taxi/uber will be reimbursed to ensure your arrival at Terrace Airport (YXT).

Please contact your Regional Lead if you have not yet received a flight itinerary confirmation in your email.



## Northern Region - Prince Rupert

**Departure: March 11th**

- 2 participants flight from YPR at 4:20pm.

**Return: March 15th**

- Flight from YCD at 10:10am.
- Flight from YVR at 1:50pm.
- Land at YPR at 3:40pm.

Participants will depart from Prince Rupert Airport (YPR) land at YVR 1 day prior and stay near airport, to join group the next day to board charter bus.

Participants will need to leave early from Tigh-Na-Mara to Nanaimo Airport (YCD) with a program staff to catch connecting flight in Vancouver Airport (YVR), back to Prince Rupert (YPR).

# Provincial Retreat
# Program Agenda


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# Thursday, March 12th
# Travel & Arrival

| | |
|---|---|
| **5:00pm-7:00pm** | **Arrival** |
| **Note: For those traveling on their own and meeting us at Tigh-Na Mara on March 12, check-in is at 5pm, but you are welcome to come as early as 4pm to visit the Rise Up! registration table.** | |
| **6:30pm-8:00pm** | **Dinner** |
| **7:00pm-9:00pm** | **Welcome and Orientation** |
| **9:00pm-10:00pm** | **Evening Activities (Optional)** |
| **11:00pm** | **Lights Out** |


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# Friday, March 13th
# Learning & Skill Building

| | |
|---|---|
| **7:30am-8:30am** | **Breakfast** |
| **8:30am-9:00am** | **Opening Keynote**<br>Ben Glassen |
| **9:00am-10:30am** | **Session Block 1**<br>CityHive Workshop: Dream Food System |
| **10:30am-11:00am** | **Break** |
| **11:00am-12:00pm** | **Session Block 2**<br>Youth Led Panel Moderated by Ben Glassen |
| **12:00pm-1:00pm** | **Lunch** |
| **1:00pm-2:15pm** | **Session Block 3**<br>Careers in Food Systems: 2 x 30-minute sessions<br>(1:00pm-1:30pm and 1:45pm-2:15pm) |
| **2:15pm-2:45pm** | **Break** |

| | |
|---|---|
| **2:45pm-4:00pm** | **Session Block 4**<br>Hands-on Workshops |
| **4:00pm-6:00pm** | **Free Time** |
| **6:00pm-7:30pm** | **Dinner** |
| **7:00pm-10:00pm** | **Evening Activities (Optional)** |
| **11:00pm** | **Lights Out** |



# Saturday, March 14th
# Field Trips & Closing Celebrations

| | |
|---|---|
| **7:30am-8:30am** | **Breakfast** |
| **8:30am-9:00am** | **Opening Keynote**<br>Jess White |
| **9:00am-10:30am** | **Session Block 5**<br>CityHive Workshop: Changemaker Ecosystem |
| **10:30am-11:00am** | **Break** |
| **11:00am-12:00pm** | **Session Block 6**<br>Career Skills Workshop |
| **12:00pm-1:00pm** | **Lunch** |
| **1:00pm-5:00pm** | **Session Block 7**<br>Local Field Trips |



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| | |
|---|---|
| 5:00pm-6:00pm | Free Time |
| 6:00pm-7:30pm | Dinner |
| 7:30pm-10:00pm | Reflection, Wrap-Up and Evening Activity |
| 11:00pm | Lights Out |





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# Sunday, March 15th
# Departure

| | |
|---|---|
| 7:30am-8:30am | Breakfast and Check Out |
| 8:00am-8:15am | Final Goodbyes and Travel Reminders |
| 8:30am-8:45am | Load Buses |
| 8:45am | Depart for Ferry/ Bus Travel Home |
| 11:00am | Check Out |

**Note: For those traveling on their own, you are welcome to stay at Tigh-Na-Mara until check-out at 11:00am**



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# Packing List

## Suggested list:

**Clothing**

- Comfortable clothes for indoor and outdoor activities
- Your Rise Up! t-shirt (we will provide one when you arrive if you have not yet received one!)
- Warm layers (weather can change and be unpredictable in March!)
- Rain jacket
- Sturdy walking shoes or boots (we will be going outside!)
- Extra socks
- Pajamas
- Hat/toque for warmth & hat for sun protection
- Bathing suit (if you'd like to swim in the pool!)

**Personal Items**

- Water bottle
- Daypack or bag
- Toiletries (toothbrush, deodorant, etc.)
- Towel
- Any required medications
- Sunscreen

## Optional:

- Your Rise Up! Notebook/journal
- Reusable mug
- Figet toys/crafts as you wish!
- Your favourite snacks (in case we don't have it!)

## Please do not bring:

- Alcohol, drugs, or vaping materials
- Valuable items that could be lost or damaged



# Acknowledgements

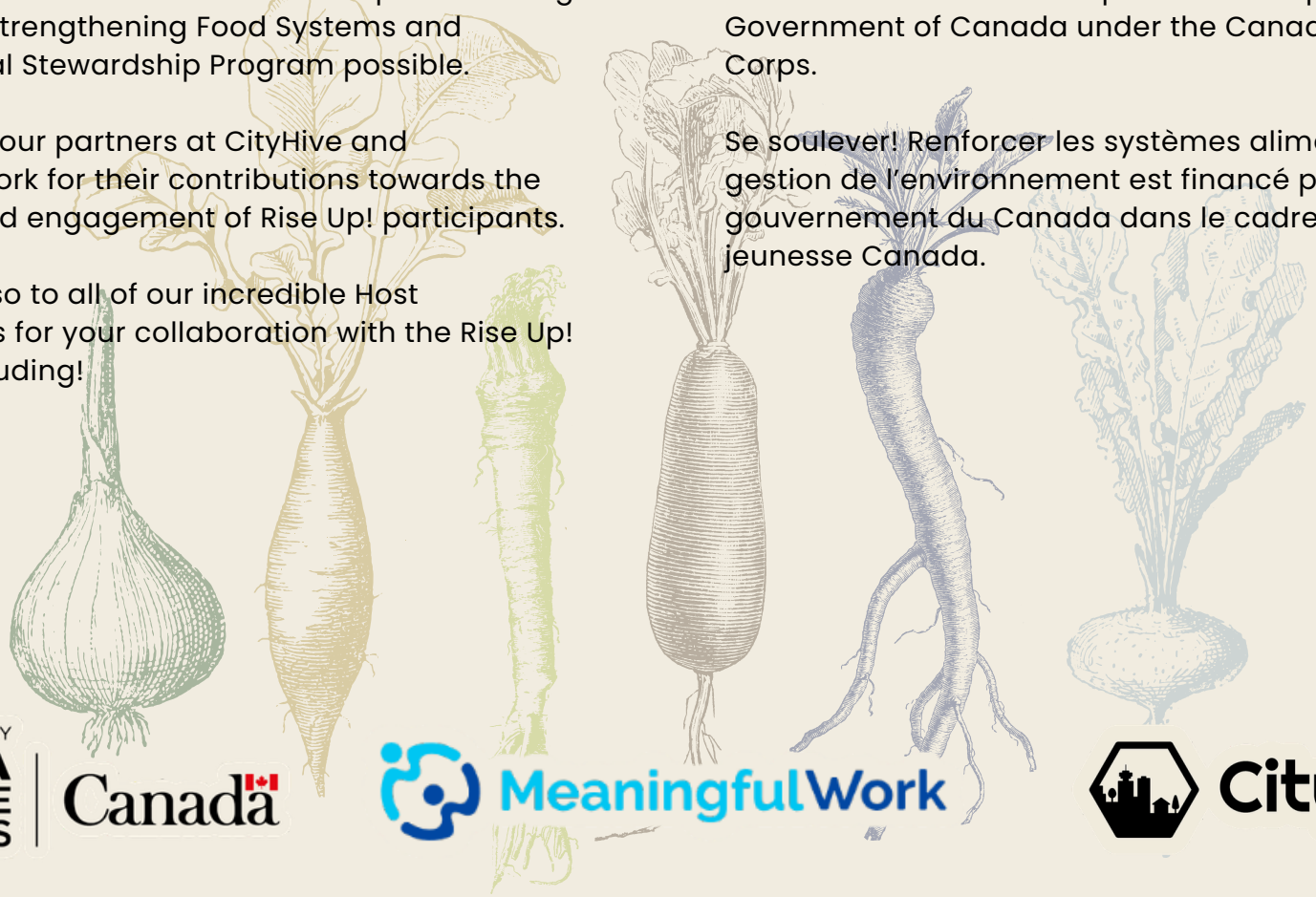
We would like to extend our sincere gratitude to our primary funders at Canada Service Corps for making the Rise Up! Strengthening Food Systems and Environmental Stewardship Program possible.

Thank you to our partners at CityHive and MeaningfulWork for their contributions towards the education and engagement of Rise Up! participants.

Thank you also to all of our incredible Host Organizations for your collaboration with the Rise Up! program including!

Rise Up! Strengthening Food Systems and Environmental Stewardship is funded in part by the Government of Canada under the Canada Service Corps.

Se soulever! Renforcer les systèmes alimentaires et la gestion de l'environnement est financé par le gouvernement du Canada dans le cadre de Service jeunesse Canada.



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