

Provincial Retreat
Information Package



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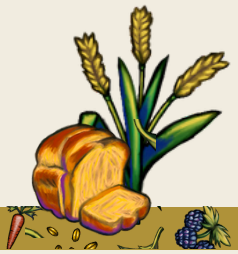


Welcome!



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!

The Rise Up! Team

General Retreat Information

Dates: Thursday, October 15th - Sunday, October 18th, 2026

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

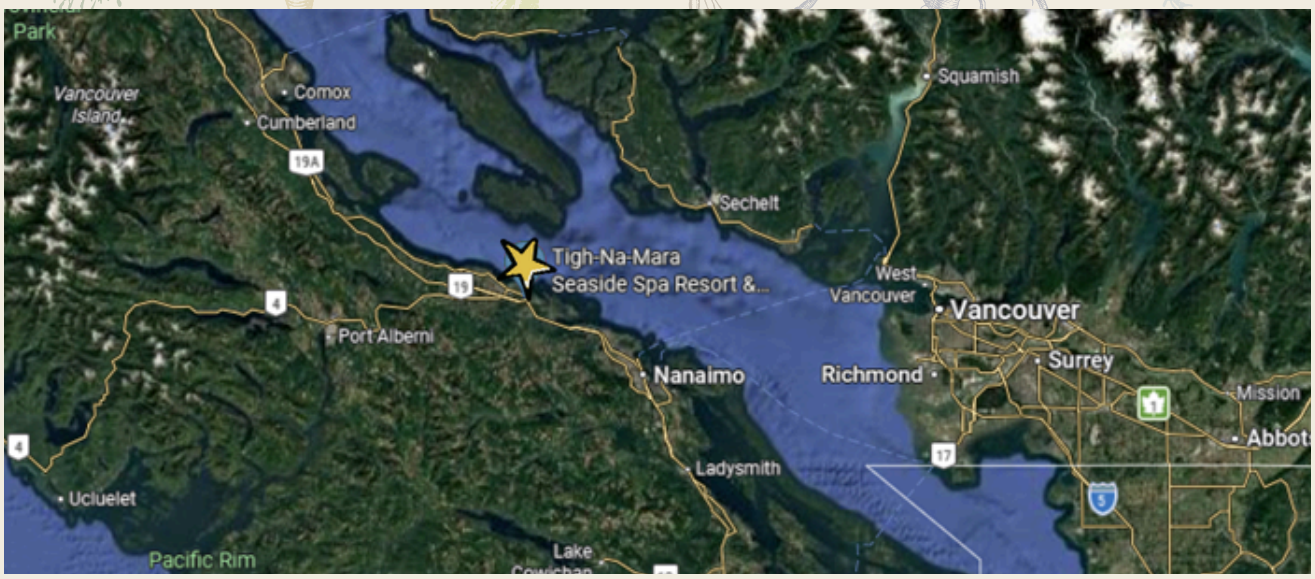
We acknowledge the land on which we will gather together is the unceded and traditional territories of the Coast Salish peoples, home to the Snaw-Naw-As First Nation and the Qualicum First Nation.

The majority of our time together will take place in several rooms on the first floor of the Conference Centre, 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.

Below is a map of where Tigh- Na-Mara is located on Vancouver Island. If you're interested to check out the resort, you can also visit an interactive map on their website here. We will be doing an orientation of the site when everyone arrives on Thursday, October 15th.



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Meals and Refreshments

- **Breakfast buffet:** 8:00am - 9:00am
- **Lunch buffet:** 12:00pm - 1:00pm
- **Dinner buffet:** 6:00pm - 7:30pm

- **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 display 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 fridge, 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, October 15th from 4:00pm - 7:00pm.

Communications

Our amazing PHABC communications team will be joining us at the retreat! They'll be capturing photos and videos throughout the weekend to help showcase the Rise Up! experience and celebrate the incredible work and connections happening across the program. Just a few quick notes regarding communications:

- **Headshots and group photos:** There will be opportunities to have professional headshots taken during free time on the afternoon of Friday, October 16. We will share more information at the retreat if this is of interest to you! The team will also be taking group and activity photos throughout the retreat.

- **Your consent matters:** We have already collected photo and video consent from participants. However, you can withdraw your consent at any time. If you no longer wish to be photographed or filmed, please let a Rise Up! staff member know at any point during the retreat.

- **Not comfortable being photographed?** That's completely okay! Please let staff know when you arrive, or speak with us during the retreat, and we'll make sure the communications team is aware and respects your wishes.

- **Social media:** Photos and videos from the retreat may be shared on Rise Up! and PHABC social media channels and in other program communications. We'll use these photos to highlight youth leadership, community connections, and the impact of Rise Up!

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 following section!



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 and 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
Tigh- Na- Mara Main Office	Tigh-Na-Mara Guest Services	250-248-2072
Lauren Bernardi	Rise Up! Manager, First Aid Attendant	250-884-5526
Megan Viszlai	Interior Regional Lead, First Aid Attendant	250-308-8550
Jo Van Winkle	Northern Regional Lead, First Aid Attendant	604-793-8920
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

Transportation Overview

Rise Up! has organized group travel options for participants from each region to help make getting to and from the Provincial Retreat as easy as possible.

Travelling independently? If you choose not to participate in the organized group travel, you can be reimbursed for eligible travel costs incurred to attend the retreat (e.g., ferry tickets, mileage).

For more information, please see the Rise Up! Provincial Retreat Travel Guide for a detailed breakdown of the regionally organized travel options, meeting points, schedules, and information about travel reimbursement.

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Program Agenda

Thursday, October 15th

4:00pm-6:00pm	**Check-in and Registration**

Note: For those traveling on their own and meeting us at Tigh-Na Mara on October 15, room check-in starts 5pm, but you are welcome to come as early as 4pm to visit the Rise Up! registration table.

6:00pm-7:30pm	**Dinner**
6:45pm-9:00pm	**Welcome and Orientation**
9:00pm-10:00pm	**Evening Activities (Optional)**
10:00pm	**Room Checks**
11:00pm	**Lights Out**

Friday, October 16th

8:00am-9:00am	**Breakfast**
9:00am-9:30am	**Welcome and Keynote**
9:30am-12:00pm	**Morning Workshops**
12:00pm-1:00pm	**Lunch**
1:00pm-4:00pm	**Afternoon Workshops**
4:00pm-6:00pm	**Free Time - Optional Headshots**
6:00pm-7:30pm	**Dinner**
10:00pm	**Room Checks**
11:00pm	**Lights Out**

Saturday, October 17th

8:00am-9:00am	Breakfast
9:00am-9:30am	Morning Keynote
9:30am-12:00pm	Morning Workshops
12:00pm-1:00pm	Career Fair Luncheon
1:00pm-5:00pm	Field Trips
5:00pm-6:00pm	Free Time
6:00pm-7:30pm	Dinner and Regional Group Photos
8:00pm-10:00pm	Campfire and Evening Activities (Optional)
10:30pm	Room Checks
11:00pm	Lights Out

Sunday, October 18th

7:30am-8:30am	Breakfast and Check Out
8:15am-8:30am	Final Goodbyes and Travel Reminders
8:30am-8:45am	Interior and Northern Groups - Load Buses and Depart
9:00am-10:30am	Island, Fraser, and Vancouver Coastal Groups - Wrap Up and Reflection
10:45am	Island, Fraser, and Vancouver Coastal Groups - Load Buses and Depart

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 October)
- Rain jacket
- Sturdy walking shoes or boots
- Extra socks
- Pajamas
- Hat/ toque for warmth and hat for sun protection
- Gloves to keep your hands warm when outside
- 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
- Fidget toys/ crafts as you wish
- Your favourite snacks (in case we don't have it)
- Nicer shirt or outfit to wear for headshots

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.

Public Health Association of BC

RISE UP!

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www.RiseUp-PHABC.org

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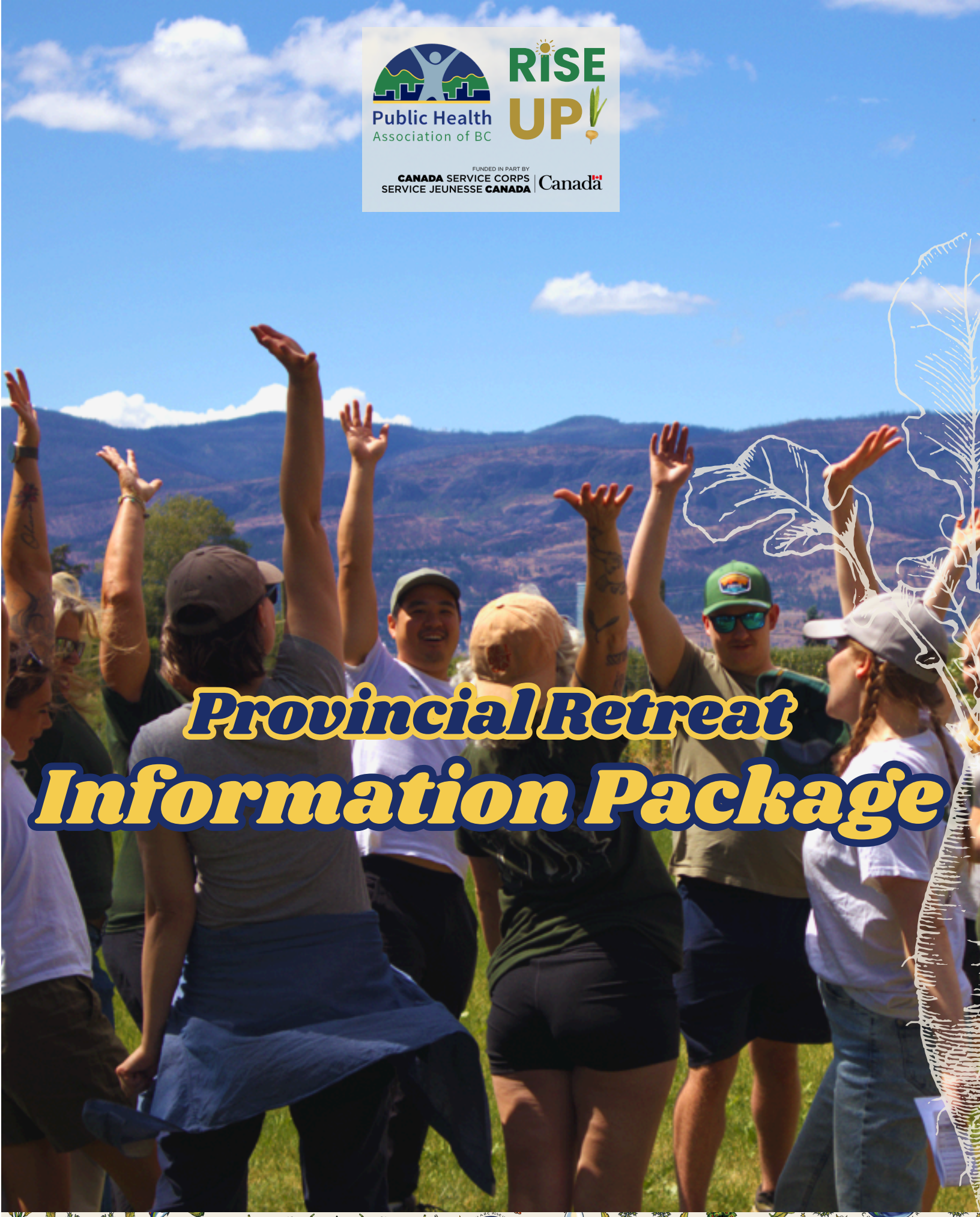

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