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**EmpowHer Camp**

**Camper Application**

EmpowHer Camp is a fun year-long program for girls with disabilities! EmpowHer Camp starts with one week of adventurous camping in the Adirondacks where we explore nature, make friends, and laugh around the campfire. We also connect with mentors who will help us set goals and achieve them! After our camping trip is over, you’ll go home and work on a project that interests you and you’ll talk with your mentor every month! Next summer, girls go on a trip to Washington, D.C.! In D.C. you will reunite with your friends and mentor, present your project, and explore our nation’s capital!

**Below is the schedule for the 2021-2022 EmpowHer Camp:**

August 15 – 20, 2021, Camp trip in the Adirondacks, NY

Aug 2021 - July 2022 - Local project and monthly mentoring sessions

July 2022 – Reunion trip in Washington, DC (Dates TBD - 5 days)

Application Deadline: April 30, 2020

**Campers expectations**:

* Participate in a week-long, overnight camping trip in the Adirondacks.
* Create and complete a year-long project on disability and disaster preparedness in their hometown after completing their first week-long camp. (We will help you!)
* Talk with their mentor at least once per month between the initial Adirondack Camping Trip and the Washington, D.C. reunion trip.
* Attend the 5 day reunion trip in Washington, D.C. in July 2022 to present their final project.
* Raise $125 for the Adirondack trip by July 1, 2021. (We can help you!)\*
* Raise $200 for the Reunion trip in D.C. by June 1, 2022. (We can help you!)\*
* Campers must be between the ages of 13 and 17 years old.
* **Campers must abide by the rules of EmpowHer Camp, including COVID-specific safety rules and our “no phones/electronics” rule.**

\* If any family has a concern about fundraising, please feel free to email us. We’re happy to talk!

**Background:**

The intent of EmpowHer Camp is to empower girls with disabilities to live to their fullest potential and have the confidence to lead! We do this by bringing together young women with disabilities each summer to learn new skills and connect with successful disabled women mentors.

Each year, a group of 8-10 disabled young women are invited to the Adirondacks for one week to have fun and learn about survival and life skills while connecting with mentors. Girls will be invited to Washington, D.C. the next summer for an exciting reunion trip to explore how they have grown as leaders! During the year between the first trip and the reunion trip, girls with disabilities will create a yearlong local project involving inclusive disaster strategies.

Girls with disabilities will work on their project throughout the year and talk with their mentor monthly. Projects will be as unique as each girl in our program because projects are designed around each girl’s interests! For example, one camper may work with an emergency shelter to make access improvements, and another may work with her town to ensure there are interpreters during emergency announcements! Mentors will help girls with the yearlong project and with anything else the girls want to talk about!

**Cost of Camp and Fundraising expectations**:

* The majority of the funds needed to run camp are raised by Disability EmpowHer Network through donations, grants, and corporate sponsorships.
* Each participant must raise $125 by July 1, 2021. These funds will be directly allocated to the cost of the camper’s participation in camp.
* Each participant must raise $200 between Aug. 2021 and June 1, 2022. These funds will be allocated to the cost of the camper’s participation in the reunion trip.
* **Disability EmpowHer Network will assist participants in fundraising efforts.**
* Participants must raise funds from a minimum of three donors. Participants may not ask their parents/guardians to cover the full cost of either fundraising goal. Instead, campers must use their communication skills to raise the funds from multiple different sources (family members, friends, local businesses).
* Participants and parents are encouraged to work with Disability EmpowHer Network to identify local businesses and other donors who may be interested in making larger donations to Disability EmpowHer Network to assist with the cost of camp. **This is not a requirement.**

**Participant Contact Information**

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Phone Number (cell): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number (home): \_\_\_\_\_\_\_\_\_\_\_\_

**Parent/Guardian Information**

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Phone Number (cell): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number (home): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Participant information:**

Disability: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Age: \_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there anything else you’d like us to know about you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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For those who are Deaf, hard of hearing, or with other speech / communication disabilities, please indicate phone preferences (e.g. VRS / texting on cell):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PARENT/GUARDIAN SECTION:**

**TO THE PARENT/GUARDIAN:**

**We are so excited that you are interested in EmpowHer Camp! Please feel free to type directly into this open MS Word document, or print it and fill it out by hand. If filling out by hand, please create more space for your answers between each question.**

1. How long and how many times has your girl been away from home?
2. How does your girl manage with being away from home? What tips and information should we be aware of in regards to this?
3. Please list all accommodations (if applicable) that your child would need to fully participate in our program:
4. What medications does your child take? What are the medications for?
5. Does your child have any regular medical routines (such as cathing four times per day or performing a bowel program, etc)?
6. Can your child take her medicine and perform her regular medical routines with or without assistance? If assistance is needed, what type of assistance?
7. What dietary restrictions does your girl have, if any?
8. Does your girl have any allergies?

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1. Girls go without electronics during our program, except for phone time once during their stay. Do you foresee any challenges to this policy for you or your girl?
2. EmpowHer Camp is a **year long** program. The program starts with Step 1: a week of camping in the Adirondacks. Step 2: working on an emergency preparedness project at home for one year while regularly talking with her mentor. Lastly, Step 3: Girls end the program with a week-long trip to Washington, D.C. the next summer. Do you foresee any challenges to completing the program for you or your girl?
3. Please rate your girl’s skill level in the following areas on a scale of 1 – 10. To guide you, 1 means “None: My child has no experience in this area,” 5 means “Good: My child has some knowledge and a little experience in this area” and 10 means “Excellent: My child is an expert in this area.” You can score any number between 1-10.

Camping: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Public Speaking: \_\_\_\_\_\_\_\_\_\_\_\_\_

Team work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Problem solving: \_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Planning: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Basic Survival Skills (such as starting a campfire or reading a compass): \_\_\_\_\_\_\_\_\_\_\_\_

Independent Living Skills (bathing, toileting, cleaning, etc): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Communication Skills: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Leadership Skills: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How would you rate your girl’s confidence on a scale of 1-10? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Please feel free to describe additional information about your girl (Related to school, family, friends, and including any recent life events)

*Thank you for completing the first part of the application. The next portion is for your girl*

*to complete.* ***We request that you let her complete the questions on her own or, when necessary, with the assistance of a non-parent/guardian****.*

**GIRLS SECTION:**

**We are so excited that you’re interested in EmpowHer Camp! We want to make this the best possible experience for you and the other girls in the program. We're asking the questions below to get to know you better. We’re not checking how you spell or write. We do want you to complete the questions below without help from your parent/guardian. We really want to hear from you.There aren't any "right" or "wrong" answers; just be yourself and let us know who you are. Thank you!**

1. What do you think makes a good leader? What are you looking to gain by participating in Disability EmpowHer Network’s Leadership Camp? (up to 1 page answer)
2. Do you currently have any role models that are successful women with disabilities?
3. What about your school do you like? What do you find challenging?
4. How has the pandemic impacted your life?
5. How do you feel about camping away from home for one week?
6. What’s the longest you’ve been away from home without your parents/guardians? What did you do?
7. Tell us about something that you’re proud of.
8. Do you think you will need help (or reasonable accommodations) to participate in our program? If so, what kind of help would you need? (**Remember that it’s definitely okay to ask for help**!)
9. Do you take any medications? Do you know what your medicine is for?
10. Do you have any regular disability related routines? (such as going to the bathroom at a certain time or eating specific things?)
11. Can you take your medicine and perform your regular medical routines with or without help? If you can do it with help, what kinds of help do you need?
12. Girls go without electronics during our program, except for phone time once during their stay. Do you foresee any challenges to this policy for you?
13. EmpowHer Camp is a **year long** program. The program starts with Step 1: a week of camping in the Adirondacks. Step 2: working on an emergency preparedness project at home for one year while regularly talking with her mentor. Lastly, Step 3: Girls end the program with a week-long trip to Washington, D.C. the next summer. Do you foresee any challenges to completing the program for you?
14. Please rate your skill level in the following areas on a scale of 1 – 10. To guide you, 1 means “None: I have no experience in this area,” 5 means “Good: I have some knowledge and a little experience in this area” and 10 means “Excellent: I am an expert in this area.” You can score any number between 1-10.

Camping: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Public Speaking: \_\_\_\_\_\_\_\_\_\_\_\_\_

Team work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Problem solving: \_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Planning: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Basic Survival Skills(such as starting a campfire or reading a compass): \_\_\_\_\_\_\_

Independent Living Skills (bathing, toileting, cleaning, etc): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Communication Skills: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Leadership Skills: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How would you rate your confidence on a scale of 1-10? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Once both the Parent/Guardian and Girl portions of this application are complete please email these application pages back to us at disabilityempowhernetwork@gmail.org. This will complete the Application**

**COVID Considerations:**

EmpowHer Camp will be held at John Dillon Park in the Adirondacks, NY. This is an outdoor facility with miles of trails. All participants will sleep in lean-tos. Each lean-to will sleep three to four participants. During the day, participants will be expected to remain 6 feet apart whenever possible and wear masks. At night, participants will be expected to configure sleeping arrangements to allow as much distance as possible - mentors will assist with this process. Hand sanitizer and sanitizing wipes will be available at every lean-to, in all outhouses, and in all activity areas.

Every person ages 16+ will be required to be vaccinated in order to attend camp, unless medically unable to be vaccinated.

All persons attending camp will be required to test negative for COVID within three days of attending camp.

All participants will be required to sign a liability waiver which will include recognition that the participant is freely volunteering to participate in EmpowHer Camp and that the participant recognizes the risks of COVID-19. Parents/guardians will also be required to sign this form.

**If it is determined that we are unable to host EmpowHer Camp due to statewide or national COVID safety concerns, we will make our best efforts to ensure that selected participants can participate in EmpowHer Camp when it is safe to do so.**

Please note, as of April 2021, New York State does not have any travel restrictions for individuals traveling to New York from other places within the United States.

The New York State travel restrictions are subject to change at any time, without notice.