



## GUIDELINES FOR HERITAGE FAMILY CAMP

### **NERINGA VALUES**

#### ***Lithuanian Culture***

Neringa is a Lithuanian cultural camp. We come to Camp Neringa specifically to learn as much as we can about Lithuanian culture and heritage. Each of us comes to camp with different experiences of our Lithuanian heritage and we enrich each other's experiences as we share our own knowledge and traditions.

#### ***Faith & Spirituality***

Neringa is a Catholic camp. Through the beautiful natural surroundings of Neringa and by creating a cooperative family atmosphere, we feel the presence of God and God's loving concern for each one of us. Prayer is included in camp life to help us experience that faith is a part of our everyday lives.

#### ***Personal & Family Growth***

Life at camp gives us a different opportunity than the one we have at home to explore who we are personally and as a family. By living closely with other families, by actively taking part in all activities and joining in the creative programs, we experience ourselves in new ways and grow as individuals and families.

### **THE DAILY ROUTINE**

#### ***Morning***

- Each Neringa day begins with breakfast which families eat together in the dining room. After breakfast there is time for general cleanup and preparations for the day.
- Daily activities begin at morning flag raising. Everyone gathers together with their families at the flag area. At this time directions will be given for the day's activities. During this time families greet each other in the form of a family "šūkis" (cheer). These greetings are fun little jingles that your family will create while at camp.

- Family morning prayer and reflection follows flag raising. Reflection topics, ideas, and resources will be provided.
- The rest of the morning is spent in various activities. Some activities will be for families to do together while some will be for the children and parents separately. Programming is provided for children 4 and older. Children under 4 years old may attend the children's activities but we ask that parents accompany them.

#### ***Afternoon***

- Lunch is followed by some free time.
- The afternoon is a free time for families to spend together. Most families enjoy spending this time at the pond. As noted below, families are responsible for their children during this free time.
- An afternoon snack follows free time after which there are more activities for families, children, and parents until dinner.

#### ***Evening***

- Dinner is followed by a flag lowering ceremony and an evening program. Families will be involved in the evening program together.
- An evening prayer and a night snack conclude each day.
- Parents are responsible for putting their children to sleep. We ask everyone to respect each family's need for quiet at this time.
- Once children are asleep parents are invited into the main lodge for informal fellowship.

### **SPECIFIC GUIDELINES**

*Family camp is a unique experience to camp together with your children. Camp Neringa works to ensure everyone's safety at camp but as parents you are responsible for your children and their behavior and safety during common family activities and free time.*

**In particular please be aware of the following:**

**The “Skambutis” Bell** – All common activities are signaled by the ringing of the main bell (“skambutis”). When you hear the bell, gather together on the porch of the main lodge or in a previously designated area. A schedule of daily activities (for which the bell tolls!) is posted in the dining hall.

**The Call for Attention** – A counselor’s raised hand is the signal for quiet and attention. Counselors will not shout or use whistles, therefore, as soon as a hand is raised, it is important to quiet down your children to be ready to listen.

**Dining Room** – Meals are eaten together with everyone at camp. Each meal begins with a prayer after which families approach the counter to pick up their food. We request that parents assist their children at mealtime to ensure that they are eating properly and not wasting food. The meal will finish with a common prayer and some announcements. Each family must clear their dishes and clean their table before leaving. Dishes, cups or utensils are not to be taken out of the dining room.

**The Groundskeeper’s House, Cook’s Cabin, Sisters’ Residence** – Our groundskeeper has his own house, our cooks have their cabin, and the sisters live in the building adjacent to the chapel. Please respect this property and their privacy.

**The Chapel** – The Chapel is always open to use as a quiet place of reflection and prayer.

**The Woods** – The woods are big and misleading. Do not let your children into the woods beyond the cabins without an adult.

**Smoking** – Smoking is not permitted in all areas except in the workshed, where smokers must dispose of cigarettes safely.

**The Pond** – Children must be accompanied by an adult at all times when at the pond, whether swimming or playing in the area. During family camp your child’s safety at the pond is your responsibility. A common time for swimming is scheduled every day after lunch. (During this time counselors are preparing for afternoon and evening programs and are not available to assist at the pond. Families are responsible for

their own family time.) The boats can be used with an adult. Swimming in the deeper water is allowed only for those who can swim.

**Tree House** – The tree house is available to use only with an adult. Please ensure your children do not use the tree house by themselves.

**First Aid** – If anyone is not feeling well or is seriously hurt, immediately report this to a counselor or the Summer Manager. The camp has arrangements with local doctors to provide health care. Arrangements to see the doctor need to be made through the Summer Manager.

**Keeping Neringa Clean** – Everyone is responsible for cleanliness at camp and picks up after themselves, keeping common areas clean. Each family is responsible for the cleanliness of their cabins. Cleaning supplies are provided in each cabin and garbage should be disposed of in the dumpster. A common cleaning time will be scheduled to clean the camp before the end of the session. Parents will be held financially responsible for any damage done to camp property by their children.

**Washers & Dryers** – Coin operated machines are available to use during your stay. They are located in the shower houses.

**Pets** are not allowed.

**Gum chewing** is not allowed.

**Telephones** – The dining room phone can be used to call 911 in case of an emergency. Neringa phone number: 802-254-9819. If you need to make a long distance call please ask administration. In case of urgent need to access email, the computer at the end of the dining hall may be used.

**Cell Phones and Internet** – Neringa has limited WiFi access. The WiFi service is needed for administration and camp work. If parents need to use the phones or WiFi for work or other purposes, we ask that you leave the camp and drive down closer to the town for a better connection. We ask that all respect the Neringa members initiative to unplug at Neringa. Let us take advantage of the time we have at camp with our family. Neringa does have telephones that you may use if there is a true need.

