

# Christchurch CISV

## Summer Camp

### Pre-camp 2



“I can change the world with my own  
two hands.

Make it a better place.

Make it a kinder place.

Make peace on earth.

Make it a brighter place.

Make it a safer place.

Clean up the earth.

Reach out to you.

Help the human race

With my own, with my own two hands”

## ***“With my own two hands”***

Summer Camps have themes so that together the camp leaders, staff and delegates can develop a program that will give unity to the camp and help make activities more focused.

Our “With my own two hands” theme comes from the Ben Harper song <http://www.youtube.com/watch?v=aEnfy9qfdaU> by the same name. In the song he sings about making the world a better and more peaceful place with his own two hands. So what we want you to think about is how you as an individual or how you as an individual who is part of a global network (CISV) can make the world a better and more peaceful place.

So many people think that they are incapable of making an impact on the world by themselves and they can just leave it up to other people. This theme aims to inspire action in you the participants for a more peaceful world.

CISV has had nearly 300,000 participants in its history. Imagine if all of those participants did something small in their lives to make the world a better place. That would have a massive impact on this world.

Having a theme also means that everyone can start preparing for camp now, by planning activities and energizers that are somehow related to our theme “With my own two hands.” The activities do not have to be directly about the theme but we would like at the end of every activity for you to come up with concrete achievable actions that you can implement in your own lives to help solve the issue that the activity was about.

### **What to do?!?!**

Brainstorm with your delegation and create your own ideas of what you can do as individuals to make the world a better place. Bring these ideas to camp so that you can share them during activity planning, the activities themselves and discussions. By doing this you will help us to achieve the goals of our Summer Camp!

Remember that this is YOUR Summer Camp and we need everyone to think of activities that will support the theme.

## NZ at a Glance



New Zealand is one of the most beautiful countries in the world. It is truly amazing with the amount of lush pure green space that we have all over the islands. We have a population of 4 million people and occupy only a small amount of our land mass, with most of our land being made up of natural forests, industrial pine forests, and farming land (sheep/cows/etc).

You are going to hopefully be amazed at not only our beautiful landscape, but also how nice we are here, the New Zealand people are some of the nicest, friendliest people you will ever meet. We all love and value our country and hope you will experience it just

as well as we do. We come very well equipped with everything you would want in the way of food, water, broadband internet, computers, all the standard western technologies, and all of this should make you feel very comfortable once you arrive.

The city that you will be staying near is Christchurch, it is a large city (pictured here →), which is well populated and recovering well after the earthquakes that have hit earlier this year.



We will be staying outside of the city in a rural township called Waddington at a campsite out there that is set up with everything we need. Being out in farmland this means the landscape that you will be experiencing more of will be closer to that seen in this picture here -->.

If you would like a great introduction to our country visit this web address - <http://exilelifestyle.com/reflections-zealand/> it contains a blog video by a traveller who has recently visited New Zealand and has a lot of amazing photos and good things to talk about in relation to our beautiful country.



We can't wait for you to check it out!

## Your Staff!!!



### Tess

- My nicknames include: T-Pain, TAP, T-Fizzle, TRex, Parkertron, Tess-el, Tessie, Tesslin, Tessabella, Tessabella Gypsy, Tessabella Gypsy Jenkins and Fabio.
- My toothbrush is purple and pink.
- If I were stuck of a desert island with only 3 items they would be: My glasses, the Harry Potter box set, and a Sombrero.
- My favourite CISV energiser is NaNaNa!
- My favourite CISV lullabye is Wonderwall, Oasis.
- My favourite thing about CISV is doing Kitos in public. Everyone might look at us like we're crazy, but I'm always happy to be loud and proud about being a CISVer!!!

### Scott

- I own an iPad, an iPhone, an iPod Shuffle, a MacBook Air, a PC, and also a MacBook Pro for work.
- I am a member of Mensa International.
- I love Ministry of Sound dance remixes.
- I play a 85 Shadow Priest in World of Warcraft.
- My favourite TV shows are - Glee, 24, Nikita, Torchwood, and Stargate.
- I hit the gym several times a week to keep fit.
- I teach chemistry and science to high school students.

### Rowan

- I sometimes study Biology at the University of Auckland
- I play water polo for the Waitakere Blue Devils
- I am kind of tall
- I am 21 years old
- I have been in CISV for more than half my life
- This will be the third camp I have staffed
- I really hate the pony song
- I have become addicted to TED talks
- I love to travel

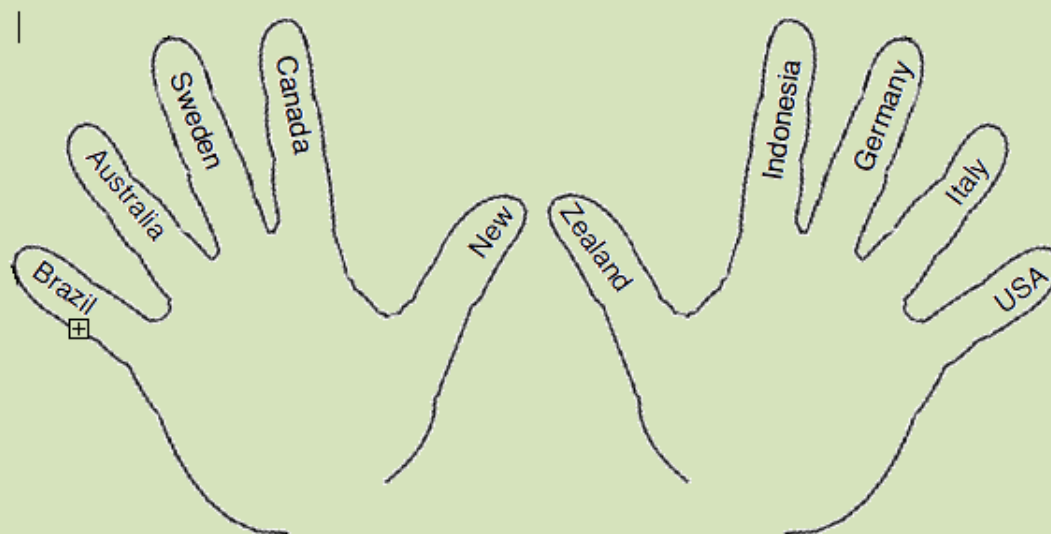
### Bronwyn

- I have been attacked by a monkey
- I have been on 13 CISV international programs/conferences
- I have blue toothbrush
- My cat is called Doris Allen
- I awkward trouted the president of CISV

### Lisa

- I was born in Nairobi, Kenya
- I own a modified 1968 VW Beetle
- My son Angus will turn 1yr old 5 days after camp
- My favourite house cleaning music is Cyndi Lauper's album 'She's so unusual'

## Who is coming to Summer Camp?



### Travel Information:

#### **Dates:**

Delegations should arrive in New Zealand before 1pm (1300 hours) on the 27th of December. This gives you enough time to arrive and get settled with your homestay family before the leaders leave for camp, to make their preparations. Delegates will be hosted by CISV families for two nights and will arrive at camp on the 29th of December. Everybody will leave the site in the morning on the 18th of January, so please book your flights to leave Christchurch on that day for sometime after 12noon (1200 hours).

If you need to arrive before December 27th or leave after January 18th because of airline schedules, please let us know so that we can find a CISV family to host you during your visit. Please email us if you have any concerns or queries about flight details and arrival times.

#### **Do you need a Visa to come to NZ?**

You will need to check with your local New Zealand Embassy (there may not be in your country – remember our country is very small!) If you need any sort of official letter or help, you can email Bronwyn Presland (Summer Camp Director) at [nzsummer2011@gmail.com](mailto:nzsummer2011@gmail.com)



#### **Airport**

Please book your flights to arrive and depart from Christchurch International Airport (CHC). You will not have to pay departure tax when you leave New Zealand as this should be included in your tickets. When you arrive at the airport look for someone holding a sign with your country/delegation leader's name once you come through to the public area. If you have any CISV shirts please wear them on arrival at Christchurch airport, just so we can spot you easily.

### CISV Documents/forms:

You will need to make sure that you have the required CISV forms for the camp. We have attached these forms, but if you cannot open the documents most of these forms can be found at <http://resources.cisv.org>. Just type the form name in the search engine in the main page and it will show the file you have to download and complete.

**There are some forms that you need to SEND as soon as possible! – Please email these forms to: [nzsummer2011@gmail.com](mailto:nzsummer2011@gmail.com) and bring the originals with you to camp. See these specific forms highlighted in the table below.**

<b>Form Name:</b>	<b>When do you need to send it by?</b>	<b>Who needs to fill in this form?</b>	<b>Special instructions.</b>
Delegation Information Form (Please note: this form has been specially created by the camp staff. Find it attached to precamp!)	November 1st (email to staff ASAP)	Delegation members	Email to staff and bring the original to camp.
Travel Information Form (TIF)	November 1st (email to staff ASAP)	Delegation Leader	Email to staff and bring the original to camp.
Health Form (HF2000)	Filled in before & brought to camp.	Participants Physician/ Leader takes to camp	Bring the original and three extra copies to camp.
Adult Legal Information Form (ALIF)	Filled in before & brought to camp (original and 3 copies)	Adult Leader	Bring the original and three extra copies to camp.
Youth Legal Information Form (YLIF)	Filled in before & brought to camp (original and 3 copies)	Participants and Legal Guardian / Leader takes to camp	Bring the original and three extra copies to camp.

**Delegation Information Form** – This is not an official CISV form, but has been created by the staff so that we get to know a little about you before camp! **It is attached to this pre camp.**

A copy of your tickets and passport details is also recommended. Leaders please also have one copy of the health and legal forms for each of the youth delegates in your hand luggage, to be given to the host family on arrival. The rest should be fine in your stowed luggage.

We suggest you leave copies of all the forms with your parents and a nominated chapter contact person along with photocopies of your tickets and passports, just in case the originals are misplaced along the way.

### **Campsite:**

We are staying about 40 minutes out of the city, in Waddington. We have a local pie shop, and the campsite has amazing views of the mountains. There will be information about the campsite in the next precamp, but for now here is a picture to give you a little taste of where we're going to be!



### **Medical Facilities:**

The village site will have first aid supplies and all of your staffies will be certified first aiders. Please if you need any kind of special medicine, bring an adequate amount for your entire stay in the camp. Don't forget to bring the prescription too (translated into English if at all possible). ALL serious health issues and allergies must be reported to staff in the medical form.

### **Host Families:**

Delegates will be staying with a host family before and possibly after the camp, depending on when your flights arrive/depart. We will try to keep delegations together, or at least have the delegates staying with families who live near one another. When delegates arrive please make sure you have enough clothes and toiletries in an overnight bag, so that the rest of your luggage can go directly to the campsite. All of the host families are nice, friendly CISV people! Please let us know if you have any special requirements or concerns.

### **Language:**

The official Language of our camp is English as it is the official language of CISV and most international camps.



Quick Fact: New Zealand has three official languages! – English, Maori (Te Reo) and New Zealand Sign Language. But on any day you could hear one of the 174 different languages found in New Zealand!

Here are a few words important in Maori that you may wish to practice:

Kia Ora – Hello, Welcome, Thank you (Key-or-ra)

Ka Pai – Well Done (Car-Pie)

Whanau – Family (Far-No)

### **Food:**

In New Zealand we generally have three main meals a day, a light breakfast (eg. cereal), a medium sized lunch (eg. sandwiches), and a large dinner (eg. stir-fry).

During the camp we will have great CISV kitchen staff cooking for us. We will try to have the food that everyone likes, but remember that you are coming from all over the world and are used to eating many different foods, so this is where you can experience our kiwi food.

We will have plenty of fruit available everyday to make sure we all have the energy we need.



### **Camp Shop:**

On-site we will have a small camp shop that we will be opening up each day with an assortment of treats and novelties for camp participants to buy if they wish. We will have a range of sweets, energy foods, frozen summer treats, and cold drinks available. You should bring some spending money to camp with you so that you can get a hold of some of these delightful items.

### **Special Diets:**

**VERY IMPORTANT:** Please let us know if you have any requirements regarding food; if you are vegetarian, have allergies to some types of food (such as peanuts) or are lactose intolerant. It is very important that you tell us before you arrive so that we can arrange this food for you! Please be as specific as you can. We do not want you to eat something that may make you sick.

### **Open Day:**

We will be having an Open Day during which CISVers and guests from the local community will be invited to come. We will have a program highlighting our camp activities. The open day will be planned together once camp starts. Each delegation will have a small booth where you may exhibit info about yourselves and your home country. Please bring items that you would like to display. You may want to bring some food or delicacies that will give everyone a taste of your country's cuisine. You can also bring some small souvenirs that you may want to give away. Posters of your country are also a good way for others to see some of your amazing country!

### **Money:**

When coming to the camp you will need money for shopping on our excursion days, the camp tuck-shop, camp t-shirt etc. This should not be any more than NZD\$500 and we recommend that this is the maximum amount you bring to camp.

Visit [xe.com](http://xe.com) to do a currency conversion calculation to see what this will approximately be in your own national currency.

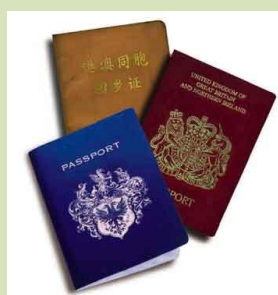
Leaders will need to bring additional funds for the two leaders nights out in Christchurch, and other extra spending they may make during the camp.



Please ensure the money you bring to camp is in New Zealand Dollars (NZD\$). You may be able to exchange your national currency to NZD\$ at our international airport. We will have a safe on site that will store your money and other valuables for the duration of the camp.

## What to Pack

- Lots of T-shirts.
- Lots of shorts.
- 2 pairs of pants.
- 2 jumpers (1 of these being really warm).
- Lots of socks and underwear (Enough to last only washing your clothes once every 10 days!)
- 3 pairs of Pajamas
- 1 pair of comfy clothes (ie: some sweat pants, or just something you wear for lazing around).
- 1 rain jacket.
- Togs (swim suit)
- Shoes for running around/ outdoors.
- Shoes for inside.
- Jandals (flip flops)
- 2 towels.
- Toothbrush and toothpaste.
- Any other toiletries you may need (deodorant, shampoo, soap, hairbrush).
- Laundry Bag (with your name and country written on it)
- A backpack for excursions.
- Reusable Water Bottle.
- Mosquito repellent and sunblock (If you have a favourite brand, We'll have plenty on site!)
- Camera (and batteries).
- Flashlight
- **Any Medication you need to use, and your prescription.**
- Any music you want to bring- iPods will be allowed if used with the speakers, to share music.
- Presents for your host family and also for the wonderful Staffies.
- Candy or other goodies from your country to share.
- Souvenirs and CISV shirts from your country to swap.



### **Documents**

- Passport (original, and 3 photocopies).
- Health Form/ HF 2000 (Original and 3 photocopies) –Make sure that it's signed!
- Visa, If needed.
- Insurance (Legal Form)/ALIF/YLIF (Original + 3 photocopies) – Make sure it's signed!

### **Do not bring:**

The following things you may bring for the travelling over to NZ, but will be taken away from you and kept locked away for the duration of the camp:

- Cellphones.
- Portable electronic devices (laptops, Nintendo's, PSP, etc)

## **New Zealand has very strict rules about what is let in and out of the country**

You may not bring in organic goods that could be agricultural risks.

Biosecurity risk goods that must be declared include:

- Any food including cooked, uncooked, fresh, preserved, packaged or dried goods.
- Plant or plant products including fruit, vegetables, leaves, nuts, parts of flowers, seeds, bulbs, fungi, cane, bamboo, wood or straw.
- Animals, animal medicines or animal products including meat, dairy products, fish, honey, bee products, eggs, feathers, shells, raw wood, skins, bones or insects.
- Biological cultures, soil or water.
- Equipment used with animals, plants or water.
- Articles with soil attached, outdoor sport or hiking shoes, and tents.

### **Laundry:**

We will have laundry services available at the campsite but bring enough clothes for 10 days as you may only have one time during the camp to do your laundry. You will be doing your laundry in your delegations and you will have to do it all yourselves.

### **Weather:**

It will be summer when you arrive in New Zealand. During summer it is warm and humid. The average temperature at this time will be about 23°C during the day (but can get hotter) and about 17°C during the evenings. The sun is very intense in New Zealand and sun screen/ sun block will need to be applied several times throughout the day, even on a cloudy day. We will also expect all participants to wear a **sun hat** when doing activities outside. Our weather conditions have been very changeable during the last few summers, so we will expect to have some rain. A waterproof raincoat is really important!

### **Music:**

We'd absolutely love to hear music from your country, or just all share some of our favourite bands. We have a CD player and speakers on site, so bring one or two CDs (with your name on them) or your iPod. We warn you now, your iPods will not be used for personal use- No individual listening or playing games on them. Your headphones will probably be taken off you, and iPods will be kept safe by one of the Staff. Music is best enjoyed when appreciated collectively, right?

### **Communication:**

At camp there will be one main way for the outside world to contact the participants on the camp; this is email. Our camp email address is [nzsummer2011@gmail.com](mailto:nzsummer2011@gmail.com) and it will be checked daily for incoming emails. Each email needs to start with the name of the participants, and the delegation they come from. Participants will not have access to a computer, but will have time to write letters or postcards that can either be scanned and emailed by the leader or posted by the staff at the delegate's expense.

Leaders will be able to email news from camp home to parents - we suggest telling your families not to expect more than one email per week as we will be very busy.



### **Gifts:**

As a way of saying thank you to host families it is traditional for participants to give them a small, inexpensive gift. And of course.... don't forget the awesome, huge, great, sweet presents for the wonderful staff... :)

### **Phones:**

Leaders please inform your delegation's families and your chapter that you will only be able to access a telephone at camp in emergency situations. Delegates will not be able to make or receive telephone calls at any point during the camp. We will allow Leaders to contact your delegate's families on arrival. It is highly advisable that all leaders contact (eg- group email) their delegate's families on arrival in New Zealand to let them know you arrived safely.

Leaders can bring cell phones with them if they would like, although you won't have much time to use them! – However, we understand that it is often good to send a quick text message to your families during the camp. You will need to check that your phone works in New Zealand, though. Talk to your cell phone provider to get this information.

### **Excursions:**

On the camp we will have two excursion days. On one of these days we will head out to see some of the amazing New Zealand landscape, and the other day we will be visiting a mystery location and a local mall for shopping. You will find out more information on these trips when you arrive at camp. Please bring tasers as the Velociraptors bite.



### **Religious Services:**

We will try and make religious services available to those who request them. If you do have specific religious services requests please contact us ASAP so we can try and find something suitable in the area of the campsite.

### **Drugs, Alcohol and Smoking:**

The use of narcotics, hallucinogenic drugs or chemicals is NOT PERMITTED at any CISV programme. It is illegal in New Zealand to possess, consume or sell narcotics (drugs) for any purpose except if prescribed by a doctor. Any participant found possessing or using narcotics will be sent home at their own expense.

The legal drinking age in New Zealand is 18. Any participants found drinking alcohol will be sent home at their own expense. Though it is legal to smoke cigarettes in New Zealand, delegates will not be permitted to smoke while on camp.

### **Leader's night out:**

Leaders will find out all about this at camp, but be assured that it's going to be awesome! Delegates will be looked after at this time by the chapter.

### **Swimming:**

There is a community swimming pool within walking distance from the camp that will be available for us to use.

### **Cultural Activity:**

At a Summer Camp as a delegation you will run a "Cultural Activity". This can be one for one activity slot (morning, afternoon or night) or it can run for longer if you wish. Your activity will need to be fully planned before you arrive at camp. This activity will allow you and your delegation to share part of your culture with the rest of the Summer Camp. These activities may include games, arts and crafts, food, drama or a new creative activity from your country.

### **THIS IS NOT THE SAME AS A CULTURAL NIGHT AT VILLAGE:**

**Your culture MUST be based around our theme AND relate to your culture. !!!!!!!!!!!!!!!!!!!!!!!**

### **What is the Aim of the Cultural Activity?**

The aim of cultural activities is to help educate ourselves about our different cultures. We do this through participating in a fun and educational environment, using our theme "With my own two hands" to share specific aspects of our different cultures. We will learn about ourselves and other cultures and how we can relate this to our own lives and to maybe use these skills to help others understand.

### **How can we incorporate our theme "With My Own Two Hands" and our own culture?**

Create a new fun activity or use an old one and change it to demonstrate something about your own culture and our theme.

- You may want to bring certain things that may relate in some way to our theme. These may include: newspaper or magazine articles or anything from your country that shows examples of people acting to create a better and more peaceful world.
- Bring materials from home (posters, instruments, newspapers, pictures, and silly objects). If you will need equipment when you get to New Zealand just let us know before hand and we will do our best to help you.

A final discussion or presentation is a great way to express your thoughts, opinions and ideas about our theme as it relates to your own country/culture.

If you'd like to share your country's food specialties with us, please let us know beforehand. If you want to - feel free to check with us what is available here, so you won't have to bring all the ingredients with you. We will do our best to purchase them for you, but we might have to charge you, depending on the cost.

### **A Summer Camp cultural activity is very different from a Village national night so think about the following things:**

- No national costumes are required, only if wanted.
- No national food is required, unless part of your activity, or if you would like to share with us.
- No national dance or song is required, although it can be used as an icebreaker.
- No booklets are required, only if wanted.

It is very important that all delegations arrive at camp with some understanding of the theme and a cultural activity prepared so if you are unsure about anything or have any questions please email your staff at [nzsummer2011@gmail.com](mailto:nzsummer2011@gmail.com).

**Contact numbers and addresses:**

**Contact prior to camp:**

Bronwyn Presland  
512 South Titirangi Road  
Titirangi  
Auckland 0604  
New Zealand  
Home / Mobile - 0064 21 1855765  
Email – nzsummer2011@gmail.com

**TO DO:**

- **Talk about the theme**
- **Start thinking about your cultural activity**
- **Send us your Travel Information Form**
- **Send us your Delegation Information Form**
- **Email the staff introducing your delegation**

In pre-camp three expect to find out more about the staff and the campsite among other exciting things.

