2018 Youth Congress
Student Handbook

An initiative of AFC+A in partnership with the US Forest Service
Green Ambassador,

Americas for Conservation + the Arts (AFC+A), the United States Forest Service, and other AFC+A partners are excited to have you join us this summer for the annual United Cultures for Arts and Nature (U-CAN) Youth Congress! U-CAN will advance your interconnectedness among people, cultural heritage, arts, and the natural world to foster your future as a conservation innovator. The 2018 U-CAN Youth Congress will be a transformative immersive nature experience where you will not only learn the resilience of nature and communities, but discover it within yourself. As a Green Ambassador you will be connected with inspirational mentors that will help guide you through this journey and provide you with the support needed to ignite your passion for creative expression and the desire to become environmental stewards. Through themes of art, culture, conservation, advocacy, and skill-building, we wish to empower the next generation of activists by helping you discover the tools within yourself to take positive action as a Green Ambassador in your own community to meet 21st century challenges.

Please review this handbook thoroughly, as many of your questions will be answered here. If additional questions do arise, please contact Danielle at UCAN@americasforconservation.org
A ground-breaking program, U-CAN recognizes and empowers a diverse generation of youth leaders. As a U-CAN Green Ambassador you will learn from world-renowned experts, grow to understand environmental, social, and economic interconnections via arts and cultural curriculum. There will be a connection of various programmatic components to create purposeful, complementary programming that will create a bridge between conservation and artistic/cultural activities. Mentorship is a theme that will flow throughout the program; from the Green Ambassadors mentoring each other and younger students, as well as U-CAN faculty mentoring Green Ambassadors. An inclusive, culturally sensitive, inter-generational, community-based program, U-CAN has the faculty, framework, and support to connect students to an opportunity pipeline where they will discover a world of conservation focused internships, jobs, or educational tracks outside of the traditional.

U-CAN TRACKS
There are 4 program tracks for the curriculum: Project Learning Tree, Forestry and Conservation, Food and Health, and the Arts. Each track will give you the opportunity to gain a better understanding of a new topic and how it relates to you and your interests as well as further connect with topics you are already passionate about.

Project Learning Tree (PLT)
PLT helps develop students’ awareness, knowledge, and appreciation of the environment, builds their skills and ability to make informed decisions, and encourages them to take personal responsibility for sustaining the environment and our quality of life that depends on it. Lessons are aimed to connect children to nature, engage students in learning, improve student achievement, and grow 21st century skills – including the ability to think critically and solve problems. As a U-CAN Green Ambassador you will become PLT certified so that you can take these skills home to start teaching the next generation of young conservation stewards in your community.

Forestry and Conservation
Cal-Wood Education Center provides a stunning backdrop for environmental education. Students will be mentored by a team from the United States Forest Service on Forest Health Education and Management Practices, Wildlife and Migration, Urban Forestry and Permaculture, and Watershed Practices.

Food and Health
Our meals will be prepared on site at Cal-Wood using fresh local ingredients, as well as by Tara Rodriguez Besosa, AFC+A’s Puerto Rico Director, who is working on the island to rebuild local community food systems. In addition to this focus on nutrition, the importance of being active will be emphasized through Zumba, hiking, and other physical activities.

The Arts
Art is a universal language and a powerful tool in advocacy and conservation. Students will be lead by world renowned artists in visual, verbal, and sound arts workshops. Through this mentorship student’s will learn how to foster their passion and talents in arts to use it for advocacy and conservation gains.
ADVENTURE ENRICHMENTS
Students will engage in adventure enrichments to further expand their experience at U-CAN and take advantage of the beautiful Rocky Mountain setting of U-CAN. This will include everything from hiking to Zumba and archery.

COMMUNITY CIRCLES
This is an important time for students to be able to reflect and better absorb their experience from the workshops during the day and energize them for the challenges ahead. The community circles will be a supportive and culturally sensitive space for everyone to open up and get to know each other on a deeper level. It will be a time for engaging the group through different activities and prompts that are meant to facilitate a more meaningful experience and connections among all in attendance. Circles will be a time for students to further build on their leadership abilities and emotional intelligence.

U-CAN COLLABORATIVE FAIR
All Green Ambassadors are coming to U-CAN with their own skills, culture, and interests. The goal of U-CAN is to encourage, highlight, and elevate those within each student by providing an environment that facilitates them in unlocking and further exploring their passions. Throughout U-CAN, students will be encouraged to think about how the things they are learning and experiencing can be used to enhance their own abilities. Student leaders will be exposed to a variety of perspectives that will encourage them to combat environmental issues from non-traditional career paths. After conferring with their fellow student leaders and contemplating their own personal strengths, they will collaborate and plan a fair for the final event of U-CAN on Saturday, August 11th. The fair will be student planned with various performances, stations/workshops, etc. that will serve as an exhibit of student’s talents. AFC+A partners and our Promotores Verdes Family Program will be invited and all students’ families are invited to see the work of this cohort of Green Ambassadors.

If you have a talent, interest, and/or piece of your culture you wish to share, please come prepared with anything you may need (instrument, cultural outfit/ragalia, props, etc.).

KEYNOTE SPEAKERS
Every evening students will have engaging keynote speakers to enhance their U-CAN experience. Speakers will be cultural based and include topics including the intersect of culture and adventure activities, science and conservation, and art as a form of expression and advocacy.

SERVICE LEARNING PROJECT
Throughout U-CAN, there will projects aimed at educating students on the importance of servicing and maintaining our public and private lands so that future generations may continue to enjoy and experience them. Woodsy Owl’s 5 R’s of Reduce, Reuse, Recycle, Restore, and Rot will be explained and emphasized while students maintain trails and other preservation activities at Cal-Wood. This activity is meant to show students the importance of these actions, as well as how easy it is to connect with similar projects close to their homes after U-CAN.

A TYPICAL DAY
Your days at U-CAN will be full of getting to know your fellow Green Ambassadors and mentors, participating in workshops, and much more. A typical day will include:

7:00am Breakfast
8:00am Community Circle
9:00am Workshops & Adventure Enrichment
12:00pm Lunch
1:00pm Workshops w/ afternoon snack
6:00pm Dinner
7:00pm Keynote Speakers
8:00pm U-CAN Fair Planning
9:00pm Community Circles
10:00pm To Your Cabins
10:30pm Lights Out

Please note the exact times and activities may change in the final agenda.
Your time at U-CAN will be a wonderful experience in growing as a young environmental steward, artist and leader. You will also get to experience true Rocky Mountain living through our stay at Rocky Ridge Music Center. In preparation for your time at U-CAN we ask that you please review these guidelines on what to expect throughout your stay so that you can best prepare for this experience. If you have any additional questions after reviewing thoroughly you may contact us at danielle@americasforconservation.org.

CAL-WOOD EDUCATION CENTER
Roger and Oral Calvert donated their Boulder County foothills ranch in the late 1970's, along with an endowment to The Pilot Trust, with a vision that their land be used as a place for people to learn about the environment. Shortly thereafter The Pilot Trust established their special 1,040-acre mountain property as a private, non-profit education center called Cal-Wood Education Center. (The Calvert Family also donated 500 acres of land to Denver Public School District for what is now Balarat Outdoor Education Center.) The name Cal-Wood honors the names of the Calvert Family and Larry Wood, a close friend who was instrumental in the establishment of the organization. Since 1981, Cal-Wood Education Center has conducted programs that honor the Calverts' love for sharing nature with others, particularly children. Rafael Salgado currently runs Cal-Wood and we are honored to have one of our keynote speakers from the first U-CAN as our host this year.

TRAVEL BY BUS
U-CAN will provide transportation from Denver to Cal-Wood on August 5th and back on August 11th. Parents/students are responsible for completing the required Arrival/Departure form which will determine our shuttle drop-off and pick-up location. It will be your responsibility to get to the shuttle location on time for a timely departure and pick up.

TRAVEL BY STUDENT
Students of age and with a valid drivers license may drive themselves to Cal-Wood for U-CAN with written consent by their parents as specified in the required Arrival/Departure form. However, after arrival, the students shall not be permitted to drive their vehicle, or any other, at any time during their enrollment in U-CAN. Students will be asked to surrender their car keys during check-in which will be kept secure during their stay at Cal-Wood. The students keys will be returned for their departure only after the conclusion of the U-CAN program on August 19th.

PARKING
Parking is available in the lower parking area near the entrance. You must then walk up the rest of the way to the main cabin area. Due to extremely limited parking closer to the cabin area, we ask you to utilize this lower lot to keep the closer one free for staff or those with special needs.
WHAT TO EXPECT

ARRIVAL AND CHECK-IN
Students should arrive to Cal-Wood on Sunday, August 5th between 1:30 and 2:30pm. You will be directed to check-in upon arrival.

VISITORS
Visitors will not be allowed during the U-CAN congress. This is to allow students to be fully immersed in the experience. Parents are encouraged to drop-off and pick-up your students so that you can see what your child has been up to at Cal-Wood. All are welcome to attend the U-CAN Fair on the final day from 10:00am - 12:00pm.

DEPARTURE AND CHECK-OUT
Our program ends Saturday, August 11th at 1:00pm. Students will have check-out responsibilities that will be shared with them by cabin regarding packing, storing their luggage and cleaning up their respective cabins prior to the U-CAN Fair. Students are responsible for ensuring they take all personal items home. Parents who will be picking up their students need to arrive before 1:00pm and again are encouraged to attend the U-CAN Fair. Shuttles for both the airport (DIA) and Denver will depart at 1:00pm. A U-CAN representative will accompany the out of state students to the airport to assist in checking-in for departing flights. Parents/students are responsible for completing the required Arrival/Departure form to declare your departure plans.

LOST AND FOUND
Lost and found will be located in the office throughout U-CAN. Please remember to take all your belongings home with you! Cal-Wood and AFC+A are not responsible for sending items to students after departure. All items left in lost and found after U-CAN will be donated to a local charity.

STUDENT COMMUNICATION
Cal-Wood is located high in the mountains where cell phone service is unreliable and most cell phone carriers do not receive service in this location. Students may bring their cell phones for travel purposes on arrival and departure day. Students with cell phones will be asked to register them with us during registration as a security measure. The safekeeping of cell phones will ultimately be the students responsibility. Parents should be prepared to not communicate with their child via cell phone for the duration of U-CAN. In case of an emergency parents may contact the Cal-Wood office at 303-449-0603 and students may use the office phone to make domestic calls if needed.

MEALS
Nutritious home-cooked meals with a vegetarian option are served buffet-style in the Dining Hall. Cal-Wood makes every effort to be a nut-free campus; however we cannot guarantee it. If you have food allergies, please notify us prior to your arrival. The kitchen will be closed after meals, but fresh fruit and snacks will be available throughout the day. Cal-Wood and AFC+A’s kitchen staff a unable to prepare special meals unless medically necessary and authorized in writing by a licensed physician. Because of wildlife, food is not permitted in cabins and we ask students and parents to not pack food items in luggage that will be placed in cabins for that reason.

CURFEW AND LIGHTS OUT
Your days at U-CAN will be filled with activities and a full schedule. A curfew is established and enforced to help you maintain your personal best throughout the congress and to respect the needs of every student. Lights-out and curfew times apply to all students regardless of age.

CABIN ASSIGNMENTS
Cal-Wood provides separate living quarters for male and female students. If you have any special considerations surrounding this arrangement, please notify U-CAN staff. It is expected that students will honor the privacy of others. Students will be assigned a cabin upon arrival at Cal-Wood at check-in. You are not permitted to enter any cabins or living quarters other than your own. Each cabin will have a student mentor that will establish cabin rules, help the students get settled, enforce curfew, lights out, and wake up times, etc. In addition their will be opportunities for cabin specific activities for students to have the opportunity to get to know their roommates and their mentor better.
WHAT TO EXPECT

BATHROOMS
There is a communal bathroom and shower in each of the separate living quarters for male and female students. These are NOT connected to student cabins and students should come prepared with the appropriate attire (see suggested packing list).

ATTENDANCE
Students are required and expected to attend all meals, workshops, adventure enrichments, community circles, keynote speeches and other U-CAN programming. The only exception being if a student has a health related issue. In which case the student must notify their mentor or another U-CAN faculty member.

CONDUCT
Students, faculty and staff are expected to show respect for others and their property. Physical violence, and/or insulting, bullying, harassing, or intimidating language or behavior will not be tolerated. Students, faculty and staff are expected to use respectful language and refrain form profanity while at U-CAN at Cal-Wood. Behavior on or off the campus which is detrimental to the welfare and safety of any students, faculty, staff or visitors, will not be tolerated. U-CAN/Cal-Wood administration reserves the right to dismiss any person who becomes in any way detrimental to the best interest of the members of camp. Students are expected to be respectful of, and honor, the separate living quarters for students.

ALCOHOL, DRUGS, TOBACCO, SUBSTANCE ABUSE
Purchase, possession, use, distribution or alcohol, intoxication, illegal or unauthorized drugs or substance of any kind including marijuana, is strictly prohibited on all Cal-Wood property, at all off-campus U-CAN functions, and during transportation to/from off-campus functions by all students, regardless of age. In addition, smoking or possession of cigarettes or other tobacco products by anyone on Cal-Wood property is prohibited. If any student, regardless of age, is found possessing, distributing or using alcohol, abusing any illegal or unauthorized substance of any kind, or using tobacco or marijuana, U-CAN and Cal-Wood will dismiss the student immediately. The parent/guardian will be contacted and the student will be dismissed at the cost of the student and his/her parent/guardian.

WEAPONS
The possession or use of weapons or firearms will not be tolerated. Any weapon, including pocket knives, will be confiscated.

VANDALISM
Vandalism against and theft of property and possessions of Cal-Wood or its residents will not be tolerated. Do not write on any furniture or walls anywhere on the campus. Fines will be assessed if damage occurs.

STATE LICENSING
To report licensing violations, contact the Colorado Department of Human Services, Division of Children at (303) 866-5958.

If you suspect child abuse or neglect, please contact Larimer County 24/7 Hotline: (970) 498-6990 or your local police department.

Cal-Wood and AFC+A are not responsible to students for injury, damage, or legal claim resulting from activities that are not sponsored by Cal-Wood or U-CAN, unauthorized, or illegal. Cal-Wood and AFC+A reserve the right to search students' property, their premises, and any property under their control when it is deemed necessary for the protection, health and safety of the Cal-Wood and U-CAN community.
WHAT TO EXPECT

NONDISCRIMINATION
Cal-Wood does not discriminate in admission, financial aid, employment, or educational programs and activities on the basis of race, color, national origin, religion, creed, age, gender, sexual orientation, or marital status. Exceptions are made only where such a distinction is required by law, proved to be a bona fide occupational qualification, or basic to our mission, as in the age of eligibility of our students. This policy is consistent with relevant governmental statutes and regulations including but not limited to those pursuant to Title IX of the Federal Educational Amendments of 1972, Section 504 of the Federal Rehabilitation Act of 1973, and section 501(c)(3) and Revenue Procedure 7550 of the Internal Revenue Code applicable to tax exempt institutions.

EQUAL OPPORTUNITY EMPLOYER POLICY
Cal-Wood is an equal opportunity employer and makes employment decisions on the basis of merit. We want to have the best available employees in every position. Although this policy does not create a contract between Cal-Wood and any employees, this policy strictly prohibits discrimination based on race, color, creed, gender, religion, marital status, age, national origin or ancestry, physical or mental disability, medical condition, sexual orientation, veteran status, or any other consideration made unlawful by federal, state, or local laws. All such discrimination is prohibited and will not be tolerated. The prohibition on discrimination contained in this policy is broader than discrimination prohibited by law. Accordingly, it is possible to violate this policy without violating a federal, state or local law.

Cal-Wood is committed to complying with all applicable laws providing equal employment opportunities. This commitment applies to all persons involved in the operation of the Center and prohibits unlawful discrimination by any employee of the Center, including supervisors and co-workers.

HARASSMENT
Cal-Wood prohibits harassment of any kind including race, color, creed, gender, religion, marital status, age, national origin or ancestry, physical or mental disability, medical condition, sexual orientation, veteran status, or any other consideration made unlawful by federal, state, or local laws. All such harassment is a violation of this policy, and will not be tolerated. This prohibition on harassment contained in this policy is broader than that prohibited by law. Accordingly, it is possible to violate this policy without violating a federal, state or local law.

WILDLIFE
We are surrounded by beautiful wildlife. For your safety, we ask that it be appreciated only from a distance. Feeding or touching wildlife is strictly prohibited.

FIRE AND SAFETY
Cal-Wood is in a heavily forested mountain area and, true to the American West, is a rustic camp experience. Every person on campus must understand and observe certain fire and safety rules. Because of fire hazard, there are to be no open fires or burning of incense or candles. The use of tobacco of any form (smoking and chewing) is not allowed on campus at any time by students, faculty, or guests. Likewise, marijuana is strictly prohibited on the campus premises.

Personal safety is paramount. In the event of evacuation, parents will be notified via email. Please be sure to share your email on the student profile page.

ENVIRONMENT
The Cal-Wood Campus is under a conservation easement and we need your help in caring for and preserving it. Please, no hanging on the rafters in any of the buildings. No sitting on banisters. The water and sewer pipes should never be walked on. Leave the wildflowers in the ground. Leave all items in the cabin that were there upon your arrival. Help us keep the campus clean by throwing away your garbage and recyclables. Please leave all the dishes, cups, and silverware in the Dining Hall unless otherwise instructed.
TERRAIN
The rustic nature of the campus trails and paths require that you take precaution at all time and especially at night or during rain. Please use a flashlight at night. Flip-Flops and open-toe shoes should not be worn outside (refer to the packing list).

CLIMATE AND ALTITUDE
Due to the high altitude of the Cal-Wood Campus, the air is very dry. Deydration and altitude sickness can occur but can also be avoided. Remember to drink plenty of water (start a few days before arriving), get a full night’s sleep every night, and eat a balanced diet during your stay. A strong sunblock is REQUIRED as skin is very susceptible to sunburn at this altitude.

HIKING
U-CAN students will have an opportunity to participate in a group hike. A hike is a wonderful way to experience some of nature’s most spectacular and beautiful scenery. Your participation in the hike is certain to be a highlight of your Rocky Mountain experience. There will be guides leading the way. All guides will follow all warning and precautions issued by the Rocky Mountain National Park Service regarding weather and trail conditions. The hike selected DOES NOT require any technical climbing equipment. Hikers must stay on the trail when hiking and are not permitted to drink out of steams or eat the snow. While no special equipment is needed to participate, good sturdy shoes or hiking boots are recommended. You will also need a water bottle, sunscreen, and a jacket in case of rain or changing weather (refer to the packing list). During this hike, students will also engage in a discussion of Leave No Trace and Woodsy Owl principles.

FOLLOW-UP ENGAGEMENT
U-CAN Student Leaders will be given tools to work on projects and lead events in their own communities based on what they learn. Woodsy Owl Conservation Corps (WOCC) is a program of the US Forest Service, that provides resources for student’s wishing to engage in activities based around the Woodsy Owl principles. Toolkits will be provided for students to create their very own WOCC event! Participation in the follow-up engagement will qualify students to return for future U-CAN Youth Congress', develop their leadership skills, and empower them to provide for their communities.
REQUIRED ITEMS
☐ Sleeping bag or bed sheets/blanket (twin size)
☐ Pillow and Pillowcase
☐ Towels and Washcloths
☐ Flip-flops for shower use only
☐ Toiletries: Shampoo, toothbrush, toothpaste, deodorant, etc.
☐ Bath soap (please no anti-bacterial soap, it interferes with the septic system.)
☐ Moisturizing lotion
☐ Flashlight and extra batteries
☐ Chapstick
☐ Sunscreen - at least SPF 30
☐ Waterbottle
☐ Sunglasses
☐ Daypack/backpack

OPTIONAL ITEMS
not needed but allowed
☐ Binoculars
☐ Camera
☐ Umbrella
☐ Stationary, envelopes, stamps, journal, etc.
☐ Cell phone (for travel, no reception on campus)

CLOTHING
☐ Sturdy shoes with good soles (the terrain is extremely rocky)
☐ Casual short and long sleeved shirts
☐ Jeans
☐ Shorts
☐ Jacket (for rain, wind, even snow)
☐ Sweatshirt
☐ Hat (to protect from sun and cold)
☐ Pajamas
☐ Outfit for U-CAN Collaborative Fair (nice outfit, ragalia, traditional/cultural outfit, etc.)

Due to changing temperatures, layered clothing is advised.

DO NOT BRING
not needed and not allowed
☐ Unnecessary valuables
☐ High-heel shoes
☐ Bicycles, skates, or skateboards
☐ Food - Due to the presence of wildlife, students are now allowed to keep food in cabins. Healthful snacks are always available in the dining hall.
☐ Pets - they are not permitted on campus. Exceptions will be made only for service animals with prior arrangements.

If you are unable to obtain any of the recommended gear please contact us at UCAN@americasforconservation.org for assistance. Some sleeping bags/bedding/pillows will be available, but if you prefer you may bring your own.
HEALTH CARE
Cal-Wood and U-CAN will use our best efforts to accommodate students with disabilities. Please let us know if your child has any disability or condition that may affect his or her ability to participate in the U-CAN program with or without a reasonable accommodation. This information will help us to assure a successful summer for you and your child.

Illness/Hospitalization
Cal-Wood is equipped to handle minor emergencies and illness. Should a student become ill or have an accident, Cal-Wood’s health personnel will be contacted immediately. If necessary, students will be transported to the nearest medical facility or treatment. Serious illness and emergency services are provided through the Estes Park Medical Center Hospital (970) 586-2317 or Timberline Medical Center (970) 586-2343

Student Health Form
All students are required to submit their student health form prior to their arrival at U-CAN. This confidential form will be kept on file in our office to efficiently accommodate emergencies. A copy of the front and back of a student’s insurance card must be attached to the student health form. Detailed accounts of special medical routines and medicines taken regularly must be listed on the form as well as any other health concerns by a licensed physician or nurse practitioner. Both physical and mental conditions should be documented. Students will not be admitted to Cal-Wood until their Student Health Forms have been submitted and reviewed by Cal-Wood and U-CAN staff.

Health Insurance
It is the responsibility of each individual to have his/her own accident and health insurance while attending U-CAN at Cal-Wood. Each student must supply a copy of the front and back of a current insurance card with their Student Health Form before their arrival at U-CAN. For those without insurance, please check out short-term campers insurance to fulfill this requirement.

Medications
All prescription and non prescription medicines brought by students attending U-CAN must be in their original containers and registered and stored with staff at check-in. Cost of any medication needing to be obtained during a student’s stay at Cal-Wood is the responsibility of the student.

MEDICATION GUIDELINES
Medications will be administered by Cal-Wood Personnel within the following conditions and guidelines:

All students attending U-CAN are required to have all medications (prescription and non-prescription) registered with and stored securely in the health station.

For students under age 18, written authorization signed by legal custodial parent or guardian is required.

All medications (prescription and non-prescription) must be:

1) documented with parent/guardian’s signature (or the student 18 years old) in the authorization section on the Health Form.

2) in a currently dated and properly labeled original vial or container.

The label on prescription medicines must clearly state student/patient name, name of prescribing physician, name of medication and dosage. Along with the completed Medication Form and Student Health Form, the properly labeled original container is considered a physician’s note of authorization.

Non-prescription medications should be in the original container and labeled with the student’s name, dosage and frequency.

Please note: Cal-Wood personnel will not transfer medication from one container to another.
Medications will be kept in the containers in which they arrived, and must meet the label qualifications state. Medications that are brought to Cal-Wood not in the original container will not be dispensed to the student by Cal-Wood personnel. All prescription and non-prescription medications must be registered with and approved by Cal-Wood personnel.

Medications of the said student will only be administered during the dates of U-CAN, August 5th-11th, 2018. The prescribing physician or parent must amend changes made to the Student Health Form in writing if a change in medication is needed. A student 18 years old or parent/guardian of a minor is responsible for having adequate supply of medication at Cal-Wood for the entire duration of U-CAN.

Inhalers must be properly labeled both on the container AND the metal vial containing the medication. Carefully instruct your child on the correct way to use the inhaler. Cal-Wood personnel may not administer an inhaler apparatus unless the student is unable to.

Students must self-administer epi-shots, unless unable to do so.

Medications will be returned to the parent/guardian when the student checks out of U-CAN on the final day.

Cal-Wood, AFC+A, thier administration, or other Cal-Wood or U-CAN personnel shall not be liable to the student, parent or guardian of the student for civil damages for any personal injuries to the student which may result from acts or ommisions of the administrator or other Cal-Wood personnel in administering any medicine pursuant to the provisions of the law.

AFC+A would like to offer a special thanks to our partners