

# **First Time Volunteer FAQ for Applicants**

Welcome to Rehoboth Christian Ministries Camp Program! This document touches on some questions for the first time Volunteer! Thank you for considering Camp Rehoboth as you search for a volunteer opportunity for this summer. We are looking for individuals like you to help us make our camp season a success. We hope the following Frequently Asked Questions is helpful to you as you decide if you would like to join us.

❖ **Do I have to volunteer all summer long?**

Each camp runs for one week in July. We require volunteers to make a commitment for one week starting on a Saturday and ending the following Friday.

❖ **What if I am a little nervous about working with People with Developmental Disabilities?**

Everyone experiences a little fear when doing something different for the first time. Don't let nervousness hold you back from coming and experiencing what is for many people a life-changing week! Many campers have been coming for years and are very familiar with the routines and expectations. They are excited and looking forward to making new friends each year. Like you and me they are happy and looking forward to their vacation.

❖ **Will I be looking after a Camper all by myself?**

As a first time volunteer you will be matched with a camper who is more capable. All counselors are divided into teams to provide support and help whenever necessary. If you are under 16, you will be working side by side with an experienced volunteer who will assist you throughout the week. The camps are run by Directors who have been with our programs for at least five years and who are very familiar with first-time volunteers.

❖ **What if I have no experience working with People with Developmental Disabilities?**

No previous experience with people with disabilities is necessary to be a volunteer at Camp Rehoboth.

❖ **Is any training provided?**

The first day of Camp (Saturday) is spent in training sessions and team building exercises. You will meet all the other volunteers and Camp Program staff who will make you stay at Camp very comfortable. You also get to meet your camper by reviewing their file and will have a pretty good understanding of your Camper before he/she arrives on Sunday afternoon.

❖ **What will I be doing with my Camper?**

Camp is filled with many activities and events, as well as relaxation time. You will accompany your Camper to the swimming pool, bowling alley, and horseback riding. You will ensure that your camper is ready to participate in these events. You will also make sure they have all of the supplies they need for the activities. On the camp site you also will accompany your camper to mealtimes, chapel time, and will be a support and companion for the week.

❖ **Am I always with my Camper?**

Although you are assigned a camper to spend the week with, you will have some down time. Campers have a rest-time during the day and go to bed between 9:30 and 10. You have these times to relax and enjoy the company of other volunteers or you can read a book, go for a walk, or listen to music. If you are feeling overwhelmed and need a break

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you should talk to the Counselor you are partnered with or your team leader so you can have a break.

❖ **Do I need to bring anything to Camp?**

You should bring the items on the “what to bring” list, which is sent to you when your application is accepted. You will be assigned a bunk and have access to shower facilities. You do not need to bring food or snacks as we have Cooks preparing 3 meals a day and a fridge full of snacks. You may want to bring some spending money for our Tuck Shop. You can use your cell phone or mp3 player at times when it does not interfere with the care of your Camper or participation in meetings or other camp events.

❖ **What if I have medication that I take on a regular basis?**

Each week of Camp is staffed by two nurses. You will meet with the nurses who will become familiar with your meds and will dispense them. Nurses also will dispense pain and allergy medications as required.

❖ **Which Camp should I apply for?**

All of our camps follow the same basic schedule of activities and events. Each week of camp serves a different type of Camper. You are welcome to apply for any of our weeks listed with some exceptions in our Independent Camp week.

❖ **What do I do to apply for Camp?**

Please download and fill out the Volunteer Application Form on this page and mail it into our office in Stony Plain Alberta. You must acquire a police clearance check. In this check you should include the “vulnerable sector”. If you have completed a police clearance check in the past 6 months we will accept a copy.

❖ **Where is Camp located?**

Our beautiful facility is located near Lacombe in Central Alberta. We have volunteers coming from all over Alberta, and from as far away as Ontario and the United States.

❖ **Where else can I find out about Camp?**

In the volunteer manual, which can be downloaded [here](#). This gives you lots of information about what to expect at Camp. If you have further questions, please contact the Rehoboth Christian Ministries office and talk to Linda Rosendal (our Executive Assistant) who is in charge of recruiting volunteers.

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We hope this information is helpful in making up your mind about coming to Camp Rehoboth.

We leave you with these words from past volunteers:

*"This summer I had the opportunity to serve at Rehoboth as a first time volunteer in helping the campers. The experience was a positive one and better in many ways than I had originally expected. One of the many blessings I came away with was to see life through a different perspective and be reminded of lessons that we all tend to forget in the busy schedules of life. Volunteering at Rehoboth was a fulfilling and enjoyable opportunity to serve the Lord by serving others and certainly one that I would volunteer for again."*

*~Hannah E., first-time volunteer*

*"I thought Rehoboth was a great learning experience. I met a lot of people and it was really neat to see people working together, helping each other and have lots of fun doing it. It was really encouraging and a fun change; I wouldn't want to miss it!"*

*~Elisabeth B., first-time volunteer*

*"Camp Rehoboth is the highlight of my year. I was apprehensive when I went the first time, but it turned out to be one of the best experiences of my life, and I knew before the end of the week that I would be back. I have returned every year since."*

*~Jason V., age 19, volunteer since 2001*

See you at Camp!

The Rehoboth Christian Ministries Camp Committee