

FREQUENTLY ASKED QUESTIONS (FAQS)

Women's Weekend at Camp Hochelaga

Who is allowed to book/attend WW?

21 plus, people who identify as a woman.

How far in advance do I need to reserve?

The earlier the better! Early Bird Registration Opens Sat. March 17th – Sat. March 24th for a savings of \$25.00 off tiered prices. Registration will remain open until we “sell out” reach capacity.

What's the process for reserving?

We try to make it as simple as possible for you. We have an on-line platform that is easy to use. Create an account, log in, type in some basic information, a \$50.00 deposit is needed to make the reservation (Check, Cash, or Credit Card) and you have until Aug. 15th to pay in full. Save the account log in, you can access it anytime to make a payment. You are also welcome to call our office to register over the phone. 802-862-7520.

What's the purpose of the retreat? Disconnect to Reconnect. Making time for nourishing mind, body and spirit activities. Camping with Purpose. The purpose being tied to our mission at the YWCA VT, empowering women and eliminating racism. Putting some “me time” back at the top of the never-ending to-do list! Opportunities for self-care, networking, making new friends, empowerment, traditional camp activities, speakers and organized workshops.

What's the retreat deposit amount?

\$50.00. All payments are due by Aug. 15th. Cash, Check or Credit Card

You can mail or bring cash or check into the Essex office Monday -Friday 8:30-4:30pm, or by appointment. You can mail your payment in, or pay by credit card using the online platform.

When is Women's Weekend 2018?

- *Thurs. Aug. 23rd -Sunday Aug. 26th Check in at 3pm Thursday, Check out at 3pm Sunday*
- *Fri. Aug. 24th -Sunday Aug. 26th Check in anytime after 9am Friday, Check out at 3pm Sunday*
- *Saturday Aug. 25th ONLY Check in 8:00-9:00am and check out 5:00pm same day*

Where is Women's Weekend 2018?

This weekend will be hosted at Camp Hochelaga. 30 gorgeous acres right on Lake Champlain in South Hero, Vermont (25 minutes from downtown Burlington).

Physical address: 34 Hochelaga Road South Hero, VT

Can I room with my friend? Of course. Upon registration, please name the person or persons you'd like to room with.

If I come alone, will you place me with someone to room with? Yes. We will place you with cabin or a tent mate. Most of our participants come alone, it is a very welcoming culture.

What's the cost/price per person for a retreat?

We have 3 packages, with Tiered Pricing

Full Weekend Retreat: Thursday Aug. 23 - Sunday Aug. 26

A: \$380 B: \$430 C: \$480

Check in Thursday, August 23rd at 3pm, check out Sunday, August 26th at 3pm. Registration fee includes lodging, delicious meals, snacks, non-alcoholic beverages, the keynote speaker, and most activities and workshops offered.

Friday – Sunday; Fri. Aug. 24 - Sunday Aug. 26

A: \$340 B: \$390 C: \$440

Check in Friday, August 24th any time after 9am, check out Sunday at 3pm. Registration fee includes lodging, delicious meals, snacks, and non-alcoholic beverages, and most activities and workshops offered.

Saturday Only ; Sat. Aug. 25th

A: \$115 B: \$140 C: \$165

Come for a full day on Saturday, August 24th: Join us at 8:00-9:00am for check in and breakfast, lunch and snacks will be included. Check out at 5:00pm.

You pick the tier that works for you!

Do you offer scholarship? Yes. Partial and Full available, but limited, based on sponsorship and donors. If you'd like to apply for a scholarship, we can mail or email you the requirements and needed documents.

What do you pack / bring?

We will email you a packing list in June / July. But we ask that you provide their own linens and/ or sleeping bag, blankets, pillow, and personal bath / beach towels, flashlight, rain poncho, clothing to move in, book you've been wanting to read, swim wear, bug spray, sun block, sun glasses, hat, sweat shirt, toiletries, etc...

Are the bathrooms shared? Yes. There are three bath houses, each include toilets with single stalls, showers (hot water), sinks with counter space / mirrors, electric outlets. There are 4 private toilets with and without a shower if needed. If you are pumping and need storage for breast-milk, or need a private place to pump, we can also accommodate that!

How far away are the bathrooms from the cabins? Not far, easy walking distance to most sites. **If you need a cabin or tent close to a bathroom, that can be arranged.**

Are meal times shared among retreat participants?

Breakfast on Friday, Saturday are offered from 6:30-8:45am, you can come at anytime and eat with or without the group. Sunday there is a group brunch. Lunch and Dinner, is more of a set time. Typically a group meal, but there is formal and informal dining areas (ie. Picnic tables, tables on the porch, and indoor dining tables in the main lodge.)

What recreational activities/facilities are open to use / access? 30 acres of nature, archery range, performing arts center, large recreation field, volley ball court, human foosball field, GaGa Pit, arts & crafts building, direct waterfront access with Stand Up Paddle boards, Kayaks, canoe's, swimming, large water float trampoline, main lodge for dining and recreation, pool table, and small reading library / puzzle room, beautiful porch overlooking the lake, hammock lounge, lounge chairs with umbrellas, a few smaller office / cabin buildings for small classes / offerings.

Are there wild animals? Yes, might see a few deer in the meadow, maybe a fox, or squirrel family, feel some fish on your toes, birds of plenty. Its important to not leave garbage or food laying around.

Should I bring money with me to the weekend? You can bring cash, credit card, or check. There will be a camp store for purchases, plus some self-care appointments might require additional fees. I wouldn't bring a lot.

Do the cabins lock? Is it safe? No, they do not lock, most all spaces are open 24 hours a day. The grounds are safe and secure, but I would leave valuable items at home.

Is this a yoga retreat? No. But yoga is offered as an activity.

Is there any religious afflation to this retreat? No.

Can I bring my car? Yes. We will have parking for cars on property. If you care coming with a group, car pooling is always appreciated.

Do I need to bring my own kayak? No, you do not. We will supply all necessary materials for activities on land or water. You can bring your own kayak, if you'd like. Please be advised, that if the waterfront is closed, no one can launch boats or swim. We will make the waterfront open and accessible as much as we can throughout the weekend.

Can I bring a motorized water craft? No. Please leave them at home.

Is technology permitted? Do you have WI-FI? Yes. If you want to read a book on your kindle, or bring your ipad to enjoy not a problem. The wi-fi is limited to select areas, not wide spread throughout the camp grounds. You are welcome to have your phone on you, but this is a time to disconnect. Electric outlets are limited to public spaces and bathrooms. No electric outlets in the cabins.

Will there be medical staff on property (ie. nurse / doctor)? Yes. There will be a medical professional on staff for the weekend. We have a health house on property with basic medical equipment / needs.

Is food provided? If so, what kind?

Yes, food is provided! All meals are home-cooked and most meals are served family-style. Last year one lunch was provided by a food truck, but most meals are served family style or buffet style, one meal might be plated. The meals are healthy and delicious. There is not shortage of food. Beverages and snacks are available from 6am -10pm all day in the lodge.

What about those with food allergies or other dietary needs?

In advance of the retreat, your group will inform us of any food allergies or dietary needs within the group. We do our best to accommodate, so that guests don't have to bring their own food. For example, gluten-free and dairy-free diets can be accommodated.

Can we make our own food?

Individuals do not have access to our kitchen. Our kitchen staff is happy to prepare what you need, upon registration you can add dietary restrictions and / or store items you might need to bring from home within reason.

Do you have a pool? No, just beautiful lake front property. Direct access to the lake via a shale beach.

Is there a lifeguard on duty at the lake? Yes. Waterfront access for boating or swimming is only allowed if a lifeguard is on duty.

Are pets (dogs, cats, etc) allowed?

No, but service animals are allowed.

Is alcohol or tobacco allowed?

No Tobacco please! We are a smoke free facility. You are welcome to bring your own alcoholic beverages; however, we ask that you drink responsible.

Do you offer any pre / post programmed retreats or facilitated activities?

Pre- we will place information on our website and facebook event. Please feel free to join us for any of our organized programs or events for the organization. **We have an open house June 10th from 12-3pm you are welcome to attend.** Yes, there will be scheduled meet ups at least twice during the 2018 / 2019 year, gatherings¹ that are optional in and around the Chittenden County area. There will be a network group that will be set up after the event on FB you can join, and an email list serve.

What time do I have to get up / go to bed? Early Rise programs start at 6:45-8:45am. But these are optional. Breakfast typically ends around 8:45am, most activities start at 9 – 10am. Quiet time starts around 9:30-10:30pm, and we ask for lights out around 11pm.

Are all programs mandatory? No. Nothing is mandatory. But we'd ask that you do try and be part of the group. The schedule will allow for all sorts of time. Group activities, solo, choice, to really accommodate everyone.

Are all activities included in the registration cost? Most, are included. Camp store purchases are additional. There may be some self-care appointments that may have a small up charge. Ie. Private facial or massage.

Are children allowed? No. We would ask that children stay at home. If you are breastfeeding, we can make arrangements for a private area for you to pump, and storage of milk.

Can I have a private cabin / living accommodation? It is possible, platform tents or green space to pitch your own tent would be the accommodation that we could guarantee. We'd not be able to guarantee a cabin for private use until registration has ended, and without additional payment.

Is there indoor plumbing? Yes, we have hot water and indoor plumbing.

How is the cell phone reception? Its good! Typically, 2-4 bars pending on where you are. There is limited wi-fi in some areas of the camp, but not many! We do have a land line in case of emergency / outside calls.

Can I leave the property and come back? You can, if you need to run to the store, or need something from the pharmacy we might not have on-site. Or if you have something you need to do at home. But, we'd ask that you tell a staff member and sign out. Please just let us know!

What does a sample of the day look like?

6:00am -10:00pm Lodge open for coffee/ tea and beverage service, snacks and other grab and go offerings.

6:15-8:45am Breakfast

6:45-8:45am Ride and Shine Activities offered, ie. Bird watching, Kayaking, Yoga, and more...

9:15-9:45am Morning Gather Round to Start the Day

10:00-11:15am Workshops Offered (3-4 options you can sign up for)

11:30-12:30pm Chair Massages on the Porch, Archery Range Open, Organized Group Sport / Game, Arts & Crafts Open

12:30pm Lunch in Lodge

1:30-4:30pm Waterfront Open, R & R, Arts & Crafts Open, Private Massage Offered

4:30-5:30pm Appetizers and Drinks on the Porch

5:30pm Pre-Dinner Entertainment / Dinner in Lodge

7:30-9:30pm Evening Programs (2-3 offered) ie. Moonlight Swim, Bingo, Bellydancing

8:30-10:30pm Campfire