



Preparing *Spirit of America Youth Leadership Program*

Forms:

In your registration for Spirit of America there are several forms that must be completed online two weeks prior the Spirit of America Youth Leadership Program. Online registration can be completed at <https://www.freedomfoundation.org/students/high-school/spirit-of-america/> under the date of your scheduled program.

Forms to complete include:

1. *Student Information Form*
2. *Medical Information Form with Parental Consent*
3. *Honor Code*
4. *Talent Release Form*

If you are having problems submitting the forms please contact...

Freedom's Foundation at Valley Forge
Education Office

E-mail to education@ffvf.org or call 610.933.8825 ext. 231

"Leave-at-Home" Information:

Contacting a student – In case of an emergency, you may contact a student by calling the Program Director's cell phone at 610-960-3357. Please be sure to leave your name and phone number. The Foundation's fax number is 610-935-0522.

Arrivals:

Check-in is held Thursday afternoon in the Martha Washington Building from 3pm-7pm. During check-in you will receive your weekend program and room key. Following check-in you may have some time to unpack and meet other participants before dinner.

Packing Checklist

Please use this list to ensure you pack all necessities. Remember to check the weather forecast. Snow and cold temperatures are a possibility from November through March. The late spring and summer months can be hot and humid. Please pack comfortable clothes. While facilities are air conditioned, you will be spending time outside as well. Outdoor activities such as basketball, volleyball, frisbee, and football are available during free time.

Freedoms foundation provides all linens in the room including sheets, towels and pillows.

Other Suggested Items to pack include:

- Toiletries
- Any Medications Needed – including over-the-counter medications for headaches, stomach pains, etc. The FFVF staff does not dispense drugs or medications to students.
- Snow/Rain coat & Snow/Rain gear
- Sun screen & Bug repellent
- Swap Meet Materials
- Camera with extra card and Batteries
- Alarm Clock
- Cell Phone and charger
- Postage Stamps for Postcards
- Spending Money for Snacks and Souvenirs and Lunch on Sunday
- Copy of health insurance card
- Copy of all phone numbers and information concerning the conference for your reference

Make sure that all items are clearly labeled with your name. Your luggage should also be clearly labeled with your name, address and phone number.

If you have any questions, please feel free to call the Education Office at 610.933.8825 x 231 or email at education@ffvf.org



EDUCATE HONOR CHALLENGE

Spirit of America Youth Leadership Program **Accommodation Information**

Accommodations:

Freedoms Foundation was established as an educational campus fully equipped with three dormitories, classroom space, and dining facilities. Upon your arrival, you will be placed in a room with up to four other participants. We assign rooms randomly, so you will not know your roommate(s) until you arrive. Your roommate(s) will remain the same throughout your stay with the Freedoms Foundation.

Packing:

In anticipation of your trip, please pack wisely. Here are a few tips to help you pack:

- ☞ Commercial airlines have a variety of fees and restrictions for luggage. Please check with your individual airline for specifics. **You are responsible for any luggage fees.** If you can pack everything in a carry-on bag and a backpack, you can avoid luggage fees.
- ☞ Clearly mark your name, address and phone number on your luggage. Have the Freedoms Foundation address and phone number on your person in case of emergencies.
- ☞ Dormitory rooms have limited closet space.
- ☞ You will be responsible for the transportation of your luggage to and from your dorm room, so only pack what you can carry.
- ☞ Put your name on everything and DO NOT bring valuables. Freedoms Foundation is not responsible for lost or stolen items.

Dress Code:

Casual dress may be worn throughout the conference, except for the banquet Saturday evening (see below). Casual dress is considered nice jeans, pants, sweaters, t-shirts, sweatshirts, shorts, and athletic shoes. Please remember the ABC guidelines: no armpits, bellies, or cleavage. Offensive language on T-Shirts will not be tolerated.

On Saturday night there is a banquet which is considered to be semi-formal. Semi-formal dress is considered "church clothes" and may include skirts, dresses, and/or suits for women; dress shirts, slacks, jackets and/or suits for men.

Rules:

Rules are set in place to ensure a safe and exciting environment for you to live and learn. The staff of Freedoms Foundation takes the rules very seriously. Upon your first offense, you will be sent home immediately. There are no exceptions. You will be responsible for your own travel costs if sent home from the program. Rules are expected to be followed upon your arrival at the airport in Philadelphia throughout your stay. Please read and thoroughly understand the rules before you arrive.

- ☞ **Drugs or Alcohol:** Use of these items is strictly prohibited. If for any reason you have doctor prescribed medication, please notify a staff member upon arrival.
- ☞ **Lights Out:** Lights out will be announced at the conclusion of the evening activities. During lights out you must be in your room with lights out.
- ☞ **Dormitory Restrictions:** At NO TIME are women allowed in men's dorms/hotel rooms or vice versa.
- ☞ **Attendance:** Your attendance is required at every session. If you are unable to attend due to illness, you must notify the Program Director immediately.
- ☞ **Honor Code:** All students are expected to sign and return the Honor Code to the Freedoms Foundation prior to their arrival on campus.

Student Insurance and Medical Information:

Freedoms Foundation requires that each student submit a medical form completed with medical history and insurance information prior to arrival on campus. The form is enclosed in this packet. Should a medical emergency arise, Freedoms Foundation will assume the authority to administer medical treatment in the absence of a parental guardian. Freedoms Foundation will assume NO financial responsibility of medical treatment. Please notify us well in advance of program date if there are any medical needs you have.

Housing:

There are three residence Halls on campus (MacArthur, Hamilton & Franklin). Each room is carpeted and fully equipped with a private bathroom. Participants are provided with an adequate supply of towels, soap, and bed linens for the conference. Wireless Internet is available in the dormitories. There are **NO** vending machines in the dorms.

Meals:

Three meals per day are served in the MacArthur dining facility. The first meal will be dinner on Thursday evening. Meals are served in a cafeteria style serving manner and each participant is asked to bus their own table. On Saturday evening, there is a formal banquet to end the conference. During breaks and free time, the FFVF Gift Shop in MacArthur sells soda, chips, and candy. You are allowed to have drinks and snacks in the classroom and your dorm, but you are expected to clean up after yourself.



EDUCATE HONOR CHALLENGE

Spirit of America Youth Leadership Program **Major Activities**

Leadership Workshops

Students selected to attend the Spirit of America Youth Leadership Conference will engage in a variety of leadership workshops. Some of these include: Rights and Responsibilities of a Citizen Leader, Communication and Teamwork, and Personalities of a Leader.

Freedom Summit

In addition to a series of lectures and group discussions on the topics of democracy, citizenship, the American Constitution, and current events, students will participate in a Freedom Summit session wherein the students will become their own working government to debate current topics of global concern.

Free Enterprise Challenge

During the Free Enterprise Challenge student groups will develop their own product and marketing plan. Participants will then create and perform a short commercial to market their product to a panel of judges composed of chaperones and foundation staff.

Tours & Sightseeing

Students will have the opportunity to tour historic Philadelphia and Valley Forge National Historic Park. Sites visited will include: Philadelphia - Independence Hall, the Liberty Bell, Congress Hall; Valley Forge - Washington's Headquarters, Continental Army barracks, and the Grande parade ground.

Living History Presenters

Historical characters, such as Thomas Jefferson, Alexander Hamilton, and John Adams, speak to the group and answer questions.

Committees

Throughout the weekend you will have an opportunity to participate in committees demonstrating your talents and creativity or just having fun. Committees include: Floor Captains, Public Speaking, News, Affirmations, Flag, and Vespers.

FFVF Gift Shop

The Gift Shop will be open throughout the weekend. Students can purchase a variety of clothing items, souvenirs, and snacks. Please note the gift shop is cash only.

Materials

Upon arrival in Valley Forge, you will receive a portfolio containing your schedule, room key and other program information.

Staff & Faculty

- Freedoms Foundation Program Staff – Supervise all aspects of the program. Professional staff resides at the Foundation and are on call 24 hours a day, seven days a week.
- Faculty – Core faculty members are experts from national universities in the fields of government, constitutional law and American History. These speakers are supplemented by local and national figures providing an excellent opportunity for *Spirit of America Youth Leadership Program* students to dialogue with experts both in theory and practice.



Tentative
Spirit of America Youth Leadership Program Schedule

Thursday:

3:00 - 6:00pm	Student arrival and Check-in
7:00	Dinner
8:00	Orientation: Goals of the Program and Review of Schedule
8:30	Icebreakers
10:00	Reflection Time

Friday:

8:00 am	Breakfast/Committee Meetings
9:00	Historical Interpreters
10:00	Freedom Summit I : Constitutional Law Seminar
12:30 pm	Lunch
1:30	Freedom Summit II : Mock Congress
3:00	Break
3:15	Reflection in Small Groups
4:00	Free Time
5:00	Committee Meetings
6:00	Dinner
7:00	Leadership Workshops
9:30	Swap Meet and Ice Cream Social
10:30	Reflection Time

Saturday:

7:30 am	Breakfast
8:30	Keynote - Entrepreneurship
9:30	Free Enterprise Challenge
12:30pm	Lunch
1:30	Committee Meetings
2:30	Tour of Valley Forge
5:00	Free Time
6:00	Banquet
7:00	Keynote Speaker
8:00	Closing Orientation
8:30	Vespers Service
9:00	Camp fire and s'mores

Sunday:

7:00 am	Breakfast
8:00	Board buses to Philadelphia
9:00	Tour Colonial Philadelphia
12:00 noon	Departures for Philadelphia Airport

*Please note: lunch is *not* provided on Sunday. Students should be prepared to purchase lunch at the airport if they are flying home.

* Please note that this schedule is tentative and subject to change.



EDUCATE HONOR CHALLENGE

Arrivals and Departures

Arrival by Plane via the Philadelphia Airport

Arrivals by plane will come into Philadelphia International Airport. Freedoms Foundation will provide two bus trips between **12:00 noon and 5:00 p.m.** for Program participants. The exact time for each bus departure is determined during the week prior to the conference. Depending on your arrival time, you may have to wait at the airport for a scheduled trip.

When you arrive at the airport, go **directly** to the baggage claim area of the airline which you are flying. A map of the Philadelphia Airport is available at: http://www.phl.org/terminal_map.html.

As you descend on the escalator into the baggage claim area look for a Freedoms Foundation Airport Representative (the representative will be holding a Freedoms Foundation sign). The Freedoms Foundation Representative will arrive at the airport at 11 AM and meet any early arrivals at this time, unless prior arrangements have been made

The representative will advise you when and from where the bus will depart.

If you cannot find the Freedoms Foundation Representative, call the Foundation promptly on the staff cell phone at 610-960-3357 for further instructions.

Arrivals by Train

Train arrivals into Philadelphia from North or South should detrain at Philadelphia 30th Street Station (main terminal) and take the R5 Paoli Local to the Paoli Station (10 minutes from Valley Forge). This train leaves from the same 30th Street Station. Train arrivals from the west should detrain directly at Paoli. Call the Freedoms Foundation at 610-933-8825 x234 or staff cell phone at 610-970-3357 when you arrive at the Paoli Station. Transportation will be provided from Paoli to Freedoms Foundation.

Arrival by Bus

If you wish to travel by bus take Greyhound to the Norristown Transportation Center. Call Freedoms Foundation's staff cell phone at 610-960-3357 when you arrive for transportation to Freedoms Foundation. Please note you must make advanced reservations for Greyhound.

Arrival by Automobile

If you are driving, Freedoms Foundation is located on Route 23 between Valley Forge National Park and Phoenixville, Pennsylvania. Please plan on arriving between 3pm and 5pm.

Freedoms Foundation's street address for all GPS systems and Google Maps/Mapquest is **1601 Valley Forge Road, Phoenixville, PA 19460**. Please see the written directions below. If you need further directions, please call the Freedoms Foundation at 610-933-8825 ext. 234 or the staff cell phone at 610-960-3357.

From Pennsylvania Turnpike

Depart the turnpike at **Exit 326 (King of Prussia-Valley Forge)**. After the toll booth, take the first immediate right exit, "**Valley Forge National Historical Park.**" Follow past the Valley Forge Convention Center and continue on Route 23 west through Valley Forge National Historical Park. At the next traffic light (route 252), proceed straight through on Route 23 West. Approximately one mile on your right at the top of the hill (where a large American flag is located) is the entrance to the Freedoms Foundation. Proceed to the Martha Washington Building for registration.

From I-95 and I-76

From I-95, take Route 676 West (Vine Street). This exit is located near the Benjamin Franklin Bridge or Center City Philadelphia. Stay on Route 676 which turns into Route **76 West (Valley Forge)**. Take this highway for approximately 18 miles until the **Valley Forge Park/Pottstown exit (Route 422 West)**. Proceed on Route 422 West to the Valley Forge Park Route 23 West exit. At the light at the end of the off ramp make a left onto Route 23 West. Proceed on Route 23 West through the Park. Route 23 West at the exit of the park will intersect with Rt. 252 at a traffic light. At this intersection you are approximately one mile from Freedoms Foundation. Continue on Route 23 West one mile and on your right at the top of the hill (where a large American flag is located) is the entrance to the Freedoms Foundation.

Proceed to the Martha Washington Building for registration.

Departures

The program officially concludes at **12 noon** after a tour of colonial Philadelphia. Lunch will be on your own. Freedoms Foundation will transport all participants to transportation hubs or back to Freedoms Foundation for pick-up. Please note that pick-ups can be arranged from the National Constitution Transportation Center with advanced notification.

SWAP MEET



The Freedoms Foundation **Swap Meet** gives students the opportunity to bring and share gifts from their home town and state. Items in the past have included: food items, pens and pencils, pins, patches, postcards, keychains, stickers, bumper stickers, candy, etc.

Please do not feel like you need to spend large amounts of money on items. Instead, contact local businesses, colleges and universities, sports teams, and community organizations and ask for donations. Tell them that you are attending a prestigious leadership conference and want to share a bit of your town, city, or state with students from around the nation.

Please keep in mind that there will be 100 students participating in your conference and your items should be easily packed. During the Swap Meet all items will be displayed on tables and each participant will be able to view the tables and select items to take home. If you opt to bring a large item it may be raffled off in the spirit of fairness.

This is a great time to take home a piece of America, so please, feel free to be creative!

Due to increased travel costs, students may choose to mail their swap meet materials to the Freedoms Foundation. Please send any boxes to:

The Freedoms Foundation at Valley Forge
Education Department
Student's Name & Program Date
1601 Valley Forge Rd, Box 67
Valley Forge, PA 19481