



Welcome!

We are so glad that you have decided to join us for Foundations.

One of the exciting things about Foundations is that we have participants attending from different parts of the world with widely varying backgrounds, ages, gifts and understandings. It is stimulating and exciting to be able to make new friends, and we have learned that this experience of many people from different backgrounds getting together in one place is more positive when we all agree to some key values from the beginning!

So, to help make this experience a positive one for everyone, we'd love to invite you to join us in upholding a few values during Foundations.

Please read these and ask us any questions you may have before attending Foundations. There is a space on the registration form where you can acknowledge that you are happy to live within these values during our time together.

Blessings,

The Foundations Team



Foundations Guidelines and Values

We want Foundations to be a positive experience for all, so we invite you to participate with the course coordinating team to create a hospitable community, ensuring the comfort, safety and well-being of all Foundations participants. In practice this looks like...

Helping to create a positive community

Please do all you can to encourage, strengthen and show consideration for your fellow participants as we all take this journey together. Kindness, affirmation, being welcoming and patient are definitely encouraged! Living in close community for a week can have challenging moments, each of you will be part of small groups, so we encourage you to look to your small group leaders to support you, and communicate with them about how you and others in the group are doing, and any challenges that come up.

We ask that you do not enter into any counselling-type relationships with other course participants. It is normal for most of us to want to help people, which is a great thing. However, in the past, people who have not understood some of the backgrounds or vulnerabilities of other participants have offered inappropriate advice. This has been done in a well-meaning way, but we ask you to respect, support and communicate with the designated leaders and the care structures we have put in place. This will really help the team to care for all the participants.

Relating to Young People

People of all ages can be a part of a Foundations journey. If there are young people participating alongside you in Foundations we ask that you respect the caring structures already in place for these young people (parents, guardians chaperones, Foundations group leaders). It is not appropriate for course participants to spend one-on-one time, seek to counsel, transport in a vehicle, or connect exclusively with a young person in Foundations.

Abstaining from Addictive Substances

Foundations is a drug and alcohol free experience. Any course participants who bring, buy, use, or give to others any form of illegal drug or alcoholic substance, or who misuse or distribute any legal drug will be immediately asked to leave. We take this seriously, because there may be people within the course community for whom these substances have been a destructive force in their lives.

Taking care when using prescribed medication

If you are carrying any prescribed medication we ask that you record the details of this on your registration form, including the dosage. During the Foundations week we ask that you have any medication clearly marked with your name, and that you are careful not to leave it lying around. If it is a substance that might be harmful to others we may ask you to keep it in a safe place for the week, negotiated with the leadership team (even something as simple as a packet of mild pain killers).

Phones and other distractions

Isn't it interesting that phones (a tool for communication) can sometimes become a distraction or barrier to communication and face-to-face community! With this in mind we suggest that participants keep phone usage to a minimum during Foundations, especially during sessions. Foundations is a journey taken in community, so let's commit to being present with one another.

Relationships

We realise that meeting new people and forming new relationships is one of the great things about being a part of a Foundations course. It's amazing how well you can get to know people in just one week! However, because there is so much to take in over the week, and so many different people to get to know, we ask that course participants choose not to form or pursue exclusive romantic relationships during the week. We have found in the past that this has been a distraction for people, making it difficult for them to focus or to participate fully in course activities.

If you have any problems during the week with any of these values, or difficulties in relation to any of the other course participants, your Foundations small group leader will be very willing to help you out in any way they can. Thank you for working with us to make this Foundations journey a positive and strengthening one for all of us!