

Camp 2007 Information

OUR MISSION

Kaurs United is a non-profitable organization that branches off the Guru Nanak Academy in Surrey, B.C. Run by Sikh women, our aim is to strengthen the spiritual lives of girls and women around the globe in a challenging, motivating, and exciting environment.

Shaheed women from the past, inspirational women of the present, and the anticipated strong women of the future form the backbone of Kaurs United. We are here to inspire, help, and unite Sikh women and girls around the world.

WHAT

- Six days of unforgettable fun, motivating discussions, spiritual darbars, inspiring lectures, physical strength training and much, much more! This year's camp will feature:
- Serene Amrit Vela and evening darbars
- Naam Simran and Kirtan (at the beach!)
- Workshops and lectures on a variety of engaging topics by speakers from various parts of the world
- Formal and informal group discussions on moving forward in Sikhi and life
- Reflecting on the Guru's words
- Gatka, archery, self-defense, paintballing, bowling, and various other sports and physical activities
- The opportunity to meet countless other Sikh women and girls from different places.

- A time for self-reflection, soul-searching, 'getting away'

W H E N

Sunday, August 19, 2007 - Friday, August 24, 2007

W H E R E

Camp Alexandra (2916 McBride Avenue, White Rock, B.C.). Camp Alexandra is a safe, closed off area, ideal for inspirational and challenging activities – being a short walk away from the Crescent Beach.

W H O

Sikh women **aged 12 and over** are eligible to attend. Camp participants will be separated into groups for activities based on their age.

Note: You do NOT need to be Amritdhari to attend :)

C A M P F E E

The fee for Kaur's United Camp 2007 is **\$130**. The deadline for registration is **Tuesday, July 31st, 2007**. Applicants registering after this date will face a late fee of **\$20 (\$150 total)**. **Forms will not be taken after August 5th, 2007.**

Applicants coming from outside of B.C., please contact us regarding your fee.

R E G I S T E R N O W !

Please follow these steps carefully.

1. Fill out the registration package below. **Please double check your information.**
2. Write out a cheque with the appropriate payment as detailed above. The cheque should be made payable to **Guru Nanak Academy** (Kaur's United is a subsidiary of the Guru Nanak Academy).

www.kaursunited.org | kaursunited@gurmatstudies.com | 604-339-6716

3. Enclose the cheque along with the application form in an envelope and mail or bring in the application form to the address below:

Kaurs United
c/o Guru Nanak Academy
12484 82nd Avenue
Surrey, B.C. Canada
V3W 3E9

- OR -

You may contact us at 604-339-6716 or by emailing kaursunited@gurmatstudies.com to have the form picked up from or dropped off at another location.

4. Campers will receive a phone call two weeks prior to the camp to confirm their registration.

WHAT TO BRING

- Sleeping bag or large comforter/blanket
- Pillow
- Bed sheet
- Toiletries (Toothbrush / toothpaste / hairbrush / towel / shampoo / soap / deodorant etc.)
- Rumaal / bandana / patka / keski / dastaar (head covering)
- Salwar Kameez / Chola – at least 3
- Sunscreen
- Track pants / jogging pants – at least 3-4
- T-shirts - at least 5-6
- Sweaters / Sweatshirts – at least 1
- Jacket
- Runners
- Sandals
- Undergarments
- Socks
- Flashlight (plus extra batteries)

OPTIONAL:

- Insect repellent
- Shorts (must be long)
- Jeans
- Shawl

- Amritdhari campers may want to bring an extra kanga and kirpan in case they break or are lost.
- We suggest you **do not** bring any other valuables such as digital cameras, mp3 players etc. Kaur's United is not liable for loss of or damage to any property of any participants.
- Please bring at least one jacket and 1-2 sweaters/warmer clothes. The weather is colder at night and early morning, and very warm during the day. We urge that you prepare for this weather.