



Sacred Arts Camp

INTERNATIONAL DANCE & VOICE CAMP

Welcome Guide



Vision

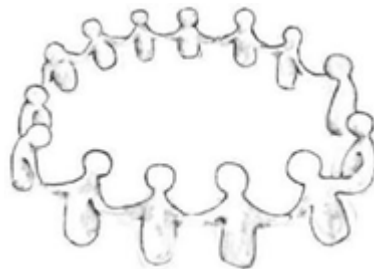
Peace through the Arts Reborn - from an idea by Samuel Lewis

The Camp aims to bring people together to discover our unity within diversity, to build friendships and to recognise common human bonds through dance (primarily the Dances of Universal Peace), song, movement and arts that honour the spiritual richness of our world. People of all ages, from all backgrounds and from all nations are welcome.

We believe in holding a space where spirit can move and community can thrive. Within this context we seek to feel the rhythms of the Earth beneath our feet and celebrate our creativity.

We manifest the vision through the following:

- Living and being with others in small communal circles with shared eating and cooking on wood fires.
- Encouraging shared responsibility for the running of the Camp resulting in some work through Karma Yoga for every participant over 13 years of age.
- Providing opportunities for sharing groups, rituals and celebrations.
- By inviting and supporting facilitators (of Dance, Movement, Voice and the Arts) and their communities.
- By inviting and supporting facilitators of programmes for the whole family as well as specific groups.
- By offering a large tented café, open for breakfast and lunch.
- By providing a reception with First Aid facilities.
- By providing a Gate Presence and that the Camp is closed to new visitors after the first Sunday.
- By ensuring sustainable site facilities are used.
- By acknowledging the specific needs of the disabled and our elders.
- By ensuring no drugs and alcohol are permitted on the Camp.
- By running the Camp in a co-operative way
- By using surplus funds for reinvestment in sustainable development for the Camp and to promote Dance and Sacred Voice Work
- By respecting and caring for the land where the Camp is held.



The Dances of Universal Peace - The Dances honour the different spiritual traditions of the world through the use of chants, songs and sacred phrases accompanied by simple steps and acoustic music. The Dances are beautiful and expressive, often creating a deep sense of peace, unity and heart connection.

Everyone is encouraged to come and join the Dances; children or adults, new or experienced. You need not consider yourself an able dancer or good singer to take part, as the essence of your enjoyment has more to do with heartfelt presence. All ages are welcome in the DUP sessions and there will be space in the centre for adults with babies and young children to relax and quietly enjoy the atmosphere.

For more information about the Dances and where you can find a circle near you please look on their website www.dancesofuniversalpeace.co.uk All

ARRIVING AT CAMP

Be Welcomed and Checked in by the Gate Team.

Throughout the Camp, the Gate offers a warm, dry & supportive space where you are always welcome. As well as being a source of information, they hold the boundary between camp and the outside world! **Camp opens at 12 noon on Friday 26th May and closes at sunset on Saturday 3rd June**, (Arrival & departure outside of these times must be agreed with the Admin Area Coordinator). The Gate closes to arrivals on Sunday evening and no other campers or visitors will be allowed on site. If you have a visitor coming to see you during the week (such as a partner bringing or collecting children), please arrange to meet them at the gate and let Gate crew know when they are coming. They will not be allowed further into the site.

Find a Circle & Set up camp.

The aim is to establish manageable sized circles (about 10 structures in each) around a central fire. Small & round is beautiful!

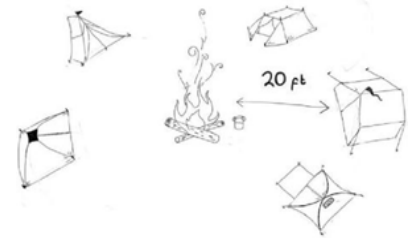
Finding a 'home' can often be one of the most challenging aspects of arriving at camp but have a wonder around and ask if you can join a circle - most people will be happy for you to join (please be aware that some people prefer larger circles and some prefer smaller circles).

Please welcome newcomers & help them settle. Saving places in your circle can make those not saved for feel unwanted. So if you do want to save a place for a friend, try to save one for someone new to camp or whom you haven't camped with before.

Please leave room for live-in vehicles along the hedge line.

Make sure you set up your tent or vehicle at least 20ft/6mtrs away from the fire pit.

Please leave room for emergency vehicles between circles - there should be a clear path around the site.



Live-in vehicles

If you have a live-in vehicle, you will need to park this along the hedge line. Because we have limited capacity, it is important that you book early. We ask that you commit to arriving by Friday Night and not leave until after the closing ceremony on the Saturday morning. When you arrive, please check in at the Gate dome and then park sensitively along the hedge line.

If this is not possible, please return to the Gate dome for assistance. Any vehicle not booked in or that cannot commit to these terms will need to remain in the car park.

Park Sensitively!

Once you have set up your tent, please move your car to the car park before Sunday evening and snuggle your car up to the next car so we can squeeze as many cars into the car park as possible. Cars should not be brought back onto the main area until after the ceremony on the final Saturday morning.

Be aware of the dangers of Fire! It is essential that fire safety be a priority in your circle - cooking in enclosed spaces and naked flames (candles) must be avoided.

Please follow the instructions with regard to the digging of your fire pit - do not burn a fire directly on the grass. Please only take wood from the official wood piles & not from the surrounding woodlands. Ensure that your circle has fire buckets filled with water beside your fire & if you have a stove within your structure, you must have your own fire bucket or blanket.

YOUR WEEK AT CAMP

Dance, Sing and Play together! We start the Camp with Dances of Universal Peace on Saturday evening at 8.30pm and the main programme starts on Sunday.

All are welcome and no experience is necessary, you will get to sample Dances led by this year's Dance leaders at this session. The full programme begins on Sunday morning.

Please be quiet between 11pm and 7am.

Enjoy your Circle. Your circle is your home for the week, a great opportunity to share, laugh, play, sing, cry and learn. Saturday meal times are an opportunity to get to know each other, discuss your cooking rota, allergies, likes and dislikes. You may like to decide where to keep a fully charged mobile phone (for emergency use only) - the Gate and First Aid also have one.

Support Yourself! There are so many wonderful things to do on camp and so many wonderful people that sometimes it can all get a bit too much. The Gate can be approached at any time during the day should you need extra support & in the Women's, Men's and Non-binary Areas you will often find a friendly face and a warm, comfortable, welcoming space.

Don't forget the value of a walk through the woods (see below).

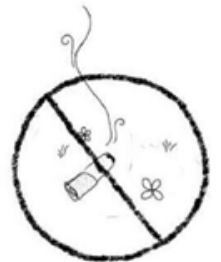
First Aid! There is a first aider on duty throughout the day (wearing a green armband). First aid supplies are available from the first aid tent next to the gate dome. Please carry any emergency medications with you at all times and let other people in your circle know about any medical problems that could arise.

Ticks - As with many areas of the countryside, ticks are a frequent occurrence. Although usually harmless, tick bites can cause a rash or, more seriously, Lyme Disease. It is recommended you regularly check yourself (and your children) for ticks - Inspect easy to miss nooks and crannies like armpits, groin, backs of knees, scalp and wash with flannel to sweep ticks from skin.

Tread Lightly! All waste must be properly separated for recycling (see recycling sheet). Take all other non-recyclable rubbish home with you.

Please pick up ALL litter - **leave the site as lovely as you found it.**

Get high on love! We are an alcohol and drug-free Camp. There is NO smoking in or around any workshops or the cafe at Camp or around the main area in general. Please be mindful of others at Camp and ask members of your circle if they would mind you smoking there. Please do not discard butt ends in the grass and make sure they are fully extinguished before disposing of them safely. **For everyone's safety - do not smoke in your tents.**

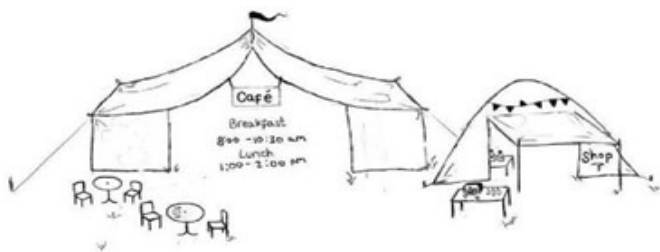


Relieve yourself! There are a number of compost toilets dotted around the field and also a couple of men's urinals, please use these whenever possible. Please note that one handful of sawdust is plenty - too much is a problem. Nappies, sanitary items and condoms should be put in bins - NOT into the compost toilet. Toilets are cleaned by Site Crew. Occasionally an accident can happen between cleans. There are cleaning kits nearby the toilets with spare hand washes as well. Alternatively, let site crew know that there is a problem either through the book at the Gate or by finding the member of the team on duty (wearing an orange armband). They will attend to it as quickly as possible.

Be clean! The showers are fully maintained to provide hot water all day.

At Braziers' request, only site crew may load the shower wood stove with wood. Please be mindful about how long you enjoy the luxurious hot water. Save the water and turn off whilst soaping or shaving and please supervise all children! Please use eco-friendly products only, (100% organic/ biodegradable).

Eat Well! We are blessed to have found a wonderful new cafe lead who is finalising what can be offered on camp this year. We are expecting that there will be a simple breakfast available



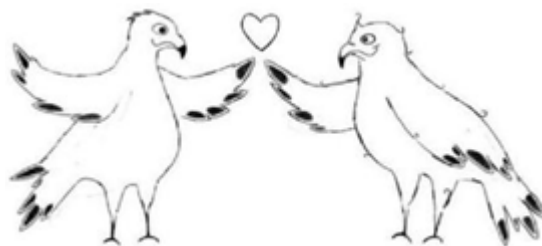
to buy as well as a hearty soup for lunch and hot drinks and cakes during the day.

We are also hoping there will be a couple of night cafes. More definite details to follow. All food is vegetarian and usually with vegan and wheat free options.

Shop Well! By staying on site as much as possible we can greatly reduce the carbon footprint of our camp. so please use our fabulous shop which will sell most of the essentials & enable us to walk lightly upon Mother Earth. The shop opening hours will be publicised at camp.

Give back some Love! To keep the Camp running smoothly we all need to share the care of the site and facilities. If you are not on a working ticket, please make sure that you sign up for Karma Yoga when you arrive at the Gate.

Everyone aged 13 and over completes 2 x 2 hour slots. There are lots of different jobs to choose from - it's a great way to give some love back to the Camp. Why not make it more fun and sign up with a friend?



What about the Children and Young People? Well they have a great time but parents are reminded that children remain their responsibility whilst at camp and must be supervised at all times. Children playing in the woodland play area should always be supervised by an adult. Parents are also responsible for checking out the suitability of any other activities brought by other campers to share.

At 16, young people often create satellite circles, near their parents.

Respect our Neighbours! Braziers Park do not organise Sacred Arts Camp, they are a small community living and working together in their beautiful house and grounds. We have an agreed understanding to respect each other's space and we wait for the invitation to an open afternoon to visit them - the day and time will be announced. Members of the community may visit the Camp during the first few days.





Woodland Walk! You are welcome to walk around the woodland walk on the outside of the camp field (but not any outbuildings) and around the children's playground.

If you are feeling overwhelmed then the woodland walk is a great way to help calm and reconnect with yourself. There is unfenced water in the grounds but not the camp-site.

Livestock and wildlife should not be disturbed in any way. Please double check all gates are closed properly - do not leave children to do this.

SAFE USE OF WATER POINTS

To help keep you and the camp free of illness,
please ensure you use the appropriate water points as shown below:

Task	Source	Drinking water taps	Washing up sinks	Hand washing sink next to Compost loos
Refilling drinking water containers 		✓	✗	✗
Washing plates & cutlery 		✗	✓	✗
Hand washing 		✗	✗	✓
Brushing teeth* 		✗	✗	✗

* It is recommended to brush your teeth next to a hedge and take a cup or bottle of water with you to rinse your mouth if needed.
(If you use the hand washing sinks then there is a slight risk of germs/contaminates from the compost loos getting onto your toothbrush)

STAYING WELL AT CAMP

The Health, Safety and Well Being of everyone at camp is paramount for an enjoyable and nourishing week together. Being in a field, in changeable British weather is never going to be plain sailing, and over the 2018/2019 camps there were a higher than normal number of cases of illness, both stomach/sickness and cold/flu type bugs.

Here are some pointers to help you stay well during camp:

1. **WASH YOUR HANDS WITH HOT SOAPY WATER.**

- * Every time you visit the loo
- * Before you start cooking/eating,
- * Every time you go dancing or any other activity where we may be holding hands.



HOT SOAPY WATER

Germs stay with you through cold water.

Try to keep a supply of hot water available in your circle to use for hand washing.

Anti-Bacterial gels will be available but they are not so effective against some bugs, particularly when used on grubby hands.

2. **KEEP HYDRATED.** Dehydration can accelerate symptoms such as headaches, dizziness, sickness and heat stroke as well as undermining immune system function - when the cells lining our nose, throat, lungs and intestines are under-hydrated they are less able to stop the progress of microbes.

Signs of dehydration in adults and children include:

- Feeling thirsty
- Dark yellow and strong-smelling pee
- Feeling dizzy or lightheaded
- Feeling tired
- A dry mouth, lips and eyes
- Peeing little, and fewer than 4 times a day

Infectious Disease at Camp - *If there is a possibility that a family has been in contact with Rubella (German measles) or if someone develops it within 3 weeks following camp, it is vital that you contact us immediately, so that women in the early stages of pregnancy can seek the necessary medical advice.*

In recent previous years, some of our community who needed medical attention offsite were dehydrated. . .which then exacerbated existing medical conditions.

3. **SPREAD THE LOVE, NOT YOUR GERMS!** If you start to feel unwell, tell someone in your circle and seek help from the First Aid team. You probably wouldn't want to share anyone else's germs, so please don't share yours. Coughing or sneezing anywhere other than into a tissue or your elbow, will share germs more generously than you'd intend.

Please Protect yourself, your family and your friends.