

## Rebound Weekend

### ***Welcome Back!***

**Seabeck Conference Center – Seabeck Washington**

**Typically starts at 3:30PM on the 2<sup>nd</sup> Saturday of August thru  
the following Monday at 1PM**

As you start packing don't forget about Rebound Weekend. Watch for email messages and other forms of social media from the Rebound Coordinator

Outbound Students of District 5020 returning from their exchange year are expected to attend our Rebound Weekend. It will be an opportunity for students to share their recent experience and resolve, through discussion with the other students and professional consultants, any adjustment issues that can occur with their return to home. The cost of this meeting was pre-paid by you with your Outbound Fee.

One of our age old traditions is sharing candy from your host culture. Please plan to bring enough for 24 people to try.

We will also be holding a parent session on Saturday afternoon. This session will end after dinner on Saturday; parents are then released for the rest of the weekend.

Please contact **the Rebound Coordinator** for more information. This information can be found under the About Section under District Committee

## Basic information

**Date:** Typically the second Saturday in August from 3:30pm thru the following Monday at 1pm.

**Where:** Seabeck Christian Conference Center. Located west of Silverdale, Washington on the Hood Canal. It can be reached taking the Newberry Hill exit from State Highway 3. Go west (uphill) until it ends at Seabeck located on the left across from the marina behind a lagoon.

**Check-in:** From 3:30 PM on 4:00 PM on Saturday. More details will be sent out prior to the event.

**Transportation:** This is your responsibility. Students residing in Canada will need to be in Victoria in time to catch the Black Ball Ferry (MV Coho) departing for Port Angeles at 10:30 AM on Saturday (be there 60 minutes early). You will have some extra time before you need to be at Seabeck.

Bring a PASSPORT in order to enter US immigration.

Students residing in the US will need to travel to Seabeck to arrive at 3:30pm. Please do not arrive earlier than this.

**Departure:** Canadian students will depart between 1 and 1:30pm on Monday.

**Content:** The weekend is a mixture of conversation and activities as you share your experience, and we help you with re-entry issues. Small and large group activities are balanced throughout the weekend.

### **Please Bring:**

Passport

Casual clothing: jeans, shorts, sweatshirts, athletic shoes

Bedding will be provided by Seabeck Conference Center

Personal funds for purchases (Seabeck has a small community store adjacent to the Center)

Cameras (There will be a group photo session)

Swim Suit and beach towel

Flashlight

Insect Repellent

Candy from your host cost country to share

**Meals/Lodging for Students:** Meals will be provided by the Center. Vegetarian meals and other dietary needs will need to be requested when you confirm your attendance. These meals

must be pre-ordered. Seabeck will accommodate you to the extent that they can. There is a salad bar available and ample fresh fruit available.

Students will be sharing rooms.

**Meals for Parents:** We encourage all parents to attend the Saturday afternoon session and dinner. Seabeck will not be able to offer you housing or other meals. There are several hotels in the area.

**Cost:** The cost per student (excluding transportation) and the dinner for parents was included in your Outbound Fee.

All details are always subject to change without notice so confirm all details with the Rebound Coordinator prior to the event