



WEEKEND JOURNEY SCHEDULE

to clarity, unity & simplicity in a technology free environment

august 2-4 | itchetucknee springs, fl

day 1: friday

evening:

- 5.00pm – 7.00pm:
 - check in at [o'leno park](#) in high springs
- community dinner
- session 1: implementing healthy tech habits
- engage in community
 - campfire, s'mores & music

day 2: saturday

morning:

- for the river at 7.00am
 - community breakfast
- explore creation
 - tubing & swimming

afternoon:

- community lunch
 - session 2: what is silence & solitude?
- explore creation
- silence & solitude

evening:

- community dinner
- session 3: implementing healthy tech habits
- engage in community
 - campfire, s'mores & music

day 3: sunday

morning:

- community breakfast
- session 3: importance of sabbath
- silence & solitude
- execute change:
 - 21 day challenge
 - letter
- pack up campsite

afternoon (optional):

- community lunch
- explore creation:
 - swimming at the spring

*optional

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faq

- **where is it located:**
 - this experience is located at [ichetucknee springs state park](#) in fort white, fl. we will be staying in tents at [o'lena state park](#).
 - **please eat before you arrive by 7:00 for check in & orientation at 7:30pm.** if you are arriving late, please let us know in advance.
- **what is the cost:**
 - this particular experience will be **\$75 per person** to help cover the cost of food, housing, activities, sessions & SWAG items. A-GAP is a non-profit organization founded & supported by [Natalie's Orchid Island Juice Company](#).
- **who is this A-GAP experience for:**
 - this event is specifically designed for young adults (18-30's). if you would like to partner with A-GAP & create a weekend experience designed specifically for your group, please email us at agap@oijc.com. we would love to work with you!
- **what are the sessions:**
 - our sessions facilitate discussion of how technology has impacted our relationship with ourselves, others & God. we will share how to implement healthy technology habits in order to live with clarity, unity & simplicity.
- **who is speaking:**
 - our executive director, bethany baker, will give practical ways to implement healthy technology habits in order to be more intentional with our lives & relationships. we will also have a guest speaker addressing how the Sabbath leads to lasting rest & renewal.
- **what is engaging in community:**
 - experience uninterrupted authentic community free from the constant distractions technology brings. if you play an instrument, feel free to bring it this weekend & share your music with others around the campfire!
- **what is exploring creation:**
 - getting out in nature, enjoying the breeze on our face, the water splashing our skin & the grass beneath our feet. there will be hiking trails, swimming. we will be tubing down the ichetucknee river.
- **what is enhancing creativity:**
 - we will have different elements encouraging you to expand your creative outlets. it might include rock-stacking, writing letters & coloring.
- **what is executing change:**
 - identifying your "why" behind implementing healthy technology habits in order to improve your relationships. this will expand your potential for living with clarity, unity & simplicity.
- **what is the faith gathering:**
 - the faith gathering is an optional Christ-focused opportunity for participants to dive deeper into what it means to still our hearts to hear the Whisper of the GOD of the Bible in a culture driven by noise & distraction.

for more questions please visit our FAQ page on our website: <https://agap.life/faq/>

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packing essentials

items to bring:

- personal tent
- sleeping bag with ground cloth or sleeping pad & pillow
- 2 separate water containers (*2 liters each, with a way to identify it as yours*)
- medium day hike backpack
- rain jacket
- **shoes:** protective shoes for water & sandals
- 1 large towel & washcloth
- **clothing:** rain gear (*poncho*), long pants, shorts, layered shirts, hat, sunglasses, jacket or sweatshirt, undergarments, socks & swim suit. *bring extra set of dry clothes and towel for when we get back.*
 - *pack clothes in small plastic bags then seal & put in a larger plastic bag (garbage bag). put larger bag in cloth bag such as duffel bag.*
- **basic toiletries:** sunscreen, insect repellent, flushable wipes in zip lock bag: *pack separately in plastic bags inside small drawstring cloth bag.*
- flashlight or lantern

optional items:

- Bible (*may get wet*)
- journal & pen
- personal first aid kit
- folding camp chair
- small foam seating pad
- hammock with extra ropes & straps
- waterproof watch (not smart watch)

please check the weather forecast, to assure you have comfortable clothes fit for the weather.

items to leave at home:

- iPods & other electronic devices
- alcohol, drugs, illegal substances & any weapons that could be harmful.

we are excited to meet you soon at our next A-GAP weekend journey!

****as a reminder, we will be collecting all phones at the start of the weekend & will return them to you at your time of departure. we do this to eliminate any distractions.***

EMERGENCY NUMBER: (772) 359-7901

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A-GAP PARTICIPATION AGREEMENT

In consideration of my participation of the A-GAP event, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the foundation and its insurers, employees, officers, directors, associates shall not be liable for any damages arising from personal injuries (including death) sustained by me regardless of whether such injuries result, in whole or in part, from the negligence of the foundation.

I understand and agree that my participation is voluntary for certain activities provided during the course of my experience with A-GAP foundation. For activities that are intended for the whole group, I give my consent in participating and understand the risks that might be involved and take full responsibility for myself.

I agree that I will not bring or partake in using alcohol, drugs, or any illegal substance. I agree that I will not bring harmful weapons that could result in injury or death. We want to ensure a safe environment where all our participants feel welcome and comfortable.

Lastly, I understand that this is a technology free environment and will turn in my phone along with any other devices with screens I have brought. Your devices will be returned to you at your time of departure.

I have read the foregoing waiver and release of liability and voluntarily signed this A-GAP event Participation Agreement with full knowledge of its content.

Signature: _____

Date: _____

Print Name: _____

Experience: _____

(month/year)

Witness: _____