

## Student/Parent Information Sheet Year 2 Institute

Lama Foundation, New Mexico

See [www.gyli.org](http://www.gyli.org) for program dates and registration

Welcome back to GYLI, or if you are new this year, WELCOME!!! We are working very hard to provide a safe and fun learning experience! Please read all the information below and check [www.gyli.org](http://www.gyli.org) for the most up to date information. We are excited to work with each of you, helping you to become an effective and powerful agent of change in your school and in our world.

### Program Outline:

<p>Day 1: (Arrive at Albuquerque, NM Airport by 2PM)</p> <ul style="list-style-type: none"> <li>➤ Bus to Lama Foundation</li> <li>➤ Orientation and welcome</li> <li>➤ Watch group games</li> <li>➤ Tent Camp Setup</li> </ul>	<p>Days 4: Morning Meditation</p> <ul style="list-style-type: none"> <li>➤ Solo experience/Vision Quest</li> <li>➤ Seva/Exploration sessions</li> <li>➤ LLP Planning with School Group</li> <li>➤ Intro to mountain guides and essentials for the hike</li> </ul>
<p>Day 2: Guided Meditation</p> <ul style="list-style-type: none"> <li>➤ Dev. Personal Leadership Vision</li> <li>➤ 5 C's revisited</li> <li>➤ Lama/Sustainability Tour</li> <li>➤ LLP All Group Share</li> <li>➤ LLP Planning with school group and journaling</li> </ul>	<p>Day 5: Morning Meditation</p> <ul style="list-style-type: none"> <li>➤ Group Hike</li> <li>➤ Flag ceremony</li> <li>➤ Down time – rest! and celebrate the hike</li> <li>➤ LLP Prep and Presentations</li> <li>➤ Closing Ceremonies &amp; Fire Circle Community Celebration</li> </ul>
<p>Day 3: Morning Meditation</p> <ul style="list-style-type: none"> <li>➤ Native American Introduction</li> <li>➤ Lunch at John Dunn Bridge, Rio Grande River</li> <li>➤ Taos Pueblo tour and local crop mob</li> <li>➤ Gender and Identity Discussion</li> </ul>	<p>Day 6: Early Breakfast</p> <ul style="list-style-type: none"> <li>➤ Tent Camp teardown</li> <li>➤ Bus to Albuquerque Airport. (Schedule flights to leave after 3pm)</li> </ul>

### Safety:

We take great care to ensure your safety throughout all GYLI programs. All of our Institute Coordinators are CPR/First Aid certified. Students are in the constant care of both male and female chaperones. Curfews are enforced, safety hazards pointed out, and caring community is established in each GYLI program. Our average faculty-to-student ratio is 1:3, and our commitment is to provide the highest quality physical and emotional safety.

If you have **any safety concerns** before, during or after the GYLI summer institute, please don't hesitate to call or email your faculty chaperone, the Institute Coordinators, or GYLI Executive Director, Matt Nink (cell phone: 414.397.1159)

**Cell phones/electronics:**

All GYLI programs are designed to be low-tech and community focused. To that end we ask that students do **NOT BRING CELL PHONES or other electronics**. This will prevent any water damage in the mountains as well as keep our focus on the relationships within the group. Adults will have cell phones available in case of an emergency, and we will encourage students to call home to communicate their arrival in Albuquerque. If a student does bring a cell phone, we will simply collect it and return it to the student at the end of the institute.

**Transportation:**

Transportation to and from the Albuquerque, NM airport is the responsibility of GYLI students and faculty at participating schools.

Transportation to and from the Lama Foundation will be provided by GYLI from a commercially licensed company with professional drivers.

**Lodging:**

We will be sleeping in tents at the Lama Foundation. Students will sleep in separate tents by gender, and adults will sleep in separate tents from students. Tents will be provided, but see the packing list for appropriate sleeping gear. Please note that **NO** prior camping experience is necessary.

**Meals:**

GYLI will provide all meals beginning with dinner on the first day of the program and ending with lunch on the last day. Students should plan to purchase dinner at the airport on their return trip home. Please bring money for any meals or snacks that you may want to eat while at the airport. Please use your GYLI website profile to list any dietary restrictions or preferences. **DO NOT BRING SNACKS**—we will provide plenty of healthy, energy sustaining snacks—and we don't want to attract any animals to our campsite.

**Sign up and Registration:**

Each GYLI student and faculty member will register through Active registration. The link to the Active registration page can be found on the GYLI website.

**Tuition Costs:**

The tuition cost for the Year 2 Institute is \$1,950. This includes meals, bus transportation, lodging, guest speakers, and all program materials. This cost **DOES NOT** include airfare.

**Other Costs:**

The total cost of the program depends on travel arrangements, which may include transportation, snacks or meals at the airport, souvenirs at Taos Pueblo, lodging

before or after the institute or other costs as determined by each GYLI school. Please consult your GYLI school coordinator for a breakdown of these costs.

**Parent Permission/Student Expectations form and Student Health Form:**

Please visit <https://www.gyli.org/required-forms/> to download these forms.

The Health Form must be signed by a licensed medical practitioner. Upload the completed Health Form to your Active registration account.

The Parent Permission/Student Expectations form is completed through DocuSign. Both parents AND students must sign the form.

Both forms must be received by GYLI - BEFORE any student or faculty member can participate.

## Year 2 Institute – New Mexico

### PACKING LIST

#### What to Pack

Pack items in one large duffle bag. Strap the sleeping bag to the duffle bag - it does not need to fit within. Use the small backpack on the airplane. Firm carry-on suitcases cannot handle the terrain and will take up too much space while at the Lama Foundation. The duffle bag can be packed away.

#### Required:

- Sleeping Bag, rated to 0 degrees (it gets cold in the evenings)
- Hiking Boots – must offer good ankle support (break them in before trip)
- Tennis Shoes or athletic sandals (i.e. Texas)
- Wool Socks, at least 2 pairs
- Long Pants – Quick-dry, water resistant preferred (Not jeans or sweatpants but leggings and cargo pants are okay)
- T-Shirts – both long and short sleeved (unpredictable weather)
- Sweater – (mountain elevation of 8,600' – it will get cold at night)
- Waterproof Jacket – not just water resistant
- Water Bottles – 2 - 16oz. bottles
- Small backpack for hike
- Flashlight – (head lamp is best)
- Hat with brim
- Sunscreen
- Bug Spray
- Flip-flops for showering
- Sunglasses
- Wristwatch, with alarm feature – (i.e. Timex Sports Watch)
- Toiletries – biodegradable to minimize water pollution
- Bath Towel, Washcloth
- GYLI Program Booklet/Journal and pens

#### Recommended:

- Foam or inflatable sleeping pad or mattress (twin)
- Comfortable shorts
- Swimsuit – suitable for white water rafting or swimming in Rio Grande (optional activity)
- Book, Playing Cards

#### Not Allowed

- Cell Phones/Laptop/Technology
- Do NOT BRING SNACKS – We do not want to attract animals to our campsite.
- Inappropriate Dress – short-cropped tops or other revealing clothing
- Camping Knives or Tools