

## **RETREATS at Merriwood Christian Camp** **FREQUENTLY ASKED QUESTIONS**

### **GENERAL QUESTIONS ABOUT RETREATS:**

**Q: What kinds of day events does Merriwood host?**

A: Field days, Team building days, day outings for youth groups, church picnics, Sunday School Class picnics, etc.

**Q: What is Team Building?**

A: Team building activities are group initiatives. They are fun activities that are challenging and designed to teach life lessons and/or spiritual lessons. Some activities have an apparatus and some do not. Some are physical challenges and some are more mental, thinking challenges. Groups will learn to work together as a team, to notice one another's strengths and weaknesses, to communicate, who the leaders and followers of the group are, and to trust one another. MCC Staff will process how the group worked together as well as what life lessons can be learned after each activity. Individuals will learn about themselves and how they interact, as well as learn about their team mates. These activities are great for school sports teams, youth groups, leadership teams, and any group that wishes want to increase their learn to work together more effectively and appreciate one another. Typically, 1 ½ hours is a good time-frame for team building activities.

**Q: Can you describe your Climbing Wall and how that works?**

A: Our Climbing Wall is an Alpine Tower and was built at Merriwood in 1996. There are six different climbs available, although we usually offer four climbs. These four include beginner as well as intermediate. The wall is 48 feet tall. We encourage each climber to bump their personal comfort zone. They are encouraged to make a goal of how high they would like to climb and to reach that goal and perhaps exceed it. Each climber wears a harness and helmet. Each climber's equipment is checked by MCC's staff before climbing. Each climber is belayed by one of Merriwood's staff. Individuals from children to senior citizens are welcome to climb the wall if decided upon on your contract. Typically, we allow about an hour for 20-30 climbers in our retreat season.

**Q: What things does Merriwood facilitate and what events must we provide supervision for?**

A: If decided upon by MCC and the retreat group, Merriwood can facilitate team building, the climbing wall, and meals. These things must be agreed upon by both parties and should be reflected in on the contract. Groups attending Merriwood must provide their own chaperones and supervision at all activities (including meals) except for team building and wall. Groups should have supervision in the gym, fields, paddle boats, canoes, and anywhere else their group has activities.

**Q: How can I book an event?**

A: Call MCC's office at 336-766-5151 to check availability. Once a retreat date and activities are decided upon, MCC will mail a contract packet to the group. There is a \$400 non-refundable deposit for overnight retreats, deducted from the full amount. For day-events, there is a \$100 non-refundable deposit, also deducted from the full amount, to be returned with the contract. Once the contract and deposits are returned, the retreat will be confirmed.

## DAY EVENT F.A.Q.:

### **Q: What activities are available for day events?**

A: We can design a package that will fit your needs. Typically, paddle boats, canoes, gym use (ping pong, carpet ball, foos ball, basketball, indoor volleyball), sand volleyball, softball field, soccer area (not regulation), fishing (gear not provided by MCC), tetherball, 3 campfire areas to choose from, cafeteria use, are available. For additional rates, Merriwood staff can facilitate team building activities and/or the Climbing Wall.

### **Q: What are the day event rates?**

A: The rates depend on what the group uses and if Merriwood Staff facilitation is necessary or not. Please call the office for a rate for your potential event.

### **Q: What is a sample day event schedule?**

A: We can modify this schedule for the group attending. If a group wishes for MCC staff to facilitate some of the programming, typically, we'll do team building in the morning (1 ½ hours or so). We can provide lunch if the group desires. MCC Staff can belay at the Climbing Wall in the afternoon. The group can have free time during or after wall time. All of this is open to discussion.

## OVERNIGHT EVENT F.A.Q.:

### **Q: Does MCC host overnight events?**

A: Yes, we do! We are best set up to host youth and college retreats. You can custom make your retreat length. We are not set up to host couples retreats or family retreats, due to our cabin housing.

### **Q: Can you describe your housing?**

A: We have 12 cabins that have 12 beds (6 sets of bunk beds) in each room. Each room has mirrors and sinks. Two cabins are connected through a bathroom which includes two showers and two bathroom stalls. Total housing in our normal 12 cabins equals 144. We also additional housing (that we use in the summer months) that could house an additional 48 students. (Please ask about specifics of this housing if interested.) There are 2-3 motel units available for adult leaders or a family if necessary. The motel units consist of one double bed, and a set of bunk beds. Retreat groups are asked to bring linens (sleeping bags, sheets, blankets, pillows, towels, wash cloths, etc.) and toiletry items for cabins and motels as these are not provided. The cabins and motel rooms contain hand soap dispensers and toilet paper.

### **Q: What is included in the price of an overnight retreat?**

A: Included are meals, cabin housing, 2-3 motel units, the gymnasium and chapel area, the dining hall, three campfire areas, paddle boats, canoes, and outdoor fields. Team building and the wall are also included if requested. In addition to this, we only host one retreat group at a time. So, you don't have to work around building use and activity use. It's all yours! Because we only have one group at Merriwood at a time, we do ask for a minimum of 40 paying persons.

### **Q: How does pricing work for overnight events and what is included in that?**

A: All you see above is included in the cost of an overnight event. Our rates are per-person. We can custom make your event, depending on when you arrive and depart. A typical retreat with one night and 3 meals would be \$49 per person. A longer retreat of 2 night and 6 meals would be \$89 per person. Rates are subject to change. Please contact Merriwood for current rates.

**Q: What months are available for overnight retreats?**

A: We do retreats from March through mid-May and then again from late-August through mid-November. We do not usually do retreats from mid-November through late February.