

What to bring:

- Hat (for sun or rain)
- Clothes to get messy
- Comfy shoes
- Warm clothes
- Water bottle
- Sun lotion
- Personal items
- Towels
- Sheets
- Formula
- Medications

What not to bring:

Sleeping bags, pillows, personal electronics, expensive jewelry, valuable items that could be lost or damaged

For more information please contact:

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Teen Challenge 2010



Presented by:

Children's Hospital Boston
Metabolism Program

Boston, Massachusetts
July 7-9, 2010

Challenge Yourself!

A challenge provokes, stimulates, or incites us. We confront challenges everyday. When faced with a challenge, our response and action molds and defines our character.

Teen Challenge is meant to be a challenge! Activities are planned to engage you, excite you, and push you outside of your comfort zone.

Teen Challenge will allow you to try new experiences that you may never had thought you could do. Your individual strengths will shine as you become an essential part of a team and form friendships.

We hope you'll join us for the fun and adventure that lies ahead.

Who can go?

Teen Challenge 2010 is designed especially for teens (ages 13-18) with PKU or other metabolic or genetic conditions.

Expenses

Teen Challenge 2010 will cost \$350 per participant, which includes all food, lodging and planned activities. A \$50 deposit is required upon registration.

The registration form and full payment is due no later than June 7.

Please make all checks payable to "PKU Fund- Children's Hospital Boston." Send the registration form and check to Vera Anastasoai (information can be found in the flyer).

Financial aid and scholarships are available. Please contact Vera or Tiffany for more information.

Food

Low-protein meals will be provided. **FORMULA WILL NOT BE PROVIDED.** Be sure to bring enough formula to last for the duration of the trip as well as mixing containers. Coolers will be provided.

What to look forward to:

Participants will engage in a 2 day collaborative art project, involving both traditional and digital art media, on the theme of *transformation*. The participants will be asked to solve creative problems both as individuals and in community, considering the power of constructive change. The 2-day project will be filmed and recorded to document both process and outcome, and will include both 2-D and 3-D art making. This project will foster creative and constructive thinking through the creation of artwork exploring issues such as identity, struggle, possibility, and change.

We will also have our Second Annual "Iron Chef" competition featuring professional cooking instructions including knife techniques and use of herbs and spices.

Wednesday July 7:

Meet at Children's Hospital Boston lobby at 2:30pm.

Friday July 9:

Meet at Children's Hospital Boston lobby at 3pm.

