

QUEST

Quest is an adventure style camp for teenagers (rising 7th through 12th graders) who live in Grundy County, TN. Our goal is to provide an experience where youth are able to explore character building through challenging events such as rock climbing and ropes course elements. Mountain T.O.P. partners with the Grundy County High School guidance counselor and various other social service agencies to recruit youth who would most benefit from this type of program.

Though Mountain T.O.P. staff sets the program for Quest, AIM participants actually facilitate the week. They act as mentors, guides, and caregivers for the youth by encouraging each other in word and deed. Each day's activities are centered around a specific character trait. There are also opportunities for you to share your faith story in group and individual settings. Quest culminates on Friday with a special time to celebrate with friends and family.

Quest is focusing on six different character traits: respect, responsibility, perseverance, courage, integrity, and self-discipline. AIM participants are asked to view these traits through the biblical lens. There are a wide variety of scriptures which illustrate and illuminate these character traits.

Mentors - Volunteers who are assisting in the week are called "mentors", and serve in this role for the teenagers during the entire week. In this role, the mentor builds relationships with the teenagers and encourages them in each adventure challenge. They are there when the teenager needs support, physically, socially, emotionally, and spiritually. They work alongside the teenagers during the day, helping them complete tasks and assignments. The mentor also provides for the teenagers logistically by getting them what they need for the tasks at hand. In addition, the mentor facilitates the moving from place to place and any breaks that are given, as well as serves as hosts for lunch (hosting duties are explained on Sunday at orientation).

Logistics: A summer staff person will call all participants the week prior to your arrival at camp to help with any last minute plans and details. This will also be a time to get information about the teenagers who will be attending camp.

Elements of the day

Van Routes

Mentors are also asked to be willing to provide transportation for teenagers to and from camp and to adventure challenge sites. Van routes are planned by MTOP staff and take into account timeliness and efficiency. This is a good time for mentors to get to know the teenagers and to provide an environment where the teenagers begin bonding with each other. Van routes also provide mentors with the ability to see the teenagers home environment.

Discovery Time

This is a time for teenagers and volunteers to experience theme for the week in a large group setting led by the staff, facilitated by participants. It is an opportunity for the adults to share with the teenagers in a creative way a Biblical truth relating to the theme of that particular day (see list below). Volunteers present the *Thought for the Day* by means of games, activities, songs, or skits that illustrate the thought. This is a good time for volunteers to get to know all of the teenagers in the community and

share with them about God. At the Sunday evening orientation, volunteers will sign up for the day they would like to lead Discovery Time. Each day's team will then plan Discovery Time together. It is helpful for volunteers to come to camp with a list of ideas and activities that can be used for discussion during the sub-group planning time. Discovery Time lasts for 30 minutes.

Each Discovery Time is made up of 3 elements:

1. *Thought for the Day*: the day's character trait focus
2. *Scripture*: the text used to Biblically illustrate the point
3. *Activity*: a game, skit, or activity that illustrates the daily theme

Adventure Challenges

Each day, a new adventure challenge will be offered to help illustrate the character trait focus. Mentors are NOT required to attempt the challenges; however, mentors must be avid participants, encouraging the teenagers and providing appropriate support. They can act as sounding boards to help the teenagers process meeting their challenges and debriefing their experiences. Mentors should motivate the teenagers to actively participate in each challenge and be a part of the total community, cheering each other along.

Opening, Lunch, and Closing

Opening, Closing and Lunch are other times in the schedule where adult volunteer leadership is needed.

Opening, although short, is the time at the beginning of each day that sets a positive mood and tone for the rest of the camp day. Opening consists of four things – the welcome, announcements, introduction of the character trait focus, and one song/activity. The staff will furnish the leader of the Opening with the announcements for the day. Volunteers should bring songs and activities to be used during the Opening. On Sunday night, the Ministry Production Team (MPT) will decide who will lead each Opening and what activity/song will be done.

Lunch can sometimes seem chaotic because the teenagers need to release energy and speak with each other (sometimes loudly!) in an unstructured environment. This is a wonderful time, though, for adults and teenagers to get to know each other, let down, and have fun. Adult leadership is needed to facilitate the lunch process, to include making sure everyone receives something to eat, and keeping the lunch experience within the time allotted, including cleanup. Some days, lunch will be a picnic; other days lunch will be in the dining hall.

Closing is the end to the Quest day and is a short time for giving announcements and handing out items the teenagers need to take home with them. It is a reminder that all of the individual Quest participants are part of a total community. The summer staff will provide the facilitator of closing with any materials and announcements that need to be given at closing.

Typical Week at Quest

Sample Schedule

Monday-Thursday

9am	Begin van routes
10am	Welcome & Introductions – Opening Circle
10:30-11:00	Ice Breaker games
11:15-11:45	Small group discussion of Focus Trait
12:00pm –12:30	Lunch
12:45 – 3:00	Adventure Challenge (low ropes course, rappelling, rock climbing, high ropes course)
3:00 – 3:30	Discovery Time
3:30	Closing Circle
3:45	Load vans and go home

Friday – Celebration Day

9:00am	Begin van routes
10:00 -10:30	Opening and discussion of Focus Trait
10:30 12:00pm	Adventure Challenge
12:00 – 12:30p	Lunch on site
12:45 -2:00	Continuation of Adventure Challenge
2:00	The Quest Celebration
After Celebration...	Some teenagers may need transportation home

Two final notes: Quest volunteers can wear shorts at camp, although we do ask you to wear the longer walking shorts. MTOP staff members will provide information about specific clothing needs for the adventure challenges. **You may be asked to provide transportation for Quest teenagers.**