Antara Association Incorporated
PO BOX 83 202, AUCKLAND, NEW ZEALAND

ANTARA YOUTH RETREAT
INFORMATION PACK

Thank you for your inquiry about the Antara Youth Retreat. Enclosed is information about the retreat, what we offer and who it is for.

	(Ticked if included)
Youth Retreat Information Pack enclosed	❑
Youth Retreat Application Form enclosed	❑
Youth Retreat Brochure enclosed	❑
Free Natural Health Clinic Brochure enclosed	❑

The retreat is free to attend. For further assistance please do not hesitate to call the Antara Free Natural Health Clinic on (09) 834 7987, Monday to Friday, 10am to 3pm. A message can be left if you phone outside of these hours.

Who is the Retreat for?

The Retreat is an opportunity to step back from day-to-day interactions. We all face challenges coping with life at times. If you need a bit of help, advice or thinking time, then there's a good chance the retreat may be a good place for you.

You might want to get on with life, but just need a few tools to do so. Maybe you've lost someone close and need help with your grieving. Perhaps you are constantly depressed. It may have even got to the point where you've thought about taking your own life. Maybe your life is one big mess and you need to have a big sort-out. On the other hand, you might just need a bit of space and time out. People come for many reasons as the retreat provides an opportunity to resolve current issues as well as look at next steps.

Whilst a lot of people suffer from issues associated with drug and alcohol abuse, the retreat is not specifically set up to handle people with addictions. If, however, you have recognised your addiction and already shown a strong commitment, we may be able to help.

All applicants must be between 16 and 19 years old and male. You must want to attend the retreat. A friend or family member may have introduced you, but **you** must want to come. The main criterion is a willingness to put in the effort required to reclaim a positive future.

What's it like to stay?

The retreat is like living in an extended home situation with everyone mucking in. It's a place of diversity and openness where anyone can fit in. As the staff and helpers are

voluntary, everyone takes responsibility for the retreat and each other. We have up to five young people staying at one time and enough staff and helpers to ensure one-on-one help where needed.

The retreat home is really nice with bedrooms usually being shared. We often have a fire going in the kitchen as we use it for cooking and heating our water. We have lots of musical instruments, a library of thought provoking books, table tennis, etc.

We have 22 acres of land including organic gardens, a small stream and lots of native bush. We are also quite close to Pakiri and like to visit the beach as much as possible. There are a lot of leisure activities as the place is as much about having fun.

The retreat is a smoke free, drug free and alcohol free environment and people are expected to refrain for the length of their stay. This is an important part of our philosophy because we believe health is fundamental to personal development.

What sort of programme will I be involved in?

A typical stay usually involves the following: - Developing the retreat land; preparing wholesome meals; developing your practical skills; many varied leisure activities; participating in personalised courses to develop individual skills and talents; community help and group discussion.

Apart from daily participation in retreat life, each young person will be required to do some self-analysis, goal setting and achievement work. Your stay may be part-time or full time. It could be for three weeks or three months. However, on a weekly basis we will review progress with you and agree next steps.

Antara has a simple approach to living and that is to help others. During your stay you are expected to do the same. We would hope that you'll learn the importance of giving and of putting others before yourself. Many problems can disappear when you focus on helping those around you.

We have access to different types of qualified and experienced therapists. Where appropriate, these therapies are available to you.

What can I expect to eat?

The retreat diet has been developed and approved by qualified natural nutritionists. The majority of food eaten is vegetarian with most of it grown organically on the property. Some fish and chicken is eaten. We ask that people leave their sweets and junk food at home.

Many young people actually lose weight given the manual work, outdoor activities, and healthy diet.

Can friends and family visit?

Focus on programme creates limitations on the ability for friends and family to visit the retreat. We have designated visitor days, but sometimes it is good for people to have true time out. Specific needs can be discussed with retreat staff.

What sort of backgrounds do the staff come from?

The Retreat staff and helpers give their time voluntarily. They are people that come from diverse backgrounds with a common interest and a commitment to helping others. Our staffing policy is not based on any specific educational or professional background. We look for people with diverse life skills and experiences with the hope that you can learn from what they have to offer. It may be that one day you come back and help having overcome your own challenges.

What motivated Antara to set up the retreat?

The Antara Association is a philosophically based charitable organisation. It was set up to run practical community care projects with an emphasis on showing people how to take responsibility for the health and well-being of both themselves and others.

To live our philosophy to the full, you give of yourself to others. It is a lifetime dedication and commitment to the helping of others and the Retreat is an example of this. We're definitely not religious or here to judge.

What are our expectations of you?

The retreat is here for young adults. You are free to leave your programme at any stage. However, whilst in the programme we expect commitment to it.

We look forward to hearing from you.

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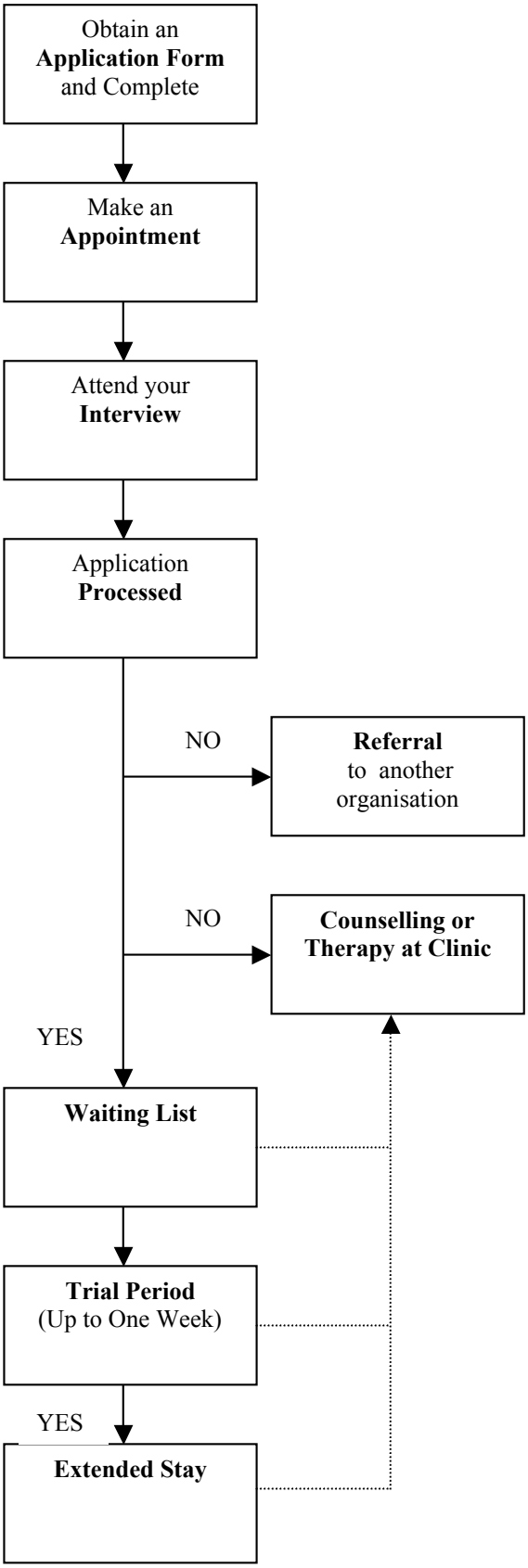
ANTARA YOUTH RETREAT
APPLICATION PROCESS



Application forms are available by phoning the Antara Free Natural Health Clinic on 09 834-7987. They can also be downloaded from our website: http://www.antara.co.nz

Appointments can be made by calling the Antara Free Natural Health Clinic on 09 834-7987 between the hours of 10am and 3pm. Interviews are held at the Clinic, 66 Taikata Rd, Te Atatu North

The interview is between Retreat staff and the applicant only. Please allow up to an hour

Applications are processed within 7 days and often much earlier. We will contact you by phone to let you know

If we do not believe that the retreat is for you we will endeavour to refer you to another organisation suited to your needs

Counselling and other therapies are available at the Antara Free Natural Health Clinic. This may be appropriate for those unable to attend the Retreat or for those on the waiting list.

The waiting list is for those that have been successful with their application. We will advise you of the anticipated waiting period as early in the application process as possible.

The trial period gives everyone an opportunity to agree suitability, outline goals and objectives and potential terms of an extended stay.

Successful applicants participate in an extended stay. Length of time depends on agreed programme.