ARE YOU LOOKING FOR A FREE PROGRAM FOR YOUR CHILD THAT...

- Is safe, free and fun
- Allows children to build on skills such as communication, problem-solving, digital literacy and creative thinking
- Offers year-round programming at an overnight summer camp and school support
- Helps boys and girls make positive choices that will impact their futures

SIGN YOUR CHILD UP FOR THE FRESH AIR FUND’S CAREER AWARENESS PROGRAM!

The Career Awareness Program enhances the education and career awareness of New York City children in grades 7 through 9, and through college. Children must be in 6th grade when applying and are selected to participate based on financial need. Children who are excited about school, will work hard for their futures and want to take part in activities similar to school will benefit from this program.

Students attend Camp Mariah, named in honor of Board member Mariah Carey for her generosity, in the summer and continue year-round from September to June.

VISIT WWW.FRESHAIR.ORG OR CALL 800-367-0003 TO SIGN YOUR CHILD UP.

Thank you for giving my children this experience. They loved it! Every now and then they still come to me and say ‘Mom we learned this at camp!’ They are so excited telling me the stories.”

- SHAUNA, CITY PARENT, BROOKLYN, NY
SUMMER IN THE GREAT OUTDOORS
The Fresh Air Fund’s camps share a common goal: to create incredible, fun-filled, educational experiences for New York City children while connecting them to the outdoors. Camp Mariah is a safe space where boys and girls can learn and grow with friends, discover a new environment and challenge themselves in a variety of activities. For many, it becomes a summer home away from home, where they look forward to reuniting with their fellow campers and counselors, year after year.

CAMP ACTIVITIES
Swimming is always voted the favorite activity at camp, and Camp Mariah has a lake where campers go swimming every day and take swim lessons. Students also take part in journalism, chess, fashion, photography, arts and crafts, drama, critical issues, chess, music, dance, film, environmental studies and culinary arts classes. These diverse activities are designed to build community, inspire creativity, foster independence and – of course – have fun.

“...I take here actually prepare me for a career. I don’t really have that at home.”
- SAMARIA, AGE 12, MANHATTAN, NY

FOOD
Campers are provided with three well-balanced meals a day, prepared by an experienced food service company, and approved by the United States Department of Agriculture. Sample meals could include breakfast with cereal, french toast or eggs; lunch with tacos, pizza or chicken sandwiches; and dinner with spaghetti and meatballs, BBQ chicken or roast beef with gravy. There is a salad bar at lunch and dinner as well. Children are encouraged to try new foods, and alternative meals are available. Snacks, such as fresh fruit, are provided throughout the day. Meals are served family-style.

CABIN ASSIGNMENTS
Campers live in cabins with their peers from the same grade and same gender. The Fresh Air Fund does not house campers with friends or family members, since meeting new people and making new friends is one of the most important aspects of camp life.

CAMPER EXPECTATIONS
All campers are expected to follow basic rules of behavior. For example, campers must be with a staff member at all times, and they should always be respectful of their peers and staff. Campers are also expected to try new things and participate in activities.
YOUR CHILD’S CAMPERSHIP
Eligibility for participation in The Fresh Air Fund is determined primarily by financial need. There is no cost to the families of participating children. Money is raised through private contributions to support our campers. Once your child is registered for camp, it is important that she or he fulfills the commitment to attend. A camper spot that goes unfilled means that another child could have had the opportunity to go and has been denied.

TRANSPORTATION
Chartered coach buses will bring your child to and from camp. Campers travel 65 miles north of Manhattan to The Fresh Air Fund’s Sharpe Reservation in Fishkill, NY.

STAYING IN TOUCH
Campers are not permitted to use the camp telephone or cell phones. You can keep in touch with your child by sending a letter. This allows campers to connect with the outdoors without the distraction of technology.

HOMESICKNESS
Feeling homesick is a natural part of any child’s experience at summer camp and a parent missing a child is just as common as a child feeling homesick. All camp staff are trained to assist. If you are concerned, you are welcome to call the camp director.

FACILITIES
Campers live in cabins of six to eight campers and two staff. Restrooms are in the cabins with individual shower units. Children should be comfortable living in a rustic environment.

WHAT TO PACK
• Pack in a suitcase or duffle bag.
• Avoid sending your child with new clothes, sentimental or expensive items.
• Camp is usually hot during the day and cool at night.
• Items include: clothing, child’s medication, personal hygiene, one professional outfit.
• The Fresh Air Fund cannot be responsible for securing items and will not be responsible for anything that is lost or damaged.

TYPICAL DAILY SCHEDULE
There are so many activities at camp that no two days ever look exactly the same. Here’s a general idea of what a day at Camp Mariah might look like...

6:30 am Wake up, shower, dress, and chores
7:45 am BREAKFAST
8:30 am Careers
9:30 am Art
10:30 am Swimming
11:30 am Leadership
12:30 pm LUNCH
1:30 pm Culinary Arts
2:30 pm Critical Issues/Recreation
3:30 pm Chess
4:30 pm Cabin time/Rest time
6:00 pm DINNER
7:00 pm Evening activities
9:00 pm Bedtime

Other activities might include cooking, drama, hiking, boating, fishing, carnival, fashion, ropes course adventures, a visit to the model farm or a planetarium show. Examples of evening activities are team-building games, sports, tournaments and swimming.
safety first

CHILD SUPERVISION
Camp Mariah has a professional director with many years of experience. Children are closely supervised by counselors who are college-age or older, recruited from throughout the United States and around the world. Counselors are screened, interviewed and trained by the camp director and are required to submit three references which are verified. They must also complete a thorough background check. There are also assistant directors, head counselors, program staff and a full-time nurse. Campers sleep in cabins with individual beds, and counselors sleep in the same cabin or next door.

Your child’s counselors are there to make camp fun and exciting for every camper, but your child’s safety will always be their top priority. Staff complete a week of intensive training before children arrive at camp.

SWIMMING
Camp Mariah has a lake for swimming, boating and fishing, with separate areas sectioned off for each activity. Water activities are always supervised by Red Cross certified lifeguards.

All children are swim tested on the first day of camp and wear a colored wristband that designates their permitted level for swimming.

Lifeguards also enjoy teaching campers how to improve their swimming skills, helping them move to a more advanced level.

MEDICAL CARE
Medical care is provided to all children who require it. There is an infirmary with a nurse on duty 24-hours-a-day.

Nurses take care of minor illnesses, scrapes, and emergencies, with doctors available nearby when needed.

Please send your child to camp with all medications that he or she takes throughout the year. Keep medicine separate from your child’s luggage, clearly labeled, as it will be collected at the bus station by the check-in staff. Nurses will administer prescribed medication at camp.

The counselors are great role models. They teach us to always work together, to be respectful of our peers, and to have confidence.”

- SHANYA, AGE 13, BRONX, NY
year-round commitment

AFTER AN INITIAL THREE-YEAR COMMITMENT DURING GRADES 7 THROUGH 9, INCLUDING RESIDENTIAL SUMMER SESSIONS AT THE FRESH AIR FUND’S CAMP MARIAH, STUDENTS ARE INVITED TO CONTINUE WITH THE CAREER AWARENESS PROGRAM THROUGH COLLEGE GRADUATION.

CAMP MARIAH, THE FRESH AIR FUND’S CAREER AWARENESS PROGRAM

Boys and girls in The Fresh Air Fund’s Career Awareness Program stay at Camp Mariah for almost 24 days during the summer as part of their year-round, three-year commitment to the program. At Camp Mariah, 300 7th- through 9th-graders enjoy outdoor camp adventures that include an educational curriculum to prepare them for their careers. Summer sessions and weekend camping trips are complemented by school year activities that include: tutoring, mentoring, exam preparation and assistance with high school and college placements.

GRADES 7 THROUGH 9

Summer at Camp Mariah: Required. Three and a half weeks at sleepaway camp at Camp Mariah with classes that enhance knowledge, discover new interests and explore career options.

Camping Weekends: Required. Offseason weekends at Camp Mariah, two in November and one in April, designed to challenge students to think critically and creatively.

Job Shadowings: Required. Two job shadowings per semester (Sept-Dec/Jan-June). Students gain first-hand experience with careers, meet professionals and take tours of companies. Professional dress is required.

Career Fair: Required. An educational day in New York City in the spring. Students meet with successful professionals, discuss various fields of work and attend interactive workshops. Professional dress is required.

Tutoring: Optional. Offered in The Fresh Air Fund’s New York City office during the school year on Monday, Tuesday, or Thursday evenings in ten-week cycles.

Secondary Schools Connections: Optional. High School Placement and Tutoring Coordinator helps students find and apply to a high school that meets their individual needs.

GRADE 10 THROUGH COLLEGE GRADUATION

College Connections: Optional.
• Offered to high school students who complete their three-year commitment.
• Is a seven-year program.
• Provides students with the resources, support and tools needed to enter and complete college.
• Includes weekly meetings with mentors during the school year, which builds a strong network of support for students.
• Topics covered include how to get into college, find funding, adapt to college life and ultimately graduate.
• Program maintains a high level of engagement with students until college graduation.
• College preparation workshops are available for students and parents.
• Members are also invited to a weekend in the fall and one in the spring at Camp Mariah.

Children must be in 6th grade when applying. Visit www.freshair.org to find a nearby registering agency or call 800-367-0003. Children are selected to participate in The Fresh Air Fund’s programs based on financial need. Fresh Air youngsters are registered by social service and community organizations in all five boroughs of New York City.
“I was extremely blessed to attend Camp Mariah. The classes helped me develop my public speaking and interview skills and I learned how to focus more in my academics. I can adapt to different environments better, and overall, I’m a more sociable person.”

- JAHMEL, AGE 16, STATEN ISLAND, NY

“If I didn’t attend Camp Mariah, I wouldn’t be so open. I’m usually shy, but I made so many friends, and I feel like I really belong. I think about things differently too, like what I want to be when I grow up. I want to be a creator of something. Maybe I will go into fashion or art.”

- LIANNA, AGE 14, QUEENS, NY

“Camp is different from the city. I spend a lot more time outside, hiking and swimming. My favorite activity is swimming! During the school year, the Career Awareness Program helps me understand how to manage my time. The job shadowings are the best! I get to see different careers and learn what I want to be when I get older. I think I want to work with animals and study zoology someday.”

- TRAVIS, AGE 14, BROOKLYN, NY

“Every week I meet with my tutor. We work on my homework, and he helps me with math, science and reading. Once we finish my homework, he teaches me about economics and what he does in his job. He makes it really fun to learn!”

- WILLIAM, AGE 12, BRONX, NY