

FUTURES EXPLORED 2009 OVERNIGHT TRIPS



Futures Explored is planning 4 trips for this year. Although we wish that everyone could go on all 4 trips it is not possible due to space. However, we want to make sure that as many people as possible do get to go on one trip. We will do our best to sign you up for your first or second choice.

WHAT TO DO:

- ❖ Read about the 4 trips in this packet.
Fill out the attached form and return to Barbara by **Monday, March 2nd**
Please do not send money at this time for any of the smaller trips.
- ❖ **Exception is for the Mexican Cruise. A deposit of \$125. is due by Friday, Feb. 27th.** See details on Mexican Cruise information page.

More people will probably want to go on a trip than will be able. Just because you turned in the form does not guarantee that you get to go. Barbara will let you know whether or not you will be able to go.

WHAT'S NEW THIS YEAR:

- Today, Friday, February 20th a power point presentation of the 4 trips was presented at Dynamics. For those consumers who did not attend Dynamics their packet will be distributed to them by their job coach.
- For those who were unable to attend you may view the presentation on the www.futures-explored.org website beginning Monday Feb. 23rd. Go to the home page and click on "Overnight Trips" button.
- If you or your family has signed up on the Futures Explored "Join our email list" you will be sent an email with the text information and *a link to the power point presentation.*
- This packet was given to each consumer and sent home to all group homes. For economic reasons we are asking that you do not ask us to mail you a trip packet. We have done our best to provide everyone with several ways to get the information.

GENERAL QUALIFICATIONS FOR BEING SELECTED:

- If you have not been on a trip before OR if you took a trip more than 12 months ago you will need a Physician's Release Form signed by your doctor. (*This form will be provided to you later on.*)
- You must be able to participate in all the major activities.
- You must be able to pay for the trip as well as bring suggested spending money.
- You must be able to provide your own transportation *to* and *from* the point of departure i.e. Futures Explored.

TRAVEL INSURANCE and REFUNDS:

- The Mexican Cruise includes group travel insurance. Futures Explored IS NOT responsible for refunding you money if you end up not going for any reason.
- Although travel insurance is not available for the shorter trips Futures Explored is still not responsible for refunding your money if you cancel at the last minute. We can refund money collected that is not spent, but cannot refund money that is connected to a group rate such as cost of transportation, lodging, and any non-refundable pre-paid tickets to events.

HOW THE COST OF A TRIP ARE CALCULATED:

- We hear clients reflecting comments that they hear from other people. The most expressed comment is "*This trip is way too expensive.*" If you compare our price to other travel organizations catering to people with disabilities such as Trips, Inc. you will see that Trips, Inc. is offering a 6 day trip to Washington D. C. for \$2495. Our 6 day trip to Washington, D.C. and Williamsburg in 2007 was \$1600.
- We work very hard to provide affordable trips. With our support our clients do a lot of research and we all spend time discussing what activities they would like to see included in each trip.
- The cost of each trip per person includes support staff expenses. Support staff salaries are paid for by Futures Explored and some Social/Rec POS's from the Regional Center. It takes enormous amount of planning, organizing, and executing to provide a successful, fun, and safe time for all. If Futures Explored did not provide staff then most people would not be able to take a trip without a family member or other support staff.

4 trips: People 1st Conference, the Gold Country, Mexican Cruise & Monterey

TRIP # 1

2009 PEOPLE FIRST CONFERENCE 5-10 consumers + 3 staff Double Tree Hotel, Sacramento, CA

June 12, 13, 14, Friday - Sunday (2 nights/3 days)

(2009 prices are NOT published yet)

- **Cost: \$300-\$500 per person** (based on 2008)
- **Includes:** hotel, conference registration, all meals, and transportation by car.
- **Spending money \$25.**

QUALIFICATIONS:

RATED: MODERATELY ACTIVE

- If you have not been on a trip before OR if you took a trip more than 12 months ago you will need a Physician's Release Form signed by your doctor. *(This form will be provided to you later on.)*
- You must be able to provide your own transportation *to* and *from* the point of departure which will be Futures Explored. Clients will be able to come to program on their normal buses, but will need to be picked up by a family member or staff on Sunday at Futures. The arrival time will be sometime in the afternoon.
- You must be able to attend the major activities such as the workshops and evening events.

TRIP # 2

THE GOLD COUNTRY

9 consumers + 3 staff

(Arnold, Angel's Camp etc.)

September 15, 16, 17, 18, Tuesday -Friday (3nights/4days)

- **Base Cost: \$300.** (includes transportation, lodging, and 3 meals a day)
- **Lodging:** cabin at Blue Lake Springs, Arnold, Ca (4 bed/4 bath)
- **This price does NOT include cost of activities**

Things to do: (History related)

- Tour the local Caverns to view cave formations
- Visit the Gold Country Museum (history of the gold mining and the Gold Rush. Tour a mine shaft, pan for gold etc.)
- Explore the historic gold rush towns

Things to do: (activities)

- Hiking
- Swimming, tennis, basketball at Blue Lake Springs
- **SUGGESTED MONEY FOR ENTERTAINMENT/ SHOPPING \$50**
- **Total: \$350.**

QUALIFICATIONS:

Rated: active pace

- If you have not been on a trip before OR if you took a trip more than 12 months ago you will need a Physician's Release Form signed by your doctor. (*This form will be provided to you later on.*)
- **You must be able to climb stairs and hike**
- You must be able to provide your own transportation *to* and *from* the point of departure which will be Futures Explored. Clients will be able to come to program on their normal buses, but will need to be picked up by a family member or staff on Friday at Futures as the group will be returning after 3 p.m.

TRIP # 3

7 nights/ 8 day MEXICAN CRUISE 11 consumers + 3 staff

(Los Angeles, Cabo San Lucas, Mazatlan, and Puerto Vallarta)

October 4 -11 (Sunday to Sunday) Royal Caribbean (Mariner of the Sea)

Total Cost: \$ 1000-\$1400 depending on how many sign up and what types of room we need.

DEPOSIT OF \$125.00 per person is DUE by February 27th to Royal Caribbean Cruise Line to hold our reservation. This date is not within our control.

Cost includes EVERYTHING except shopping

- Roundtrip airfare from Oakland to Los Angeles
- Cost of passport (if you don't have one)
- Taxes and tip onboard ship
- Travel insurance **see explanation below*
- ship accommodations: lodging, all meals, entertainment
- on shore excursions

Some of the activities available on ship:

- **SPORTS/FITNESS:** Day spa, ice skating, rock climbing, 9 hole miniature golf, Golf simulator, swimming pools, basketball and more...
- **SHOPS & CAFES:** "Street" performers & "street" fairs, shops, and restaurants
- **ON-STAGE:** Musical plays, ice shows, and all that jazz...
- **NIGHT LIFE:** Casino, bingo, Latin themed lounge and theme nights

QUALIFICATIONS:

Rated: active pace

- If you have not been on a trip before OR if you took a trip more than 12 months ago you will need a Physician's Release Form signed by your doctor. *(This form will be provided to you later on.)*
- You must be able to provide your own transportation *to* and *from* the point of departure i.e. Futures Explored.
- **You must have a passport.**
- You must be able to go on walking excursions on shore.
- You must be able to take motion sickness medication or wear motion bands on board ship.

TRAVEL INSURANCE SUMMARY:

- Covers sickness, accident, delays in flights, death (including family members).
- For complete details go to www.rccl.com . Go to "customer support," then to "frequently asked questions." Search for travel insurance.

TRIP # 4

MONTEREY/CARMEL

10 Consumers + 3 staff

October 15, 16, 17, 18, Tuesday - Friday (3 nights/4 days)

Base Cost: \$ 350. (Includes transportation, hotel, and all meals)

Lodging: *Bide-A-Wee Inn and Cottages, Pacific Grove, CA*

- **This price does NOT include cost of activities**
- **Possible activities:**
 - Shopping (lots of antique and craft stores, art galleries)
 - Walks on the beach
 - Monterey Aquarium *
 - Cannery Row
 - Carmel Mission *
 - Point Lobos*
 - 17 Mile Drive*

If attend all *attractions cost will be approximately \$65.00 per person
The group will decide what they want to do.
- **Suggested SHOPPING money: \$30+**
- **Total cost ranges from \$ 400.-\$445. per person**

QUALIFICATIONS:

RATED: EASY PACE

- If you have not been on a trip before OR if you took a trip more than 12 months ago you will need a Physician's Release Form signed by your doctor. (*This form will be provided to you later on.*)
- You must be able to provide your own transportation *to* and *from* the point of departure i.e. Futures Explored. Clients will be able to come to program on their normal buses, but will need to be picked up by a family member or staff on Friday at Futures as the group will be returning after 3 p.m.
- You must be able to walk at a leisurely pace.

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FUTURES EXPLORED 2009 TRIP FORM

My Name: _____

_____ I cannot go on any trips.

Write 1st, 2nd, 3rd, and 4th choice by each trip

Example:

1. The Gold Country
2. Cruise
3. People 1st
4. Monterey

If you are only interested in 2 choices put your #1 and #2

Example:

1. The Gold Country
2. Cruise
- 3.
- 4.

_____ People First Conference

_____ The Gold Country

_____ Monterey

_____ Mexican Cruise (\$125. Deposit due by Feb 27th)

❖ Return this form to Barbara by March 2nd

If you turn this form in late you will not be considered for a trip unless there is extra room on the trip of your choice.