



UF | IFAS Extension
UNIVERSITY of FLORIDA



Participant Handbook

July 30- August 2nd, 2018

University of Florida

Gainesville, FL

Dear 4-H University Participant,

The 4-H University (4-HU) Committee has worked hard this year to plan an exciting week for you. The committee consists of youth and adults who have met at three State Executive Board meetings and engaged in countless committee meetings. We are excited to welcome you to the University of Florida campus! Our theme this year is *Start Here, Go Anywhere*. We are so very excited that you will be a part of 4-HU this summer!

4-H University puts the **YOU** in University. By participating, you will:

- *Discover* the University of Florida campus
- *Explore* career possibilities
- *Interact* with faculty, volunteers, and teens throughout the state
- *Meet* new friends
- *Engage in* community service
- *Have fun*
- *Make a difference* when you return home

Throughout the week, you will have the opportunity to participate in exciting activities such as FUNshops and Workshops presented by University Faculty, elections for our State Council, and compete in State Competitive Events. In order to enjoy all of these great activities, it is important that you take time to become familiar with the schedule. **Make sure you review this handbook carefully** and attend the orientation that will be held in your county prior to attending. Adults you should not miss the Monday adult meeting.

Youth and adults on the 4-HU committee will be easily recognized by the ribbon on their nametag and always willing to answer questions. Be sure to always communicate with your agent or adult in charge and you are guaranteed to have a fantastic week.

We look forward to seeing you at 4-H University!

Christian Rodriguez
Committee Chair

Sarah Hensley
Program Chair

Courtney Quirie
State 4-H Events Coordinator

Be in the Moment

This week at 4-H University is all about having fun, making new friends, and learning! In order to get the most out of this week it is crucial that you “Be in the Moment.” **Be sure to share your experience with the hashtag #FL4HU.**

Some tips for a positive experience include:

- Prepare ahead of time! Review the schedule and make a plan. You will be notified ahead of time if your workshop requires advanced preparation.
- Make sure you are ON TIME.
- Make sure that your adult in charge **ALWAYS** knows where you are.
- Get some sleep.
- DO NOT rely on energy drinks and caffeine to sustain your energy, eat healthy and stay hydrated by drinking plenty of water.
- Ask for help, if you do not know, ask a committee member.

Check-In

When you arrive on campus Monday, your adult in charge will need to come to the Hume Hall residence hall to check in your county. Only the adult in charge can check in for the county. If your adult in charge is from another county, please communicate with them in advance and coordinate arrival times so that you do not have to wait to check in.

If you are leaving early, you **must** be checked-out by your adult in charge at 4-HU Headquarters. This requires advanced written notice from your Parent/Guardian to the State Events Coordinator. The 4-HU Headquarters is located on the 2nd floor outside of the Grand Ballroom in the Reitz Union.

Check-Out

All participants are expected to clean their dorm rooms and empty trash into the trash chutes on their floors. All participants will need to return their keys to respective dorm offices BEFORE 12:00pm Thursday afternoon. Participants who are taking state busses, are required to check-out of their room BEFORE going to the morning Awards Ceremony; this includes loading your belongings on the bus. Adults in charge of counties are expected to ensure that all youth participants for whom they are responsible for are picked up prior to leaving campus.

Nametags

All participants will receive a neck wallet at check-in. You must wear it so that it is visible at **all times**. It is your ticket to receive meals and participate in activities, including the dance. If you lose your neck wallet, it will cost \$10 to replace.

Schedule

All participants can find the Schedule of Events online, in your event booklet, and through the mobile Yapp app. If you need help, please ask a committee member or stop by 4-HU Headquarters. The times listed are when the activity is scheduled to start. Please remember you are expected to be on time.

YAPP APP

To keep up with the latest news with Florida 4-H University, please take a moment and download “Yapp” from your mobile app store! Once downloaded, select the “+” button and use the code “4HU2018” to gain access. You can also view it online and send yourself a code to download it by visiting this link: <http://my.yapp.us/4HU2018>

Cell Phone Policy

Cell phones at 4-HU can be beneficial for taking pictures and keeping in contact with your adult in charge. However, according to the Florida 4-H Code of Conduct *the use of any mobile electronic device during a scheduled 4-H activity is prohibited unless activity-specific rules otherwise allow. When permitted, they should be used only in a manner that is consistent with the approved activity and not discourteous or disruptive.* Therefore, all youth and adults should be respectful to workshop presenters and during activities by turning off phones and electronic devices. Remember "be in the moment".

Guests

All guests at 4-H University **must check-in** at 4-H University Headquarters prior to the start of any activity. They will receive a guest nametag. The adult in charge for your county must accompany all guests to headquarters to check-in unless they have been approved in advance. **Guests are not permitted to attend any dances.** State competitive event rooms will accommodate guests to their maximum capacity and room monitors will rotate guests into the audience as appropriate. If a guest wishes to attend the banquet, they must purchase a meal ticket from the events coordinator.

Meals

All breakfasts, lunches, and dinners are covered in your registration. For snacks, the Reitz Union has a food court, which offers a Subway, Panda Express, Pollo Tropical, etc. Participants can bring food into the dormitory, but there is not a refrigerator. **Evening snacks will be provided at the final event of each day.**

Dorm Life at the University of Florida

While at 4-HU you will be housed in dormitories at the University of Florida. Here are a few hints so you can enjoy your time in the dorm:

- Pack lightly.
- Rooms can become cold and humid so bring an extra blanket.
- Bring your electronic device chargers and an alarm clock.
- Bring shower shoes.
- Keep your dorm key with you at all times, lock your door and do not prop open the outside doors.
- Security personnel will monitor the buildings so always be fully dressed in the hallways.
- Campus attractions should not be explored without the consent of your adult in charge.
- NEVER walk alone.

Curfew

All youth must be in their assigned dorm and checked-in with their floor security chair by 11:15pm (i.e. camp staff person). All lights must be out by midnight each night. Youth are not permitted to leave the dorms after they have been checked in for the night.

Ordering Food After-Hours

If you would like to order food, in order to have a snack before bed, you may. However, all orders must go through your designated dorm floor staff member, who will pick up your pizza from outside and bring it back to you on your floor. No delivered food will be accepted after midnight, as everyone is expected to be in his or her rooms by that time. No youth will be allowed outside the dorms after 11:15 under any circumstances, and all youth **MUST** be in their rooms with the lights out by midnight.



Dress Code

All participants, youth and adults, are expected to follow the dress code for each activity during the week. This dress code has been established by the 4-H U committee and will be enforced. For further clarification of dress, review the Florida 4-H Dress code with can be found on the 4-H U event page at 4huniversity.com and on the Yapp app. When in doubt ask a committee member or someone at Headquarters.

Monday

General Participants Relaxed

Welcome, FUNshops, Dinner, Opening Ceremony & Keynote, Campaign Speeches & Town Hall, District Reflections

Open Ceremony Note

District T-Shirts are encouraged, no face or body paint allowed.

State Council Officer Candidates

Professional

State Council Meeting & Officer Meeting, Campaign Speeches & Town Hall

State Competitive Events

Appropriate for Presentation

Tuesday

General Participants Relaxed

Breakfast, Morning Assembly, Workshops, Lunch, Stadium Dinner, Group Picture, Gator Pit, STF

Stadium Dinner Note

Wear 4-H University Shirt

Interviewees Professional

Scholarship and Award Trip Interviews

Voting Delegates Relaxed

State Council Meeting

State Council Officer Candidates Professional

State Council Meeting, Stadium Dinner, Gator Pit, Share-the-Fun

Gator Pit Participants Professional

Share-the-Fun Participants Competition Attire

Wednesday

General Participants Relaxed

Breakfast, Workshops, Lunch

Service Learning Note

Wear a 4-H or Green Shirt

Semi-Formal

Homecoming Reception, Awards Banquet, Dance

Thursday

General Participants Business Casual

Breakfast, Competitive Events Awards Ceremony, Closing Thoughts

Relaxed

Check Out, Departure

Departure Note

If riding state busses, bring a change of clothes to the Reitz Union to change into after the awards ceremony. Busses will depart from the Reitz Union and you will need to check-out of the dorms before Breakfast.



Florida 4-H State Dress Code

Youth and Adult

General Guidelines:

- General appearance should be neat and clean
- No clothing deemed inappropriate (see below)
- No bare feet
- Hats should be worn respectfully. Hats are not appropriate during meals and group sessions while indoors
- Event leaders may ask individuals to modify their clothing selection if standards of decency in appearance are not met

Items that are inappropriate for any 4-H event or activity:

- Shorts more than 4" above the knee
- Blouse straps must be at least 2" wide
- No spaghetti strap, halter or tube tops
- No cut-off or muscle shirts
- No offensive or inappropriate language, graphics or logo t-shirts
- No holes in clothing (Shirts or pants/shorts)
- No pajamas
- No low cut pants or shirts

Relaxed:

- Your choice, as long as it follows the general guidelines

Business Casual:

- Khaki shorts, slacks, skirts, capris
- Polos, shirts with collars (no ties), blouses
- Flats or low heeled shoes, western boots
- Sports jacket for boys is optional
- Denim must be dark, pressed and clean. Only skirts and jeans allowed
- **No** tennis shoes or flip flops
- **No** spaghetti straps or strapless dresses/tops unless worn with a jacket or sweater, t-shirts
- **No** hats

Professional:

- Matching suit jacket and skirt/slacks
- Tie for boys
- Dress shoes, sandals as appropriate, dress shoes with socks for boys
- Dresses, skirts, blouses
- If pants/skirts have belt loops, belt is required
- **No** Denim
- **No:** tennis shoes or flip flops, hats, spaghetti straps or strapless dresses/tops unless worn with a jacket or sweater

Formal:

- Suits with ties for boys
- Strapless or spaghetti strap dresses for formal or banquet attire are acceptable
- Dress shoes, sandals as appropriate, dress shoes with socks for boys
- **No** Backless, low-cut or exposed midriff dresses
- **No:** tennis shoes or flip flops, denim, or hats

These guidelines will be used for all State Level 4-H Events and Activities. However, please read each event's guidelines as there may be exceptions for certain events.

4-HU Packing List

Comfortable Clothes (appropriate for casual dress)

- Shorts, jeans, slacks, t-shirts (at least five (4) changes)
- Tennis shoes (or other closed toe shoes)
- Underclothing (at least five (4) changes)
- Competitive Events attire (if applicable)
- Share-The-Fun competition attire (if applicable)
- Professional wear (State Officer Candidates, Interviewees, & Gator Pit participants ONLY)
- Semi-formal outfit
- One (1) sweater/light jacket/sweatshirt (for cool buildings)
- Rain gear/umbrella
- Socks
- Flip flops (for free time)
- Pajamas

Personal Articles

- Wash cloth
- Shower shoes
- Two (2) towels
- Comb or brush
- Toothbrush & toothpaste
- Body wash & shampoo
- Hand soap, there is no hand soap in the dorms!
- Plastic bag for dirty clothes
- Deodorant
- Sunscreen
- Bedding (for bunk-style beds) & light blanket or sleeping bag.
- Pillow and case
- Other items (optional) label items clearly with participants' name
- Hat (for outdoors workshops)
- Sunglasses
- Snacks (there will not be fridges in the dorms)
- Any medication (this should be turned into at check-in)

Guidelines for Behavior at 4-H University

General Expectations

- Be respectful.
- All youth and adults must adhere to the 4-H behavioral code of conduct that you have signed or are subject to disciplinary action.
- Youth and adults must check-in and checkout if necessary at 4-H University Headquarters. Youth participants must be accompanied by their adult in charge for this process.
- Youth may not drive after arriving at the event, please turn over keys to your respective adult in charge.
- Participants are expected to attend and arrive on time for all scheduled events.
- Silence cell phones and electronic devices and do not use them during scheduled events or workshops.
- Have fun and be prepared to make new friends.
- Make sure your adult in charge knows where you are at all times.

Expectations in Dorm Rooms

- Changing room assignments is not allowed.
- Boys are not allowed in the girls' dorm and girls are not allowed in the boys' dorm for any reason.
- Respect those who may be sleeping and do not be unduly noisy.
- Care for your valuables and keep them put away out of sight.
- Keep the restrooms clean.
- Be in your own room at curfew. Observe "lights out" at designated times.
- DO NOT throw anything out of dormitory windows or tamper with smoke alarms.
- Keep your room door locked and your keys with you at all times. If they are lost, you will be charged \$30 during the event for a room key. (If lost after the event has concluded the cost is \$55.) Please report stolen or lost keys immediately.
- You will be financially responsible for the damage to your room. Make sure to clean before you leave as cleaning fees will be applied.

On-Campus Behavior

- At all 4-H events no alcoholic beverages, tobacco or illegal drugs are allowed. Violators may be called before a Review Board and subject to the penalties outlined in the Code of Conduct form that you have signed. A review board will be convened only upon the approval of Associate State Program Leader, Mr. Chris Decubellis.
- Use the buddy system when walking around campus. Never walk alone. "Emergency Blue Lights" are located throughout campus should you need them for immediate emergency service from campus security.
- DO NOT leave campus for any reason!
- Represent 4-H proudly by acting as a responsible young adult.
- Visibly wear your nametag and wristband (if applicable) so you can be identified as a registered participant and admitted to scheduled events and meals.
- The 2018 Summer Camping Staff, under the direction of Neva Baltzell, State Camping Coordinator, will handle dorm security.

Emergency Contact Information

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