



HELLO!

**Thanks for downloading the Camper's Guide to PHAT Camp 2023 – Power Up.**

We've put this guide together to help you find out everything you need to know before coming to PHAT Camp, such as what to bring, tips on travel, and what to expect when you arrive.

We hope you'll find everything in here useful and can't wait to meet you. See you soon!

**- The PHAT Camp 2023 Planning Team**

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## WHAT'S PHAT CAMP?

**PHAT Camp is a 4-day event where hundreds of us, from all over the UK and Ireland, gather together to journey with God and explore our faith.**

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It began as a yearly youth conference organised by the COCM (Chinese Overseas Christian Mission). It aims to gather youth from all over the country to come to worship, to know and to learn about God, to encounter Him and experience Him in a personal way, so that they could be built up and their faith strengthened and return back to their home towns and cities to be effective witness for Christ.

The main element of the events are the morning and evenings where we spend time worshiping God through music, learning more about Him through the teaching of his Word (the Bible) and allow his Holy Spirit to change us.

Those that come are normally placed into small-groups that meet regularly throughout the event. During these times they can meet new people, discuss the topics being raised and enjoy hanging out with other people who are exploring life and faith.

As well as the main sessions there's also time to explore a whole variety of issues through different seminars that will be running during the day. And of course the event is also filled with lots of time for fun and games and there's plenty of opportunity to chill out and relax in the camp grounds.

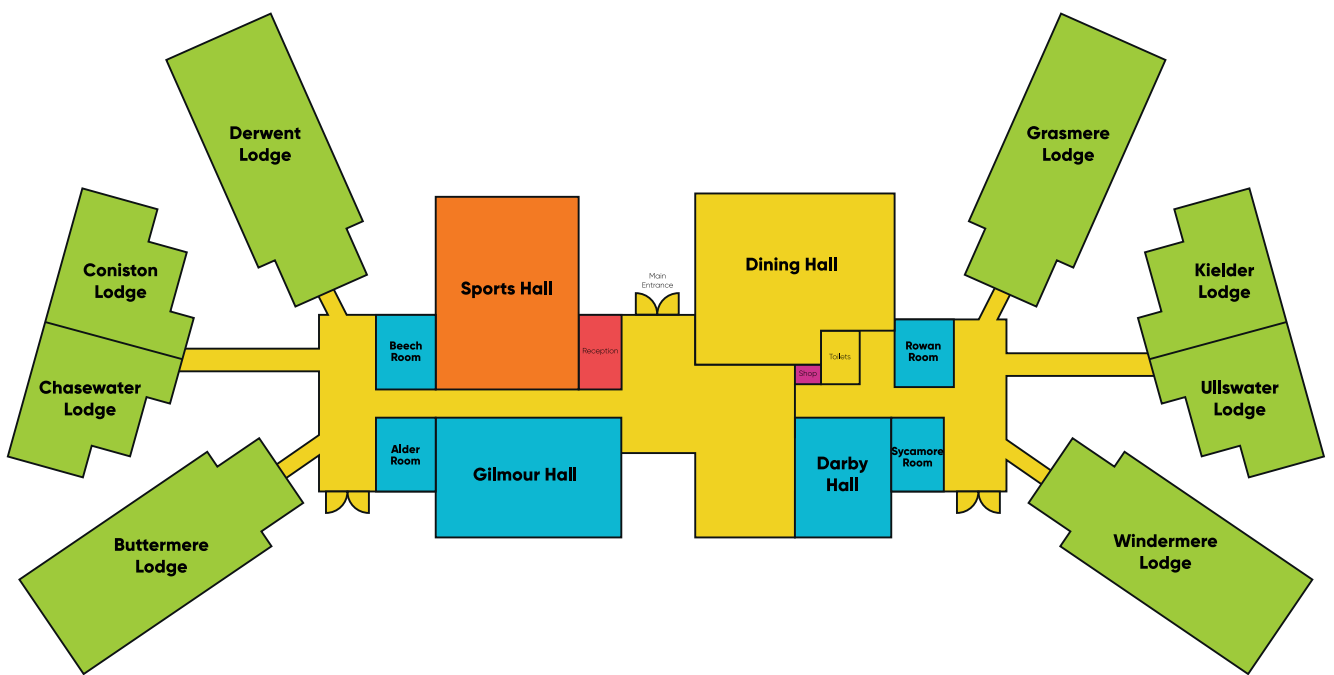
# THE CAMP SITE

PHAT Camp this year will be held at **Whitemoor Lakes, Lichfield**. The centre is a purpose-built activity, conference and holiday centre, and specialises in catering to large groups from the education, charity, church, community and faith sectors.

Whitemoor Lakes houses up to 300 residents in 8 separate wings. All meals are prepared on-site by a professional team of caterers, and there are plenty of large conference rooms for groups to gather, as well as lots of open space for you to play and relax.

You can find out more about the centre by visiting their website:

<http://www.acuk.net/whitemoor-lakes>



# ARRIVING AT PHAT CAMP

**Check-in is on Tuesday 25th July between 1pm and 4pm.** After you've checked in, please feel free to drop off your bags in your room and explore the camp grounds (except for the out-of-bounds areas, of course!).

If you think you'll arrive after 4pm, please let us know by emailing [cocmphatcamp@gmail.com](mailto:cocmphatcamp@gmail.com).

# LEAVING PHAT CAMP

The last session of PHAT Camp ends at 1:00pm followed by a final lunch together on 28 July.

**Whether you're getting picked up or taking the train, plan to leave by 3:30pm.**

Packed lunches will be available for those needing to leave immediately after the last session

If you're getting the train back home, we can arrange transport for you back to Lichfield Trent Valley Station (see below). PHAT Camp Staff will only be at the station until 3pm so please plan to take a train that leaves before then.

# TRAVELLING TO & FROM WHITEMOOR LAKES

More detailed instructions are available by downloading the **MAPS AND DIRECTIONS GUIDE** from the [PHAT Camp website](#).

## TRAVELLING BY TRAIN

If you are travelling by train, the nearest train station is Lichfield Trent Valley. On the day we'll have staff waiting there between 1.00 pm and 3.30pm to meet you (just look out for the people holding a PHAT Camp sign). From here, we'll have a shuttle service to take you to the campsite.

**If you plan to travel by train and need to use the shuttle service, you must reserve a spot by filling out the [Shuttle Service Booking Form](#).**

If you encounter any changes on the day of arrival (e.g. heavy traffic, delayed train, etc), or can't find any staff when you arrive at the train station, please call **PHAT Admin** on **07561 009348**.

## TRAVELLING BY CAR

Whitemoor Lakes can be found at the address below. Detailed route information can be found in at the [PHAT website](#).

### Whitemoor Lakes

Barley Green Lane  
Lichfield  
WS13 8QT

# MAIN CAMP PROGRAMME

\*Subject to change

Time	Tuesday 25 July	Wednesday 26 July	Thursday 27 July	Friday 28 July	Time		
7:30		Rise & Shine	Rise & Shine	Rise & Shine	7:30		
8:00					8:00		
8:30			BREAKFAST	BREAKFAST	BREAKFAST	8:30	
9:00						9:00	
9:30			<b>MORNING DEVOS</b> 9:30-10:15	<b>MORNING DEVOS</b> 9:30-10:15	<b>MORNING DEVOS</b> 9:30-10:15	9:30	
10:00						10:00	
10:30					<b>SMALL GROUPS</b>	10:30	
11:00			<b>KEYNOTE 2</b>	<b>KEYNOTE 4</b>	<b>CLOSING CEREMONY</b>	11:00	
11:30						11:30	
Noon			<b>SMALL GROUPS</b>	<b>SMALL GROUPS</b>		Noon	
12:30						12:30	
1:00		<b>CAMPERS CHECK-IN</b>	LUNCH	LUNCH	LUNCH	1:00	
1:30					1:30		
2:00			<b>GROUP GAMES</b>	<b>WORKSHOP</b>	<b>SEE YOU NEXT YEAR!</b>	2:00	
2:30						2:30	
3:00						3:00	
3:30			PHOTOS			3:30	
4:00	<b>OPENING CEREMONY</b>		FREE TIME / ORGANISED ACTIVITIES	FREE TIME / ORGANISED ACTIVITIES		4:00	
4:30						4:30	
5:00	<b>SMALL GROUPS</b>					5:00	
5:30						5:30	
6:00	DINNER		DINNER	DINNER		6:00	
6:30						6:30	
7:00	<b>KEYNOTE 1</b>	<b>KEYNOTE 3</b> <b>(INTERACTIVE)</b>	<b>KEYNOTE 5</b>	7:00			
7:30							7:30
8:00							8:00
8:30	<b>SMALL GROUPS</b> 8:30-9:45	<b>SMALL GROUPS</b> 8:30-9:45		8:30			
9:00			<b>SMALL GROUPS</b>	9:00			
9:30				9:30			
10:00	FREE TIME	FREE TIME	FREE TIME	10:00			
10:30				10:30			
11:00	Lights Out	Lights Out	Lights Out	11:00			
11:30				11:30			

# WHAT TO BRING

Here's a suggested list of things you might want to bring along:

- Clothes** - Enough to last the entire event. (Clothing should be appropriate; try not to bring short shorts or skirts, skin tight clothing, or low cut tops).
- Footwear** - Comfortable shoes and/or trainers for games and activities.
- Wash Bag** - With toothbrush, toothpaste, flannel, comb/brush, shower stuff, etc. (Roll-on deodorants only, no sprays).
- Nightwear/PJ's**
- Bath Towel**
- Torch/Flashlight**
- Sports kit** - maybe for some football, ultimate frisbee, basketball...
- Insect Repellent** - We might be doing some outdoor activities and don't want you eaten alive.
- Sun Protection** - Lip salve, sun block, sun hat, etc... just in case...
- Plastic Bags** - For any dirty clothes
- Bible** - Bring a pen and notepad also.
- Pocket Change**  
There's a tuck shop with snacks and of course pot noodles in the evenings!
- Any **Medication** you might need.

A few hints when packing:

- ✓ All bedding will be provided by Whitemoor Lakes
- ✓ Check the weather before coming - might need a jumper if the evenings are cool.
- ✓ Try not to bring anything expensive that might get lost or broken (like laptops, iPads, electronic games, etc).
- ✓ If you're travelling by train, pack light. You don't want to lug around a heavy suitcase all the way there.
- ✓ Make sure you have a name tag on every suitcase or bag. You don't want anyone taking your bag home by mistake!



# GETTING IN CONTACT

## CONTACTING US BEFORE THE EVENT

If you need any more information or have any queries you want to ask us, we'd be more than happy to hear from you:

**Post:**           **PHAT Camp 2023**  
2 Padstow Avenue  
Milton Keynes  
MK6 2ES

**Tel:**             01908 234 100

**Email:**         [cocmphantcamp@gmail.com](mailto:cocmphantcamp@gmail.com)  
[englishministries@cocm.org.uk](mailto:englishministries@cocm.org.uk)

**Website:**     www.phat-camp.co.uk  
www.cocm.org.uk

## CONTACTING US DURING THE EVENT

In case of emergencies or if you need to reach us urgently during PHAT Camp, you may call or text us at **07561 009348**.