

Want to avoid saying the words "There's nothing to do", for the entire summer? Watching TV, playing video games and chatting on MSN can become boring after the first couple of days, so how do you keep busy with things that you find interesting and exciting?

It is important to have at least a few days relaxing at home at the beginning and the end of the summer, and perhaps a few days off in the middle between activities.

Fortunately, there is a wide range of activities to interest most teens. But whatever you decide to do with your time, make sure you always stay in touch with your parents and let them know where you are.

TIPS ON DIFFERENT SUMMER ACTIVITIES TO KEEP YOU BUSY

Summer Camps or Day Camps

Camp is still one of the greatest things about summer and there are usually so many to choose from. A traditional camp is generally a week of sleep-away from home fun. It's usually full of outdoor (and indoor) activities, sports, arts and crafts, and bible study. Day camps are usually more specialized by focusing instruction on one activity like basketball or dance, etc. These kinds of camps are great for improving your skills and performance in things you are interested in.

Special Interest Workshops

Many organizations offer summer workshops in a variety of areas. These may be affiliated with local museums, theatres or

centres for the arts. They usually run from one to four weeks.

Study Opportunities

You may want or need to use the summer months to catch up in areas of study or to advance in new subjects.

Both high schools and private schools may provide catch-up or advancement courses in your community. Your parents or school's guidance counselor will be able to make suggestions.

Privately operated learning centres may offer intensive tutoring. Again, this may include both catch-up and advancement opportunities.

Work Opportunities

Summer work can help you gain a valuable sense of responsibility and learn new skills. It can be an important part of the application process for future universities, colleges or employment. (Also see: "Youthline Summer Job Checklist")

Summer Camps:

- CIT (Counsellor in Training) positions are unpaid and may require you to pay a fee. These positions offer excellent experience and skills for future paid camp jobs.
- Camp counsellors are paid and can be a great way for older teens to gain a sense of responsibility, learn new skills, make new friends and earn money in the process.

LIFE NOTES

Summer Activities for Teens

Seasonal Jobs:

Many jobs are only available in the summer and can offer opportunities to students. These may include:

- Lifeguard work.
- Work with parks, recreation centres and golf courses.
- Jobs with landscaping and house maintenance companies.
- Work with amusement parks and other tourist related centres.
- Hotel or restaurant work.
- Summer tutoring.

Expanded Part-Time Work:

If you have a part-time job during the school year, you may well be able to extend the hours during the summer.

Self-Designed Jobs:

Self employment can be a good option for teens of all ages, offering flexible hours with some summer income.

Opportunities may include neighbourhood odd jobs, house cleaning, gardening, babysitting, pet care, tutoring or assistance with home maintenance.

Students living in rural areas may find this a particularly practical option and can frequently add local farmers to their list of potential self-employment clients.

Volunteer Work:

Today, an increasing number of students are looking to summer volunteer work as an excellent way to help and meet other people, learn new skills and gain valuable work experience for their resumes and future college or career plans.

Options are broad and may include:

- Volunteer to help with children at your Church's Vacation Bible School
- Helping at hospitals or homes for the aged and people with special needs.
- Working on community projects.
- Working with museums, libraries or art centres.
- Working with charitable organizations.
- Working as an intern – an unpaid position with a private business or not-for-profit organization.

Helpful Resources

A Wealth of Activities for people of all ages
<http://family.go.com/crafts>

Rules to over 250 Games
<http://www.gameskidsplay.net/>

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1-800-268-5211 (English)

1-800-363-3872 (en français)

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