

the *Fresh Air* fund

CAREER AWARENESS PROGRAM & CAMP MARIAH



The Career Awareness Program (CAP) provides NYC youth, ages 12-15, with the opportunity to attend Camp Mariah during the summer and participate in tutoring, job-shadowings, camping weekends and more, during the school year.

The program is designed to help students understand the connection between school and career opportunities and support them in making choices that will positively impact their futures. Participants make a three-year commitment to the program.

Camp Mariah is located on a 2,000-acre property in Fishkill, NY, which is shared by five Fresh Air Fund camps. The property has hiking trails, lakes, an environmental center, planetarium, ropes courses and a model farm.

WHO CAN APPLY?

The Fresh Air Fund's free, fun and safe summer programs are provided at no charge to NYC families who meet eligibility requirements. Children need to:

- Apply in 6th grade (must be ages 11-13)
- Live in and go to school in New York City
- Attend the full program session and use Fresh Air Fund transportation
- Families must meet income eligibility guidelines

Learn more at
FreshAir.org/Career-Awareness-Program



CAMP MARIAH

Participants attend a three-and-a-half week summer session at Camp Mariah. Camp activities include outdoor adventures such as swimming, sports and hiking nature trails, and educational classes with a focus on career awareness.

Camp Activities

Activities may include: art, chess, environmental science, robotics, creative writing, dance, careers, cooking, film, sports, hiking, boating and more! All campers have swimming lessons in a lake. Campers participate in interactive classes Monday – Friday and have special activities on the weekends like archery, visiting the Camp Model Farm and the high ropes course! Evening activities include karaoke night, beach parties, making s'mores and movie nights.

Camp Accommodations

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

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.

Camp Staff

Camp Mariah has an experienced Camp Director, specialized program staff, a camp nurse, Red Cross certified lifeguards and counselors who are selected after a thorough interview process. All staff participate in an in-depth training and orientation program. There is a 1:6 staff to camper ratio at all times.

A Day at Camp

A typical day may look like this:

- 7am: Wake Up
- 8am: Breakfast
- 9am-12pm: Morning Activity Periods
- 12:30pm-1:15pm: Lunch
- 1:15pm-2pm: Midday Break
- 2pm-5pm: Afternoon Activity Periods
- 5pm-6pm: Cabin Time
- 6pm-6:45pm: Dinner
- 7pm-8pm: Evening Activity
- 8pm-9pm: Cabin Meetings
- 9pm: Lights Out!

96%

Of parents/guardians said they would recommend The Fresh Air Fund to friends and family

89%

Of parents/guardians said their child was more open to trying new things after attending camp

From 2023 Surveys.



“This is my first summer at camp and it’s amazing! I like the film and culinary classes the most. In film class, we get to make up new ideas, write scripts and act them out, and in culinary class, we get to cook and then eat what we made afterwards. It’s really fun!”

– Jennifer, 12



CAREER AWARENESS PROGRAM (CAP)

During the school year, students have both required and optional activities which include: tutoring, mentoring, exam preparation and support applying to high school.

SCHOOL YEAR ACTIVITIES

- **Camping Weekends:** *(Required)* Weekends at Camp Mariah – one in the fall and one in the spring.
- **Job Shadowings:** *(Required)* Two job shadowings per semester (Oct-Dec/Feb-April). Students gain a first-hand introduction to a broad range of career fields, meet professionals and participate in interactive activities.
- **Career Fair:** *(Required)* A day of interactive workshops, speaker sessions and activities to learn about future career options, held in New York City.
- **Tutoring:** *(Optional)* Offered on evenings during the school year.

FUTURE OPPORTUNITIES

After completing the Career Awareness Program, high school students are eligible to participate in The Fund's College Connections Program (CCP), a year-round leadership program which provides students with the resources and support they need to apply to and graduate from college and other post-secondary paths. Students in the program will have access to:

- High school and college mentorship and advising
- College visits and postsecondary spotlights
- SAT Tutoring
- *(Senior year of high school)* Application fee waivers, SAT/ACT fee waivers, a free laptop, peer mentoring and the opportunity to apply for The Fresh Air Fund's AOS Scholarship
- May attend a weekend in the fall and one in the spring at Camp Mariah

“The Career Awareness Program shows you different careers you could pursue in the future, and helps you feel more prepared. I've learned more about a lot of different careers that are very interesting, and I especially enjoyed attending a Job Shadowing at Google. Also, my tutor has helped me a lot with some challenging subjects at school – he explains things in a way that I understand.”

– Matthew, 13



FREQUENTLY ASKED QUESTIONS

How do I apply?

Visit FreshAir.org and click "Sign Up" to apply. Answer questions to determine eligibility. If there are available spots, the director of the program will contact you about next steps, which includes an interview to discuss program requirements and expectations.

When is the deadline?

- Spots are filled on an on-going basis after you submit the application, including all required forms.
- Applications can be saved and completed at a later date.
- An application cannot move forward until all required forms are submitted.
- Please complete the application as soon as possible.

What does The Fresh Air Fund provide?

- **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.
- **Support:** The Fresh Air Fund provides 24/7 support from social workers during the summer season and provides translation support when needed.
- **Orientation:** Parents/guardians are required to attend an orientation before their child attends camp, which will cover details including a full packing list, how to prepare your child for camp and more.



“My favorite activities at Camp Mariah are volleyball, art, swimming and chess! I also learned about how to prepare for my future career. We practice interviewing for jobs and making resumes which is really helpful.”

– Amaura, 11

Since its founding in 1877, The Fresh Air Fund, a not-for-profit youth development organization, has provided free life-changing summer experiences in the outdoors to more than 1.8 million children from New York City's underserved communities.



 FreshAir.org

 [@thefreshairfund](https://www.instagram.com/thefreshairfund)

 [@freshairfund](https://www.facebook.com/freshairfund)

 [@thefreshairfund](https://www.tiktok.com/@thefreshairfund)

Photo Credits: Joan Barker, Katie Borrazzo, Kat Coleman, Allison Engkvist, Marisa Lifrieri

