



YOUTH WITH A MISSION ST.CROIX

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(Please keep this page for reference)

THIS PACKET IS ONLY FOR THOS WHO HAVE FILLED OUT THE ONLINE NIKO APPLICATION. IF YOU PREFER A PAPER APPLICATION, THAT IS AVAILABLE TO DOWNLOAD ON OUR WEBSITE. THE RELEASE FORM AND MEDICAL FORM MUST BE SUBMITTED BEFORE WE CAN CONFIRM YOUR REGISTRATION. PLEASE COMPLETE QUICKLY, AS SPACE IS FIRST COME, FIRST SERVED.

Dear NIKO Participant,

“NIKO” is a Greek word pronounced, “nee-ko.” It means, “to subdue, conquer, overcome, or prevail against.”

In a NIKO you learn in the classroom of life by “doing” instead of simply absorbing dry information. This “hands-on” experience teaches you to grow in the interdependence of a team. Through the NIKO experiences you will begin to understand more about yourself and the gifts that God has given to you. You will begin to learn what motivates you, as well as your unique style of leadership. A high priority is placed upon teamwork and perseverance. You will be challenged to increase your initiative, creativity, compassion, responsibility, and confidence through serving others.

A NIKO will challenge you to discover your mental, physical, spiritual, and emotional strengths and weaknesses. Your relationship with God and others will be tested and/or proven through this experience and its physical challenges. You will learn to confront issues of leadership and personal identity. You will be required to face and overcome many obstacles that will be encountered in life’s future decisions.

At a NIKO you will work with other young people towards a common goal. The support and inspiration of friends and compassionate Christian instructors will allow you to push past the limits you may have previously set for yourself, allowing you to draw nearer to God.

Please read through the enclosed packet carefully. Also, please complete and return all forms to the YWAM St.Croix. We can not process your application unless we have all the forms and information. Please double check to make everything is signed before turning it in.

You need to bring all items listed in the packing list, if you have questions about the packing list, please ask. Please contact us if you or your parents have any questions regarding the NIKO. Thank you.

In Christ,
YWAM St.Croix NIKO Staff

NIKO OBJECTIVES

“No, in all these things we are more than conquerors through Him who loved us.” Romans 8:37

- A. Learn how to work creatively, effectively, and safely in a team environment
- B. Grow in decision making and problem solving skills
- C. Learn how to enjoy and respect the beauty of God’s Creation
- D. Take responsibility for your actions and their sequential rewards or consequences
- E. Recognize and value yours and other’s strengths and weaknesses
- F. Learn the value of encouragement
- G. Overcome self-imposed physical, mental, emotional, and spiritual obstacles
- H. Learn how to trust God and others
- I. Learn how to submit to leaders and also serve others as a leader

PREPARATION

The NIKO is a PHYSICAL program involving a variety of different levels of exercise; participants should be in good physical shape. Listed below are some sample exercises that will help you prepare for the NIKO (aerobic sports [running, soccer, etc.] are also encouraged). You should start slowly and work your way to a more intense workout as your muscles develop. Please do not bring new hiking boots, unless they are well broken in, as this will cause your feet to develop blisters when hiking.

1. Walking / Jogging
2. Crunches
3. Push-ups
4. Jump Rope

Section E: Medical Exam: To be filled out by your doctor

_____ is applying for acceptance into

Applicants Name

Youth With A Mission, NIKO Camp; a "survival" camp with intense activities and hours that require good health. This evaluation would be taken into consideration for acceptance, due to the intensive activities. Please fill out the form below as well as anything that you deem applicable.

	Normal	Abnormal	Explain
Head			
Ears			
Nose			
Throat			
Neck			
Thorax			
Cardiovascular			
Lungs			
Abdomen			
Genito-Urinary			
Muscle-skeletal			
Neurological			
Skin			

1. Do he/she suffer from any contagious illness? _____

2. Are they taking Prescriptions? Which one? For what medical condition? _____

3. Does the applicant have any allergies? _____

4. Are they able to walk 8-11 miles daily? [] Yes [] No

5. Do you have any concerns about the applicants health? _____

6. Other comments: _____

Doctor's Name: _____ Lic.# _____ Date: _____

Doctor's signature and stamp _____

Doctor's address _____ Phone: _____

To-Bring List for NIKO

All campers are responsible to bring the following items. Bring only items on this list. If you bring additional items with out permission, they will be confiscated, and not returned to you until the end of NIKO. Please mark all your items/clothing with your name.

Misc. Items:

- Duffle Bag or Hiking Backpack (EVERYTHING on the list must fit inside of it.)
- Empty Backpack (Basic school or day pack)
- Complete Bible, Pen, and Small notebook (protected from getting wet)
- Hairbrush, Toothbrush, Toothpaste, Deodorant
- Towel (compact)
- Plate, Bowl, Cup, Fork, Spoon, (all unbreakable)
- Water Bottle - Heavy Duty (32oz Minimum)
- Small Flash light (with additional batteries)
- Insect Repellant
- Sun block
- Rope (10-15 feet)
- Hat
- Sleeping Bag
- Wet wipes (Baby Wipes)
- Pocket knife (should be sharp and not stiletto, machete, switchblade or butterfly)
- Girls: sanitary pads/tampons (Even if you don't think you will need them)

Clothes:

- 1 Bandana or Handkerchief
- 1 Pair long pants suitable for walking (not tight because can cause irritation)
- 1 Pair of Fabric Pants (not skin tight)
- 1 Pair of shorts (for different uses, that dry fast)
- 1 Swimsuit (girls bring additional pair of shorts to wear over your one piece bathing suit)
- 5 Pairs of Socks
- 5 Pairs of underwear (Girls: three bras)
- 1 Long sleeve shirt
- 2 T Shirts
- 1 Light weight Jacket/Hoodie
- 1 belt
- 1 Pair of Hiking Shoes* (for walking and hiking)
- 1 Pair of old Tennis Shoes*

* Shoes in the Caribbean often fall apart when they are old or haven't been worn in a while due to the glue separating from the shoes. PLEASE check your shoes very carefully before coming! Try and pull the soles off, check for separating seams. Repair with Gorilla Glue if needed.

The allowed clothes consists specifically the items listed above. Once you arrive to YWAM you will change into clothes from your duffel bag and leave what you are wearing at the YWAM base.

Optional Items:

- 1 Pair of Work Gloves
- Sunglasses
- Chapstick
- 1 pair of water shoes/sandals

Observations:

It is very important that you limit what you bring to the items on this list. Remember all you items must fit in your duffel bag. You will be carrying it. You may not use suitcases. Because we will be walking a lot, it is important that you wear comfortable pants and shoes. Try not to buy items, try to use what you have access to. There is no point in incurring unnecessary expenses.