



ACT FIVE STUDENT HANDBOOK 2022-2023



ACTFIVE.CA



Redeemer
University

FIVE



Welcome to Act Five 2022-2023

Greetings from Hamilton!

As the Act Five staff team, it is such a pleasure to be able to invite you to join us for a year of living in community, learning about the Way of Jesus in and beyond Hamilton and journeying with us through a year of incredible opportunities that we believe will help launch you into whatever lies beyond this year. We are eager to get to know you over the course of our 7.5 months together.

This document is designed to help prepare you for Act Five this upcoming September - where you will...

...live with ~20 others in downtown Hamilton;

...travel to new places and experience new challenges;

...explore in community and with mentors who you are, the Story to which you belong and what your next steps look like;

...grow in your relationship with God as a follower of Jesus.

Please read through this document carefully as we want to set you up as best as possible for an amazing year. Living in community, travelling together, getting to know a new city and all that this year entails - it is going to shape you in significant ways, and we want to prepare you for this as best as we can.

Know that we are praying for each of you.

We cannot wait to see what God has in store for Act Five this year.

See you in September!

The Act Five Team



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Mission & Goals

All of what you find in this handbook is related to the following mission and goals of Act Five:

Act Five's Mission is to offer young adults (that's you!) a year of transformative experiences that shape their faith, learning, character and future pathways.

Within this, participants will...

Reflect on their story and grow deeper in their Christian faith

Imagine the world around them with fresh eyes

Practice justice in loving their neighbours

Prepare for what lies ahead

As you journey through Act Five, our hopes for you can be summed up in the following **goals**:

- ▶ *That you grow to more fully know, experience and practice the Christian Story*
- ▶ *That you come to understand the world around you and the work of God's Kingdom in the public sphere*
- ▶ *That you reflect on your stories, grow in character, and discern future pathways*





Act Five Contacts

The Act Five Home

75 Blake St.
Hamilton, ON L8M 2S7
289-309-1016

If you need to receive select mail during the year, you may use this address; however, we encourage you to keep your home address the

same wherever possible.

Staff Team

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Program Expectations - Community Life & Policies

Remembering the mission and goals of Act Five and flowing out of our commitment as followers of Christ to

(a) love the Lord with all of our heart, mind, soul and strength and

(b) love our neighbours as ourselves,

we have laid out the following expectations:

ACADEMIC EXPECTATIONS

You will be participating in 4 university-level courses over the 7.5 months of Act Five and will receive syllabi with detailed information on these when you arrive for each term. Brief course descriptions are available at www.redeemer.ca/act-five/program/courses.

You are expected to attend all classes and participate fully in all class activities and discussions; furthermore, you are expected to complete all assignments on time and to the best of your ability.

**If auditing Act Five courses, expectations for class participation remain and you will be given a separate set of expectations around reading and completion of a regular learning journal throughout the program.*

Academic integrity: Students must take responsibility for their own academic work, adhering to integrity standards for themselves but also encouraging and cultivating a culture of integrity among their classmates. In particular, students must avoid cheating on tests, plagiarism, sharing confidential assignment materials, damaging another student's work, or providing false information. This is in line with Redeemer's policy on academic integrity. The full policy can be found on pages 54-56 of the [2022-2023 Academic Calendar](#).

MENTORSHIP

Resident Leaders: Students will meet weekly in a small group or "POD" with their roommate(s) and a Resident Leader throughout the Act Five program. These will be spaces to check in with each other, receive support as needed, pray for one another, study scripture together, and more.

Home Mentor: Before coming to Act Five, you will receive information on setting up a relationship with a mentor from your home community. You will meet with this person once a month to help you process all you are learning during and after Act Five.

ACT FIVE COMMITTEES

At the start of the program, students will each be placed on a 'committee,' a staff-led group that gives leadership to an important aspect of life in the Act Five community for the year. The committees are as follows:

1. Hospitality
2. Worship and Arts
3. Social and Events
4. Communications (including photo and video)

WORSHIP

As a community, we will commit to regular times of prayer, worship and both personal and group devotions. On Sunday evenings, Act Five will have its own evening service at Blake St called 'Evensong'.

Church: There will be Sundays where we are away on a trip or choose to visit specific church communities together and other Sundays where we encourage students to check out selected local churches.

By the second term, we would like to see every student select a church to which they want to commit. Act Five staff will work with each student to build connections within this church to help them engage meaningfully throughout their time there.

If students prefer to and are able to continue their involvement in their home church communities, they are welcome to do so

HOUSE RULES & EXPECTATIONS

As part of setting expectations for Act Five, students and staff will all take part in forming a Community Covenant together near the beginning of the program. This will involve commitments to how the Act Five community will seek to live and serve together well.

Cooking, Cleaning, & Being Good Neighbours

As a community, we will be committed to caring for the Act Five home together. This will include making meals together, cleaning and maintaining the home and living as good neighbours on and around Blake St.

Curfew

Good rhythms of sleep and rest are important for our own personal wellness and for the health of the Act Five community. Therefore, students are required to be, apart from special events or circumstances, back in the home by 10PM. The house will be quiet by 11pm, and by midnight students are expected to be in their own residence spaces.

Guests & Going Home

Given the unique discipleship opportunity that comes with living in community during your 7.5 months with Act Five, here are some guidelines for having guests over and visiting home:

Throughout the program, there will be set times where students are encouraged to head home (see program schedule on pages 12-13). Apart from these set times, students are expected to remain with the Act Five program with exceptions made only for unique circumstances.

That being said, Act Five loves having guests visit! There will be times in the schedule where having guests works best. This will be communicated at the start of the program.

TECHNOLOGY - A special note on technology & personal devices

While we are grateful for the advances of modern technology, we believe that Act Five's goals are more impactful by carefully choosing how and when we use our personal devices and other technologies.

Specifically, we believe our decisions around technology use impact our ability to

- a) form deep relationships
- b) learn to communicate and listen well to others
- c) learn to rest, be creative and listen to God's voice in our life.

For the 2022-2023 program, we commit to the following specifics:

- 1) Three weeks in September will be **tech-free**, when we head out on our first wilderness trip with Coldwater Canada, where all students and staff will put away phones and devices. There will be a few set times to use devices to connect with family and friends before and after the outtrip portion.
- 2) From October through April, the Act Five community will practice **Tech-Free Wednesdays**, and other set times (i.e. meal times, storytelling, and wilderness trips and retreats) will remain fully tech free.
- 3) Internet in the home will be turned off from 11pm to 6am each night.



RELATIONSHIPS

While romantic relationships can be beautiful things, this is a unique season for each student's personal journey. We do not encourage romantic relationships to form during the Act Five program, and it is important for students to be honest with Resident Leaders where relationships do begin to form.

Sexual activity is not permitted during the Act Five program.

DRESS CODE

In order to be sensitive to different cultures and expectations within which we participate over the course of Act Five, we ask students to commit to respecting ourselves, each other, and those we encounter during the year by being thoughtful about the way we dress.

FREE TIME

Each week, there will be times set aside from programmed activities. Students will be encouraged to enjoy each other, be creative and active, explore in and around Hamilton and take part in activities that offer good rest and recreation. There will often be optional activities on evenings and weekends and there will be time to connect with family and friends.

MENTAL HEALTH SUPPORTS

While Act Five staff will be trained in Mental Health First Aid, it is not unusual for young adults to benefit from further professional support along the way.

All Redeemer and Act Five students are able to access 4 free sessions of anonymous, confidential and professional counseling services at no cost (either in-person or virtual) through one of the following two services:

Shalem Mental Health Network

To set up counselling appointments in Hamilton, contact Shalem:

- ▶ By phone at 905.528.0353 or 1.866.347.0041
- ▶ By email at office@shalemnetwork.org
- ▶ By text (to initiate the process) at 289.335.3543

Christian Counselling Centre

To set up counselling appointments, visit christiancounsellingcentre.ca/book-a-session.html

SUBSTANCE USE

The Act Five home and all program events, including free time during Act Five, will be free of all alcohol, smoking, illegal drugs, prescription drugs obtained without a prescription, cannabis and vaping.

During breaks in the program, students continue to be seen as Act Five students and followers of Christ and are expected to consider their conduct involving substances within this context.

Note: It is important that students let the Act Five director know prior to move-in day about any ongoing use of the substances named above. Act Five does not treat substance use, abuse, or addiction as a moral issue, nor do we expect perfection, but rather the goal is to walk with students throughout the year towards wholeness and well-being.

DISCRIMINATION & HARASSMENT

In the spirit of respect and care for each individual, discrimination and harassment of any form are not tolerated. A student who feels they may have experienced discrimination or harassment is encouraged to speak with any member of the Act Five staff team so that appropriate actions may be taken. For more information, please refer to Redeemer's Personal Respect Policy, which can be found with the Student Life office.

CONSEQUENCES FOR FAILING TO ADHERE TO EXPECTATIONS

Students will work with Resident Leaders to develop clear and appropriate ramifications for not upholding any of the above expectations, and we will be proactive in addressing misbehaviour as an issue of discipleship. Our hope will always be to seek restoration first wherever is possible; if an issue persists, and in certain circumstances where it is no longer in the best interest of a student or the community to remain in Act Five, a student may be dismissed from the Act Five program.



Prepare for Act Five

NEW: We are eager to return to normal programming but will continue to follow Public Health guidelines with regards to Covid-19. All international travel will require Act Five to follow all travel regulations.

PROGRAM SCHEDULE

FIRST TERM

Sept 5, 2022

Move-In Day & Welcome
Details for move-in day will be provided in August.

Sept 6-9

Orientation, introductions and settling into Hamilton

Sept 9-24

Lessons @ Russet House Farm, followed by
Coldwater Canada trip, including 9-night canoe trip
through Temagami

Oct → Dec

*Life in Hamilton, exploring the Biblical Story, learning
from Indigenous communities, and preparing for Field
Placements and Cross Culture Service Trip*

Oct 6-10

Thanksgiving/Reading break (students to head home)

Oct 27-29

Trip to Kawarthas: Lessons @ Russet House Farm

Nov 11-13

Optional Weekend Home and Act Five Open House
(November 12)

Nov 21-26

Trip to Manitoulin Island with DayStar Native Ministries

Dec 8-10

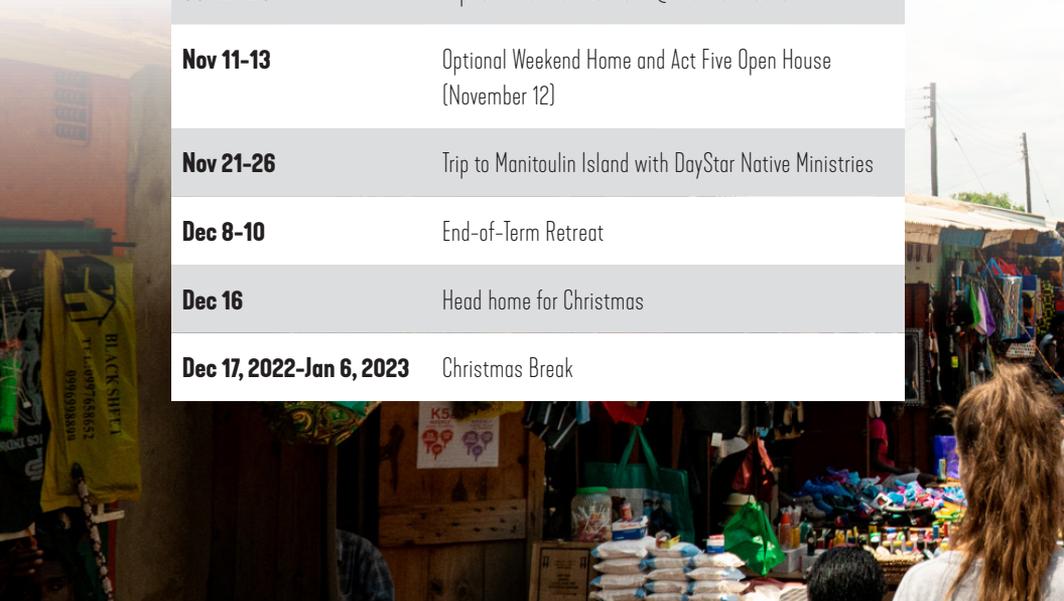
End-of-Term Retreat

Dec 16

Head home for Christmas

Dec 17, 2022-Jan 6, 2023

Christmas Break



SECOND TERM

Jan 6, 2023

Move back to 75 Blake St.
Begin final prep for Cross Culture Service Trip.

Jan 7-27

Cross Culture Service Learning Trip, Locations TBA

Jan 27-29

Weekend Home

Feb 6-Mar 28

*Field Placements & Storytelling:
Students will be working intensively in these weeks
in their Field Placements. These will be determined
throughout the fall term*

Feb 17-19

(Optional) Road Trip to Jubilee Conference in Pittsburgh
and visit to Lampost Farm OR weekend home

Mar 1-4

Coldwater Canada Winter Camping Trip

Apr 10-15

Coldwater Canada Backpacking Trip in the U.S.

Apr 17-21

Final projects, goodbyes & Storytelling

Apr 22

Act Five Graduation, Celebration & Move Out Day



WEEKLY SCHEDULES AT A GLANCE

These schedules give a sense of what to expect during Act Five's times at Blake St, though details week-to-week are subject to slight changes.

TERM ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning: Morning Walk, Prayer, & Quiet Time	Morning: Morning Walk, Prayer, & Quiet Time	TECH-FREE Morning Sleep in	Morning: Morning Walk, Prayer, & Quiet Time	Morning: Morning Walk, Prayer, & Quiet Time	Morning: Chores	Morning: Church
Morning: Class Time: Six Acts	Morning: Class Time: Place, Home, & Land	Morning: Soul Care	Morning: Discernment Session	Experiential Learning & Field Trips	Optional Fun, Trips & Events	Sabbath Rest
Afternoon: Study Time, Grocery Shopping, & Free time	Afternoon: Study Time, Grocery Shopping, & Free time	Afternoon: House Meeting, Committee Meetings, Mid-Week Chores	Afternoon: Study Time & Free Time			
Body Care	Body Care	Body Care	Body Care	Body Care		
Dinner	Dinner	Spaghetti Wednesday	Community Dinner	Dinner	Dinner	Dinner
Evening: Fun Night	Evening: Worship & The Arts Evening	Evening: Free Evening	Evening: Evening with Storytellers	Evening: Options - Deedz or other events		Evening: Evensong

TERM TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning: Morning Walk, Prayer, & Quiet Time	Morning: Morning Walk, Prayer, & Quiet Time	TECH-FREE Morning: Sleep in	Morning: Morning Walk, Prayer, & Quiet Time	Morning: Morning Walk, Prayer, & Quiet Time	Morning: Chores	Morning: Church
Field Placements	Field Placements	Morning: Soul Care	Field Placements	Morning: Class: Six Acts OR Vacation & Praxis	Optional Fun, Trips & Events	Sabbath Rest
		Afternoon: House Meeting, Committee Meetings, Mid-Week Chores		Afternoon: Experiential Learning & Field Trips		
Body Care	Body Care	Body Care	Body Care	Body Care		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening: Fun Night	Evening: Worship & The Arts Evening	Evening: Free Evening	Evening: Evening with Storytellers	Evening: Options - Deedz or other events		Evening: Evensong

Body Care = Exercise, Sports, Physical Activity & (sometimes) Naps

Soul Care = Weekly Spiritual Formation Sessions led by Lena Scholman

Spaghetti Wednesdays = Weekly meal open to all family, friends, neighbours and other guests

Deedz = Building relationships and bringing hot chocolate to the homeless & marginalized at a local soup truck

75 BLAKE ST - DETAILS FOR THE HOME

Please consider packing light for life at the Blake Street home. There is limited closet space, so we encourage you to only bring clothing and belongings that are necessary, considering when you will have your breaks at home to replace seasonal clothing.

Notes about Use of Space

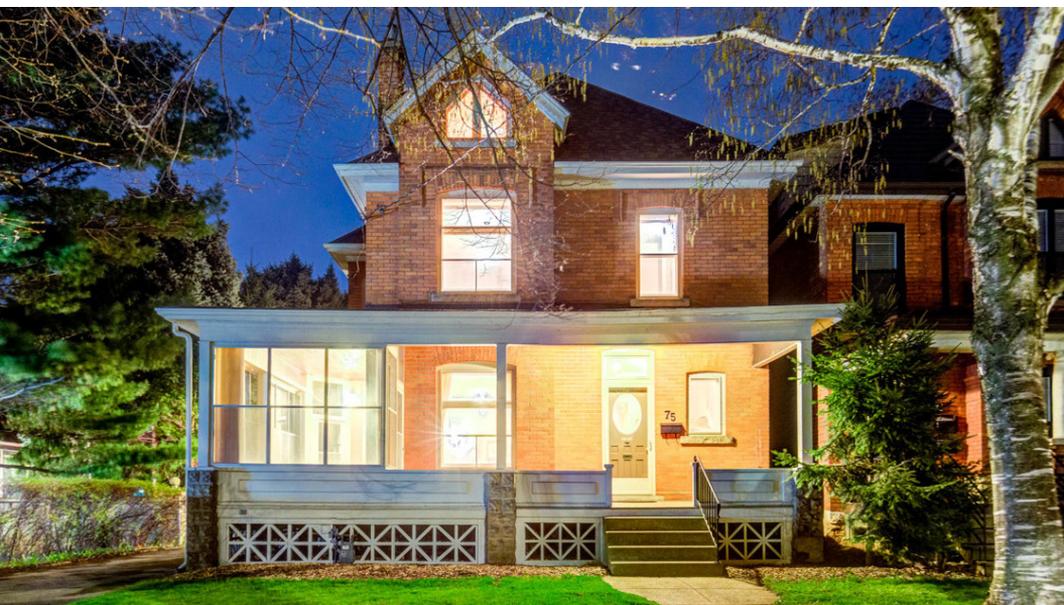
1. **Physical space** - Considering students will live in the home for less than 8 months, the hope is that each cohort of students will leave the Act Five home in better shape than when arriving.

As part of the program deposit, students pay a damage deposit of \$150. Should rooms or common spaces be damaged or unclean upon move out, part or all of this deposit will be withheld.

2. **Personal space** - With ~20 people living in one home, we will be committed to seeking out and protecting times for students and staff to have their own personal space. This will be established through scheduling and setting up distinct rooms for quiet.

Several local friends and Act Five staff have quiet homes for students who need a day or night away, and regular times of quiet retreat outside of the city are incorporated into the program.

3. **Male/Female Accommodations** - Male and female students reside on different floors of the Act Five home, and under no circumstances are students permitted to enter the residence space of the opposite gender.



What is already in the home for us?

The home will be fully furnished with beds, desks, dressers, closet space, tables, chairs, couches, coffee tables, bookshelves, kitchenware and cleaning supplies.

What should I bring & what should I not bring?

Please Bring	Possibly Bring	Please do not Bring
Digital alarm clock (alternative to cell phone alarm)	Bike and bike lock	Additional furniture (couches, chairs, mattresses)
Bedding (extra-long twin sheets), blankets, comforter, pillow	Desk lamp and other lamps	Pets
Clothing for warm/cold weather	Musical instruments	Mini-fridges
Camping/outdoor chair	Room decor	Air conditioners
Desk supplies	Plants	Firearms / weapons of any kind
Laptop or tablet device	Sports equipment	Candles/incense
Lock for desk or otherwise	Music speakers / stereo	
Towels and toiletries	A personal face mask (PPE)	

**This list does not include specific items for Coldwater Canada and Cross Culture Service Trip*

Decorating Room

It is important to make your room feel like home! Please personalize your room while keeping in mind that your room should be in the same condition (or better) when you leave as when you arrived. Please be considerate of your roommate in decorating, and refrain from displaying décor that is offensive or inappropriate.

You may not nail or drill holes in the wall, add room accessories with permanent hardware or stick anything to your outside door.

Please do not write on the interior or exterior walls of the home.

You may not change any permanent features of the home unless given consent from Act Five Resident Leaders.

Renter's Insurance

Renter's insurance covers your personal belongings in the event that they are stolen or damaged (each policy will state how and what they will cover). Redeemer does not have insurance that covers the property of students on or off campus. Talk to your parents' insurance broker in order to obtain information on out-of-home coverage. Most policies include this as a standard clause. However, for some it is an added feature. Coverage can often be obtained through a "rider" on your family's tenant or home owner's insurance policy, which should include liability coverage for injury or damage.

TRIP INFORMATION

Coldwater Packing List - Find online at www.coldwatercanada.org/canoeingpackinglist

Travel preparation - The following items must be prepared prior to moving into the Act Five Residence:

Passport - All students must have a valid passport before beginning at Act Five. You will be asked to provide a photocopy of your passport in September.

Insurance - All students will be asked to show proof of medical and travel insurance before beginning at Act Five.

Minors - If under 18 at the time of travel, students will be required to produce a notarized letter of consent. We can assist you with this if needed.

Further Travel requirements - If international travel requires Covid-19 vaccinations, all Act Five participants will be asked to be fully vaccinated.

There will be required waivers and forms for various program trips that will be communicated via email.



Other Info

REDEEMER ACCOUNTS

Student IDs and Email addresses - You will have both an email address and ID Number associated with Redeemer University. These will only be active for your year at Act Five unless you choose to continue in an undergraduate program at Redeemer University.

Library and Gym use - As Act Five students, you will have full access to services at Redeemer including use of the library and gym facilities.

Chapel and other events - While not often, there will be times throughout the year where Act Five students will travel to Redeemer's campus for chapel or other special events.

TRANSPORTATION & PARKING

Transit Pass - All Act Five students will receive a Hamilton Transit pass when they move in. This will be one of our primary modes of transportation.

Bikes - While students are free to bring their own bikes, we will also be refurbishing a number of program-owned bikes together as a group with New Hope Community Bikes at the start of the term. Students will also have access to SoBi Bicycles, Hamilton's Bike Share Network.

Personal Vehicles - If you wish to bring your own vehicle to Act Five, you are welcome to do so but must inform Act Five staff ahead of time. Some parking is available at the Act Five home while other vehicles can be stored at Redeemer until needed.

LAUNDRY

There will be easy access to coin-operated laundry machines and local laundromats throughout the program.

PAYMENT INFORMATION

Payment Schedule

May 31, 2022	Deposit of \$500 due, including \$350 toward first-term tuition and \$150 as a Damage Deposit to be held for the duration of the program.
August 29, 2022	\$4253.53 for Remaining First Term Tuition & Fees plus \$4400.00 for Room & Board
January 3, 2023	\$4396.48 for Second Term Tuition & Fees plus \$4400.00 for Room & Board

Payments can be made to Redeemer University by online banking, debit or cheque. Questions regarding this payment schedule can be directed to business-office@redeemer.ca.

Payment for the Cross Cultural Service Trip will be processed separately and fundraised for during the program.



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