

INSPIRED GIRLS INTERNATIONAL LIFE CAMP



Rio de Janeiro, Brazil 2010

Teen girls are under more pressure than ever. There are so many influences and things to think about – school, friends, parents, boys, the future, their bodies...it never stops! Schools aren't teaching girls how to succeed at LIFE...so, the amazing young women at Inspired Girls have put together an incredible week that will give girls the inside scoop on what it takes to balance their busy lives, feel great about themselves, and be successful on their own terms!

The Inspired Girls International Life Camp is an annual life-changing event that takes place in the world's most breathtaking environments. Teen girls from across the United State are invited to join Inspired Girls on an exceptional journey.

The 2010 camp will be held in Rio de Janeiro, Brazil. 15 hand-picked girls will travel to Brazil to engage in eye-opening workshops, life-changing humanitarian work, servant leadership, forming new friendships, and a lot of fun! This trip is designed to position the girls who attend to succeed in every area of life. A team of doctors, psychologists, teen experts, and girls worked diligently to develop the curriculum for the camp.

After the camp is over, girls return to their hometowns and apply what they've learned in their schools, churches, and communities. The workshops during the camp will help the girls fine tune their leadership skills and the unique opportunities the trip presents will engage them in an ongoing conversation about how they can be happy, healthy, well-adjusted girls who evolve into exceptional women.

The trip is comprised of 4 primary components:

Education



Inspired Girls believes education is essential to success. Therefore, you will engage in fun, experiential learning workshops every day before heading out to explore Brazil. Every day, we'll explore the country with a different theme in mind. The workshops will cover a wide range of topics:

Personal Development & Leadership
Relationships
Money Matters
Health & Fitness
Beauty & Fashion
Spirituality

You will be enlightened and inspired to live your best life, and you'll be ready to succeed personally, academically, and professionally as you evolve into a young woman who is inspired and fabulous!

Humanitarianism



Brazilian girls aren't as fortunate as girls in America. Many of them aren't afforded simple things like hair products, tampons, and school uniforms. A school uniform for a girl in Rio de Janeiro costs just \$20 US dollars yet many of them can't afford a uniform. The girls aren't allowed to attend school without a uniform so many of them aren't enrolled in school. Even if they get to attend school, they may not have school supplies and basic hygiene products. You'll help Inspired Girls change that by gathering donations and hand-delivering them to the girls at the orphanage in Brazil!

You'll connect with the girls, learn about their lives, and even teach them English! Who knew that paying attention in English class would pay off so soon? Before attending camp, you will set an intention for developing yourself as a servant leader and the Inspired Girls staff will help you fulfill your potential in a new environment.

Cultural Immersion



While in Brazil, you'll learn all about the culture! You'll learn basic Portuguese and gain an understanding of Brazilian customs, mores, and culture. We'll see famous beaches, the amazing statue of Christ, and enjoy authentic Brazilian cuisine.

As you explore Brazilian culture, you'll gain new insights on your own culture and how it affects your identity as a girl. We'll use this opportunity to brainstorm new ways you can develop yourself as an international leader and explore other cultures around the world.

Fun



How could we possibly go to such a fabulous country and not have some fun? You will have amazing once in a lifetime opportunities – hang gliding, international shopping, sightseeing, great food, sports, games, and more. There won't be a dull moment on this trip! You will have a blast and make new friends along the way. You'll also have time each day to spend as you please.

THE WORKSHOPS

The workshops will be led by Lisa Nicole Bell, the founder and CEO of Inspired Girls. Lisa is an expert on adolescent development and has been featured in the news sharing her insights on feminine teen success. She enthusiastically leads girls through an array of exercises and experiential learning situations that help them really understand how to succeed in the real world.

Girl Unlimited

We'll discuss character development, goal setting, and leadership. You'll learn how to properly set and achieve goals and you'll be more confident than ever in pursuing the things you want most.

Your self-esteem will go through the roof as you conquer fear and discover your passions. You'll gain new ideas about to achieve your goals and become an outstanding young woman.

See Girl Lead

Girls will learn what it means to truly be a leader. They'll study examples of powerful women in leadership roles and discover how they can put leadership skills to use in their every day lives.

Relating & Dating

We'll talk about all the relationships you deal with each day. From boys and friends to parents and teachers, we'll give you the practical insight you need to be connected and happy.

Relationships are one of the most important parts of a teen girl's life. The girls will explore the different types of relationships they have and examine new ways to improve those relationships. They'll learn interpersonal skills like conflict resolution, empathy, and effective communication.

Femme Finance

Who wants to be a millionaire? We want you to be a millionaire, and we'll teach you how! We'll talk about how you can start managing your money and preparing for your first major purchases like a car and college.

Girls are in great positions to become women who start businesses, make wise investment, and become financially wealthy. You'll learn the basics of money management and participate in exercises that demonstrate the importance of understanding how money works in your life. They'll leave inspired to create wealth for yourself and to teach your family and friends how to use money as a tool for improving their lives.

Fit & Fabulous

What good is all the education and inspiration in the world without health? You'll get eye-opening lessons on the importance of proper nutrition & fitness. We'll go over the basics of eating well and how to get off the diet yo yo forever! Plus, we'll go out and enjoy alternative exercise and you'll learn about how you can prevent disease and enjoy long healthy lives with proper nutrition and physical activity.

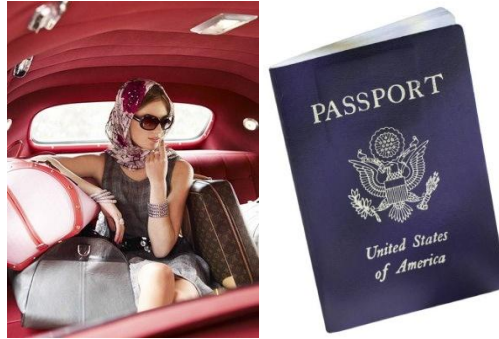
Preserving The Pretty

Girls love to be pretty, and Inspired Girls are no exception! We'll talk about skin care, hair care, nail care and more. We'll look at trends in fashion and beauty and you will choose new looks for yourself during a beauty makeover! We'll discuss how beauty and fashion affect self-esteem, and we'll participate in exercises that encourage you to be beautiful from the inside out!

Peace, Love & Faith

Girls want to feel centered and safe with all of the chaos in the world. God is in control, and you will have an opportunity to grow closer to God in their own way. You'll gain new insights on how to stay inspired and happy no matter what's going on in your life and you'll learn how to go deeper in your prayer life. You'll learn how to use journaling as a powerful spiritual tool and we'll participate in meditation exercises as a group.

READY TO GO?



REQUIREMENTS

Admission to the Inspired Girls International Life Camp is granted by approved application. The basic requirements for applicants are:

BEFORE THE TRIP

- Must be a female between the ages of 13-19, at the time of the trip (July 2010)
- Must be enrolled in school or an academic program (public, private, or home)
 - Must have a GPA of 2.8 or better
 - Must be able to travel internationally
 - Must be open-minded & willing to explore
- Must be willing to solicit people in her community to support the humanitarian portion of her trip (donations for the girls orphanage)

AFTER THE TRIP

- Must be willing to bring what she's learned back to the U.S. & her community and become an active servant leader
- Must submit an essay about her experience & how she'll use what she's learned in her life
- Must be willing to maintain a pen pal in Brazil for a minimum of 4 months

COME WITH US!



The experience of the Inspired Girls International Life Camp is priceless, but we've managed to add even more opportunities to the trip! Every girl who attends will get memories for a lifetime and we'll help her organize them!

Every girl who attends will receive...

A life-changing experience

A full color workbook

7 workshops taught by a teen success expert

A cute tee shirt commemorating the trip designed by a fashion designer

A Journal To Write About Her Experience

A full length DVD of the trip & the experience

Unlimited access to the Life Camp Photo Album

A certification as an Inspired Girls International Servant Leader*

A letter of recommendation for college applications*

Interested in joining us?

Money doesn't have to stop you from going! We've got effective fundraisers in place to help you raise every cent of your tuition.

Submit the attached application **TODAY!** We are taking a small number of girls, and you don't want to have to wait for our next camp!

*These items are contingent on successful completion of the program.

FAQ

I want to attend. What steps do I need to take?

1. Complete the Inspired Girls International Life Camp Application and submit it to us in one of three ways.

Mail: 14900 Magnolia Blvd. Suite 5713
Sherman Oaks, CA 91413
Fax: 928-441-9425
Email: info@inspiredgirls.com

If you didn't receive an application with this packet, email us at info@inspiredgirls.com to receive the packet by fax, mail, or email.

2. After you have been approved, submit your \$500 deposit to hold your place.
3. You will receive a welcome packet and instructions for raising money for your trip, gathering donations for the orphanage, and preparing for departure.

Who is coordinating this trip? Is it safe?

The life camp is the brainchild of the CEO of Inspired Girls, Lisa Nicole Bell. She is a published author, award winning filmmaker, and socially conscious entrepreneur. Lisa received a 2009 Los Angeles Business Journal Rising Star nomination for her outstanding work in the community. She has been featured in various media outlets such as ABC, CBS, Contact Talk Radio, and more. She has spent years educating herself on teen girls & success. She takes the safety & well-being of every girl very seriously and only works with chaperones and vendors who share her intense passion & concern for teen girls.

Inspired Girls is a lifestyle brand that teaches teen girls how to successfully transition from adolescence to adulthood. This mission is achieved in several ways including printed & electronic materials, live events, and more. The Inspired Girls International Life Camp is just one more way we empower girls to become amazing women.

As a result, she has partnered with Korina Smith, founder and CEO of Humanitarian Travel International, a company that coordinates and facilitates mission trips, alternative holidays, exotic vacations, and youth trips all over the world. Korina and her team have been to Brazil countless times as recently as April of 2009. With Korina's extensive knowledge of Brazil and Lisa's exceptional insight on feminine adolescent development, parents and teen girls can rest assured that their trip will be 100% safe and enjoyable.

Rio de Janeiro is safe for women and teens to travel. Additionally, we'll have transportation and security provided as we explore the city.

Read on to learn more about the chaperones & production team for the life camp. Visit www.seegirllead.com to hear a call about safety at the camp.

EXECUTIVE PRODUCER



Lisa Nicole Bell is a published author, award winning filmmaker, and socially conscious entrepreneur. Lisa received a 2009 Los Angeles Business Journal Rising Star nomination for her outstanding work in the business community. She has been featured in various media outlets such as ABC, CBS, BET, Lifetime, Contact Talk Radio, and more. Lisa hosts Inspired Life Radio every Monday where she inspires people to live purposeful and meaningful lives. She has spent years educating herself on teen girls & success and now applies that knowledge as the CEO of Inspired Girls, an international lifestyle brand that teaches teen girls how to successfully transition from adolescence to womanhood. (Learn more at www.adivinebook.com)

DIRECTOR OF OPERATIONS



Ms. Smith has over a decade of experience in international humanitarian and group travel. Her work has impacted 24 developing countries and countless people who have accompanied her on these trips. She has lead several missions to Latin America with youth and adults, and has traveled as an Ambassador with Airline Ambassadors International on nearly 20 missions all over Latin America, Asia, and Africa. Ms. Smith co-founded Teens for Humanity, an organization leading high school and college students on humanitarian endeavors in Colombia, Guatemala, Brazil and the Dominican Republic. She is fluent in Portuguese, Spanish, and French. Ms. Smith studied Global Politics, at California State University, Los Angeles, International Relations at Pontificia Universidade Catolica in Rio de Janeiro, Brazil and

French at l'Institut d'Etudes Francaises in Aix-en-Provence, France. (Learn more at humanitariantravels.org)

TRANSLATOR & CULTURAL IMMERSION SPECIALIST



Ms. Braga has been coordinating and traveling on humanitarian missions throughout Latin America and the Caribbean for nearly ten years. She is the co-founder of Teens for Humanity, and has lead dozens of youth to do community service in the New York City area. She has initiated youth endeavors with the United Nations, and is highly experienced in Public Relations. Mrs. Braga frequently serves as a translator in Spanish and Portuguese. She has spent the last year working for a highly successful consulting firm. Mrs. Braga graduated with a bachelor's degree in International Relations from American University in Washington D.C., and studied at the University of Sao Paulo in Brazil. (Learn more at humanitatriantravels.org)

What are the dates for the Inspired Girls International Life Camp?

Life camp is November 18-25 2010

How much does the tuition for Inspired Girls International Life Camp cost?

The total cost of the trip is \$2910 and includes roundtrip airfare to Brazil, hotel accommodations, welcome dinner and goodbye dinner, lunches on days we are visiting the girls home (four days), all in-country transportation, excursions, daily translator, trip coordinator and workshop instructor, workshop materials, gifts and certifications. Shopping, visa, passport, expenses during free time, meals in airports and during free time is not included. Travel insurance is optional and can be purchased separately.

Is there a payment plan for the tuition?

Yes! You have multiple options for paying for the trip.

- Pay in full
- 6 Monthly payments of \$485 (Automatically charged the 15th of each month)
- 4 Quarterly payments of \$727.50 (Automatically charged the 15th of July, August, September, and October)

Regardless of how you choose to pay for the trip, you **MUST** make a \$500 down payment to reserve your space at the camp.

Korina has many fundraising options for girls who wish to attend but cannot afford tuition.

Money should never stop a girl from attending the life camp.
Many girls are able to find sponsors for part or all of their tuition.

How many girls will be at the camp?

Inspired Girls is handpicking the girls who will attend the camp. This camp is a once in a lifetime opportunity and will give the girls who attend a unique advantage to excel in life. We will only take 15 girls on this trip, and each girl will be required to adhere to the guidelines set forth before departure.

Can parents come along?

No. Besides not having sufficient space to accommodate parents, we want the girls to be free to express themselves and relax. While parents have the best of intentions, girls are sometimes less likely to open up and try new things when a parent is present. Lisa's personal integrity and character is exemplary, and she will ensure that the girls are on their best behavior while still being free to enjoy themselves.

What is the itinerary for the trip?

For the sake of preserving privacy and safety, we only release the official itinerary to girls (and/or parents) who are serious about attending life camp. After you submit an application and are approved, you will be given an itinerary and a welcome packet that will give you step by step instructions for preparing for the camp.

Got more questions?

Feel free to contact us with any questions.

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INVEST IN A GIRL, INVEST IN THE WORLD.™

