

# Sustain Yourself 2014

A Unique Camas Week for individuals aged 14 to 20

23rd - 29th August



Want to **ESCAPE** from the familiar? Try something new, make new friends from across the UK. Join us at Camas on the Isle of Mull, Scotland!

We hope to also share and exchange knowledge with you about **Environmental Awareness**—We are **Off Grid**—we make our own electricity and **Grow Our Own Food**. **Self Awareness and Personal Development**—learn about your strengths and weaknesses—exploring ambitions, **Dare to Dream**.

Dare to come alone or persuade a pal to join you, for a memorable adventure.

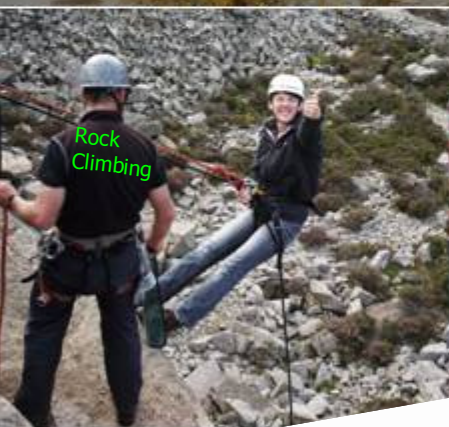


Home Baking and Cooking



Coasteering

Kayaking



Rock Climbing



fire by the Stories

Wild Camping

**Info:** 01681 700367  
camascord@iona.org.uk

**Price:** £225

**To Book:**  
01681 700404  
abbey.bookings@iona.org.uk



Artsy fancy activities