

sprout

Sprout is a private, non-profit organization, founded in 1979, offering innovative programming related to the field of intellectual and developmental disabilities (I/DD).

Our TRAVEL AND RECREATION PROGRAMS are dedicated to helping individuals with intellectual and developmental disabilities grow through challenging and safe travel experiences and social activities. Our programs are available to people with I/DD as well as the agencies that serve them throughout the United States.

 www.facebook.com/gosprout.org/

 [Instagram.com/gosprout](https://www.instagram.com/gosprout)

 twitter.com/gosprout

Through our *FILM PROGRAMS* we invite you to experience film and video featuring people with I/DD. People in this population as subjects and performers remain marginalized in the media. By creating and presenting films of artistry and intellect, we hope to reinforce accurate portrayals of people with I/DD and to expose the general public to important issues facing this community.

 www.facebook.com/sproutfilmfestival

 [Instagram.com/sproutfilmfestival](https://www.instagram.com/sproutfilmfestival)

 twitter.com/sproutfestival

 www.youtube.com/user/STFFestival

If you would like to have a hard copy of this brochure mailed to you please email sprout@gosprout.org with your mailing address.

sprout 135 West 20th Street 5th fl. New York, NY 10011
888-222-9575 fax: 212-222-9768 sprout@gosprout.org www.gosprout.org



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sproutflix

film streaming/downloads/DVDs

The only distributor of films exclusively featuring people with intellectual and developmental disabilities.



Autism
Down Syndrome
Children
Employment
Education
Family
Independence
Art
Advocacy
History
Relationships
Sexuality

www.sproutflix.org



Agencies Schools Universities Conferences Sprout Film Festival

Bring the Sprout Film Festival to your community

Whether for advocacy, awareness, fundraising or thought-provoking entertainment, arranging a Sprout Film Festival in your area is sure to create a highly memorable and enlightening experience for your audience. Through our continually growing film catalog (sproutflix.org), your agency or group has access to an extensive and varied selection of films of artistry and intellect.



Agencies can custom design their own Sprout Film Festival showcasing people with intellectual and developmental disabilities.

For additional information please visit:

www.sproutfilmfestival.org

p. 888-222-9575 e. anthony@gosproust.org

vacation program

Since 1979 Sprout has provided people with intellectual and developmental disabilities exciting vacation opportunities across the U.S. and throughout the world.

From relaxing weekend escapes to week-long adventures of travel and discovery, Sprout has a vacation to please everyone.



We can relax when our guys go on Sprout trips. We know that they will come home clean, happy and healthy. They always have a great time, and share stories long after their vacations end.

associate director

✧ Participants on our vacations have developmental disabilities (moderate to high functioning levels) and are at least 21 years old. Travelers must be ambulatory and capable of functioning well within Sprout's traveling ratio of 1 leader to 3-4 participants.

✧ Our usual group size is 10-11 participants and 3 Sprout leaders. This ratio not only allows for individual attention, but also creates a comfortable atmosphere for socialization and personal growth.

✧ Groups typically use 15-passenger vans for access to a wide variety of local activities, restaurants and attractions.

✧ Our groups stay in a variety of inns, motor lodges, condominiums, and hotels where we are known and welcome. Occasionally in select rooms, due to participant ratios and to keep the trip cost affordable, we use roll-away beds.

✧ Driving trips begin and end in New York City. We also have a selection of trips which offer pick-ups/drop offs in Connecticut, New Jersey, Long Island and upstate NY. **Airline trips departing from NYC will leave from one of the three metropolitan airports.**

✧ In general, extended driving trips depart at 10:30am. Weekend trips depart on Friday at 5:00pm. All trips return at 5:30pm, unless otherwise noted.

✧ The cost of the trip covers all meals, accommodations, transportation, leadership costs, activities, accident insurance and gratuities. We suggest that each participant bring spending money to purchase souvenirs.

✧ Each group's leadership team has access to a cellular phone and a 24-hour support system during the entire trip.



Special pick-ups/drop-offs - Individuals traveling via public transportation and in need of assistance can be escorted to and from the meeting location for an additional fee. Pick-ups can be arranged at Port Authority, Grand Central Station or Penn Station. Pick-ups can also be arranged at La Guardia, JFK or Newark airports. This service must be requested and confirmed in writing with the Sprout office and times must correlate with meeting and return times for the rest of the group. **These arrangements must be made at least 21 days prior to the trip departure.**

En route pick-ups/drop-offs - A pick-up location en route to the destination can be arranged, when feasible, for an additional fee. **These arrangements must be made at least 21 days prior to the trip departure.** En route pick-ups and drop-offs are not available for weekend trips.



custom design program

The perfect way to accommodate your group's specific vacation needs, from budgetary concerns to enhanced care requirements.

- ✦ You pick the dates, length and destination of the trip.
- ✦ We will pick up your group, wherever you are.
- ✦ Our staff will work with you to design a trip to suit your group's specific interests and abilities.
- ✦ Sprout will provide all staffing needs during their vacation.



I would just like to thank you for the wonderful service that you provide for the community. Our consumers had such a great time that they are already asking me to go next year, which is a pretty big deal for them.

Thank you also for making the signup process so easy, most other things we do are arduous in comparison.

service coordinator

For questions regarding the Vacation Program and the [Custom Design Program](#) please contact Raya Harris, Sprout's Program Director at 212-222-9575 or by email: Raya@GoSprout.org

2020 trip calendar

New York City

March

Wed. 4 - Tues. 10Baseball Spring Training p. 8

April

Wed. 22 - Sun. 26Washington, DC p. 8

Tues. 28 - Fri. May 1Philadelphia p. 8

May

Mon. 4 - Wed. 6Atlantic City p. 9

Tues. 12 - Fri. 15Catskills p. 9

Mon. 18 - Thurs. 21Mystic, CT p. 9

Thurs. 28 - Sun. 31Elvis Festival p. 9

June

Fri. 5 - Sun. 7Hershey Park p. 10

Mon. 8 - Thurs. 11New England Farm p. 10

Thurs. 11 - Sun. 14Boston p. 10

Fri. 12 - Sun. 14Mount Pocono p. 10

Mon. 15 - Fri. 19Washington, DC p. 11

Tues. 16 - Sun. 21Niagara Falls p. 11

Mon. 22 - Sun. 28Virginia Beach p. 11

Tues. 23 - Thurs. 25Atlantic City p. 11

Fri. 26 - Sun. 28Old Songs Festival p. 11

Mon. 29 - Wed. July 1...**slow pace**.....Villa Roma p. 22

July

Thurs. 2 - Sun. 5Philadelphia p. 11

Fri. 3 - Mon. 6New Hampshire p. 11

Mon. 6 - Mon. 13Canada Cruise p. 12

Tues. 7 - Fri. 10Jersey Shore p. 12

Thurs. 9 - Mon. 13Lake George p. 12

Tues. 14 - Thurs. 16Atlantic City p. 12

Wed. 15 - Sat. 18Mystic, CT p. 12

Fri. 17 - Wed. 22Cape Cod p. 12

Tues. 21 - Sun. 26Baseball Road Trip p. 13

Fri. 24 - Mon. 27Ocean City & DE State Fair p. 13

Tues. 28 - Sun. August 21000 Islands p. 13

Wed. 29 - Tues. August 4Virginia Beach p. 13

August

Mon. 3 - Sun. 9Cleveland p. 13

Wed. 5 - Sun. 9Lake George p. 14

Fri. 7 - Thurs. 13Montreal p. 14

Mon. 10 - Fri. 14Amusement Parks p. 14

Wed. 12 - Sat. 15Rhode Island p. 14

Fri. 14 - Mon. 17Baseball Hall of Fame p. 14

Mon. 17 - Fri. 21Club Getaway p. 15

Wed. 19 - Sat. 22Vermont State Fair p. 15

Thurs. 20 - Tues. 25Maine p. 15

Mon. 24 - Thurs. 27..**slow pace**...Catskills Resort p. 22

Fri. 28 - Sun. 30Philadelphia p. 16

Fri. 28 - Tues. Sept. 1Finger Lakes p. 16

Sun. 30 - Sun. Sept. 6Bahamas Cruise p. 16

September

Fri. 4 - Wed. 9Cape Cod p. 17

Tues. 8 - Fri. 11Washington, DC p. 17

Fri. 11 - Sun. 13Mystic, CT p. 17

Mon. 14 - Thurs. 17Dude Ranch p. 17

Wed. 16 - Tues. 22Chicago p. 17

Fri. 18 - Mon. 21Penn Dutch p. 18

Wed. 23 - Tues. 29Williamsburg, VA p. 18

Thurs. 24 - Mon. 28..**slow pace**..Bermuda Cruise p. 23

October

Thurs. 1 - Sun. 4Berkshires & Big E Fair p. 18

Fri. 9 - Mon. 12New Hope p. 18

Wed. 14 - Wed. 21Amsterdam, Holland p. 18

Fri. 23 - Thurs. 29Orlando & Disney World p. 19

Sat. 31 - Thurs. Nov. 5..**slow pace**..Canada Cruise p. 23

November

Fri. 6 - Mon. 9Mystic, CT p. 20

Thurs. 12 - Wed. 18Las Vegas p. 19

Fri. 13 - Sun. 15Philadelphia p. 20

Tues. 17 - Fri. 20Boston p. 20

December

Fri. 4 - Sun. 6Bethlehem, PA p. 20

Wed. 9 - Tues. 15Orlando & Disney World p. 20

January 2021

Thurs. 7 - Thurs. 14Hawaii p. 20

February 2021

Tues. 2 - Mon. 8San Diego, CA p. 21

March 2021

Sun. 14 - Sun. 21FL & Bahamas Cruise p. 21

**All trips, unless otherwise noted, depart from and return to the
NYC Hostel 891 Amsterdam Ave. (West 103rd St.) New York, NY**

Additional Departures

New Paltz, NY

May

Tues. 12 - Fri. 15Catskills p. 9
Thurs. 28 - Sun. 31Elvis Festival p. 9

June

Tues. 16 - Sun. 21Niagara Falls p. 11

July

Thurs. 9 - Mon. 13Lake George p. 12
Tues. 28 - Sun. August 21000 Islands p. 13

August

Wed. 5 - Sun. 9Lake George p. 14
Fri. 7 - Thurs. 13Montreal p. 14
Fri. 14 - Mon. 17Baseball Hall of Fame p. 14
Wed. 19 - Sat. 22Vermont State Fair p. 15
Fri. 28 - Tues. Sept. 1Finger Lakes p. 16

September

Mon. 14 - Thurs. 17Dude Ranch p. 17

Carteret, NJ

April

Wed. 22 - Sun. 26Washington, DC p. 8
Tues. 28 - Fri. May 1Philadelphia p. 8

June

Mon. 15 - Fri. 19Washington, DC p. 11
Mon. 22 - Sun. 28Virginia Beach p. 11
Tues. 23 - Thurs. 25Atlantic City p. 11

July

Thurs. 2 - Sun. 5Philadelphia p. 11
Tues. 7 - Fri. 10Jersey Shore p. 12
Tues. 14 - Thurs. 16Atlantic City p. 12
Tues. 21 - Sun. 26Baseball Road Trip p. 13
Fri. 24 - Mon. 27Ocean City & DE State Fair p. 13
Wed. 29 - Tues. August 4Virginia Beach p. 13

August

Mon. 10 - Fri. 14Amusement Parks p. 14

September

Tues. 8 - Fri. 11Washington, DC p. 17
Fri. 18 - Mon. 21Penn Dutch p. 18
Wed. 23 - Tues. 29Williamsburg, VA p. 18

Bridgeport, CT

May

Mon. 18 - Thurs. 21Mystic, CT p. 9

June

Thurs. 11 - Sun. 14Boston p. 10

July

Wed. 15 - Sat. 18Mystic, CT p. 12
Fri. 17 - Wed. 22Cape Cod p. 12

August

Wed. 12 - Sat. 15Rhode Island p. 14
Thurs. 20 - Tues. 25Maine p. 15

September

Fri. 4 - Wed. 9Cape Cod p. 17

November

Fri. 6 - Mon. 9Mystic, CT p. 20
Tues. 17 - Fri. 20Boston p. 20

Hartford, CT

June

Mon. 8 - Thurs. 11New England Farm p. 10

July

Fri. 3 - Mon. 6New Hampshire p. 11

August

Mon. 17 - Fri. 21Club Getaway p. 15

October

Thurs. 1 - Sun. 4Berkshires & Big E Fair p. 18

Plainview, NY

May

Thurs. 28 - Sun. 31Elvis Festival p. 9

July

Thurs. 23 - Sun. 26Penn Dutch p. 13

**All trips, unless otherwise noted, depart from and return to the
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sprout vacations



photo ID
required

extra
walking

BASEBALL SPRING TRAINING

WEDNESDAY MARCH 4 - TUESDAY MARCH 10

COST: \$2,620.00

7 DAYS

Get a jump on the baseball season by flying down to Tampa, Florida for Spring Training. We'll enjoy the warm weather and sunshine at three baseball games. Highlights will be watching NY Yankees games at two different stadiums. First they will be playing the Detroit Tigers at the [Joker Marchant Stadium](#), and then against the Atlanta Braves at [Steinbrenner Field](#). In addition to all this amazing baseball we have the exciting [Busch Gardens](#), featuring rides, attractions and live entertainment as a nearby fun option. If we want to cool off with a swim, there are plenty of beautiful beaches to choose from.



WASHINGTON, DC

extra
walking

WEDNESDAY APRIL 22 - SUNDAY APRIL 26

COST: \$1,170.00

5 DAYS

A visit to our nation's capital is a popular getaway. Touring Washington, DC will give us the opportunity to visit the 163-acre [National Zoo](#) as well as exciting historic sites, such as the [Washington Monument](#), [Lincoln Memorial](#), [Jefferson Memorial](#), [Smithsonian Institute](#) and the new [Martin Luther King, Jr. Memorial](#). DC also features an array of diverse dining possibilities.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

PHILADELPHIA

extra
walking

TUESDAY APRIL 28 - FRIDAY MAY 1

COST: \$975.00

4 DAYS

Philadelphia offers many historic attractions such as the [Liberty Bell](#), [Franklin Institute of Science](#), [Independence Hall](#) and [Reading Market](#). For a lovely view along the Schuylkill River, we can visit [Boathouse Row](#) at night, to see the lights outlining the waterfront buildings. [Funky South Street](#) with its great shops, restaurants and street performers is an evening option.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

ATLANTIC CITY

extra
walking

MONDAY MAY 4 - WEDNESDAY MAY 6
COST: \$765.00

3 DAYS

We can sample all that the Atlantic City boardwalk has to offer, including mini golf, high-tech arcade excitement and a large array of souvenir shopping. Our evenings will be spent dining, trying our luck at the slot machines and watching the high rollers in action.

CATSKILLS

TUESDAY MAY 12 - FRIDAY MAY 15
COST: \$960.00

4 DAYS

The Catskills area of Upstate New York is known as a very popular vacation getaway. A visit to the historic artsy town of [Woodstock](#) will be a memorable and unique experience. There are plenty of scenic walks if we are looking to see waterfalls and mountain vistas. [The Zoom Flume Water Park](#) might be another option, if our group is looking for action-packed excitement.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

MYSTIC, CT

MONDAY MAY 18 - THURSDAY MAY 21
COST: \$975.00

4 DAYS

Mystic has a delightful waterfront area with the [Seaport Museum](#), an [aquarium](#) and souvenir shops. This fun vacation offers the charm of a quaint seaport and some great casino action. [Foxwoods](#), a possible side trip, offers gambling, restaurants, shows, movies, shopping and other activities for everyone to enjoy.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

ELVIS FESTIVAL

extra
walking

THURSDAY MAY 28 - SUNDAY MAY 31
COST: \$990.00

4 DAYS

If you love Elvis Presley, this trip is for you! Honoring the life and music of the King of Rock N' Roll, the [Elvis Festival](#) will feature tribute artist concerts, competitions, an Elvis classic car parade and other fun. Plus, all of this happens against the backdrop of beautiful Lake George, which offers plenty of local attractions. Don't miss out on this memorable Elvis experience!

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)
AND [PLAINVIEW, NY](#)



The cost of each trip is all-inclusive, covering:

accommodations,

transportation,

accident coverage,

all meals,

supervision

and activities.





HERSHEY PARK

NEW
TRIP!

extra
walking

THIS TRIP IS FOR YOUNG ADULTS ONLY

FRIDAY JUNE 5 - SUNDAY JUNE 7

COST: \$765.00

WEEKEND

Join Sprout on a getaway to “the sweetest place on Earth”. We are heading to Hershey, PA for a weekend filled with the rides, games, treats and attractions of [Hershey Park](#). Depending on the weather, we may wish to explore the water park or ZooAmerica, home to over 200 animals. And of course, no trip to Hershey is complete without a stop at Chocolate World to satisfy those with a sweet tooth!

THIS TRIP IS DESIGNED FOR PARTICIPANTS UNDER 40 YEARS OF AGE SEEKING A MORE ACTIVE VACATION

NEW ENGLAND FARM

MONDAY JUNE 8 - THURSDAY JUNE 11

COST: \$1,090.00

4 DAYS

Escape to the beauty and fresh air of a New England farm. We will stay at a lovely inn on a working farm, complete with a swimming pool, boating, hayrides, a game room and fine country dining. No farm would be complete without lots of barnyard animals, which we can pet and feed - hopefully even milk a cow or goat!

THIS TRIP ALSO DEPARTS FROM [HARTFORD, CT](#)

BOSTON

extra
walking

THURSDAY JUNE 11 - SUNDAY JUNE 14

COST: \$1,015.00

4 DAYS

Join Sprout for a classic tour of this fun and historic city. We may visit the shops and enjoy street performers in the city’s iconic [Quincy Market](#). Scenic trolley rides around Boston’s historical districts, a visit to the [Museum of Fine Arts](#) or a trip to the [Aquarium](#) are other options available to us. During the evenings, the group may elect to take part in Boston’s great nightlife.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

MOUNT POCONO

NEW
TRIP!

extra
walking

FRIDAY JUNE 12 - SUNDAY JUNE 14

COST: \$650.00

WEEKEND

For the first time, Sprout is going to this “family style” camp in the beautiful Pocono Mountains. We will stay in lovely cottages overlooking a lake and we can take part in all the activities the camp has to offer, including swimming, arts & crafts, sports and organized games. At night, we’ll check out the activity schedule, with options such as karaoke, movie screenings, a bonfire or bingo. We will enjoy our meals in the conveniently located dining room.



WASHINGTON, DC

extra walking

MONDAY JUNE 15 - FRIDAY JUNE 19

COST: \$1,170.00

5 DAYS

See trip description on page 8.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

NIAGARA FALLS

extra walking

TUESDAY JUNE 16 - SUNDAY JUNE 21

COST: \$1,440.00

6 DAYS

Western New York is the backdrop for this trip that celebrates the beauty of the world-famous Niagara Falls. The group will spend a full day exploring the Falls via an [exhilarating boat ride](#). A local amusement park and a short scenic cruise on the historic Erie Canal are worthwhile options.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

VIRGINIA BEACH

MONDAY JUNE 22 - SUNDAY JUNE 28

COST: \$1,770.00

7 DAYS

The sand and surf await us. [Busch Gardens](#) theme park, one of the many options on this trip, will yield many thrilling rides and shows. The boardwalk offers boating, seaside dining and live music. A stopover in Washington, DC will also be included in this getaway.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

ATLANTIC CITY

extra walking

TUESDAY JUNE 23 - THURSDAY JUNE 25

COST: \$765.00

3 DAYS

See trip description on page 9.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

OLD SONGS FESTIVAL

extra walking

FRIDAY JUNE 26 - SUNDAY JUNE 28

COST: \$672.00

WEEKEND

Taking place in upstate New York, the [Old Songs Festival](#) known for its relaxed atmosphere, features talented performers from all over the world. We can dance along with Flamenco, Irish, Bluegrass and Country music. We will also enjoy a variety of craft and food booths at this wonderful and memorable event.

PHILADELPHIA

extra walking

THURSDAY JULY 2 - SUNDAY JULY 5

COST: \$975.00

4 DAYS

See trip description on page 8.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

NEW HAMPSHIRE

FRIDAY JULY 3 - MONDAY JULY 6

COST: \$970.00

4 DAYS

We will head to this beautiful New England state that has both scenic coastlines and impressive mountain ranges. There will be the opportunity to take a train ride and visit spectacular Mount Washington. As always, we will enjoy a variety of restaurants and find some great shopping opportunities in towns like Manchester and Portsmouth.

THIS TRIP ALSO DEPARTS FROM [HARTFORD, CT](#)



Given the breadth of its interests and the remarkable scope of its destinations, Sprout is the "Club Med" of travel for people with developmental disabilities.

Arthur Frommer,
Frommer's Guide





CANADA CRUISE

passport
required

MONDAY JULY 6 - MONDAY JULY 13

COST: \$2,450.00

8 DAYS

Join Sprout as we set sail from New Jersey on Royal Caribbean's "[Empress of the Seas](#)". We will stop to visit a few ports in New England, including Newport, RI; Boston, MA and Bar Harbor in Maine. Then we will cross over into Canada and visit the ports of [Halifax](#), Nova Scotia and [Saint John](#), New Brunswick. Throughout our journey, we will be able to enjoy all the things that a luxurious cruise has to offer including great food, gambling and an array of spectacular shows.

THIS TRIP WILL MEET AT THE [LIBERTY CRUISE SHIP TERMINAL](#) IN BAYONNE, NJ

JERSEY SHORE

TUESDAY JULY 7 - FRIDAY JULY 10

COST: \$1,010.00

4 DAYS

Get ready for the summer season with a tour of the beautiful Jersey Shore. Amusement parks, scenic boat rides, charming lighthouses and beach walks are all options on this seaside excursion. We can also spend a day enjoying the best of Atlantic City, from playing the slots to strolling the boardwalk.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)



LAKE GEORGE

THURSDAY JULY 9 - MONDAY JULY 13

COST: \$1,150.00

5 DAYS

Lake George is a vacationer's paradise with theme parks, [mini-golf](#), souvenir stands, shopping outlets, karaoke & dance clubs and restaurants. A [boat cruise](#) on the lake will allow us to enjoy the magnificent scenery. We can also visit historic [Fort Ticonderoga](#). We'll partake in some of our favorite activities that we have been returning to for over 35 years!

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

ATLANTIC CITY

extra
walking

TUESDAY JULY 14 - THURSDAY JULY 16

COST: \$765.00

3 DAYS

See trip description on page 9.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

MYSTIC, CT

WEDNESDAY JULY 15 - SATURDAY JULY 18

COST: \$975.00

4 DAYS

See trip description on page 9.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

CAPE COD

FRIDAY JULY 17 - WEDNESDAY JULY 22

COST: \$1,480.00

6 DAYS

Cape Cod has always been one of Sprout's most popular destinations. A whale-watching cruise, an aquarium or a summer league baseball game are options for us to explore. A visit to [Provincetown](#) will provide us with a chance to see lighthouses and visit unique shops and restaurants.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

BASEBALL ROAD TRIP

TUESDAY JULY 21 - SUNDAY JULY 26

COST: \$1,490.00

6 DAYS

It's time to see the pros in action! We will be staying in the Philadelphia area, seeing games at both [Citizen Bank Park](#), the home of the Phillies, and [Oriole Park at Camden Yards](#) in Baltimore. This is a fantastic trip for true baseball fans. The grand finale of our adventure will be cheering for our New York Mets as they battle the "hometown" Phillies on our last night.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

PENN DUTCH

THIS TRIP WILL ONLY DEPART FROM PLAINVIEW, NY

THURSDAY JULY 23 - SUNDAY JULY 26

COST: \$980.00

4 DAYS

A tour of the charming Pennsylvania Dutch Country, the lush farming region of central Pennsylvania awaits us. In Lancaster we will visit the authentic Amish farms and shop at local markets. A fun visit to [Chocolate World](#) and a ride on the [Strasburg Railroad](#) are other possible activities for us to partake in. We can also enjoy the famous Shoofly Pie at a popular smorgasbord restaurant. The horse and buggies, covered bridges and beautiful vistas will provide a delightful backdrop to this Amish Country getaway.

THIS TRIP ONLY DEPARTS FROM [PLAINVIEW, NY](#)

OCEAN CITY & DELAWARE STATE FAIR

extra walking

FRIDAY JULY 24 - MONDAY JULY 27

COST: \$998.00

4 DAYS

Spectacular beaches, a lively boardwalk and fantastic amusement parks await us on this tour of the coast of Maryland. In the evenings we can enjoy Ocean City's great nightlife, including live music, dancing and karaoke. This trip will also include a visit to the [Delaware State Fair](#), featuring tasty food, rides, carnival games and amusements.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

1000 ISLANDS

TUESDAY JULY 28 - SUNDAY AUGUST 2

COST: \$1,425.00

6 DAYS

The New York - Canada border is the setting for this lovely excursion. We will enjoy a scenic boat cruise offering such sights as [Boldt Castle](#) and the International Bridge. A visit to the popular tourist town of [Clayton](#) will enable us to browse through the many craft and souvenir shops. Evenings will be spent exploring and savoring the local scene.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

VIRGINIA BEACH

WEDNESDAY JULY 29 - TUESDAY AUGUST 4

COST: \$1,770.00

7 DAYS

See trip description on page 11.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)



I love Sprout. I enjoy going to places I've never been before. I also enjoy meeting the counselors and making new friends.

Thank God for Sprout. It's the greatest. Thank you for all that you have done for people like me. If it wasn't for Sprout, I don't know what I would do.

participant



CLEVELAND

extra walking

MONDAY AUGUST 3 - SUNDAY AUGUST 9

COST: \$1,780.00

7 DAYS

We'll drive to the Magical Midwest for this memorable adventure. [The Rock and Roll Hall of Fame](#), which features seven floors and five movie theaters, is alive with the energy, passion and spirit of music. [The OMNIMAX Theater](#) and the [Great Lakes Science Center](#) are two options for fun in this Midwestern city. Other options include the [Metropolitan Zoo](#) and the amazing [Cedar Point Amusement Park](#). In the evenings, we can head to the Flats area for dining, dancing and fun.



LAKE GEORGE

WEDNESDAY AUGUST 5 - SUNDAY AUGUST 9
COST: \$1,150.00 5 DAYS

See trip description on page 12.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

MONTREAL

FRIDAY AUGUST 7 - THURSDAY AUGUST 13
COST: \$1,770.00 7 DAYS

This French-speaking city north of the border is a lively melting pot of cultures. We will tour Old Montréal to see the [Notre Dame Basilica](#) or stroll beside the St. Lawrence River in the Old Port. Other possible options include the La Ronde amusement park, and Olympic Park, featuring the Montreal Tower, the Biodôme and the planetarium. We will also get to sample plenty of the tasty cuisine. Don't miss this exciting Canadian adventure!

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

AMUSEMENT PARKS

MONDAY AUGUST 10 - FRIDAY AUGUST 14
COST: \$1,190.00 5 DAYS

If you love amusement parks, this trip is a must! We will head to Pennsylvania where we will enjoy three different parks. While each place has unique attractions, they all offer plenty of rides and entertainment such as roller coasters, water slides or bumper cars. We will also take the time to explore the area, enjoying restaurants and nightlife.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

RHODE ISLAND

WEDNESDAY AUGUST 12 - SATURDAY AUGUST 15
COST: \$960.00 4 DAYS

The "Ocean State" is a wonderful summer destination. We will tour the resort town of Newport, enjoy some souvenir shopping, play arcade games, feast on delicious desserts and tour stately mansions. A scenic boat tour, outdoor concerts and picnics are fun possibilities. With beautiful beaches, local farms and a glitzy casino all within reach, our group will have an abundance of activity options to choose from! Join us on this lovely New England getaway.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

BASEBALL HALL OF FAME

FRIDAY AUGUST 14 - MONDAY AUGUST 17
COST: \$960.00 4 DAYS

We're off to the historic village of Cooperstown, located in upstate NY, to visit the [Baseball Hall of Fame](#) with their extensive collection of baseball memorabilia. We'll stop to admire the Plaque Gallery, where the bronze plaques of the Hall of Famers line the oak walls. In the completely renovated [Grandstand Theater](#), a new film titled *Generations of the Game* brings home the passion and love carried by fans and players across generations.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)



Thank you for all you do to make the lives of so many people be joyful and fun!

parent



CLUB GETAWAY extra walking

***THIS TRIP WILL HAVE TWO SECTIONS**

MONDAY AUGUST 17 - FRIDAY AUGUST 21

COST: \$1,100.00

5 DAYS

Sprout is returning to this fun-filled camp in the Berkshire Mountains of Connecticut. All activities are on site and there is so much to choose from! We can go boating, rock climbing, play sports, make crafts, go on a zip line, swim in the lake or do some yoga. For our night owls, there will also be evening entertainment options, such as dancing, bingo, karaoke and campfire fun. We will stay in rustic cabins and eat all our meals together in the dining hall. Whether you are seeking an action-packed vacation, a laid-back trip to relax and unwind, or somewhere in between, Club Getaway will provide loads of options in a beautiful setting.

THIS TRIP ALSO DEPARTS FROM [HARTFORD, CT](#)

***THIS TRIP IS OPEN TO EVERYONE, HOWEVER ONE SECTION IS DESIGNED FOR PARTICIPANTS UNDER 40 YEARS OF AGE SEEKING A MORE ACTIVE VACATION**

VERMONT FAIR NEW TRIP! extra walking

WEDNESDAY AUGUST 19 - SATURDAY AUGUST 22

COST: \$980.00

4 DAYS

This will be Sprout's first time visiting the [Vermont State Fair](#), one of the oldest state fairs in the United States. With loads of rides, carnival games, agricultural exhibits, food vendors and musical performances, there are sure to be activities to please everyone. This fun-filled fair will be enjoyed in the picturesque Green Mountain State.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)

MAINE

THURSDAY AUGUST 20 - TUESDAY AUGUST 25

COST: \$1,510.00

6 DAYS

We can explore picturesque towns filled with craft stores and art exhibits. Other options include [York Beach](#), [Ogunquit](#) and enjoying a boat ride. The town of [Kittery](#) is the number one shopping destination in New England and America's Maine Street for outlet shopping! We will also have the opportunity to indulge in lovely seaside dining, explore the New England nightlife and go sight-seeing along the scenic coastline.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)





I am very grateful to Sprout for allowing me to be a part of the Ocean City vacation. I would like to give you a big THANK YOU and I intend to go on a weeklong vacation to the Jersey Shore next July, a weeklong trip to Williamsburg in 2021, a weeklong trip to Amusement Parks in 2022, a weeklong trip to Cape Cod in 2023, a weeklong vacation to the Amish Country in 2024 and a weeklong trip to the Delaware Shore in 2025.

participant

PHILADELPHIA

extra walking

FRIDAY AUGUST 28 - SUNDAY AUGUST 30

COST: \$755.00

WEEKEND

Philadelphia offers many historic attractions such as the [Liberty Bell](#), [Franklin Institute of Science](#), [Independence Hall](#) and [Reading Market](#). For a lovely view along the Schuylkill River, we can visit Boathouse Row at night, to see the lights outlining the waterfront buildings. [Funky South Street](#) with its great shops, restaurants and street performers is an evening option.

FINGER LAKES

FRIDAY AUGUST 28 - TUESDAY SEPTEMBER 1

COST: \$1,140.00

5 DAYS

The Finger Lakes, a chain of lakes in upstate New York, is an ideal summer vacation destination, drawing people to the natural beauty of the region. We can tour a museum, go shopping, visit a zoo, explore a farm or check out a local festival. Finding something to please everyone is easy whereas the difficult part will be narrowing down our many choices!

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)



FLORIDA & BAHAMAS CRUISE

passport required

SUNDAY AUGUST 30 - SUNDAY SEPTEMBER 6

COST: \$2,760.00

8 DAYS

Venture with us this summer to Florida and the Bahamas on the “[Oasis of the Seas](#)” where you’ll find thrills on every deck! From water attractions to delicious food to karaoke and other late-night fun, this cruise is sure to keep us entertained. In addition to all the activity options that the Royal Caribbean’s amplified ship has to offer, we will be visiting Port Canaveral, FL and then making 2 stops in the Bahamas, at [Perfect Day Cococay](#) and the Bahamian capital of Nassau.

THIS TRIP WILL MEET AT THE [LIBERTY CRUISE SHIP TERMINAL](#) IN BAYONNE, NJ

CAPE COD

FRIDAY SEPTEMBER 4 - WEDNESDAY SEPTEMBER 9
COST: \$1,480.00 6 DAYS

See trip description on page 12.

THIS TRIP ALSO DEPARTS FROM [BRIDGEPORT, CT](#)

WASHINGTON, DC

extra walking

TUESDAY SEPTEMBER 8 - FRIDAY SEPTEMBER 11
COST: \$1,005.00 4 DAYS

See trip description on page 8.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

MYSTIC, CT

FRIDAY SEPTEMBER 11 - SUNDAY SEPTEMBER 13
COST: \$745.00 WEEKEND

See trip description on page 9.

CHICAGO



photo ID required

extra walking

WEDNESDAY SEPTEMBER 16 - TUESDAY SEPT. 22
COST: \$2,375.00 7 DAYS

Chicago, Illinois offers a wealth of activities to choose from. A fun boat cruise could give us a chance to see this wonderful city by water, while the [Skydeck at Willis Tower](#) offers an exciting bird's eye view from 1300 feet above! A stroll along Chicago's [Riverwalk](#), checking out the art and live music at Millenium Park and a trip to the iconic Navy Pier entertainment complex are all possible activities for us to partake in. No trip to Chicago would be complete without tasting plenty of their midwestern cuisine. This Sprout trip will include a special make-your-own pizza activity!



DUDE RANCH

MONDAY SEPTEMBER 14 - THURSDAY SEPTEMBER 17
COST: \$1,105.00 4 DAYS

A dude ranch located in upstate New York on hundreds of spectacular acres is our destination. There will be many fun activities for us to pick from: miniature golf, shuffleboard, hay rides, swimming, and tame horses for rides along scenic trails. In the evenings we will enjoy music and dancing. This rustic, all-inclusive ranch also offers evening bonfires, complete with s'mores! Don't miss this chance to get a little taste of the wild west, right here in the Adirondack Mountains.

THIS TRIP ALSO DEPARTS FROM [NEW PALTZ, NY](#)



I wanted to let you know that my son had a **TREMENDOUS** time in Orlando. The leaders were terrific. Also on his birthday everyone went to Olive Garden, his favorite restaurant, and then everyone celebrated with cake at the house after dinner.
THANK YOU Sprout.

parent

PENN DUTCH

FRIDAY SEPTEMBER 18 - MONDAY SEPTEMBER 21
COST: \$980.00 4 DAYS

A tour of the charming Pennsylvania Dutch Country, the lush farming region of central Pennsylvania awaits us. In Lancaster we will visit the authentic Amish farms and shop at local markets. A fun visit to [Chocolate World](#) and a ride on the [Strasburg Railroad](#) are other possible activities for us to partake in. We can also enjoy the famous Shoofly Pie at a popular smorgasbord restaurant. The horse and buggies, covered bridges and beautiful vistas will provide a delightful backdrop to this Amish Country getaway.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

WILLIAMSBURG, VA extra walking

WEDNESDAY SEPTEMBER 23 - TUESDAY SEPT. 29
COST: \$1,740.00 7 DAYS

Discover [Colonial Williamsburg](#) for a truly unique vacation. Explore the Revolutionary City and travel back into our nation's history. Experience hands-on exhibits and see history come to life! Historical attractions, theme parks, souvenir shopping and restaurants will fill our week.

THIS TRIP ALSO DEPARTS FROM [CARTERET, NJ](#)

BERKSHIRES & BIG E FAIR extra walking

THURSDAY OCTOBER 1 - SUNDAY OCTOBER 4
COST: \$960.00 4 DAYS

[The Big E Fair](#) is one of the largest annual fairs in our nation! Our vacation will be packed with fun things to enjoy, including live entertainment, carnival rides and games, parades, agricultural exhibits and horse shows. This fair also features delicious food to choose from and culinary competitions to honor the most creative options. We'll also visit picturesque towns and enjoy dining and breathtaking scenery.

THIS TRIP ALSO DEPARTS FROM [HARTFORD, CT](#)

NEW HOPE

FRIDAY OCTOBER 9 - MONDAY OCTOBER 12
COST: \$945.00 4 DAYS

This charming town offers plenty of options for a lovely holiday weekend getaway. We can visit the old [Peddler's Village](#) to enjoy quaint shops and autumn festivities or tour the beautiful hills, valleys and farmland of Bucks County on board the vintage [New Hope Railroad](#). If our group is in the mood for some pre-Halloween spooky fun, we can take a lantern-led haunted ghost walk through this picturesque town.



AMSTERDAM, HOLLAND passport required extra walking

WEDNESDAY OCTOBER 14 - WEDNESDAY OCTOBER 21
COST: \$3,350.00 8 DAYS

Sprout is taking a European excursion to the magical city of Amsterdam! With historical attractions, world-class museums, and delicious cuisine, there's never a shortage of things to do in this country's capital. We will explore the beautiful city on a boat tour through the canals. We will also venture outside of the city to visit Holland's famous windmills and a traditional Dutch cheese market. We may even explore Vondelpark, the largest city park in Amsterdam, or Artis Zoo, one of the oldest zoos in Europe. The possibilities are plentiful on this exciting international vacation.



ORLANDO & DISNEY WORLD



* REAL ID
required

extra
walking

FRIDAY OCTOBER 23 - THURSDAY OCTOBER 29

COST: \$2,690.00

7 DAYS

Sprout heads to Orlando for this enchanted vacation. We shall find spectacular shows, thrilling rides and beloved Disney characters at the [Magic Kingdom](#). The always fascinating movie-making magic of [Disney Hollywood Studios](#) and the creative, interactive exhibits of [Epcot](#) are options for day-long excitement. We will also have time for shopping and swimming during our stay in the Sunshine State.

Please note: Sprout will no longer be going to Sea World parks in support of animal welfare.

* Please note: new ID requirement by Homeland Security - contact Sprout office with questions



LAS VEGAS



* REAL ID
required

extra
walking

THURSDAY NOVEMBER 12 - WEDNESDAY NOVEMBER 18

COST: \$2,390.00

7 DAYS

Join Sprout as we head to the glamour and glitz of Sin City. If you like wild rides and arcade games, then a trip to the [Adventuredome Theme Park](#) or Big Apple Coaster & Arcade may be a perfect choice. For lovers of nature, there is Shark Reef Aquarium at Mandalay Bay or a visit to the [Flamingo Wildlife Habitat](#). We can stroll on the famous Las Vegas Strip to enjoy the warm desert air, go downtown to view the dazzling light shows or check out re-creations of famous sites, like the Eiffel Tower, an erupting volcano and the Sphinx of Egypt! This world-famous metropolis in Nevada offers something for everyone.

* Please note: new ID requirement by Homeland Security - contact Sprout office with questions



My son has been vacationing with Sprout for several years and has always greatly enjoyed the trips and staff. I cannot thank you enough for providing these trips and for the dedication of the staff who give of their time to make sure each consumer is safe as well as having a good time. God bless Sprout.

parent

MYSTIC, CT

FRIDAY NOVEMBER 6 - MONDAY NOVEMBER 9
COST: \$975.00 4 DAYS

See trip description on page 9.

THIS TRIP WILL ALSO DEPART FROM [BRIDGEPORT, CT](#)

PHILADELPHIA

extra walking

FRIDAY NOVEMBER 13 - SUNDAY NOVEMBER 15
COST: \$755.00 WEEKEND

See trip description on page 16.

BOSTON

extra walking

TUESDAY NOVEMBER 17 - FRIDAY NOVEMBER 20
COST: \$1,015.00 4 DAYS

See trip description on page 10.

THIS TRIP WILL ALSO DEPART FROM [BRIDGEPORT, CT](#)

BETHLEHEM, PA

FRIDAY DECEMBER 4 - SUNDAY DECEMBER 6
COST: \$695.00 WEEKEND

Just in time for the holidays, we will visit the [Christkindlmarket](#) and the Christmas City Village. We can shop for handmade crafts, sample delicious foods and enjoy the holiday entertainment. The Lehigh Valley Zoo and their Winter Light Spectacular are other fun options during our winter getaway.

ORLANDO & DISNEY WORLD



* REAL ID required

extra walking

WEDNESDAY DECEMBER 9 - TUESDAY DECEMBER 15
COST: \$2,690.00 7 DAYS

See trip description on page 19.

* Please note: new ID requirement by Homeland Security - contact Sprout office with questions



HAWAII



* REAL ID required

extra walking

THURSDAY JANUARY 7, 2021 - THURSDAY JANUARY 14, 2021
COST: \$3,200.00 8 DAYS

Travel with Sprout to the beautiful Hawaiian island of Maui. We will visit the island's spectacular beaches to enjoy the colorful sands and crystal blue water. A traditional luau with classic Hawaiian dancing is sure to be a highlight of this trip. There are many options for us, including learning about Hawaii's sea life at the [Maui Ocean Center](#) and taking the road to Hana to tour the island's lush rainforest and cascading waterfalls. We may even visit [Haleakala National Park](#), home to the largest dormant volcano in the world! Don't miss this exciting Hawaiian adventure.

* Please note: new ID requirement by Homeland Security - contact Sprout office with questions



SAN DIEGO, CALIFORNIA ✈️

* REAL ID
required

extra
walking

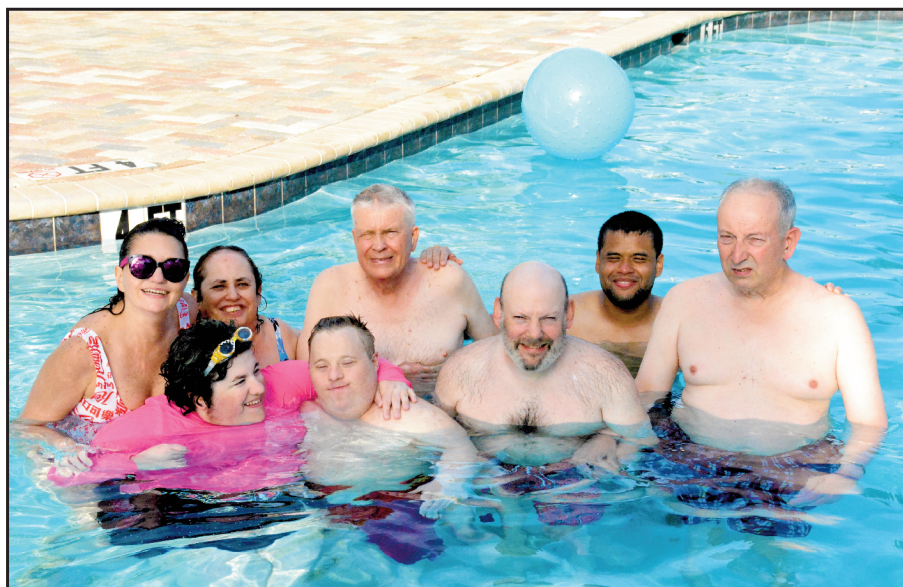
TUESDAY FEBRUARY 2, 2021 - MONDAY FEBRUARY 8, 2021

COST: \$2,500.00

7 DAYS

Sprout is heading to beautiful San Diego for some fun in the sun. We will explore this area with its' natural wonders, from strolling the gardens of [Balboa Park](#) to watching the sea lions at La Jolla Beach. We will visit the world-famous [San Diego Zoo](#), home to over 3,500 rare and endangered animals. We can also spend a day at [Belmont Park](#), California's beachside amusement park with rides, shows, games and more. The [Gaslamp Quarter](#) offers great dining choices and entertainment. Other activity options on this fabulous trip to Southern California, include a boat tour or a show at the Old Globe Theatre.

* Please note: new ID requirement by Homeland Security - contact Sprout office with questions



FLORIDA & BAHAMAS CRUISE

passport
required

SUNDAY MARCH 14, 2021 - SUNDAY MARCH 21, 2021

COST: \$2,795.00

8 DAYS

Prepare to be amazed on the "[Anthem of the Seas](#)", one of the largest cruise ships in the world. With 16 decks boasting roller skating, a basketball court, bumper cars, giant game rooms, casino action, swimming pools and more, we are sure to be kept busy with plenty of options. For the night owls among us, this cruise offers a disco, cabaret style shows, karaoke and movie screenings. Ports of call will be Port Canaveral, Florida, Nassau Bahamas and [CocoCay](#).

THIS TRIP WILL MEET AT THE [LIBERTY CRUISE SHIP TERMINAL](#) IN BAYONNE, NJ

slower paced trips

specifically designed for participants who require greater assistance

✧ The trip destinations, activities and accommodations have been selected for travelers seeking a slower, more supportive vacation.

✧ A higher ratio of leaders to participants will be provided to assist participants with the unique challenges of travel.

✧ Our goal is to offer an array of exciting vacations with increased assistance and support, in which participants can enjoy activities at a more relaxed pace.

✧ These trips are specifically selected so that the majority of the activities will be on site, with a limited amount of physical activity required.



VILLA ROMA RESORT

MONDAY JUNE 29 – WEDNESDAY JULY 1

COST: \$1,090.00

3 DAYS

Get ready for a relaxing, all-inclusive resort experience at the [Villa Roma](#)! There are plenty of activities to choose from, including bingo, bocce, shuffle board, and crafting.

We can take in the fresh air with a stroll to their fishing pond, go for a swim in one of their pools or soak our sore muscles in the hot tub. There are several dining spots for us, as well as nightly entertainment options at this lovely resort in upstate New York.

THIS TRIP WILL OFFER MEETING LOCATIONS IN MANHATTAN AND AT THE RESORT IN CALICOON, NY



CATSKILLS RESORT

MONDAY AUGUST 24 – THURSDAY AUGUST 27

COST: \$1,225.00

4 DAYS

We are heading back to the Catskill Mountains of Upstate New York for this relaxing vacation. During our stay, we will have the opportunity to partake in many activities, such as arts and crafts, bingo, karaoke and taking a swim in the pool. There will also be evening options for fun and entertainment, including movie screenings and live entertainment. The resort will provide our “home-cooked” meals.

THIS TRIP WILL OFFER MEETING LOCATIONS IN MANHATTAN AND AT THE RESORT IN THE CATSKILLS



BERMUDA CRUISE

passport
required

THURSDAY SEPTEMBER 24 - MONDAY SEPTEMBER 28

COST: \$2,190.00

5 DAYS

The gorgeous island of Bermuda is the destination of this fun-filled Carnival cruise departing from NYC. What will be our favorite part of this cruise? The fine dining? Full-blown musical productions? Casino action? Swimming and poolside relaxation? The IMAX Theatre screening first-run Hollywood blockbusters? The shops and pink-sand beaches of Bermuda?

We will enjoy all of this and more on this lovely vacation at sea.

THIS TRIP WILL MEET AT THE [MANHATTAN CRUISE SHIP TERMINAL](#)



Each experience we have had with Sprout has been wonderful.

The leaders are enthusiastic as well as patient and compassionate.

house manager



CANADA CRUISE

passport
required

SATURDAY OCTOBER 31 - THURSDAY NOVEMBER 5

COST: \$2,330.00

6 DAYS

Experience idyllic tranquility north of the border on this Princess Cruise. Breathtaking vistas await us, as we tour this beautiful region which displays rich history, culture and fantastic landscapes. The cruise will anchor twice during our trip, for us to explore the sites in [Saint John](#) and [Halifax](#), Canada. During our time aboard the ship, there will be many activities to partake in, including swimming, karaoke, a casino, live entertainment and more. Of course, no cruise would be complete without plenty of dining options for us to choose from.

THIS TRIP WILL MEET AT A **NYC** TERMINAL (TO BE DETERMINED)

sprout leaders

The leaders are the most important element in the success of every Sprout trip. Leaders are selected for their ability to achieve the goals of the organization.



"I am honored to have had so many amazing, caring people of diverse faiths, races, sexual orientations and ethnicities as part of the Sprout Organization. The Sprout leaders are our strongest asset."

Anthony DiSalvo
Founder & Executive Director

"Our son was on your July Cape Cod vacation and had a great time. The leaders were all fine people and helped make it, once again a great SPROUT experience."

parent



"My daughter told me she felt so connected to the leaders that she cried when she said goodbye to them. She even wrote Thank you cards to each of the leaders."

parent



"Just wanted to let you know that Michael had a tremendous time in Orlando. I want to thank your leaders for making Michael's vacation so enjoyable."

parent

"Due to the energetic, caring Sprout leaders, our consumers return home with memories of happy times, acceptance and new friends made."

service coordinator

Sprout involves many people from different origins, who work together respectfully and beneficially to provide unique perspectives and excitement to each trip. The diversity of our leaders is something we value. We are grateful for the care, enthusiasm and cultural exchange that the leadership teams bring to each trip.

If you're interested in more information on becoming a leader please visit

www.gosprout.org or contact leadership@gosprout.org

nyc respite programs

Through contracts with the New York State OPWDD, Sprout offers the following programs for people with intellectual and developmental disabilities living with family. All persons must be enrolled in the HCBS Program and have gone through OPWDD's Front Door Access to Services



The New York City Day and Evening Program offers educational, recreational and cultural activities on weekday evenings and weekends. All participants must be 16 years of age or older, ambulatory and reside with family within the boroughs of Brooklyn, Manhattan or Queens. Outings vary in cost.

The School Holiday Vacation Program is for young adults, 14-21 years of age with developmental disabilities who reside with family within Brooklyn and Manhattan. The program offers 5-day vacations during the NYC Public School winter and spring breaks at no cost to the participants.



The Staten Island Program is a 5-day (Monday- Friday) vacation for persons 16 years of age and older with developmental disabilities residing with family within the borough of Staten Island. The vacation takes place every summer and is at no cost to the participants.

The Weekend Vacation Program provides young adults 22 years of age and older, with developmental disabilities and residing with family within the boroughs of Brooklyn, Manhattan and Queens a weekend (Friday-Sunday) vacation. The trips go to various locations and are at no cost to the participants.



terms and regulations

COST OF THE TRIP - Unless otherwise noted in the trip write-up, the price of a trip includes all meals, accommodations, transportation, accident coverage, supervision and activities. The price does not include personal spending money or incidental expenditures. Any incidental expenditures incurred by a participant while on a trip are the responsibility of the participant and must be reimbursed to Sprout within 30 days of invoice receipt. All trip prices and itineraries are subject to change due to factors beyond Sprout's control.

PAYMENT AND DEPOSIT

SCHEDULE - To reserve a place on any trip, a deposit of fifty per cent (50%) of the total trip price is necessary. No reservation will be confirmed until a deposit is received. **The balance due is payable up to 28 days prior to the scheduled trip departure date. If final payment is not received by such time, the full deposit will be forfeited and the reservation will be lost.**

Registrations submitted within 28 days of departure date must be accompanied by full payment.

PARTICIPANT INFORMATION

FORM (PIF) - To participate on any trip with Sprout, a Participant Information Form must be completed and submitted to our office with a current psychosocial or psychological report no less than 30 days prior to trip commencement. Sprout reserves the right to deny admission to any applicant we deem unsuitable to the program.

TRANSFERS & CANCELLATIONS

A transfer is defined as cancelling off of one trip and registering onto an alternate trip. All transfers and cancellations must be received in writing. Sprout can not be held responsible for transfers or cancellations not received in writing.

The following refunds relate to ALL transfers/cancellations, regardless of the reason (health, psychological, etc.).

1. For transfers/cancellations made 35 or more days before departure date, all money received will be refunded minus \$50.00 and the cost of any pre-purchased tickets.

2. For transfers/cancellations made between 14 - 34 days before departure date, all money received except one half of the total trip cost will be refunded.

3. For transfers/cancellations made less than 14 days before departure date and for no-shows, no refund will be issued.

For trips using cruise ships or air transportation: transfers/cancellations may be subject to stricter penalties.

SUBSTITUTIONS - A substitution is defined as one participant being replaced by another, prior to trip departure.

The following refunds relate to ALL substitutions, regardless of the reason (health, psychological, etc.).

1. Arrangements must be made at least one week prior to the trip departure.

2. All persons must be deemed suitable to participate on trip.

3. Substitutions are contingent upon travel restrictions.

4. Additional costs may be incurred and must be paid 3 days prior to trip departure.

ACCIDENT COVERAGE - Each Sprout participant is covered by Sprout accident coverage at Sprout's expense. Sickness and transportation are not covered. Coverage is subject to the following limitations: \$500.00 medical expenses due to accident, including \$100.00 dental expenses due to accident to sound teeth. Any expense over \$500.00 shall not be covered.

CHECK-INS / CHECK-OUTS - To ensure the pleasure and safety of our participants, we ask that a staff/parent accompany each participant to check-in the participant at the trip meeting location. This person should be prepared to meet with the trip leaders and discuss medication and any other pertinent information. Additionally, at the end of the trip, a staff person/parent should meet the participant at the pre-arranged meeting location for check-out and to receive any leftover medications, spending money or other relevant materials. We must be notified at least two weeks prior to trip departure regarding any special arrangements.

LATENESS - Because of the great inconvenience to all involved, prompt drop-offs and pick-ups are of utmost importance.

CHECK-IN: Sprout will delay a trip's departure for a maximum of 30 minutes for any late arriving participant. Beyond this time, a participant who misses a trip due to lateness will forfeit all monies paid.

CHECK-OUT: For safety reasons, Sprout must provide staff until all participants have been picked up. Any expenses incurred by Sprout due to a late pick-up, including, but not limited to; increased staff, communication and transportation and meal costs, will be the liability of the participant and must be paid in full to Sprout within 30 days of invoice receipt.

CONDUCT - Sprout reserves the right to expel a participant from a trip for any reason Sprout deems necessary, including, but not limited to, violation of Sprout rules, conduct detrimental to him/herself, other participants, the general public, or Sprout agents or employees. Any expenses incurred by Sprout due to either property damage by a participant (repairing, cleaning or replacement charges) or the expulsion of a participant, including, but not limited to, increased transportation, accommodation and communication costs, will be the responsibility of the participant and must be paid in full to Sprout within thirty (30) days of invoice receipt.

SUPERVISION - Sprout provides three leaders for each group of 10-11 participants. Sprout reserves the right to alter this ratio based on actual group size, trip location or specific circumstances. Sprout does not offer 24 hour, in-room supervision. Sprout leaders will supervise

the group during daily activities as well as during normal awake hours at the lodging. Sprout leaders do not sleep in the rooms with participants.

MEDICATION - All medication must be blister-packed and clearly labeled with the participant's name, type of medication, dosage and times of medication. Liquids, drops, creams or inhalants should be sent in their original container with clear instructions. Any participant who arrives with medications not packed according to these specifications may not be allowed to go on the trip. All additional equipment, such as blood pressure monitors, must be provided by the participant. A medication master sheet is required for all participants (including those that are self-medicating) traveling. All Sprout Primary Leaders are trained in medication administration protocols based on NYS's AMAP training."

Sprout does not perform blood sugar testing. Insulin dependent participants, who are not fully independent, will no longer be accepted on Sprout trips.

TRAVEL DOCUMENTS

For all trips: It is highly recommended that all persons have appropriate photo identification for all trips.

For travel outside of the US: Any person traveling outside of the United States or its municipalities is responsible for providing his or her own travel documents and passport. All participants must have a valid passport to travel outside of the United States.

For all trips using air transportation and on cruise trips: All persons using air travel must be in compliance with current airline, TSA, Homeland Security, federal & state regulations regarding proper photo identification & documentation. It is highly recommended that all persons registering for air travel or cruise trips, **send in a photocopy of their passport or identification card that is intended for T.S.A./security when registering for your Sprout trip.**

No refund will be issued if a participant is refused boarding due to lack of proper identification.

LOST ITEMS / SPENDING MONEY

Sprout is not responsible for any items lost or discrepancies in spending money during a participant's trip.

TRAVELER'S INSURANCE - Sprout does not provide traveler's insurance to cover trip cost cancellation penalties. If you need any help in attaining traveler's insurance, please contact your travel agent or the Sprout office.

HOSPITALIZATION - Sprout is unable to provide staffing support if a person is hospitalized during a trip for medical or psychiatric reasons. If a participant is hospitalized beyond the designated trip duration, it is the responsibility of the agency and/or family to provide the necessary support and make travel arrangements for the return home.

registration procedure

Please follow these easy steps:

ONE: Complete both sides of the adjacent registration form. Read and sign the agreement and mail it to Sprout along with a 50% deposit of the trip cost for each trip you would like to take. Make sure you have chosen a departure point that is being offered for your trip. Not all trips offer the same departure options.

TWO: All first-time travelers with Sprout must have a psychosocial report or psychological evaluation and a completed Sprout Participant Information Form submitted to and approved by Sprout in order to register for a trip. Sprout may request updated and/or additional information from all participants.

THREE: When we receive your registration form and deposit, we will send you a letter confirming the trip you are registered for and notify you of your remaining balance. **Payment of your final balance is due no later than 28 days before the trip departure date.**

FOUR: Two weeks prior to the departure date, a Trip Information Sheet will be sent to you with the exact meeting time and location, accommodations, a packing list and other related information.

Please make your check or money order payable to
Sprout and return to:

sprout
135 West 20th Street 5th fl.
New York, NY 10011

If you have any questions about the registration process, please contact our office at
212-222-9575 or sprout@gosprou.org.



2020 registration form

PART I - PLEASE COMPLETE BOTH SIDES

name: _____

address: _____

city: _____

state: _____ zip: _____

phone: _____

agency: _____

contact person: _____

address: _____

email: _____

day phone: _____ eve. _____

cell: _____

Have you traveled with Sprout before? ☐ yes ☐ no

TRIP PREFERENCES

List the trips you would like to register for. Make sure that you have chosen a departure point that is offered for your trip. Spaces on trips fill up quickly. Please list alternate dates and/or trips.

Trip Name: _____

Dates: _____ **Cost:** _____

DEPARTURE POINT, PLEASE CHECK BOX:

New York City ☐ Carteret, NJ ☐ Plainview, NY ☐
Hartford, CT ☐ Bridgeport, CT ☐ New Paltz, NY ☐

Trip Name: _____

Dates: _____ **Cost:** _____

DEPARTURE POINT, PLEASE CHECK BOX:

New York City ☐ Carteret, NJ ☐ Plainview, NY ☐
Hartford, CT ☐ Bridgeport, CT ☐ New Paltz, NY ☐

Trip deposit amount enclosed: _____

Tax-deductible donation: _____

AGREEMENT: I understand that **trips are not confirmed** until all documentation is submitted and approved by Sprout and a 50% deposit for each trip has been received.

I have read and agree to the Terms & Regulations contained herein governing all trips sponsored by Sprout.

SIGNATURE OF PARTICIPANT OR GUARDIAN

DATE

please fill out the other side

registration form part two

It is extremely important that we are able to contact someone in case of an emergency during this participant's trip.

Please fill out the following contact information for the person to be reached **24 hours** during the dates the participant is on his/her trip:

contact person: _____

address: _____

city: _____

state: _____ zip: _____

phone: _____

or

agency: _____

relation to participant: _____

email address: _____

cell phone: _____

day phone: _____

eve. phone: _____

notes:

help support sprout

Your donations are tax-deductible
and much appreciated.

Donations to Sprout are used to enhance current programming and to help develop innovative projects such as the following:

Sprout's **Make-A-Movie Program** offers our participants the opportunity to be part of creative video-making.

Slower Paced Trips are designed specifically for travelers seeking a slower, more supportive vacation.

The **Sprout Film Festival** and **Sproutflix** celebrate and promote the best of film and video featuring people with intellectual and developmental disabilities.

Visit our website at:

www.GoSprout.org

and click the [Donate To Our Cause](#) link to find out about ways you can support our programs.



joseph di salvo fund

The Joseph Di Salvo Fund was established to provide support for the organization through private, annual donations. Sprout's ability to maintain the highest standards in innovative programming is due, in large part, to the generosity of our many contributors.

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sprout

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