



Camp Pemigewassett

A camp for boys in the White Mountains of NH, founded in 1908

On Homesickness

We've talked with **lots** of boys who have been scared at the thought of feeling homesick, as well as lots of boys who've come to Pemi who have actually felt homesick, so we thought we'd write a special note to you and tell you some of the things we've learned over the years.

First of all, being homesick is very natural. Some boys never feel homesick at all, some feel it a little bit, and some feel it for several days. Sometimes a boy can come to Pemi for three years, never feel homesick, and then feel homesick his fourth year! But homesickness usually comes when you are unfamiliar with a place, its people, and its routines, and all you can think about are the people and the place that you know really well (as in parents and home). So, if that's the case, how do you think you 'cure' homesickness? By getting to know the new place! How do you do that? By getting involved in things (even if you don't feel like it), like trying to talk with people you don't know very well and staying busy and trying new activities. When you do these things, they all become a part of your day and you start to become familiar with them. When you are familiar with them, you stop feeling homesick. Most times if a boy feels homesick, it doesn't last more than a few days, and the busier he makes himself, the sooner he feels better. And **always** know that your counselor is there to talk to, or any of the other counselors, and directors and staff too. Often the people who comfort you the most are the friends you make who can tell you about when they were homesick and how it passed after a few days.

The other thing that's important to remember if/when you feel homesick, is that you aren't the only one! Sometimes boys are embarrassed at feeling homesick because they think that everyone else is perfectly happy, but actually at any given time, there are probably several boys who are struggling a bit and feeling sad. One thing about Pemi is that we try to remind everyone—counselors and campers—to be aware of other people and how they are feeling. This would be just as important for you as a new camper as it would be for an older camper. Remember that you might be feeling great but someone in your cabin might be feeling sad. That's when asking him to throw a ball, play tennis, or walk to the Messhall with you becomes a really thoughtful thing to do.

This might sound crazy, but we think homesickness is a **good** thing to feel, because if you feel it (and remember, you might not), we're 100% sure that you'll get over it, and when you do, you feel really great and you learn that—even though you love your family and your home—you can manage on your own when you are away from them. It's a lot easier to learn this when you are younger than when you are a older.

We hope this is helpful, and please feel free to email us with questions you might have, or we'd be happy to call you, too. Please don't worry about feeling homesick because you might not at all, but if you do, we're there to help and you'll soon feel better once you get busy doing all the great things you can do at Pemi.