

## Camp Summit On the Go

Here are some ideas to get you started. All programs are customized to fit the goals, space and size of your group.

### 1/2 day (~3hrs) Community Building I

**Deinhibitizers and Large Group Games (~30min)** Our staff will lead a bundle of large group deinhibitizer games to promote a high energy, positive environment. These games create numerous opportunities for interaction between all participants and create the foundations for a relationship based on communication and affirmative language.

**Name Game Wheel (~30min)** The group will be divided into smaller communities as they rotate through ten minute name games and discussion of values, interests and thoughts. In these smaller communities, understandings are set by the participants to ensure the goals of the program are met.

**Non-Fixed Initiative Marathon (~1hr)** The same communities will then travel through a 20-minute rotation with Camp Summit Staff to be faced with several team building activities. There will be a problem or challenge set where participants will be encouraged to share ideas, plan and execute a solution as a group. Participants will be encouraged to share perspectives and reflections of their experiences within the group and outside of the group. Discussion of the outcome is facilitated to enhance self awareness and further communication. Personal and social awareness is gained through these interactions and a succession of challenges allows participants the opportunity to transfer personal and shared morals and values towards the next challenge.

**Camp Wide Game (~1hr)** This is an inclusive, high energy activity to reconnect the large community after their smaller group developments. This environment is positive and safe and allows for participants to engage in a shared experience where they have the opportunity to showcase their awareness and inclusivity.

## Full Day (~6hrs) Community Building II

This full day program offers opportunities for applications of gained social and self awareness from *Community Building I* experience and an opportunity for celebration for group and individual success.

**Leadership Workshop (Option) (~1-1.5hrs)** This activity is tailored to fit the needs of the group. Our leadership training can focus on trust, communication, risk taking, diversity or centred on improving self awareness. This workshop can maintain high energy and participants creativity or be a reflective practice, using meditation and journaling practices.

**Drama Games /Campfire Preparation (~1.5hrs)** A specifically selected progression of drama games will be played in the smaller communities to encourage creative thinking and expression. This activity block can be formatted to include skit preparation or other student led performances at the upcoming in-school campfire.

**Campfire (~1hr) /Debrief (~1/2hr)** During this activity, students will be asked to participate from their seats and in front of their peers. A legendary Camp Summit Campfire contains all of the songs, skits and stories you can imagine with full facilitator engagement and entertainment. Staff will facilitate this inclusive celebration for all participants and literally set the stage for success. An optional discussion, or large group debrief, can be facilitated throughout the campfire where students reflect and are offered the opportunity to share.



## Camp Summit On the Go

Here are some ideas to get you started. All programs are customized to fit the goals, space and size of your group.

#### Full Day (~6hrs) OE Skill Development/ Review

After a half day of group development, participants can include hard skills or review and practice of outdoor education in environment they have created.

**Community Building I (~3hrs)** This purposeful morning encourages positivity and inclusiveness. To create an engaging relationship between participants and instructors, this high energy morning will set the tone for an afternoon of skill introduction and development.

**1/2 day hike (Option) (~3hrs)** This half day hike begins with a pre-trip conversation within smaller community groups. Participants and staff work together to prepare themselves for a hike, including route plan, equipment check and goal setting. While on the hike, the group will engage with on-trail relationship fostering activities and participate in discussions regarding relevant Leave No Trace principals.

**OE:** Front/Backcountry Camping Skills (Option) (~3hrs) This skill development workshop can be implemented at an introductory level or as a continuation of skill development and review from previous experiences. Participants rotate through a series of workshops, practicing and progressing their intrapersonal skills as they meet challenges together. Activities include (but are not limited to): tent care and set up, tarp set up techniques, MSR stove orientation, kitchen management, finding hygiene and the Leave No Trace principal.

**OE: Camp Summit Programs (Option) (~3hrs)** These activities resemble some of those offered at our Camp Summit OE site in the Squamish Valley. Participants will rotate through pre-selected activities which engage students with inclusive, affirmative instruction on skill development, self reflection and expression. Some of these activities include (but are not limited to): knot tying, camp stove cooking, bike repair/maintenance, canoe orientation, map making and navigation.

#### Extended Day (~9hrs) Evening Program/Community Engagement

This option creates opportunities for participants to transfer and showcase the positive environment created with an extended community in an evening program.

**Camp-wide Game (~1.5hrs)** This purposeful activity is supported by full participant engagement and includes a reflection aimed towards the transference of the experience. This activity fosters thought, conversation and an action plan for participants based on values and perspective toward current cultural and environmental topics.

Sky Science/Star Gazing (Available Fall and Winter Season) (~1/2hr) This program can be implemented by the fire or as a separate workshop where our staff will spend time with a group discussing some basic terms and ideas of space. The workshop moves into constellation identification and story telling as our staff encourage wonder of the night sky.

**Campfire (~1hr)/Debrief (~1/2hr)** Students will be asked to participate from their seats and in front of their peers. A legendary Camp Summit Campfire contains all of the songs, skits and stories you can imagine with full facilitator engagement. Staff will facilitate this inclusive celebration and literally set the stage for success. An optional discussion, or large group debrief, can be facilitated throughout the campfire where students reflect and are offered the opportunity to share.



# Camp Summit On the Go

Here are some ideas to get you started. All programs are customized to fit the goals, space and size of your group.

# **NEW!** Winter Programs

Camp Summit is excited to announce the extension of our Outdoor Education Season through the winter months. Take advantage of the fresh snow and give your students another opportunity to learn and grow closer on the trails and in your schools and communities.

These activities can be supplemented by the Camp Summit On the Go Program, available throughout November - April, snow levels permitting. All programs are custom made to fit your group's goals, space and size.

**Day trips to Summit for some Winter OE** Almost everything we do in the warmer months is available through the winter! Bring an extra layer or two and go on belay. Use those fire building skills to keep you warm and make some cedar tea, create shelters to keep you from the cold, support each other through low ropes and crispy initiatives. With new weather comes new programs, new camp-wide games, and new workshops.

**Days with Dogs** Camp Summit is proud to take their passionate work to the Callaghan Valley and introduce you to the 4-legged athletes who love their job as much as we love ours. Days with Dogs starts with a warm welcome to the kennel crew, learning the history of sledding on the West Coast and development of equipment. Get ready to meet some dogs as you learn about the rescue program that Trappers Run Kennel provides and the care given to each one of these furry friends. Dogsled tours can also be included for your group. This Outdoor Education program can give you the opportunity to help harness and equip your team before you hit the heavily treed trails through the quiet Callaghan Valley.

**Snowshoeing adventures** Take a hike through some of BC's breathtaking trails this Solstice with the Summit Staff. Discuss the history of snowshoeing and explore the a local forest with your group while you work together towards a fun and safe snowshoe journey. This program can be run on introductory trails or skill developing day trips on trails near you.







For more information and program options, please email:

aaron@campsummit.ca