

EXPLORATIONS SUMMER LEADERSHIP ADVENTURE SCHEDULE 2019

PRE-SUMMER VENTURES

June 7 - 16

Based out of our HomeBase facility, students will engage in a variety of individual pursuits at the top of the summer. Some students may complete summer school coursework, attend specialty camps, or participate in therapeutically-recommended visits. Daily recreation and contributions to HomeBase will be a part of the daily schedule. Outdoor activities such as hiking, swimming, bicycling, and canoeing are but some of the options that round out daily life before our expedition schedule begins. Summer-only Leadership participants are open to enroll during this period of time.

SUMMER PROGRAM ARRIVAL & ORIENTATION

June 17

Summer Leadership students arrive and participate in orientation. Current HomeBase residential students mentor new students during move-in and orientation. Student will register for high school courses, if applicable.

OUTDOOR SKILLS TRAINING*

June 18 - 19

Students will undergo hands-on training for back country activities. They will learn and master the basics of backcountry packing, food preparation, and logistical preparations. Between trainings, students will take part in daily recreational activities such as day hiking, biking, yoga, and group building games and initiatives. Students will also pack and prepare all gear needed for the backpacking trip. There will be supervised study time for those enrolled in summer school courses.

WILDERNESS FIRST AID/CPR TRAINING*

June 20 - 21

Wilderness First Aid training will be offered and participants will work toward certification through Longleaf Wilderness Medicine <https://www.longleafmedical.com/>, a premiere backcountry first aid training organization. Participants will also be trained in CPR through the American Heart Association. Students will learn to respond to emergencies and treat injuries with the most current information taught by professional educators and emergency services providers. We have discovered that these trainings and certifications are not only significant life skills but have previously provided students with employment and volunteer opportunities throughout the year.

ROCK-CLIMBING **

June 22 - 27

Students learn the basics of rock climbing at one of Montana's outstanding climbing areas along the banks of Lake Koocanusa, near the Canadian border. A ground school starts the trip by providing opportunities for students to learn commonly accepted climbing commands. Our climbing guides will support students to achieve personal goals and will work at the pace of the student.

HOMEBASE

June 28 - 30

Students will return to the HomeBase campus to enjoy home cooked meals, switch out gear for the next expedition and make calls to home. Students will also spend time contributing some 'sweat equity' into our garden and participating in daily recreational activities. There will be supervised study time for those enrolled in summer school courses.

SWIFTWATER RESCUE TRAINING***July 1 - 3**

The swift water rescue course combines classroom instruction followed by skill development and practice on the water. We have collaborated with Whitewater Rescue Institute <http://www.whitewaterrescue.com/> for seven years to offer this opportunity. Students will heighten confidence, learn to depend on the skills of each other, and work together in scenario-based assessments on the Clark Fork and Blackfoot Rivers. Students who successfully complete the training earn a certification in swift water rescue. This course is practical instruction for anyone who spends time boating, swimming or involved in any water sport. The bonus is getting to go to class where some of Montana's most picturesque waterways are the classrooms!

SERVICE LEARNING & RAFTING SCHOOL****July 4 - 6**

Different than community service, true service learning provides our students the chance to balance formal educational instruction with the opportunity to serve in a community in direct contact ways. Students will learn the basic skills of any given service learning project and then have the chance to give back to a community in a progressive learning experience. This year, we have combined our rafting skills instruction and service learning because this year's project is based on a 15 mile section of the Priest River in Idaho. Students will learn the basics of rafting such as reading a river and paddle and oar techniques while contributing to a greater good.

Surrounded by forest service and state lands, the Priest River receives a large amount of recreational use. Our service project will focus on river bank restoration and clean-up of campsites and river access points in an effort to continue to preserve this beautiful and scenic river for continued enjoyment by others. Our students' efforts will lay the groundwork for long term plans to restore this river's status as a trout fishery with a projected cold-water bypass. We will partner with a local conservation group and by doing so, the volunteer hours that students log will be reconciled at \$9 per hour. The collective funds will be contributed to state funded grants to 'pay it forward' for continued stream restoration projects.

HOMEBASE**July 7**

Students will return to the HomeBase campus to again switch out gear for the next expedition, do laundry, and enjoy a night off the trail. There will be supervised study time for those enrolled in summer school courses.

CHALLENGE COURSE & WHITEWATER KAYAK SCHOOL***July 8 - 13**

We resume the expedition schedule on the scenic Clark Fork River where participants are challenged by whitewater kayaking school. Students will practice communication skills and heighten awareness for personal growth through ropes course elements and by mastering basic kayaking techniques. Evenings will be spent around the fire and camping under the stars. Depending on river flow, the week may conclude with a day of rafting or stand-up paddle boarding down Montana's famous Alibon Gorge.

HOMEBASE

July 14

Students will return to the HomeBase campus to again clean and exchange gear for the next expedition. There will be supervised study time for those enrolled in summer school courses.

FAMILY ADVENTURE TRIP

July 15 – 17

Family members are invited to travel to the Northwest and participate in a sampling of activities designed to improve communication, strengthen relationships and make memories together. Activities include light hiking, tandem kayaking or canoeing, and rock-climbing and students will teach skills they have learned to members of their family. Participants make meals together, share in family games, and have opportunities to meet individually with our counselors. All students, staff and family members will stay in shared lodging in a mountainside lodge. Families will set goals for the weekend and have the chance to highlight changes seen by the conclusion of the trip. Space is limited for this special offering. Whether it's a night under the stars at a campfire or swimming together in a mountain lake, these are memories families will always remember.

HOMEBASE

July 18 - 19

Students will return to the HomeBase campus to again switch out gear for the next expedition and participate in activities such as swimming or blueberry picking or just exploring our 80-acre property. There will be supervised study time for those enrolled in summer school courses.

BIKING**

July 20 - 23

Students will then hop aboard mountain bikes and travel down some of northwestern Montana's scenic back roads as they peddle through the breathtaking landscapes. Students will learn and master the techniques necessary to bike through mountainous terrain and visit some of our favorite swimming holes in the beautiful Montana wilderness.

HOMEBASE

July 24 - 25

Students return to HomeBase to rest up and prepare for the next incredible expedition. Students will make calls home, do their laundry, and pack.

ALASKA SEA-KAYAKING

July 26 – August 3

Explorations will partner with Breakwater Expeditions' <http://www.breakwaterexpeditions.com/> professional outdoor staff for an extraordinary expedition to arguably one of the most spectacular and pristine sea-kayaking destinations in the world. Students will explore breathtaking coastal scenery and glacial tributaries by paddling the wild and scenic waters of the Prince William Sound in Alaska! The marvels of the natural environment combine with the rigors and fun of paddling through glaciated passageways and fjords. Snow-capped peaks surround the sound and protect it from outside influences, thus protecting its natural state and offering our students a view of our world few may ever see. Students will travel by air with our staff team members from Spokane to Anchorage. From Anchorage, we shuttle to Whittier, the gateway to the sound, for trip preparation and final instruction. This expedition not only provides a nearly magical interface with our planet but allows our students the opportunity to reflect on their skills, talents and abilities in a most inspiring place. This trip is the crown jewel of this year's expeditions and has been a hands-down favorite of former participants!

HOMEBASE

August 4

Students return to HomeBase to rest from travel and gear up for the season's final expedition.

BACKPACKING & PEAK ASCENT**

August 5 - 7

Trekking through the woods, with everything needed packed inside their backpacks, students travel through the pristine mountains of northwestern Montana where they learn the basic skills of map-reading, navigation, and backcountry cooking. Students work collaboratively to choose a peak in a designated wilderness area to climb together as their final group activity – grabbing a summit!

REFLECTION & CLOSURE ACTIVITIES

August 8 - 9

Students return to HomeBase to finalize all summer school courses and then share in a formal conclusion of the Summer Adventure Leadership experience. At the end of this bustling itinerary, we have found it important to provide some reflection time for our students to consider their individual and collective gains. Time is set aside for students to meet with our counselors and delineate their gains and challenges throughout the summer as they prepare for family members to join them for the final day of the program.

PROGRAM CONCLUSION

August 10

Parents are invited to join us and celebrate in their child's accomplishments and participate in end-of-program activities and therapeutic family sessions during the final day of the course.

*Denotes opportunities to receive certification and/or documented hours in any or all of the following: Wilderness First Aid, Swift Water Rescue, or documented hours of whitewater or canoeing skill instruction.

**Denotes opportunities to earn high school credit in any/all of the following: Lifetime Adventure Sports (PE), or Outdoor Leadership. All academic opportunities are based upon the desire and commitment of the participant. To earn Lifetime Adventure Sports credit, student must attend full summer offering.

ADDITIONAL INFORMATION

- Explorations reserves the right to make schedule changes.
- All home visits and family visits to Explorations are based upon therapeutic recommendation.
- Family members are encouraged to visit and participate in the closing of the summer program events on August 10.
- Explorations students may be joined by other participants for a portion or all of the summer.
- Family members or siblings may be included in our curriculum for a portion of the summer.
- Sibling and/or Family trips are an additional cost per participant.