

# Sample Itinerary

## Animal Awareness Signs & Tracks

8 AM	<b>Camp Earth Connection Orientation:</b> Camp tour, health & safety, housekeeping, code of ethics: <i>Respect – the basic law of life</i>
8:45	<b>Living and Working in Peace:</b> Forming a working agreement to meet individual & group needs
9:30	<b>Awareness and Observation:</b> Using your senses – owl eyes, rabbit ears, fox walk; Camouflage & sensory group games
10:00	<b>Introduction to Wildlife:</b> Animals that inhabit our forest; Observe & identify toes, claws, and shapes of tracks
10:30	<b>Healthy Campfire Snack and Team Challenge Game:</b> Corn tostadas & salsa, All Aboard
11:00	<b>Animal Tracking (cont.):</b> Strides, straddles, gaits and patterns; Sand tracking box games; Practice animal forms and movement.
12:00 PM	<b>Campfire Lunch:</b> Make your own rice and bean burrito with fresh veggies from greenhouse
12:30	<b>Field Games</b>
1:00	<b>Animal Signs and Behavior:</b> Scat, feather, bones, rubs, beds, nests, etc.
2:00	<b>Animal Awareness Walk:</b> Explore the forest and identify a variety of animal signs
3:30	<b>Healthy Snack:</b> Fresh fruit in season
4:00	<b>Pond and Stream Exploration:</b> Animal signs and tracks
5 PM	<b>Closing Gratitude Circle</b>



Susan Rausch is the owner and director of Camp Earth Connection. For over 25 years, she has designed and implemented environmental programs for youth and adults, incorporating an anti-biased approach to ensure her programs are inclusive, educational, and fun. Susan has degrees from Cornell University and SUNY Cortland. She has extensive training & certification in the fields of permaculture, outdoor living, & survival skills, first aid & safety, and multi-cultural education.



## A PLACE OF DIVERSITY, ACCEPTANCE & COMMUNITY

### 2016 Youth Programs at Camp Earth Connection

Camp Earth Connection is all about diversity, acceptance and community. We provide a safe learning environment that aims to engage people of all ages and awaken within them a passion to learn about the environment in which we all live.

Camp Earth Connection specializes in crafting inclusive programs that provide the best experience for your youth group. We offer a wide variety of educational experiences and outdoor activities led by a professional and culturally competent staff. Our unique programming can be adapted to match specific curriculum needs.

Our 60 acre camp can accommodate both day and overnight use. Programs offered range from a four hour half day up to a maximum of two weeks. We typically break into small groups. A maximum of 60 students can be accommodated for day programming and 45 for overnight packages.

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# Camp Earth Connection Programs

We offer a variety of programs tailored to meet your students' diverse educational & cultural needs.

## Introduction to Permaculture/Sustainable Projects



Permaculture, founded by Bill Mollison, is a creative process based on whole-systems thinking informed by ethics and design principles. This process seeks to apply the patterns and relationships we find in nature to all aspects of human habitation. Camp Earth Connection applies the permaculture philosophy to its work in farming, ecological building, education and economic equity. Engage in the practice of permaculture through a selection of our teaching projects involving integrated farming, organic gardening, water systems, and animal functions including: chicken tractors, fish gardening, and turkey pest control.

## Introduction to Primitive Survival Skills

Learn and experience basic survival skills used by our ancestors. Camp Earth Connection staff share outdoor living and survival knowledge and provide students with hands-on activities centered on five principles of survival (see below). Our staff has extensive training from a variety of experts, including world-renowned author & teacher Tom Brown Jr., whose work is based on his life experiences as a student of Stalking Wolf (Grandfather), an Apache Native American Elder.

Awareness – the key to survival, strengthening your senses  
Water – primitive methods of collection & purification  
Food – wild edible and medicinal plants  
Shelters – survival and long term shelters  
Fire – the elements, friction fire, flint & steel



## Animal Awareness, Signs & Tracks

Learn to read the story that each track tells. Discover the signs of animals in nature. Heighten your sense of smell, touch, sight and sound as we explore the relationship between animals and the earth.



## Outdoor Cooking

Learn about eating healthy for your body and the environment. Use local seasonal foods to prepare basic meals on an outdoor fire. Select produce grown from our gardens and the native forest (in-season).

Replenish the earth through our composting and organic gardening techniques.



## Survival Skills for the Urban Environment



Survival skills in an urban environment are more relevant than ever given humans' impact on our planet. Extreme weather & natural disasters can result in power outages, lack of clean water, unsanitary food & dangerous conditions. The key elements to survival, Awareness, Fire, Water, Food, & Shelter, remain equally essential to urban dwellers & are adapted to help students better prepare for our changing world. In addition, certified staff share essential first-aid & safety skills.

## Ancient Tree Hike & Forest Exploration

Take an in-depth hike in the Hammond Hill Forest & connect with some of our oldest native trees. Hear stories from their ancestral past. Discover the gifts of the forest. Tap a Maple tree. Harvest edible & medicinal plants. Identify which trees might be felled for heat & building materials. Discover sustainable forest management practices & become nature's caretaker.



## Earth Justice

Participate in a series of artistic activities incorporating important Eco-justice issues. We address equitable availability of healthy food, sustainable environmental conditions to live in, and access to natural resources. Explore environmental justice topics through mural making, music & dance, and trail theater with local artists and Earth Justice activists.

## Basic Primitive Crafts and Skills

Discover ancient crafts and skills essential to life. Create cordage from natural fibers. Make baskets with bark. Learn weaving techniques. Design clay, wood, leather and stone implements. Craft with hides and leather. Construct rabbit sticks, bows, and fletcher arrows used to hunt. Then make your own wooden utensils one might eat with. Instruction on knife safety and techniques for primitive crafting are included.



## Keepers of the Earth

Experience activities from the "Keepers of the Earth" book series by renowned author, Joseph Bruchac. Humans' role as caretakers of the Earth has been distorted over time and our natural environment has subsequently been contaminated and wounded. Experience the possibilities of Earth healing through Native American stories. Participate in fun activities created to re-connect children to their natural world and learn how to be true caretakers of Mother Earth.