



2010 GIRLS' WILDERNESS PROGRAM

4 AND 5-DAY ADVENTURE DAYS

June 15-18, 2010

July 6-9, 2010

August 3-7, 2010*

Ages 9-11, or entering 5th - 6th grades

Four fantastic days!

Explore the wilderness one day at a time on our first ever summer adventure for girls age 9-11! Look forward to rock climbing, hiking, group games, expressive art projects and team-building initiatives with a great group of girls. Have an unforgettable experience exploring new skills, the natural world, and yourself. Modeled after our popular wilderness courses, Adventure Days combines outdoor fun with the comfort of sleeping in your own bed each night.

* Five-Day Session! For those girls ready to let their adventurous spirit grow, we are offering a third session with a daughter/parent overnight. Five days of fun!

Welcome to the Girls' Wilderness Program!

You can expect your course to be fun, challenging, and different than anything you've ever done. You'll learn the outdoor skills that will set you up for a lifetime of adventures. You'll also stretch yourself, try new things, and learn things about yourself and others that you can take home with you. You'll laugh so hard that you can't stop. You'll get to know a group of girls in the kind of "real" way that makes the deepest friendships. And, better yet, lots of our course graduates tell us that when they returned to home or school, they felt more confident "being themselves" – trying new things, saying what they thought and making solid friends.

Who Else is Going to Be On My Course?

All kinds of girls join Adventure Days. Some girls who come are "outdoorsy," with previous experience with outdoor activities like hiking and rock climbing, but most come just to do something adventurous and to meet new people. Everyone brings unique life experiences and perspectives to the course, and you'll leave the course with a new group of friends.

What Will I Do on Adventure Days?

These four days of adventure takes place entirely outdoors and is a great way to make new friends, learn a lot about yourself and others while exploring art, dance, rock climbing, hiking, team building and more. The wilderness is a wonderful place to be creative and to explore the courage to share your ideas, make new friends and have a great adventure! Each day you will have the opportunity to try something new like rock climbing or express yourself through dance or art or just have fun playing games and participating in team building initiatives.* At the end of the day, you'll go home with the excitement that the next day will bring another fun adventure. At the end of the four days, you'll leave the course with a new group of friend and great experiences.

* This is a proposed list of activities. The actual itinerary will vary according to the needs of the group and weather.

Where Are We Going?

This course takes place at Chautauqua Park in Boulder. Drop-off is at 9am at the Ranger Station and pick-up will be at 3pm. You'll spend your days outdoors on hiking trails and in open fields offering space to be creative and plenty of time for fun.

What about fitness?

Girls' Wilderness Program courses are meant to be challenging, but do-able. Regular exercise in the months before your course will be helpful, but a positive attitude and a willingness to try are just as important.

What Will I Eat?

Spending all day outside will work up your appetite, and we'll provide meals and snacks that taste good and give you the energy you'll need for four of playing outside. Meals are simple and hearty with lots of variety. We'll also make sure to pack enough dessert for everyone! We can accommodate some common dietary restrictions; please let us know if you have specific dietary needs.

What Should I Bring?

You will receive a "What to Bring" list with your registration packet. Women's Wilderness will provide all group gear and we have outdoor clothing and hiking boots to loan. Plan to bring everything you have from the "What to Bring" list to your Pre-trip meeting (held the night before your course) and we'll help you with the rest.

How will I carry everything?

One of the beauties of day trips is you don't need to bring a ton of things. Most everything you'll need for each day can be carried in a medium sized day-pack which TWWI will be able to provide to you! Women's Wilderness has a good selection of day packs, and staff will fit your pack just for you so it's comfortable at the pre-trip meeting the night before your course.

Course Expectations

We expect that you will come to your course with a willingness to learn, an open mind, ready to make new friends and have tons of fun! You can expect that we will listen to your needs and interests, and those of your group, and adapt the itinerary and course content accordingly. Your rights and decisions will always be respected, and no girl is ever forced or "talked into" doing something she doesn't want to do.

Pre-Trip Meeting

At The Women's Wilderness Institute Office:

For Adventure Days I: June 14th from 4:30-6pm for girls and 5:30-6pm for parents

For Adventure Days II: August 3rd from 4:30-6pm for girls and 5:30-6pm for parents

You'll get a chance to meet the other girls on the course, make sure you have what you need, and borrow clothing and hiking boots if you need them. Your parents will have a chance to meet the staff and to get questions answered about the course. This is also a great time to arrange for a carpool to the course site each day!

Slideshow and Pizza Party

A celebration slideshow and pizza party will be scheduled in late August for all participants, their families and friends.

Cost

The cost of the Adventure Camp is \$525 for the four days and \$650 for the five-day session (parent overnight is an additional \$125). Full and partial financial aid is available for participants from low- and middle-income families, and scholarships are determined on a case-by-case basis. Please request a financial aid form if you would like to apply.