

# OUTDOOR ADVENTURE LEADERSHIP CLASS DESCRIPTIONS

## Classes offered in any season

### Alpha-Beta

Designed by the Peace Corps, this game prepares new volunteers for what they may experience when they are sent to a country with a culture very different from their own. The students are divided into two groups; each group role-plays the culture of the planet it represents. During the game, the students are sent to "the other planet," where they can experience what it is like to be in a place where the culture is very different. Even if the students in the class have never been to a foreign country, this experience can be related to many things the students may experience in their everyday lives.

### Leadership In Action:

Participants learn what leadership is and how to incorporate those characteristics and qualities into play in peer and social settings. Emphasis is placed upon decision-making, communication, and leadership styles.

### Cultural Awareness and Diversity:

Activities focus on social change, heightening awareness of stereotypes and prejudices, and acceptance and celebration of human diversity.

### Character & Group Development:

This workshop explores goals, values, and communication of the individual and group. Activities stress the importance of a wide variety of group dynamics and teamwork.

### Initiatives/Teambuilding:

Groups are challenged through activities that can only be completed by using effective communication, teamwork, and problem solving. These activities are designed to start the process of thinking with a group mindset, rather than focusing on each individual. Groups will learn about looking at challenges from multiple perspectives, and learn strategies for working in a group.

### Amazing Race

Groups are broken into teams and each team must work together as they race through number of challenges. Not only is this a fun spirited competition, but it also relies heavily on what they have learned make good leaders and team members.

## Classes offered only in Fall and Spring

### Low Ropes Course:

Groups are challenged by U-Nah-Li-Ya's low ropes course. Each element or activity offers a unique challenge which the group must solve together. The course is designed to promote self and group confidence, cooperation, teamwork, and communication.

**Climbing Tower:**

Groups will learn ropes, equipment, safety, and technique for climbing, belaying, and rappelling. Group trust, communication, and support are fostered throughout the climbing tower experience. Safety is our first concern, and our staff are all certified and experienced climbing instructors.

**High Ropes Course:**

The high ropes course offers challenging elements amongst the trees which promotes self-confidence, cooperation, and communication. Our instructors are professionally trained and ACCT certified to lead a safe and exciting high ropes experience. The duration of the course is dependent upon the number and ability of group members.