

4-H Outdoor Experience Project



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SNAPSHOT 4H1652

CURRICULA & RESOURCES

Michigan 4-H Curricula

- » Michigan 4-H GPS and GIS Project Snapshot: http://4h.msue.msu.edu/resources/michigan_4_h_gps_and_gis_project_snapshot_4h1653
- » Michigan 4-H Outdoor Adventure Challenge Instructor Reference Guide: http://4h.msue.msu.edu/resources/4_h_outdoor_adventure_challenge_instructor_reference_guide
- » Michigan 4-H Outdoor Adventure Challenge Leader Reference Guide: http://4h.msue.msu.edu/resources/4_h_outdoor_adventure_challenge_leader_reference_guide
- » Michigan 4-H Outdoor Adventure Challenge Training Manual: http://4h.msue.msu.edu/resources/4h_OAC_training_manual

WHAT'S IT ALL ABOUT?

Do you love spending time outdoors? Through the 4-H outdoor experience project, you'll participate in physically and mentally challenging activities. You'll learn the skills necessary to deal with stressful situations that may occur in the outdoors as well as in any setting. You'll gain a greater sensitivity, understanding and appreciation for yourself and the outdoors.

- » Feel connected to the outdoors through challenging activities.
- » Experience situations that require problem solving and team work.
- » Discover Michigan's beautiful natural resources.
- » Learn valuable skills, tips and techniques for extended time outdoors.
- » Become more physically fit from healthy outdoor activity.
- » Explore different career options that the outdoors can provide.
- » Participate in a variety of outdoor adventure recreation activities.

THE BIG PICTURE

Starting Out:

- » Hike in a national park, national forest or state park.
- » Paddle a canoe on a lake or flat-water river.
- » Camp overnight in a tent in a wilderness setting.
- » Venture out on an overnight backpack trip.
- » Learn to build a proper fire.
- » Construct an emergency shelter.
- » Share outdoor experiences with others of similar interests.

Learning More:

- » Learn about the proper equipment needed for various outdoor activities.
- » Discover your skill level and ability to tackle challenges.
- » Experience the excitement of caving.
- » Winter camp and sleep in a quinzee (combination igloo and snow cave).
- » Cook a delicious meal over an open fire.
- » Learn wilderness survival skills and techniques.
- » Perfect various paddling strokes for strength and efficiency.

Expanding Horizons:

- » Canoe rapids on a white-water river.
- » Kayak on one of the Great Lakes.
- » Challenge yourself to rock climb up a cliff.
- » Rappel down the side of a cliff.
- » Learn wilderness first-aid treatments.
- » Experience the value of Michigan's natural resources.
- » Be part of a team effort in challenging outdoor situations.

National 4-H Curricula

- » <http://www.4-h.org/resource-library/curriculum/>

Outdoor Adventures

- » Hiking Trails: Level 1 (08043)
- » Camping Adventures: Level 2 (08044)
- » Backpacking Expeditions: Level 3 (08045)
- » Group Activity Helper's Guide (08046)

Other Resources

- » Outdoor Adventure Challenge Organizations: http://4h.msue.msu.edu/resources/outdoor_adventure_challenge_organizations



FOCUS ON OUTDOOR EXPERIENCE

Science

- » Recognize weather patterns and changes while planning or on an outdoor trip.
- » Learn, practice and tie useful knots for the right application.
- » Discover geologic formations and the vegetation that grows there.
- » Explore aquatic and woodland ecosystems and their unique qualities.

Citizenship & Leadership

- » Get involved in team-building activities.
- » Develop leadership skills in an outdoor group experience.
- » Take a leadership role in a group excursion on an outdoor adventure.
- » Recruit adults and other youth to get involved with outdoor experiences.

Communication

- » Gauge the health and condition of fellow participants on outdoor adventures.
- » Discuss plans, routes, activities, concerns and preparations for group outings.
- » Prepare written trip plans for groups taking an outdoor adventure trip.
- » Present a program to various groups about an outdoor adventure taken.

Life Skills

- » Use critical-thinking, problem-solving and decision-making skills to help you make good decisions about project management.
- » Keep records on your project expenses and income.
- » Practice personal resiliency through successes and challenges in your project.
- » Learn to deal with stressful situations outdoors as well as in any setting.



HOW CAN YOU GET INVOLVED?

- » Contact your local Michigan State University (MSU) Extension office for workshops, activities and events.
- » Contact the MSU Extension 4-H state coordinator for outdoor education at http://4h.msue.msu.edu/programs/environmental_outdoor_education.
- » Join the Michigan 4-H Outdoor Adventure Challenge program.
- » Get certified as an Outdoor Adventure Challenge leader by attending a workshop.
- » If you are interested in a college education in an outdoor-related major such as sustainable parks, recreation and tourism, visit MSU's website at www.msu.edu.

Adapted with permission from "Outdoor Adventures" by Iowa State University Extension, 2015, *Iowa 4-H Project Hot Sheet*. Retrieved from <http://www.extension.iastate.edu/4h/projects/>

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