

## YMCA Camp U-Nah-Li-Ya Outdoor Environmental Education “Curriculum Outline”

**Canoeing and Voyageur History** – Instruction in basic paddling skills for flatwater canoeing is combined with the history of the French-Canadian voyageur, a colorful figure in the history of the Great Lakes. Students will learn the parts of a canoe, the proper way to enter and exit a canoe, and the strokes needed to maneuver a canoe through the water. For safety reasons, an adult from the group is required to be present for this class. (Themes: History, Recreation)

**Burma Bridge** – As the name suggests, this type of rope bridge comes from the country of Burma, a very mountainous country near Nepal, the home of Mt. Everest. The Burmese people found it easier to cross ravines by assembling and using temporary rope bridges rather than going down into the ravine and climbing the other side. With only a few pieces of rope, students will work together with the instructor to build a Burma Bridge of their own. Once it is complete, they will then get to cross it!  
(Themes: History, Recreation)

**Initiatives** – Students take on the challenge of U-Nah-Li-Ya’s initiatives course through a variety of team building and trust and trust-building exercises. Each one of the obstacles presented to the students during this adventure offers a unique problem that the group must solve as a whole. The course is designed to promote self and group confidence, as well as communication cooperation skills. For safety reasons, an adult from the group is required to be present for this class.  
(Themes: Team-building)

**Predator-Prey** – The students will understand the characteristics and relationships between predators and their prey through a series of introductory activities and discussions. The class then culminates with a camp-wide game, where the students’ role-play animals that are struggling to survive in the world of “eat or be eaten.” This class is delivered as one session taught to the entire group. (Themes: Science, Environmental Awareness)

**Orienteering** – The sport of orienteering was invented in Sweden in the year 1918. Its participants must use compasses to find their way through a series of targets. Students will begin the class by learning the parts and the use of a compass. These skills are then put to use on the orienteering courses set up in our backwoods area. Our courses require the use of mathematical skills before they can be followed. Winter orienteering will also include the use of snowshoes.  
(Themes: Mathematics)

**Outdoor Living Skills** – Learning proper outdoor skills may come in handy on a camping trip or even in a survival situation. Our instructors follow the rule of, “Take only memories, leave only footprints,” in their minimum-impact camping demonstrations. Students can then apply these skills to constructing their own life-sized natural shelters and building “friendly” fires, as well as developing other hands-on skills. (Themes: Environmental Awareness, Team building)