

# SUMMER 20 COURSE 25 CATALOG



# WELCOME!

Are you considering enrolling in a **Wilderness School (WS) expedition**? Then you have come to the right place! In this catalog, you will find a general description of the programs that WS is offering this summer. We invite you to explore and find which program best fits your goals and level of adventure.



**Wilderness School** is a **tuition-free positive youth development program** for Connecticut adolescents and young people ages 13-21 who are looking to make positive changes in their lives. Our expedition-based and “Challenge-by-Choice” multiday and one-day programs, led by trained outdoor professional staff, offer a variety of adventure activities that emphasize teamwork, communication, independence, and self-discovery in a tech-free and supportive environment. Based on the chosen course design, participants may experience the following on their expeditions: hiking, backpacking, rock-climbing, canoeing, ropes/challenge course, service learning, and conservation/trail work. Our multiday expeditions traditionally occur off basecamp on the CT/MA sections of the Appalachian Trail as well as along the regional Housatonic, Farmington, and Connecticut rivers.

Wilderness School also provides opportunities for “graduates” to continue their journey after completion of a summer course. We offer extended leadership expeditions for Alumni students during the summer as well as Follow-Up expeditions during the Fall, Winter, and Spring seasons. These courses are dedicated towards strengthening relationships and staying connected with students and families.



# SHORT COURSE EXPEDITIONS

Our short courses range from one to five days in length.

## 1-Day Programs

Participants are introduced to outdoor activities that incorporate elements of teambuilding, bonding, and cooperation. Activities may include hiking, canoeing, rock-climbing, or the ropes/challenge course. Programs are best suited for community groups, school groups, and Student/Agent/Family outings.

## 4-Day Expeditions

The primary focus of a 4-day is comfort and belonging. These courses are designed as an intro to Wilderness School programming. This is an excellent choice for young people new to an outdoor setting and overnight camping. Depending on the course design, daily activities may include hiking, canoeing, rock-climbing, or the ropes/challenge course. Often after completing a short course expedition, students elect to participate in longer courses later in the summer.

## 5-Day Expeditions

On a 5-day, students work to develop new skills and build resilience. These courses are designed around group travel by backpacking or canoeing (carrying all food, clothing, and equipment down the trail or waterway) for multiple days and overnight camping in different locations along the way. A high adventure activity such as the ropes/challenge course or rock-climbing is also incorporated into the course design. This is an excellent choice for young people who are ready to face a progressive challenge by expanding their comfort zones and building confidence and independence.



# SHORT COURSE EXPEDITIONS

## DATES | COURSE TYPE

### 4-Days

**June 27 - June 30** | Agency Specific: Solnit North

**July 22 - July 25** | Open Enrollment: LGBTQ+/Age 13+

### 5-Days

**June 27 - July 1** | Open Enrollment: Mixed Gender  
**BACKPACKING**

**June 27 - July 1** | Agency Specific: Mixed Gender  
**CANOEING**

**July 7 - July 11** | Open Enrollment: Girls and  
**BACKPACKING** Gender Non-Binary

**July 7 - July 11** | Open Enrollment: Boys and  
**CANOEING** Gender Non-Binary

**August 4 - Aug 8** | Open Enrollment: Girls and  
**CANOEING** Gender Non-Binary

**August 4 - Aug 8** | Open Enrollment: Boys and  
**BACKPACKING** Gender Non-Binary



# 20-DAY EXPEDITIONS

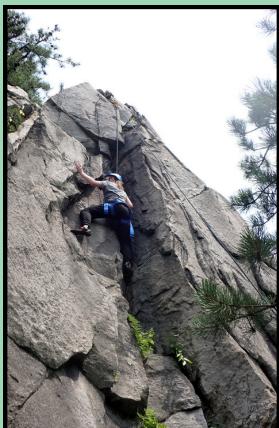
**Wilderness School's original course since 1974.** Our 20-day courses are designed for young people eager to make changes and take on the responsibility of leadership. Students will master campcraft skills, work on interpersonal skills such as communication and decision making, build confidence and independence, problem-solve challenging moments, and create meaningful connections in their crew. Outdoor activities on all 20-days include backpacking, canoeing, rock-climbing, ropes/challenge course, a solo experience, service project day, and final expedition. As Wilderness School's longest expedition, this course allows for the greatest foundational positive changes and formation of new habits and attitudes.

## DATES | COURSE TYPE

**June 26 - July 15 | Open Enrollment: Boys and Gender Non-Binary, Minimum Age 14**

**July 24 - Aug 12 | Open Enrollment: Boys and Gender Non-Binary, Minimum Age 14**

**July 24 - Aug 12 | Open Enrollment: Girls and Gender Non-Binary, Minimum Age 14**



# 14-DAY CONSERVATION COURSE SUMMER YOUTH EMPLOYMENT

**Paid opportunity to earn 120 hours at the Summer Youth Employment Rate!**

In coordination with the Department of Energy and Environmental Protection (DEEP) and CT Forest and Parks Association (CTFPA), our unique 14-Day Conservation Course allows students the opportunity to earn money as well as experience traditional Wilderness School adventure activities. While on an extended overnight camping expedition, employed youth develop workforce skills as well as perform manual labor, alongside WS instructors, to maintain and construct trail networks in a designated area of the state. Enrichment activities include rock-climbing, canoeing, and team building. The extended duration of the course provides more opportunities for mastering skills, building resilience, and taking on leadership as the crew forms as a team.

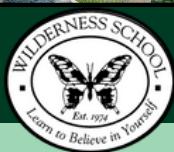
## DATES | COURSE TYPE

**July 30 - August 12 | Open Enrollment: Mixed Gender, Minimum Age 15**

*\*Special Enrollment and Application / Call to inquire*

### **\*SPECIAL ENROLLMENT**

- Applicants must enroll in their regional Summer Youth Employment Program.
- Indicate: Wilderness School as the desired “worksit”.
- Application deadlines to apply may vary, however, some regions close applications as early as mid-April - Apply ASAP!



# 14-DAY ALUMNI ADVENTURE

**Continuing the wilderness journey!** Our alumni expeditions are designed for Wilderness School graduates to enhance their leadership skills, expand their perspectives, and elevate confidence and self-esteem to the next level. These courses often extend to more remote areas of New England and beyond.

## DATES | COURSE TYPE

**July 2 - July 15 | Open Enrollment: Mixed Gender**



# NEXT STEPS... ENROLLMENT PROCESS

**Scan the QR code or [CLICK HERE](#)**  
to visit our website on how to enroll.



Other ways to get in touch with us:



[WildernessJourney@ct.gov](mailto:WildernessJourney@ct.gov)



860-653-8059



**“State of Connecticut Wilderness School”**

