



Earth Journeys

RISING SUN OVERNIGHT CAMP

July 31st– August 7th, 2011



EarthWalk's Rising Sun Camp will be Sunday July 31st to Sunday August 7th 2011, in the Stranahan Town Forest in Marshfield, Vermont. We will be spending 8 days and 7 nights camping and living with a small group of boys (ages 12-15) and men.

At the very beginning of this transformative week our community of family, friends, and Elders will join in a **send-off ceremony**, singing us out into the woods. Throughout the week, our goal as Mentors is to help create an experience where we can *all* deepen our relationship with ourselves, each other, and the Earth, and to recognize and honor our emerging strengths and gifts. Each day we will share in the joys and work of living together on the land. We will haul water, chop wood, cook food, practice skills and **play!**

Here is a taste of what a typical Earth Journeys Camp day might be:

Wake up and greet the day with a song!

Breakfast and Morning Circle : we'll share in cooking over the fire, talk about the day ahead and then play some sensory awareness games to ground ourselves in the beautiful fields and forests of the Stranahan land.

Craft and project time including: friction fire, coal burning, art projects, throwing sticks, carving mini bows and arrows, shelter building, sneaking and hiding skills, and more.

Lunch: we'll come together for some food sharing, a drink of water, maybe a little game or story sharing

Afternoon Wander exploring the land: tracking the local animals; cooling off in a brook; identifying and collecting plants for food, medicine, and crafts; following a quest map; looking for mysteries and mapping the landscape.

Quiet Chill time for sit spot, reflection, and journaling

Dinner Time! We'll work together to prepare a hearty, wholesome dinner cooked over the fire using wholesome and local ingredients. We'll explore a variety of campfire cooking techniques including: cooking on a spit, directly on the coals, in a steam pit, in a Dutch Oven, using hot rocks to boil and more.

Fireside Story Jam: around the fire we'll share stories and music, skits and laughs before slipping into our sleeping bags for the night...

Nighttime Hikes and Games: Just when you thought it was time for bed! A few nights throughout the week we're bound to brave the dark forest on some exciting adventures and thrill-seeking fun.

(continued on next page)

Mid-way through the week we will meet up with the girls' camp to work together on a **stewardship project** for the Stranahan Town Forest. We'll certainly play some games and feast while we are all together as well!

Towards the end of the week there'll be a ***solo challenge*** created by the campers and the mentors during special check-in times throughout the week. Each camper's solo challenge will be different and unique, tailored to the needs of the individual camper and crafted to meet the level of challenge they seek: from an extended afternoon Sit Spot time, to a night under a tarp with another camper, to multiple nights alone sleeping in a debris shelter. The check-in time will give us a chance to set intentions about both the internal and external skills we are working on to prepare for the experience. Campers have the opportunity to deepen their solo experience each returning year.

At the close of the 8 days, we will be welcomed back by family, friends, and Elders in a **return ceremony**. After our community sings us back out of the woods, we will have the chance to share stories, skits, songs and projects from the week, and to reflect on our intentions and the ways in which we have grown and changed. We will close with a magnificent community potluck feast!

Erik Gillard, a 4th year Mentor at EarthWalk Village School and originator of EarthScouts After-school Program, is leading the team of mentors for Rising Sun Camp for the 2nd summer. Erik loves being in the woods and works hard to help others feel confident in themselves and at home in the wild. He is absolutely delighted to make this a safe, meaningful and wicked fun week of camp.

Cost and registration is in the EarthWalk Summer Camp Brochure on this website.

WE HOPE TO SEE YOU THIS SUMMER!



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