



## The Machon Adventure Program

July 5 – August 5, 2021

\$3,485

The Machon Adventure Program is a Leadership Development and Staff-in-training program. Machon Adventure participants spend a week living outdoors gaining outdoor living skills. During the Machon Adventure week, participants will learn to setup a campsite and how to cook their own meals. Participants will receive training and certification in Wilderness First Aid, a 2-day advanced first aid course.

Participants of this program will arrive back at camp on opening day of 2<sup>nd</sup> session and will spend the next 4 weeks incorporating their Machon Adventure experience into our Leadership Development and Staff-in-training program. Participants will learn what it means to be a great staff member and will develop the skills necessary to be an effective role model and mentor to our campers. Machon Adventure participants live in the Machon Village together.

### FREQUENTLY ASKED QUESTIONS ABOUT THE CAMP COLEMAN MACHON ADVENTURE PROGRAM

What can *you* expect?

What do *we* expect?

**PLEASE NOTE:** The Machon Programs are Leadership Development and Training programs. Machon are ***NOT*** staff and do not share the same responsibilities or privileges as contracted staff members. Our emphasis in the program is to provide participants with an opportunity to work with campers and other staff members and to reflect on their experience.

**Why:** To prepare all participants to be excellent staff members and activity leaders at URJ Camp Coleman in the years ahead.

**Who should apply to the Machon Adventure Program?** The Machon Adventure Program is best for teens who have a desire to grow as individuals, love the outdoors, and have physical stamina for long hikes. The ideal candidates have a desire to try new things and step outside their comfort zone.

**Application Process:** The Machon programs are open to rising 12<sup>th</sup> graders. They are selective programs and all participants must complete the application process. Applicants are evaluated based on the strengths of their application, reference and interview with a Coleman representative. Applicants who have participated in a combination of programs such as Coleman, NFTY travel programs or other Union for Reform Judaism Israel programs and NFTY-STR/SAR are given priority. **Particular attention is paid to the evaluation of candidate's attitude and level of participation in previous programs.** Applicants will be notified by e-mail of their application status in late January.

**PLEASE NOTE:** Program option is subject to change based on the number of interested participants.

**Where:** At the Union for Reform Judaism, Camp Coleman in Cleveland, GA. The 5-week Machon Adventure program will first travel to North Georgia (via Atlanta) for the adventure week.

**When:** The Machon Adventure program parallels Camp Coleman's second session. The 2021 dates for the Machon Adventure program are July 5 – August 5. Participants are expected to attend the full program.

**It is expected that Machon attend four (4) virtual orientation sessions prior to their arrival at camp. These sessions will be scheduled for late spring and will each be up to 2 hours long. Dates and times will be sent out with acceptance emails in January.)**

**What do Machon Adventure Program participants do at camp 2<sup>nd</sup> session?** After returning from an incredible adventure experience, the Machonikim participate in interactive training sessions focusing on camp leadership skills, child development and behavior management, so that they can become effective camp leaders. Machonikim will have a daily camp schedule and will experience activities from a different point of view. In addition, Machonikim will have opportunities to add value to the larger camp community.

Every participant should understand that, **at times, training will be hard work** and, like anytime we learn new things or gain new skills, can be a little bit frustrating. Machon need to understand that they are no longer responsible for just themselves. **Machon Adventure participants are taking on a much greater responsibility in the camp community.**

**Machon Adventure Program participants will live in Machon Village under the supervision of the Machon adult advisors.**

## **Machon Adventure Component:**

The Machon Adventure component includes outdoor living skill development, adventure activities, and wilderness first aid training. During the week participants will:

- Camp outdoors at Black Rock Mountain State Park in North Georgia
- Plan menus and cook most of their food on outdoor stoves
- Participate in a 2-day Wilderness First Aid course and receive a Wilderness First Aid certificate from an accredited organization
- Build confidence and independence as they take responsibility for themselves and their group
- Challenge themselves with adventure activities such as hiking.

We strongly suggest that applicants who are overweight or have high blood pressure, family history of heart disease, diabetes, a prolonged sedentary lifestyle or smoke more than one pack a week consult with their physician to establish an exercise program prior to attending this course.

\*\* Please note, that our participants in the past have spent, on average, an additional \$200 in necessary gear. Most of the gear is provided, however, proper footwear is required.