



The Machon Adventure Program Outward Bound July 1 – August 2, 2019 \$3,485

The Machon Adventure Program is a Leadership Development and Staff-in-training program. The Outward Bound component is a critical part of the Machon Adventure Program. If you are selected to be a part of this program, you will take part in the North Carolina Outward Bound week prior to coming to Coleman. **This is a week that is meant to push your boundaries in a way that will help you gain leadership skills and will enable significant personal growth.** You will push your limits both physically and emotionally and share in the joy of a challenge surmounted.

Participants of this program will arrive back at camp on opening day of 2nd session and will spend the next 4 weeks incorporating their Outward Bound 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 and have **daily opportunities to work directly with campers and practice the skills they are developing.**

FREQUENTLY ASKED QUESTIONS ABOUT THE CAMP COLEMAN MACHON ADVENTURE PROGRAM – OUTWARD BOUND

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 directly 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 that have a desire to grow as individuals and learn to push their own limits. 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 12th 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.** In addition, there is a separate medical form for Outward Bound and applicants must be medically cleared by them to participate. 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 Carolina (via Atlanta) for the Outward Bound experience.

When: The Machon Adventure program parallels Camp Coleman's second session. The 2019 dates for the Machon Adventure program – Outward Bound are July 1 – August 2. Participants are expected to attend the full program. **It is expected that Machon attend an orientation weekend at Camp Coleman during the weekend of March 15-17, 2019 (this date is subject to change.)**

What do Machon Adventure Program participants do at camp 2nd session? After returning from an incredible Outward Bound 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. Included in every Machonikim's training are a wide variety of opportunities to learn and grow as cabin counselors and specialists based on the participant's assignment to a specific bunk or specialty. The program is designed so that a Machon participant can learn about children, group development and his/her own strengths/limitations based upon active involvement in a specific cabin group or specialty area.

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.**

In addition to their training sessions, all Machonikim have real, meaningful opportunities to work directly with campers. Every Machon participant will do a 3-day internship in a specialty area, where they will get to first observe, and then teach the specialty. They will also do a 3-day internship in a bunk, where they will become a part of that cabin community and get to experience almost everything a counselor does.

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

Outward Bound Component of the Machon Adventure Program:

It is our expectation that the Machonikim who wish to participate in the Machon Adventure Program will take the Outward Bound week seriously. Below is the Outward Bound Mission Statement. Please take a moment to read what the course is about so that you can fully commit to the expectations.

- You do NOT have to be an athlete or highly-trained to attend an Outward Bound course.
- = You DO have to be physically capable. You will use your muscles in new and challenging ways.
- = It takes strength and fitness to paddle a boat, carry a pack, or climb a rock wall.
- = Your efforts will pay off in enjoyment, comfort and fun.

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.

THE OUTWARD BOUND MISSION STATEMENT

“To inspire character development and self-discovery in people of all ages and walks of life through challenge and adventure, and to impel them to achieve more than they ever thought possible, to show compassion for others and to actively engage in creating a better world.”

VALUES

We teach to and work by these values:

Compassion

—Demonstrating concern and acting with a spirit of respect and generosity in service to others.

Integrity

—Acting with honesty, being accountable for your decisions and actions.

Excellence

—Being your best self, pursuing craftsmanship in your actions, and living a healthy and balanced life.

Inclusion and Diversity

—Valuing and working to create communities representative of our society that support and respect differences.

DESIGN PRINCIPLES

We use these principles to design and deliver programs:

Learning through Experience

—Facilitating engaging, relevant, sequential experiences that promote skill mastery and incorporate reflection and transference.

—Learning from success as well as failure.

Challenge and Adventure

—Using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences.

—Utilizing and managing appropriate risk.

Supportive Environment

—Designing an experience that supports physical and emotional safety.

—Developing a caring and positive group culture.

OUTCOMES

These are the outcomes common to all of our programs and what we measure:

Character Development

—Demonstrating increased self-confidence and self-actualization.

—Demonstrating compassion toward others and living a healthy and balanced life.

Leadership

—Demonstrating the ability to set goals, and inspire and guide others to achieve them.

—Demonstrating the ability to collaborate, communicate, solve problems and resolve conflicts effectively.

Service

—Demonstrating social and environmental responsibility.

—Actively engaging in service to others.

Here are a few videos to help you have a visual of what the Outward Bound experience is truly like. While you will not be participating in all of the elements shown below, it will help you understand the intensity of the week.

<http://www.youtube.com/watch?v=MC8rULfNlkQ>

History of Outward Bound USA

<http://www.youtube.com/watch?NR=1&v=4GI5rgy2hf8&feature=endscreen>

Focus on solo component

<http://www.youtube.com/watch?v=kcdyJUd7wQY&feature=relmfu>

Focus on rock climbing component

<http://www.youtube.com/watch?v=4Q8a7lRoKys&feature=relmfu>

Focus on North Carolina course area (includes canoeing)