



# YMCA Camping

## Learning Framework

YMCA Camping believes that each camp experience delivers on the three pillars of our Camping Learning Framework.

- enhance personal growth,
- strengthen a sense of community and
- connect campers with the natural world

This framework has been created to assist you to identify the desired learning outcomes for your group and to assist us to design a tailor made camp experience to meet your individual requirements.



### PERSONAL GROWTH

#### LEARNING EXPERIENCE

#### DESCRIPTION

##### Build Resilience

Campers develop and demonstrate coping strategies to adapt to individual and group challenges.

##### Reinforce a Positive outlook

Campers are happy in the present moment and have a sense of wonder and optimism for a positive future and interact positively with each other

##### Develop new physical activity skills

Campers experience new adventure activities and develop skills to encourage lifelong physical activity in the outdoors

##### Set Goals

Campers learn to set personal and group goals, persist and strive to achieve them

##### Make Healthy Choices

Campers understand how healthy choices contributes to their own physical, mental and emotional wellbeing

##### Develop Independence

Campers take responsibility for their own actions and wellbeing and display initiative to effectively solve problems

##### Provide opportunities for Leadership

Campers experience opportunities to influence and encourage positive group behaviour, lead by example

### SENSE of COMMUNITY

#### LEARNING EXPERIENCE

#### DESCRIPTION

##### Be Socially Responsible

Campers are inclusive and respectful of others, embrace diversity and contribute to their camp community.

##### Solve problems together

Campers respect each other's viewpoints and work together to achieve outcomes

##### Work as a Team

Campers work collaboratively with their peers using effective communication skills and developing trust between group members

##### Connect with others

Campers develop positive relationships with others, form new friendships and strengthen existing ones.

### CONNECT with NATURAL WORLD

#### LEARNING EXPERIENCE

#### DESCRIPTION

##### Appreciate the Natural world

Campers experience interaction and connection with the natural world

##### Understand the Natural world

Campers are exposed to and learn about the local ecosystems and human impact on the environment and develop respect for natural world

##### Protect the Natural world

Campers take responsibility to protect and further enhance the environment through their actions