

ExCEL II

Dates / Locations: June/Arkansas 4-H Center and Northwest Arkansas Sites

Goals and Objectives:

- To provide an exciting and educational experience for 4-H'ers.
- Help 4-H'ers develop self-esteem, self-worth, communication and leadership skills through a variety of educational activities.
- Strengthen interpersonal relationship skills of older youth and adults so as to become a functioning team member.
- Develop an appreciation for and respect of the outdoors, animal life, weather and other areas of nature by teaching environmentally-correct camping methods.

The ExCEL II program is non-competitive.

Target age for this program is youth ages 13 through 18 as of January 1.

Curriculum Support:

Environmental Stewardship
Food Nutrition
Safety
Health / Fitness Leadership
Leadership
Photography
Consumer Education
Achievement

Overview:

The ExCEL II program is a five-day, four-night outdoor education experience for teens that takes place at both the Arkansas 4-H Center (one night) and the Buffalo river area in northwest Arkansas. This program provides participants with the opportunity to develop leadership and teamwork skills through participation in the outdoor leadership programs at the 4-H Center. In addition, participants spend three days and two nights in northwest Arkansas utilizing their skills and knowledge gained through participation in outdoor experiences of camping, rock climbing, canoeing, caving and learning about Arkansas' natural environment.

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