CAMP FRIEDENSWALD
the peaceful woods

Sustainability Camp

An experience focused on connecting with nature, learning about sustainability, and envisioning a sustainable and resilient future

Everything is Connected: Place based Ecology Day	**Sustainable Living: Food/Energy/Waste Day**	**Telling a Resilient and Sustainable Story**
Exploring nature and biodiversity hike	Big picture sustainability/Systems thinking	Canoe and hike with storytelling/Indigenous wisdom focus
Aquatic macro dipping/water quality testing	Food systems, sustainable diets and making cricket cookies	Canoe and hike with upcycled sculpture focus
Soil collection/study	Energy investigation (discussion about sustainable energy sources, fire building)	Telling your resilience and sustainability story through writing, music, or visual art
Invasive species removal (dependent on season and presence of invasive species)	Circular economy, waste sorting and diversion rates	Performance/Gallery Walk

Mealtime at Sustainability Camp: In order to practice what we preach, students will eat vegetarian and/or low carbon meals, depending on the group preference. Students will weigh their food waste at the end of each meal, with the goal of having zero food waste at least one meal. Meals will be zero waste to landfill, as all food waste and napkins are composted at Camp.

Class descriptions

PLACE BASED ECOLOGY DAY

BIG IDEA: Interdependence and understanding people are part of nature and dependent on ecosystems and nature to survive

Exploring nature and biodiversity hike

Students will be invited to explore nature with curiosity and careful observation, along with gratitude for all nature provides. Students will be encouraged to think of themselves as interdependent parts of the community of creation. Depending on time and the interests of the group, hike leaders may have students complete a square meter diversity study, estimate the age of old growth trees, and talk about the geological and Indigenous history of the area.

Aquatic macro investigation and Pollution Tolerance Index (PTI)

Students will explore and chart the macroinvertebrates that live in the water at camp. They will understand the way the health of the population of macros influences the health of the water by determining the Pollution Tolerance Index (PTI) for that body of water, based on the diversity of macros found. If time allows, students will also take water samples and complete abiotic water quality tests.

Soils study

Students will collect soil samples from a variety of soil types on their hike to take back and use in their soils study. Students will learn about the important role soil plays in determining life in our ecosystems. Students will then conduct an experiment on their samples in order to find the ratio of clay, silt, and sand in each type of soil collected.

Invasive species removal

Students will be introduced to the idea of invasive species and the ways invasive species are detrimental to ecosystem health. If there is an area of camp with an invasive species appropriate for students to remove at the time, they will be given the opportunity to do so.

FOOD/WASTE/ENERGY DAY

BIG IDEA: Sustainable use of resources and utilizing levers for systemic change

Big picture sustainability and systems thinking

Students will be introduced to the idea of an ecological footprint and visualization of the number of earths that are currently needed to support the lifestyles of average Americans (5) and the globe as a whole (1.75). See Global Footprint Network.

As an introduction to the day, students will engage in collaboration and creative problem solving. They will experience and then process the characteristics of environmental issues and systems in specialized team building activities.

Food systems: sustainable diets

Using the idea of eating insects as a launching point for conversation, students will discuss the impact of our food system on the planet. They will then talk about using insects as a sustainable protein source as well as the importance of being able to change our ideas of what is "normal" for a sustainable world. They will make cricket cookies and have the opportunity to eat them. They will then talk about whether their mindset about eating insects changed.

Energy investigation

Students will discuss different types of energy sources and where the energy comes from - i.e. grid powered electricity (and energy portfolio of utility providing electricity), propane, wood, and solar. Students will discuss the need to use renewable electricity as a power source for a sustainable world. Students will then learn fire building skills and use the energy released from fire to make water boil.

Circular Economy: Waste sorting and diversion rates

After a conversation about the power of changing mindsets for systemic change, and ways of reducing waste, students will participate in a friendly waste sorting competition. They will sort a collection of waste into the different waste streams: single stream recycling, compost, and landfill, along with other categories they may create (such as reuse or repair). Students will weigh the different waste streams and calculate their landfill diversion rate once waste is sorted.

STORYTELLING DAY

BIG IDEA: The power of storytelling to create change. Stories shape us and create our ideas about the world around us. What are the stories we can tell to help bring about a resilient and sustainable world?

*Students pick a focus group for this day - writing, music, or visual art.

Hiking and canoeing: Storytelling focus

The land and water of Camp Friedenswald is rich with Indigenous history. Students will be exposed to Indigenous stories (stories that have permission to be shared by Indigenous people) and perspectives on our human relationship to the earth and all its creatures through hiking and canoeing. Students will also hear the story of the endangered Mitchell's satyr butterfly, which lives in the prairie fen at Camp. This is for students in the writing and music focus groups.

Hiking and canoeing: Upcycled waste sculptures focus

Students who are in the visual art focus group will hear the indigenous perspectives while also collecting pieces of waste/litter they find on land and in water. Students will discuss what it can mean to take something that was trash or undesirable, and turn it into art.

Telling your resilience and sustainability story

Students will choose a way of telling their own story for a resilient and sustainable future through sculpture, drama, poetry, prose, or music. Students will have the opportunity to present their stories, songs, and sculptures to the group in a special performance/gallery walk at the end of the day.