

Manice Education Center (MEC) Programs



Nestled in the picturesque Hoosac mountain range of northern Berkshire County in Massachusetts, the MEC provides the ideal setting for our courses in **environmental education and wilderness leadership**.

The surrounding countryside is made up of state forest land, abounding in lakes, streams, hiking trails, and unbroken stretches of forest.

MEC's environmental and adventure programs challenge students, stimulate personal growth and enhance responsibility.

The process of learning and excitement inherent in these outdoor activities encourages the spirit of cooperation and self-confidence, and guides participants toward a broader understanding of themselves, their environment and their community.



The Core Program



Each MEC session is tailored to meet the specific needs and abilities of students according to age, grade level, and prior experience.

The MEC CORE Program is designed to provide students out-

door environmental education experiences that are safe, fun, and challenging physically, academically and personally. Students in **all** sessions enjoy the fundamental activities available through the MEC experience:

- Canoeing & swimming in the Manice pond
- Learning about the natural world through hands-on investigations
- Practicing wilderness survival skills
- Geology, water quality and soil ecology lessons
- Astronomy, night exploration, or campfires
- Camping out overnight on property with their activity group and instructors.

Registration and Tuition Fees

A \$60 registration fee is applicable for each student and session.

At Christodora no one is denied participation because of financial need. We offer Financial aid, which is determined by each individual's household needs and composition. We encourage every one to apply, Please contact our office as soon as possible since Registration is on a first come first served basis.

MEC welcomes School groups in the Spring and Fall. Come back with the rest of your class!

This camp must comply with regulations of the Massachusetts Department of Public health and be licensed by the town of Florida Board of Health.

Parent / guardians may request copies of background check, health care, and/or discipline policies as well as procedures for filing grievances.

See you this summer!!!!



Nature , Learning, Leadership

Christodora



Changing Lives Since 1897

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Christodora's Mission



Christodora was founded in 1897 as a settlement house, providing health care, educational and job training programs, and

other social services for poor immigrant families.

Since 1908 **Christodora** has been a leader in providing camping, nature and outdoor education programs for New York City Youth.



Today, **Christodora** continues its long tradition of providing urban children with a breath of

fresh air and challenging experiences at the Manice Education Center. **Christodora's** educational programs have grown to include a range of city based service learning programs as well as summer work and field study opportunities.

Other Programs

Summer:

The Elliman Scholarship Program

Great Mountain Forest

Winter/New York City:

After-school Clubs: NYC & Ecology Club

Winter In-School Teaching Program

For more information on these programs and how you can participate, inquire at the Christodora office.: 212-371-5225.

MEC Session 1

INTRODUCTORY COURSE: Building the skills

Six days, for graduates of 6th and 7th grade



This Introductory Course gives students an opportunity to learn and grow through an exciting 6-day residential camping program. These students will be the only ones in residence

so that our highly skilled staff can devote all their attention and energy to meeting their individual needs.

As students in the Introductory course explore the natural outdoor environment, they can expect to participate in all the challenging activities of the Core Program. Attending the Introductory Course at MEC provides students with a solid foundation for the continued development of environmental knowledge and wilderness skills when they return for more advanced courses at Manice.



MEC Session 2

FOUNDATION COURSE:

19 days, for graduates of 7th and 8th grade



Building on the lessons learned previously at MEC, students in the Foundation Course advance their skills and wilderness experience a few steps further.

- A three-day off-property wilderness backpacking trip on local New England trails, carrying all their own supplies
- Activities Focused on local wildlife and their habitats
- Canoe-camping overnight along scenic rivers or lakes
- Teams Course challenges to enhance group interaction

MEC Session 3

ADVANCED COURSE:

19 days, for grades 7, 8 and 9th

Students in this 3-week session are often returning to the MEC to refine their wilderness skills and enhance their abilities to function responsibly as both individuals and as part of a team. While in residence at the center, students working in their activity groups develop hiking ability and stamina through a series of exploratory rambles and longer hikes to nearby points of interest. Canoe maneuvering and rescue techniques are on nearby ponds and bogs. During their 19-day stay, students can expect to enjoy all the activities of the MEC Core Program, plus:



- Four days backpacking & camping overnight off-property in remote wilderness areas
- Off-property wilderness canoe trip, with advanced paddling & portaging (carrying canoes on land)
- Workshops on teamwork communications
- Increased leadership responsibilities on hikes, canoe trips & center activities
- In-depth investigations of the regional natural environment, including soil, plant, animal and water studies.

Leadership Training Course (LTC)



Leadership Training Course of Session 3 is primarily for a select group of 9th grade returning students who seek all the challenges of the HSLT course (refer to MEC4) with added community service project, usually trail work.

MEC Session 4

HIGH SCHOOL LEADERSHIP TRAINING PROGRAM (HSLTP)

11 days

MEC's Leadership Training Program is an intensive 11-day course in a wilderness setting, promoting personal growth and the development of leadership potential. We challenge students through a variety of workshops, training sessions and hands-on leadership experiences at our site in North-western Massachusetts and the remote forest of Vermont's Green mountain national Forest or the back country waterways of new York's Adirondack park.



The Ultimate Challenge

This student-led-five-day, four-night wilderness backpacking or canoe camping expedition includes:

- Backcountry navigation
- Emergency preparedness and procedures
- Equipment selection and usage
- Minimum Impact Camping Techniques
- Natural History Lessons
- Discussions Of Current Environmental Issues
- Evening Talks About Leaderships Styles & Group Dynamics
- Leading the Group For An Entire Day



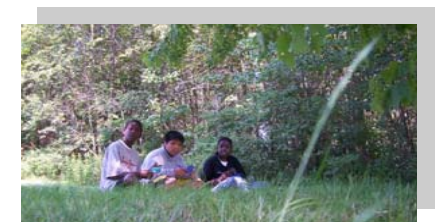
Thank you so much for such a unique opportunity that teaches and gives our city kids the options to experience and dream beyond their borders.

— Mr. and Mrs. Rosario



I can remember last summer like yesterday. Everything. The nature, learning wilderness skills and community building. Thank you for encouraging us to try so many new things.

— Nicholas M.



When I go up the bumpy road to Manice, I always feel like I am reaching my second home...

For Safety's Sake:

Christodora Summer Programs Provide 24-Hour Supervision By Highly-Qualified Staff Certified In First Aid, CPR And Life Guarding. Each Applicant Is Required To Undergo a Criminal and Sexual Offense Record Investigation.

Students benefit from the close attention of a high staff to student ratio of 1:6, with no more than 10 students in an activity group. Boys and girls are housed separately, with 24 hour staff supervision. Our Facilities Meet Or Exceed All State Safety Standards