

# Workshop Descriptions

## Outdoor Adventure Leadership:

### **Outdoor Explorer Series: Psychology of the Outdoors**

***Presented by Outdoor UW: Will Bush***

Learn about the benefits, challenges, and psychological effects of exposing yourself to outdoor environments for brief and prolonged periods of time. Discuss how to spend mindful time in the outdoors and the benefits of incorporating nature into daily life.

### **Outdoor Explorer Series: Risk Management in the Outdoors**

***Presented by Outdoor UW: Will Bush***

Risk management is an essential tool when outdoor adventuring. Proper risk assessment and management allows for a safe outdoor experience. Kick-start any adventure safely and effectively by learning or refreshing your knowledge on risk management in the outdoors.

### **POCAR: Presentation on Coordinating Adventure Races**

***Presented by: Andrew Harrison, Audrey Robb***

Each year, the Purdue Outing Club organizes a 48-hour orienteering race in January that is attended by hundreds of racers and volunteers. This is our club's largest annual fundraising event. This presentation will cover how to organize a race of this nature yourself, including orienteering basics, organizing racer registration, managing volunteers, setting the route, safety, and all the other steps that go into putting an event like this together.

Participants will learn how to run an event like POCAR for themselves so they can plan their own versions of the race. Even outside of orienteering races specifically, participants will gain insight into the fundamental steps of planning any large-scale outdoor event.

### **Kayaking the Lofoten Islands: Norway's Craggy Crown Jewels**

***Presented by Dan York***

The Lofoten Islands are a surreal seascape of soaring, snow-speckled peaks rising steeply from deep fjords, white sand beaches, and aquamarine bays. Amidst this natural splendor are historic fishing villages, small cities, and picturesque farms – all bathed in 24-hour daylight during summer months and forever changing in the moody weather of the islands' arctic location. It's a kayaker's dream destination. Dan York, a lifetime paddler and traveler, will share images and stories from two kayaking expeditions he has led to these magical islands, the first in 2017 and the second in 2023.

# Environmental Education:

## **Outdoor Explorer Series: Leave No Trace**

### ***Presented by Outdoor UW: Will Bush***

This course will provide a thoughtful conversation around Leave No Trace Practices and environmental ethics. We will cover the 7 LNT principles and go over why we must protect our land and the cascade of consequences if we don't put in effort.

## **Colonialism in Photography: How to be a More Ethical Landscape and Wildlife Photographer**

### ***Presented by Keira Obert***

Nature photography in the United States originated as a practice that highlighted colonial ideals of manifest destiny and the false notion of "untouched wilderness." This workshop will lead a conversation centered around breaking down toxic conceptions in the outdoor and photography industries, and then focus on how we can instead use art as a tool to support modern decolonial and environmental movements.

I want participants to think deeply about aspects of photography they have yet to consider. For example, why do we use the terms "shoot" and "capture" when it comes to taking a photo? How does this terminology impact the way that we interact with the land and wildlife?

## **Learn the Ins and Outs of The Ice Age Trail**

### ***Presented by Lisa Szela***

Join us for a presentation about the Ice Age Trail Alliance and the history of the Trail! Learn the basics of Trail Building, including the demos of commonly used trail tools. Hear about the Alliance's restoration work as an accredited land trust. And find out how you can get involved in these efforts.

Participants will be able to identify tools and basic techniques of trail building. Participants will be able to identify and summarize the basic history of the Ice Age Trail and Organization. Participants will obtain understanding of the habitat improvement and restoration efforts made by the Alliance on the trail.

## **Southern Wisconsin is a Fly Fishing Destination**

Presented by Henry Nehls-Lowe

The session will provide participants with an introduction to fly fishing for cold- and warm-water fishes, the fly fishing opportunities available nearby in Southern Wisconsin, and the importance of conservation and restoration for protecting these invaluable resources. Following the session informal fly casting instruction will be provided, weather permitting, outside on the grounds of Upham Woods.

Learning goals include, increased knowledge and skill development of the sport of fly fishing, increased knowledge of the many quality fishing opportunities in SW Wisconsin, and improved understanding about the sensitivity and need to protect aquatic habitats, both cold- and warm-water.

## Professional Development:

### **Nature's Your Office: Navigating Seasonal Employment**

***Presented by Ainsley Thomas and Annie Meyer***

In this presentation, join us as we reflect on our unique experiences in seasonal work. With Ainsley's insights from working in Yellowstone National Park and Annie's adventures on a sailboat, we'll delve into the highs and lows of seasonal employment. From breathtaking scenery to the challenges we faced, we'll share our stories and provide valuable insights into the world of seasonal work. Discover how you can embark on a journey to work in extraordinary places.

Learn about how you can get a seasonal job in the outdoors, and then the overall amazing experiences we've had with advice regarding pros and cons.

### **Wildland Firefighting in Alaska**

***Presented by Sophie Keuhn***

My presentation will cover a day/season in the life of a firefighter - what a 'typical' day on and off fire looks like, season overview, and what makes Alaska a unique firefighting experience. I will also touch on relevant background and how I got involved in the field (from SCA to NPS). Lastly, I want to provide good instruction on how to get involved and helpful tricks for utilizing USAJobs.

I hope participants gain a deeper understanding of wildland firefighting work and why it is so crucial, as well as how they can get involved in the field (or something similar).

## Leadership Development:

### **Outdoor Explorer Series: Balancing the Leadership Spectrum**

***Presented by Pete Buscaino***

There is no cookie cutter approach to leadership, the art of being a successful leader is understanding how to balance competing priorities. In this workshop we will present different scenarios that leaders face and discuss how we can put ourselves in the best position to make a

decision, in order to enhance awareness as a leader to improve decision making, relationship building, and risk management.

### **What is Experiential Education and how does it Impact Our Work?**

***Presented by Mo Kappes***

What is Experiential Education and how does it impact our work? Learn about experiential education and how it shows up in outdoor education. This session will include some instruction about the philosophy of experiential and an opportunity to experience it. Experiential Education is an educational philosophy that engages learners in direct experience and focused reflection to increase knowledge, develop skills, and clarify values. Experiential education is the philosophy that guides the work we do as outdoor educators, but many of us do the work without understanding the philosophy and the “why” behind what we do. This workshop will introduce attendees to the philosophy of experiential education and give participants a chance to experience it. Most of the workshop will be engaged in experience, so don’t let the philosophy piece scare you away!

## **Skill Development:**

### **Fly Fishing Casting Workshop**

***Presented by Southern Wisconsin Trout Unlimited***

Embark on your fly fishing journey with an introductory casting workshop, led by seasoned instructors. Learn essential techniques and equipment for mastering both land and water. Get hands-on guidance to cast with precision and confidence.

### **Outdoor Explorer Series: Cooking and Nutrition**

***Presented by Outdoor UW, Will Bush***

The focus of this workshop is all about planning, preparing, and showing techniques to cook healthy and nutritious meals while on remote backcountry camping trips. This includes how to create a plan that provides flexibility for a multi-day camping trip. Shows participants how to set up a stove and walks through the process of cooking a backcountry meal. We also will describe and demonstrate some advanced techniques, such as backcountry baking, using fire for cooking, as well as sharing pro tips for those new to backcountry cooking.

### **College Travel Guide: Dispersed Camping and Budget Adventures**

***Presented by Ainsley Thomas of University of Dayton***

Are you a broke college student dreaming of exploring National Parks without breaking the bank? Leave expensive hotels behind and join Ainsley Thomas for a presentation that reveals the secrets to affordable travel and free dispersed camping near your dream Parks!

## Social Justice and Inclusion

### **Stories of Accessibility**

#### ***Rachael Lewandowski Sarette***

The outdoor field has a long way to go to become more inclusive for people of all abilities, but Upham Woods has been working with our local community to collectively create more inclusive experiences. Come here about success stories and stories of growth on our journey towards accessibility.

Participants will walk away with a view into the inclusive recreation industry including opportunities and friction points. Participants will learn from a disabled speaker to better understand how power, voice and lived experience interact in creating accessible space.