

Outdoor and Experiential Education Programs for Adolescent Girls
(sample of programs nationwide and miscellaneous resources)

<http://www.girlsoutdoorsresources.org/>

*These programs are listed in order by region of the U.S.A. and Canada
(International programs are welcome to be included).*

ALASKA/CANADA

Raven's Way

Rebecca Howe, Intake Specialist
SE Alaska Regional Health Consortium
222 Tongass Drive
Sitka, AK 99835
Ph. 907-966-8716 or 800-770-3063
Fax 907-966-8705

rwintake@searhc.org

www.searhc.org/ravensway

Note: SEARHC is a non-profit tribal health consortium of 18 Native communities.

Raven's Way accepts females ages 13-18 (Alaska residents only) that have a primary diagnosis of substance abuse and/or dependence. Courses contain female only and co-ed programs including physical challenges, group cooperation and team building. Sample programs include kayaking, backpacking, wilderness expedition, ropes course activities, and activities relevant to Native cultures.

Wild Women Expeditions (Girls Camps)

Beth Mairs, Director, Canada's Outdoor Adventure Company for Women
Box 145 Station B,
Sudbury, ON P3E 4N5 Canada
Ph. 1-888-WWE-1222

beth@wildwomenexp.com

www.wildwomenexp.com

Note: Two summer camps available for girls-

1) Wild Women in Training: A camp for girls ages 8-14 and the wild women in their lives. The camp offers a balance for girls in a camp programme designed just for them; time for adults; time for each girl to share with her guardian. The girls have their own counselors and activities focusing on nature lore, camp craft, sports, cooperative games, arts and a canoe trip; (cont'd top of next column))

2) BUSHgirl Adventure Naturalist Camp is a northern escape of a lifetime with challenge, renewal, fun and adventure for 15-17 year old girls.

NORTHEAST

Coastal Studies for Girls

A Science and Leadership School
Pam Erickson, Executive Director
P.O. Box 266
Freeport, ME 04032
Ph. 207-865-9700
Mobile: 207-807-2199

perickson@gwi.net

www.coastalstudiesforgirls.org

Note: A 16 week experiential semester school for high school sophomore girls on the beautiful coast of Maine. Come live, learn, play and explore in an inspirational and academic learning community focused on marine biology, environmental science and leadership adventure.

Connecting with Courage

Jonathan Hislop, Director of Admissions
Thompson Island Outward Bound
P.O. Box 127
Boston, MA 02127
Ph. 617-328-3900 ext. 144
Fax 617-328-3710

admissions@thompsonisland.org

www.thompsonisland.org/english/youth/summer/courage

Note: Summer expeditions for 12-13 yr old girls. Programs encourage girls to speak their minds, share their ideas, express their emotions, be creative and challenge themselves through sensible physical risks.

(cont'd)

(northeast, con'td)

Diva Adventures

Nadine W. Budbill, Executive Director

P.O. Box 84

Wolcott, VT 06580

Ph/Fax. 802-760-9744

nadine@divaadventures.org

www.divaadventures.org

Note: Adventure-based programs that support girls' positive development. The core program is "Dirt Divas", a summer mountain bike program for girls ages 11-15. Current and future offerings also include a school-year program, girls' rock climbing program, junior instructor program, and a young women's leadership advisory committee.

VisionQuest: Madalyn Program

Dennis Call

Risk Manager for Adventure Activities

352 Marshalton-Thorndale Road

Downingtown, PA 19335

Ph. 800-433-4362

dennis.call@vq.com

www.vq.com

Note: Residential program for girls with serious problems with families, schools and communities. Experiential programming is designed to present challenges, create opportunities for success, build confidence, and practice life skills. Includes therapeutic art groups, and "Equine Assisted Therapy" (inter-personal issues through working with horses).



Kroka Expeditions, Miela Caves II:
"Climbing at your own pace"

Wavus Camp for Girls

Suse Wicks, Director

Katie Moulton, Co-Director

Po Box 169

Nobleboro, ME 04555

Ph. 207-563-5172

Fax 207-563-5215

suse@kieve.org

www.kieve.org

Note: Two, three and a half-week residential program on beautiful Damariscotta Lake with wilderness tripping in Maine. Join us in an environment where you can make life long friends, explore, create, strengthen trust in self and others, challenges, learn to make group decisions, support others, develop wilderness skills, practice kindness and respect for the self and others and have great fun!

Introductory ten day programs for ages 8, 9 and 10. Mother/Daughter Adventure and Women 35 and Better programs.

Kroka Expeditions

Lynne Boudreau, Summer Programs

Coordinator

and Founding Director

767 Forest Road

Marlow, NH 03456

Ph. 603-835-9087

summer@kroka.org

www.kroka.org

Note: Three programs offered for girls – Wilderness Adventures for Girls (ages 11-13), Wild Girls! (ages 12-14), and Earthworks: A Fiber Arts and Handcrafts Adventure on the Farm (ages 12-16). "Committed to awakening in young people a connection to nature and the spirit within, and a capacity for conscious living and compassionate service. We strive to achieve this through wilderness adventure, community living, farming, and the practice of traditional and indigenous skills."

NORTHWEST

Girls on Ice

North Cascades Institute
Saul Weisberg, Executive Director
Tracie Johannessen, Education Director
810 State Route 20
Sedro Woolley, WA 98284
Ph. 360-856-5700 ext. 209
www.ncascades.org

www.staff.washington.edu/epettit

Erin Pettit, Girls on Ice Instructor
epettit@u.washington.edu

(Girls on Ice):

Note: An 8-day mountaineering science program for girls ages 16-18. Led by glaciologists from the University of Washington, the course challenges girls physically, socially, emotionally and intellectually as the group explores the glaciers and alpine landscape of Mt Baker.

(northwest, con'td)

Passages Northwest

Katie Hultquist, Executive Director
Erica Nixon Mack, Program Director
139 23rd Ave. South
Seattle, WA 98144
Ph. 206-286-8601
Fax. 206-286-8551

info@passagesnw.org

www.passagesnw.org

Note: Programs inspire courage and leadership in girls ages 10-17 through the exploration of the outdoors and the arts:

1) Girls Rock! mentoring and climbing program for middle school girls 2) Wilderness Programs: Spring break and summer adventures climbing, backpacking, and kayaking programs 3) Partnership Programs: Custom programs for schools and other organizations, workshops and trainings, and collaborations with other organizations with similar missions.

YWCA GirlsFirst

Elizabeth Pauley, Program Director
708 Martin Luther King Jr. Way
Seattle, WA 98122
Ph. 206-461-4443

girlsfirst@ywcaworks.org

www.ywcaworks.org/girlsfirst

Note: Year-long leadership and experiential program specifically designed for teen girls of color who face economic and social barriers to success. Girls begin the program the summer before their freshman year of high school and continue until the following summer.

Participants also receive alumni programming and support throughout high school.

Programming includes leadership development, mentoring, academic support, job readiness training, community service projects, paid summer internships and Outward Bound opportunities.



Rite of Passage Journeys

Coming of Age for Girls

Darcy Ottey, Director
22401 39th Ave SE
Bothell, WA 98021
Ph. 425-485-7396

info@riteofpassagejourneys.org

www.riteofpassagejourneys.org

Note: The program explores the mountains and coast of the Olympic Peninsula, as well as exploring community and our own strengths and gifts! Laughter, sweat, creativity, reflection, and new friendships all come together as girls support each other through an experience of personal transformation.

Women in the Outdoors (for girls ages 14 & up)

An Outreach Program of the National Wild Turkey Federation

Ellen Benitz, Women's Regional Field Supervisor

Ph. 800-843-6983 OR 816-387-6606

nwtfbenitz@socket.net

www.womenintheoutdoors.org

Note: One-day outdoor skills workshops across the country. Program is for girls/ladies ages 14 and up. Dedicated to providing interactive outdoor education to women and girls, the conservation of the wild turkey and the preservation of the hunting heritage.

ROCKIES

The Traveling School

Gennifre Hartman, Executive Director

P.O. Box 7058

Bozeman, MT 59771

Ph. 406-586-3096

gennifre@travelingschool.com

www.travelingschool.com

Note: A 15-week program for girls ages 15-18 to participate in an overseas experience for an academic semester. Curriculum includes academics, overseas exploration, community development and service projects, and outdoor activities. Students earn credit for 7 semester courses.

Girls' Wilderness Program of The Women's Wilderness Institute

Beth Davis, Executive Director

Jody Radtke, Program Director

5723 Arapahoe Ave, #1B

Boulder, CO 80303

Phone: 303-938-9191; Fax: 303-938-5071

info@womenswilderness.org

www.girlswilderness.org

Note: Offers after-school programs and wilderness-based backpacking and rock climbing expeditions for girls with an emphasis on self-expression through creative arts and lively discussions. Summer courses run from 4 to 12 days in length, for ages 8-18.

Year-round programming includes art, self-defense, rock climbing, media literacy and dance. AEE Accredited.

Her Feet on the Earth

Lorene Wapotich, Founder & Director

2456 S. Beaver Creek Rd.

Black Hawk, CO 80422

Ph. 303-642-0562

Lorene@HerFeetOnTheEarth.org

www.HerFeetOnTheEarth.org

Note: Programs include wilderness experiences, the practice of Earth-living skills (a.k.a. "survival skills"), long-term nature-based mentoring, and Earth-based ceremony and crafts. Summer camps and school year programs that help girls build connection with nature, their authentic selves, and a community of female mentors and role models. Programs and training for women are also available. A mother-daughter rites of passage program is in development for fall 2009.



WEST/PACIFIC WEST

APEX Adventures, Inc.

Shaw Dunton, Owner

P.O. Box 1327

Soquel, CA 95073

Ph. 800-549-0388

Fax. 831-685-1927

shaw@apexadventures.com

www.apexadventures.com

Note: Team building & leadership development through experiential and adventure-based activities for girls. Also

supports existing programs (e.g., Girl Scouts, YWCA, schools, sports teams, churches, etc). Ropes course, rock climbing, kayaking, and more! (Based in Santa Cruz).

GirlVentures

Jenny Lam, Executive Director
Priscilla McKenney, Program Director
c/o The Women's Building
3543 18th Street #18
San Francisco, CA 94110
Ph. 415-864-0780; Fax 415-861-3464
info@girlventures.org
priscilla@girlventures.org
www.girlventures.org

Note: Summer program offers 14 day wilderness expedition courses for girls entering 7th, 8th, & 9th grades. "Empowering adolescent girls to develop & express their strengths." School year programs offer courses in self defense, rock climbing, leadership development, and creative expression. Customized retreats and courses available for pre-existing groups through our community course offerings.

Maui Surfer Girls

Dustin Tester, Camp Founder
PO Box 1158
Puunene, HI 96784
Ph. 866-674-2002
dustin@mauisurfergirls.com
www.mauisurfergirls.com

Note: The mission is to empower girls through the sport of surfing and Maui adventure. Whether it be learning how to catch the warm waves of Maui or hiking through the beautiful West Maui Mountains, girls gain an enriched summer experience and sense of self at camp. They offer a smallest student to teacher ratio's (3:1) in the industry, to foster bonding, mentorship, and self-awareness at their surf camp.

Outervention

Erica Cicero, Executive Director
165 Garcia Avenue
San Francisco, CA 94127
Ph. 415-681-9426
ecicero@sbcglobal.net
www.outervention.org

Note: This program offers wilderness experiences to strengthen relationships between adolescent girls and their parents.

Tall Ship Semester for Girls

San Francisco State University
c/o RLS Department
1600 Holloway Avenue
San Francisco, CA 94132-4161
Ph. 415-405-3703
tallship@sfsu.edu
www.tallshipsemester.org

Note: An accredited four-month experiential semester for high school girls. Six weeks of the semester are spent away from San Francisco on a traditionally rigged sail boat. Week-long women's program also available.

Womanhood Inspirations

Affiliated with Children Are Our Future

Bernadine Rosso & Terry Nail, Co-Founders
Ph. 831-345-9885
Bnewgrowth@aol.com
www.womanhoodinspirations.com

Note: A rites of passage program designed for girls 12 and up. Includes outdoor activities and adventures as well as healing arts modalities for growth and transformation. Offering empowerment for the next generation!

[List your organization here!]

A FEW COMPLEMENTARY RESOURCES
(in no particular order)

- ♀ Girls' Coalition of Greater Boston
Katie Wheeler, Executive Director
Ph. 617-536-8543
katie@girlscoalition.org
www.girlscoalition.org
Note: A member-driven consortium dedicated to supporting the adults who empower girls. We bring together people and resources to educate, advocate, and network on behalf of girls. By providing resources and development opportunities, we strive to improve the quality and quantity of programs and services for girls.
- ♀ Girl Scouts of the USA
420 Fifth Avenue
New York, NY 10018-2798
Ph. (800) 478-7248 or (212) 852-8000
www.girlscouts.org
- ♀ Girls on the Run International
500 East Morehead St., Suite 104
Charlotte, NC 28202
Ph. 800-901.9965; 704-376-9817
Fax 704-376-1039
info@gotr.org
revans05@cableone.net
www.girlsontherun.org
Note: Offers a non-competitive, after school program that is ten weeks in length, combining physical activity (running) a experiential learning through a psychology based curriculum to teach very specific and well-defined social and personal (character development) skills.
- ♀ Girls, Inc. National Resource Center
441 West Michigan Street
Indianapolis, IN 46202-3233
Ph. 1-800-374-4475
www.girlsinc.org
Note: A national nonprofit youth organization dedicated to inspiring all girls to be strong, smart, and bold. Research and evaluation conducted by the NRC provide the foundation for Girls Inc. programs. (Headquarters in New York)
- ♀ Oasis for Girls
(A project of The Tides Center)
Rachel P. Paras, Executive Director
Jessica Van Tuyl, Program Manager
1129 Folsom Street
San Francisco, CA 94103
Ph. 415-701-7991
Fax 415-701-0131 (call first)
sfoasis@sfoasis.org
www.sfoasis.org
Note: Oasis provides culturally relevant and gender specific Arts, Leadership Development, and Life Skills programs supporting the growth of low-income, immigrant girls and young women of color in urban communities. Through these programs, girls and young women have access to a community of adult mentors who support them in creating change and integrating their skills to address issues they face in their lives & communities.
- ♀ Outdoor Industries Women's Coalition
P.O. Box 8993
Boise, ID 83707
info@oiwc.org
www.oiwc.org
Note: Education, networking, mentoring for women who work in the outdoor industries.
- ♀ Northwest Girls Coalition
PO Box 9525
Seattle, WA 98109-9525
info@nwgirlscoalition.org
www.nwgirlscoalition.org
Note: The organizational vision is to ensure a healthy, supportive environment for all girls to realize their full potential. Our mission is to strengthen the girl-serving community by fostering education and collaboration in the Puget Sound region.

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♀ Nurture Through Nature~
Holistic Canoe Trips & Wellness
Retreats for Women
Jen Deraspe, Owner, Licensed
Recreational Maine Guide ~ Holistic
Personal Trainer ~ Educator
Ph. 207-452-2929
www.ntnretreats.com
Note: Opportunities for women to nurture
their soul's calling. Mindfulness
practices, yoga, and guided meditations
woven into unique retreats and gentle
nature explorations incorporated to
integrate body and spirit. Space created
for reflection and restoration in the natural
world, deepening connection to the living
earth and all of its dependents, including
ourselves. Holistic Canoe Trips in Maine
and Utah. Women's Wellness Weekend
Retreats in Denmark, Maine. Custom
retreats available for teens mothers and
daughters, friends circles and more.



*Culminating a great week together on the Green River
Moab, UT (April 2005)
Photo courtesy of "Nurture through Nature"*

♀ American Assoc. for University Women
1111 16th Street, NW
Washington, DC 20036
Ph. 202-785-7700
Fax 202-872-1425
www.aauw.org or helpline@aauw.org

♀ Women, Girls, and Education
Women's Studies Links of the Assoc. of
College and Research Libraries
www.library.wisc.edu/libraries/WomensStudies/womened.htm
Note: Links for curriculum, pedagogy,
research, periodicals, funding, issues,
discussion lists, and more.

♀ Girls Equitable Treatment Coalition
899 Logan Street Suite 600
Denver, CO 80203
Ph. 970-221-3676
www.girlsetc.org
Note: Part of the Colorado advocates for
girls in the juvenile justice system. They
provide training and programming
appropriate to female youth.

♀ Women's Adventure Magazine
Michelle Theall, Founder
1722 14th St. Suite 180
Boulder, CO 80302
info@womensadventuremagazine.com
www.womensadventuremagazine.com

♀ Student Conservation Association
High School Conservation Crews
Recruitment Department
P.O. Box 550
Charlestown, NH 03603
Ph. 603-543-1700
Fax 603-543-1828
admissions@thesca.org
www.thesca.org/con_crews.cfm
Note: SCA works with high school girls
(ages 15-19) through co-educational crew
opportunities. Students gain wilderness
skills, enjoy outdoor adventures, build
hiking trails, and restore habitats back to
their natural states. It's time for real
adventures, real challenges, and making a
real difference. Crew members live and
serve in national parks, forests, and other
public lands for a 4-5 week summer
program. Develop leadership skills and
get real experience for your future!

- ♀ Strozzi Institute
Center for Leadership and Mastery
Susan Nichols, Strozzi Associate
4101 Middle Two Rock Rd.
Petaluma CA, 94952
Ph. 707-778-6505
susienic@earthlink.net
www.strozziinstitute.com
Note: Specially designed program for young women, 15-18 years of age, during summer months. This School of Embodied Leadership Training focuses on increasing girls' awareness of their somatic self (internal sensing/whole self) and connecting physical practices with the development of self and their ability to take effective action in the world to produce the results they intend.
- ♀ SHARANYA / Daughters of Kali
Chandra Alexandre, Executive Director
859 36th Avenue
San Francisco, CA 94121
Ph. 415-505-6840
Fax 415-723-7299
dok@sharanya.org
www.sharanya.org
Note: Helps younger women deal with the socio-cultural realities of becoming a woman in today's world by providing elder guidance and mentorship in conjunction with rites of passage ceremonies at menarche. This program also provides menstrual rituals for teenage and adult women who wish to affirm their relationship to their menstrual cycle at a later point in life.
- ♀ Ms. Foundation for Women
120 Wall Street, 33rd Floor
New York, NY 10005
Ph. 212-742-2300 or
800-676-7780
Fax 212-742-1653
info@ms.foundation.org
www.Ms.foundation.org
Note: Strong program for "Girls, Young Women, and Leadership". Info available for grants, events, publications, reports, assessment tools for youth programs & more.
- ♀ Women's Funding Alliance
LeAnne Moss, Executive Director
603 Stewart, Suite 207
Seattle, WA 98101-1229
Ph/TTY: 206-467-6733
Fax: 206 467 7537
wfa@wfalliance.org
www.wfalliance.org
Note: The Alliance is the only Puget Sound organization focused on supporting and developing agencies that work with women and girls. The Women's Funding Alliance provides solutions to the critical issues women and girls still face; and promotes a healthier community for us all.
- ♀ Outdoor Industry Foundation (OIF)
4909 Pearl East Circle, Suite 200
Boulder, Colorado 80301
Ph. 303-444-3353
info@outdoorindustry.org
www.outdoorindustryfoundation.org/women.html
Note: The OIF is a non-profit foundation established by *Outdoor Industry Association* to encourage active outdoor recreation for all Americans. OIF's charter is to increase participation in outdoor recreation and to encourage and support healthier, more active lifestyles through education, partnerships, programs & advocacy. Make a long term commitment to the health of our industry, our public lands, and our nation. The Getting Women Active campaign is designed to help the outdoor community reach out and engage women and girls in outdoor recreation activities and programs.
- ♀ Outdoor Girl Products
Genevieve Marchand
genmarch@yahoo.com
www.outdoorgirlproducts.com
Ph. 970-531-0223
Note: The idea behind *Outdoor Girl Products* started during the summer of 2004. Genevieve wanted to offer her female friends the possibility of telling the world about their passion for the outdoors.

Bumper stickers were the only item available at first, but with lots of pressure from those friends, the *Outdoor Girl* T-shirt is now available for all to purchase!

♀ National Council for Research on Women
11 Hanover Square, 24th Floor
New York, NY 10005
Ph: 212-785-7335
Fax: 212-785-7350
ncrw@ncrw.org
Note: See "Links to Websites about Girls"
<http://www.ncrw.org/resources/girlslinks.htm>

*List your agency or
company resource here!*



This document is not intended to be exhaustive, rather provide an at-a-glance resource list to people seeking program models and/or resources to assist with programming for adolescent girls in the outdoors. Corrections and additions to this list should be submitted to:

Nina S. Roberts
via email: [<ns_roberts@earthlink.net>](mailto:ns_roberts@earthlink.net)

[updated version: as of 1/13/09]
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(updated on an as needed basis each year)

The web site is designed by Laura Woodcock:
<http://www.girlsoutdoorsresources.org/>

Send your photos for possible inclusion on this listing and/or on the girls' outdoors resource website.

If interested, provide the name of the program, a caption, and name of the author for proper photo credit.



Beckwourth Outdoor Education Center,
Girl Bonding Program –
Rocky Mountain National Park

Photo: Nina S. Roberts

