

## {Track Workshops}

Tuesday, August 1<sup>st</sup> and Wednesday, August 2<sup>nd</sup> (9:00am-12:00pm) - Must Attend Both Sessions

### Exploring Equine Sciences: The Mane Event

The world of Equine Sciences involves everything from anatomy, genetics, animal behavior, and so much more. Come spend 2 days exploring Equine Sciences and the opportunities that ride along with it in the Exploring Equine Sciences: The Mane Event workshop.

### Smart Biomaterials, Bioenergy, and Biosensors

The biological Engineering workshop will introduce students to various concepts that are currently used in biological engineering area in two dedicated sections: 1) biosensor and biomaterial session; 2) bioenergy and biofuel session. The participant will be expected to learn basic concept of biological engineering through a number of experimental learning activities under the guidance of camp volunteers (graduate students). The youth team will work together on hand-on experiments, designing project, and questions for each activity. The youth are expected to build up their science abilities through presentations, demo videos, hand-on experiments, design project and questions.

**MUST WEAR CLOSED TOED SHOES**

### The Meat We Eat!

The 2017 4-H University "The Meat We Eat" Workshop will give youth an opportunity to learn about, see, and participate in the meat industry. This fun-filled two-day workshop will include pork fabrication, sausage production, food safety, and general meat science activities. Participants will also learn about and engage in the Florida 4-H Tailgate Contest. Participants will tour a USDA-inspected facility, meet with UF professors, and participate in a taste panel.

**MUST WEAR LONG PANTS AND CLOSED TOED SHOES BOTH DAYS**

### Entrepreneurship

Required track for participants in Gator Pit. Youth will learn about the fundamentals of business, including how to develop, market, and budget for their business endeavors. Youth will have the opportunity to meet innovators by visiting a Maker Space in the local area.

**MANDATORY FOR GATOR PIT PARTICIPANTS**

### Leadership Starts with You

Before you can lead others, you must be able to lead yourself. In this workshop we will explore a variety of facets of self-leadership including self-awareness and personality, time management, poise, professionalism, and podium pizzazz.

**BRING WRITING UTENSILS**

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## Careers in Local Government

Do you enjoy keeping up with the news and knowing what is happening in politics? Do you love coming to 4-H Legislature or Day at the Capitol and learning more about how your government works? Do you want to have a job that allows you to make your community better? If so, this is the workshop for you. You don't have to run for a political office to work for the government. In America, over 20 million people are employed by the federal, state, or local government. In this workshop, we will explore some of those job opportunities. You will travel around Gainesville and hear from government employees, such as people who work in the County Manager's Office, Voting Technicians for the Supervisor of Elections, State Attorney's, and more. You will also discover what sort of education is required for various careers in local government, and how you can make your community, your country, and your world a better place.

### Positive Civil Discourse

Participants will understand how to gather accurate information to have a productive debate and then how to approach a topic in a discussion that stays fact centered and positive.

### Teamwork Makes the Dream Work

One team. One dream. This track will challenge you to form, storm, norm, and perform as one team as you conquer a variety of challenges that require you to think critically and act physically amongst beautiful Lake Walberg. You will learn how successful teams form and how to use that knowledge to improve your leadership skills.

**MUST WEAR CLOSED TOE SHOES, AND ATHLETIC CLOTHES, WHICH ALLOW FOR MOVEMENT.**

### 4-H Ag Innovators

World population is projected to grow by two billion people over the next 40 years, requiring a 70 percent increase in food production. To meet this demand, future generations of farmers, scientists and other professionals will need to be Agriculture innovators. That's where you come in! 4-H Agriculture Innovators will put themselves in the shoes of agricultural engineers, farmers, and scientists to explore potential solutions for producing the food needed to feed the world. Do you have what it takes?

### Florida 4-H Shooting Sports

The Florida 4-H Shooting Sports program encompasses Hunting, Archery, Air Rifle, Smallbore Rifle, Muzzleloading and Shotgun. In this two-part class youth will learn how to safely handle and use archery equipment and investigate environmental education components of the program. Archery in Florida 4-H includes FITA, Field and 3D - come to this class and learn how to hit the bullseye!

**MUST WEAR CLOSED-TOE SHOES, HAT IS HELPFUL.**

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## Live 4-Health

What does the 4th H mean? How can I implement it into my life, my club, my community and my world? This workshop explores various components of healthy living such as sleep/ mental health, physical activity and cooking skills.

**COME IN ATHLETIC CLOTHES AND SHOES. NOTIFY US WITH ANY FOOD ALLERGIES.**

## Living on Your Own

This workshop will help youth understand financial management topics, including budgeting, check writing, balancing a checkbook, and credit. Youth will also participate in a "Living on My Own" simulation where they will experience what it is like to earn money and manage that money to pay for expenses.

## Discovering Aquatic Habitats, Fisheries, and Aquaculture

Participants will get hands-on experience learning some of the fundamental concepts of aquatic habitats. Get a chance to test various water parameters, such as clarity, dissolved oxygen, temperature, pH, and hardness! Participants will also collect live aquatic invertebrates; a biologist will teach participants about the role of invertebrates in aquatic habitats, and expose them to several activities that demonstrate the importance of fisheries and aquaculture. Participants will explore a closed-recirculating system for clams and oysters, and learn about UF shellfish aquaculture research, and learn about common fisheries techniques such as "age and growth" monitoring, tagging, and telemetry.

## Exploring Planets, Wildlife and Natural History

Come see the animals at the Sante Fe Zoo, learn about their zookeeper program, and walk to the Planetarium for a show that is out of this world! You will also visit the Florida Museum of Natural History's new exhibit "Frogs: A Chorus of Colors" plus interact with other exhibits on marine life (think huge sharks!), mammals, birds, insects, and even carnivorous plants as you take a walk through Florida's natural history.

**BRING WATER, HAT, SUNGLASSES, SUNCREEN, COMFORTABLE SHOES AND COOL CLOTHING.**

## {Discovery Workshops}

Tuesday, August 1<sup>st</sup> (1:00pm-4:30pm)

### Global Citizenship Through 4-H

Experience the States' 4-H Exchange Program with Japan and the IFYE (formerly International 4-H Youth Exchange - 19 years +) from delegates here in Florida this summer. Learn about 4-H in nearby countries, in the Caribbean, as well as many opportunities for global citizenship without traveling.

### Sparkling Interest through 4-H Clubs

Are you tired of attending the same old boring club meetings? Come to this workshop and learn ways to implement fun and educational activities into your 4-H club meeting. This workshop not only focus on developing leadership skills, but also teach about team building! Activities will be centered around STEM, Healthy Living, and Nature and the Outdoors. Attend this workshop for a chance to win prizes while learning how to spark interests in different areas in your 4-H club meetings!

### Healthy Living Teen Ambassador Training

Interested in becoming a Healthy Living Teen Ambassador in your county? Sponsored by United Healthcare, Food Smart Families program, this training will give youth the fundamental background training to teach others in their county about making healthier choices in their everyday lives.

### Why do People Act That Way?

Are you sometimes puzzled, or even frustrated, because other people think and act differently than you? Besides personality differences, people exhibit diversity in cultural norms, learning styles, religion and worldview, generational differences, and more. As our country's population shifts, diversity is increasing. This workshop will give you ideas for understanding why other people aren't the same as you. Whether you are traveling internationally or simply working with classmates or co-workers, recognizing your own hidden biases and developing an appreciation for the differences in others are essential for becoming a successful global citizen in a world of differences.

### CrossFit 101: Fitness, Wellness, and Nutrition

Come workout at the premier CrossFit gym in Gainesville! Youth will learn about CrossFit style workout routines, lift heavy things (but not too heavy), maybe we'll flip tires, who knows it's CrossFit! You're going to love it! CrossFit!

**GYM CLOTHES, TENNIS SHOES, WAIVER MUST BE SIGNED.**

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## Exploring Veterinary Medicine

Come join us for an afternoon at the UF College of Veterinary Medicine! This interactive day will include a session on the veterinary school requirements and admissions process, as well as tours of the small and large animal hospitals. The remaining time will be split into learning about different areas of veterinary medicine. Case rounds and live animal demonstrations.

## Make Yourself Interesting: College of Agricultural and Life Sciences

Participants will have the opportunity to explore the many majors and opportunities the College of Agricultural and Life Sciences has to offer them, with the help of current students, faculty and staff in the CALS Department!

## Backyard Bark Beetles: Citizen Science at Home

UF/IFAS Backyard Bark Beetles is a citizen science project provides a rare opportunity for the public to participate in real-world scientific research. During the "Discovery Zone" workshop, participants will learn about bark and ambrosia beetles, interact with specimens, and make beetle traps that can be taken home and deployed. In doing so, participants can help to advance our understanding of these amazing creatures, which will help us to protect forests and the species that depend on them.

## UF RecSports: Living in Motion

UF RecSports will provide an overview of their facilities, programs, and offerings while educating students on the importance of maintaining healthy lifestyles. Students will get the chance to discuss health and wellness as well as the opportunity to get active and have some fun!

**GYM CLOTHES, TENNIS SHOES, WAIVER MUST BE SIGNED.**

## Clean Up Our Water: Discovering Innovative Ways to Protect Our Water

Learn about water conservation and discover innovative ways to preserve and improve upon water pollution. We'll be traveling to Sweetwater Wetlands Park, and learning about why this was built, along with wildlife id, discovering indicator species, and learning the importance of protecting our aquifer. Participants should wear comfortable clothing, close toed shoes, and bring a water bottle with them. We will be outside the entire time.

**SUNSCREEN, CLOSE TOED SHOES, WALKING CLOTHES, WATER BOTTLE.**

## Silly Songs and Stories

Ever listen to someone share a song or story that you are completely engrossed in and think, "Man, I wish I could do that?!" You can! Join Ariel in learning how to lead songs and stories that are sure to impress!

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