4-H Outdoor Adventures Project

Are you Into It?

Do you enjoy the outdoors? If so, you will like taking part in the 4-H Outdoor Adventures Project where you will explore and enjoy nature through biking, camping, hiking and more! Here are a few ideas:

- Develop skills in the adventure you choose, such as biking, hiking, canoeing, camping, and orienteering.
- Plan an outdoor adventure for your club, friends and/or family.
- Learn ways to be a good steward of the earth as you go about your adventure.
- Share your knowledge and skills about the outdoors with others.

Here’s what you can do all year!

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<tr>
<th>Starting Out Basic</th>
<th>Learning More Intermediate</th>
<th>Expanding Horizons Advanced</th>
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<tbody>
<tr>
<td>Choose your adventure (biking, camping, canoeing, hiking, etc.).</td>
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<td>Learn about what gear you will need for your adventure.</td>
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<td>Attend a 4-H summer day or residential camp.</td>
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<td>Plan a group outing.</td>
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<td>Learn about safety for your outdoor adventure.</td>
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<td>Route your adventure using technology like a compass or geospatial mapping.</td>
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<td>Learn about equipment maintenance related to your adventure.</td>
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<td>Cook an outdoor meal over a grill or camp fire.</td>
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<td>Investigate an environmental issue related to your adventure.</td>
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<td>Do a 4-H demonstration on an environmental issue related to your adventure.</td>
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<td>Learn how to prepare for emergencies in remote areas.</td>
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<td>Plan, prepare and go on an extended adventure away from home.</td>
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<tr>
<td>Initiate a &quot;Save the Earth&quot; project in your community.</td>
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Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started!

Citizenship/ Leadership

- Teach others about how to be a good steward of the outdoors.
- Organize a volunteer group to clean up an area of your community.
- Help lead an outdoor summer camp for younger youth.

Communication

- Research the recreational needs of your community and meet with city and/or county officials to inform them of your findings.
- Do a 4-H demonstration or speech related to your adventure for your 4-H club meeting.

Healthy Living

- Organize a fitness challenge for 4-H youth taking part in similar outdoor adventures.
- Compile and share a list of outdoor activities available in your city/county.
- Learn about the health benefits for those who have adventures.

Science

- Collect some aquatic insects found in nearby ponds and research their benefit to the environment.
- Learn about different plants along a hiking trail.
- Learn more about clouds and observe and track the weather.

Learn more at florida4h.org or contact your local UF/IFAS Extension County Office
Expand Your Experiences in Outdoor Adventures!

- Apply for a camp counselor position at your county’s 4-H summer camp. Contact your county 4-H agent for more information.

- Are you interested in a career in geography, geology, landscape architecture, natural resources, plant science, wildlife ecology, or agricultural sciences? If so, schedule a visit with the ufl.edu/admissions/

- Register for 4-H University to attend workshops, participate in community service events, hear keynotes, compete in contests, have fun, and meet other youth from across Florida who may share common interests. For more information go to florida4h.org.

- Contact your county IFAS Extension Office for workshops, activities, and events related to community service.

- Participate in program planning, development, and implementation for new Outdoor Adventures programs in your 4-H Club.

**Resources**

**4-H Project Resources**

- Project materials to assist youth in learning may be available through your county 4-H office or you can order directly.

  Available at National 4-H: www.4-hmall.org

  - Hiking Trails
  - Camping Adventures
  - Backpack Expeditions
  - Helpers Guide

**Connections and Events**

- Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be. Contact your county 4-H office.

  Take part in:
  - 4-H Forest Ecology Project and Contest
  - 4-H Marine Science Project and the State Marine Ecology Event held in the fall.

  Experience
  - 4-H Summer Day and Residential Camps
  - 4-H University

- Attend these and other state events. Check them out at florida4h.org

**Record Keeping**

- Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

  The following record keeping forms can help you keep a record of your activities.

  Project Report Forms can be found at florida4h.org.
  - Junior (ages 8-10)
  - Intermediate (ages 11-13)
  - Senior (ages 14-18)
  - Financial Summary
  - Member Portfolio (ages 8-13)

**Awards and Recognition**

- Florida’s Recognition Program involves feedback through:
  - Participation
  - Setting Goals
  - Meeting Standards
  - Peer Competition
  - Cooperation

  Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

  To learn more about current recognition opportunities visit the Florida 4-H website at florida4h.org or contact your county 4-H agent.

Learn more at florida4h.org
or contact your local UF/IFAS Extension County Office

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