

# TrackersTEAMS Wilderness Immersion Fall Term 2009

## **June 13-19, 2010** Nature of the Village

*Skills of attending instructors include but are not limited to...*

- flintknapping arrowheads and other stone tools
- leather working
- wildlife tracking
- sewing
- primitive survival skills
- fire by friction
- wild plants harvest
- food fermentation/preservation
- natural building and permaculture
- team development skills

## **June 20-25, 2010** Primitive Skills and Bushcraft

- Train navigation with map and compass, land, sun and stars
- Make your handmade bow and arrow set
- Learn basic to advanced survival shelters
- Flintknape obsidian arrowheads and knives and work with other stone tools
- Train intensive fire methods: by friction and for all weather conditions
- Refine various methods of water treatment
- Cover outdoor and primitive camp logistics
- Learn basic wild edible plants
- Traditional butchering of small game (vegetarians are respected with other harvesting options)
- Preserve wild harvested foods for seasons and for the 1 week ultra-lite backpacking trip
- Practice responsible harvesting and propagation
- Weave baskets and other containers vital for travel

## **June 26, 2010** 1-Day Solo Sit

## **June 27-July 3, 2010** Oregon Dunes: Tracking

- Track animal and human tracks and sign with finely tuned hyper sensory awareness
- Learn intensive systems awareness and mapping
- Train navigation with map and compass, land, sun and stars
- Track and trail over challenging terrain
- Develop familiarity of geology, weather and other earth sciences
- Study local birds and their language, mapping the forest and animal movement by bird song

- Finely tune your hyper sensory awareness

### **July 4-5, 2010 Rest and Relaxation**

### **July 6-8, 2010 Kayak Training on the Oregon Coast**

- 3-days of travel in handmade in traditional skin on frame Baidarka kayaks
- Packing for marine overnights
- Marine navigation including blue charts, marine GPS and route planning
- Basics of water safety
- Proper marine safety gear
- Reading currents and water
- Proper kayaking technique
- Wet exits, t-rescues and kayak rolls
- Coastal foraging: fishing, crabbing, shellfish and sea vegetable harvest
- Seafaring history of indigenous people
- Principles of traditional boat design

### **July 9, 2010 Travel to the Bay Area (San Francisco)**

### **July 10-14, 2010 Martial Arts & Weapons Training**

- soft and hard martial arts
- weapons awareness and disarmament
- physical conditioning
- martial arts philosophy

### **July 15-17, 2010 Stealth Scenarios**

- Travel silently and lightly on the land with a minimal of gear
- In your team avoid other teams, protecting the "heart of your village"
- Use your handmade bow with foam arrows to "hunt" other teams
- Train techniques of silent and flow movement for invisibility to see more wildlife
- Use natural camouflage to blend to the ebb and flow of the forest
- Experience a depth an edge of awareness few know
- Develop your "spidey" sense
- Communicate by body language and non-verbal signals in your team
- Live silence of 4 days with your team
- Don't compete to win, play to blend into the land around you

### **July 18, 2010 Rest and Relaxation**

### **July 19-22, 2010 Sailing in Tomales Bay**

- Sailing basics

- Marine navigation including blue charts, marine GPS and route planning
- Basics of water safety
- Reading currents and water
- Coastal foraging: fishing, crabbing, shellfish and sea vegetable harvest

**July 22-23, 2010** Travel back to Portland

**July 24-25, 2010** International Travel and Backcountry Vehicle workshop

- using vehicles to traverse difficult terrain
- passports and traveling in challenging countries

**July 26-29, 2010** Art & Theater Intensive

- Build team rapport with theater and improv training (all experience levels apply, we walk folks through any fears of public performance)
- Develop your creative skills through training professional level wildlife illustration (all experience levels apply, we walk folks through any fears of art)
- Make traditional and DIY musical instruments. Jam with your friend (all experience levels apply, we walk folks through any fears of jamming)

**July 30-August 2, 2010** Ultra-lite Backpacking & Bushcraft Travel

- Simple and easy backcountry travel with a light pack
- Preparing and packing with lightweight foods, homemade, wild harvested, money saving
- Supplement your diet identifying and sustainability harvesting summer edible and medicinal plants
- Train route planning and navigation with map and compass, land, sun and stars
- Use modern and primitive methods of water filtration

**August 3-6, 2010** 3-4 day Solo Sit

**August 7-9, 2010** Rest and Relaxation + Permaculture Basics at Permaculture Farm on Oregon Coast

**August 10-12, 2010** Urban Nomad overnight

**August 13-21, 2010** Lost Valley Nature of the Village (prep time and running it)

- A community building program run by students applying all the skills they learned

**Keeping everyone healthy** TrackersTEAMS and TrackersNW reserves the right to refuse service to anyone. We strive to meet the needs of all participants, building a healthy working, learning and creative environment for all involved, both staff and client. Very rarely, and almost never, this requires the dismissal of a participant. If this occurs

prior to the program we evaluate the circumstance. There will be no refunds if dismissal occurs during the program. We take the responsibility for the health of every team member seriously and set our standards high, addressing challenges as it affects the emotional and physical well being of the group and program team, other paying clients continuing to derive value from the program and the emotional well being of our staff. Grounds for evaluation and possibly dismissal includes but is not limited to: dangerous activities, emotional distress beyond the scope of our instructors, racist, sexist and otherwise bigoted behavior, accusatory and aggressive unsolicited advise, expectations that participants or staff conform to another person's aggressively specific moral values and overwhelming, unspoken or indirect verbal, written or physically aggressive behavior. This is at the discretion of the instructor staff. We definitely appreciate well thought out and well versed feedback, both positive and negative, about how we can better meet each others needs in a functional way. We do not support censorship by any means.

**Program Benchmarks** Program benchmarks are set as goals only. These are subject to change based on our team collaboration with participants. They are also subject to change for other circumstantial issues, including but not limited to weather, cancellation of contractors and other options arise that instructors believe are more thematically appropriate. We are an outdoor program. Many of our activities are strenuous.