

Sample Workshop Outline – Typically 9am to 4:30pm

orienteering map adventures

Ed Hicks and Bob Burg – Orienteering Unlimited, Inc.



Co-Sponsored by New York State Outdoor Education Association

This workshop introduces you to the wealth of possibilities available when developing your own series of activities and programs. Participating in a Map Adventure training, you will experience firsthand how orienteering can be applied to everything from classrooms to corporate team building.

Orienteering is an international sport where participants navigate on foot over unfamiliar terrain guided only by a detailed topographic map, a compass, and their wits. They must find a sequence of specific geographic features in the woods (e.g. hilltops, boulders, stream junctions) indicated by circles on the map. Arriving at each feature, they find a distinctive orange and white flag (called a control) hanging with an identifying pin punch used to prove they found the feature. Timed from start to finish, participants can compare their cumulative time and route choices with others, though many enjoy recreational orienteering without the competition. Called the “thinking sport”, Orienteering engages the mind while exercising the body.

Besides being a sport, Orienteering is a fun activity that you can easily adapt to a variety of programs and daily living situations. Our step-by-step progression of hands-on exercises fosters problem solving and decision-making, team building and self-confidence while improving navigational skills with maps. The program is designed to inspire you to develop your own programs and integrate them with any subject matter and group objective, with any age group in any setting.

OBJECTIVES – Participants will:

- Experience orienteering both as a sport and a teaching technique.
- Identify a wide variety of orienteering formats and exercises.
- Learn how to make simple orienteering maps.
- Develop activities to incorporate orienteering into their current programs.
- Be introduced to orienteering materials and resources.
- Learn how to design and set up a simple orienteering course.
- Explore ways orienteering can be used to develop self-confidence and make decisions.

STEP-BY-STEP SEQUENCE – Building Skills and Confidence in a Natural Progression

- **Basics of Orienteering**
- **Reading and Creating Maps**
- **In-Room Orienteering Exercise – Individual or Team**
- **Surrounding Area Orienteering Exercises – Including Trivia Orienteering Format**
- **Classic Beginner Orienteering Course in the Woods**
- **De-Briefing and Q and A – How You Can Adapt This Program for Your Group**

During the day you will receive a full packet of materials including lesson plans for the day’s training.

The best instructional books we know of will be available for purchase. They cover a full range of lesson plans that, with the experience of this training, you will be able to adapt to your situation.

Orienteering Unlimited, Inc.

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For more information about New York State Outdoor Education Association go to www.NYSOEA.org