



"I am no longer afraid to take risks. I am supported and I am loved. I am no longer afraid of walking out my front door without make up. I am no longer afraid to be me!"

"The main lesson I have learned is to do everything with inspiration and encouragement. Compassion, style, determination and physical fitness are the values of the ARC program and are now the way I hope to live for the rest of my life."



INTEGRATING OUTDOOR& ACADEMIC EDUCATION

# ADVENTURE, RISK AND CHALLENGE

## SUMMER LEADERSHIP AND LITERACY PROGRAM

"When I reached the top of the rock climb, I yelled, "I did it!" I was the happiest person in the world. I had defeated my enemy: myself."



"I wish I could stay another 40 days."  
<http://sagehen.ucnrs.org>



UNIVERSITY OF CALIFORNIA,  
BERKELEY



SAGEHEN CREEK FIELD STATION  
TRUCKEE, CA

A SUMMER LEADERSHIP & LITERACY PROGRAM

2008

*Sagehen Creek, UC Berkeley & Sedgwick, UC Santa Barbara*

BACK PACKING

CAMPING

ROCK CLIMBING

SEA KAYAKING

COOKING

SWIMMING

HIKING

GAMES

ROPES COURSE

WILDERNESS FIRST AID

CPR

WRITING

READING

ENVIRONMENTAL SCIENCE PROJECTS

PHYSICAL FITNESS

MENTORING TEACHING

**Each student receives 10 high school credits  
& a stipend for completion with excellence**

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