

# LA VIDA OUTDOOR EDUCATION CORE REQUIREMENT

	<b>Discovery Courses</b>	<b>La Vida Expeditions</b>
<b>Description</b>	Discovery is experiential learning designed to promote personal and spiritual growth in the context of a supportive small group. Discovery adventure activities foster character formation personal discovery, faithful living and perseverance.	La Vida Expeditions have the same primary goals as Discovery, but they are accomplished in a more intensive wilderness setting that allows time for reflection, spiritual commitment and Christian community. Emphasis is placed on how we live and function outside of our comfort zones.
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Twice a week for one quad</li> <li>• Weekend camping trip to NH</li> <li>• Group development activities</li> <li>• Problem solving activities</li> <li>• Low and high ropes course</li> <li>• Indoor rock climbing</li> <li>• Goal setting exercise</li> <li>• Class reader and journal</li> <li>• Goal-setting exercise</li> </ul>	<ul style="list-style-type: none"> <li>• 12-days in the Adirondacks of NY</li> <li>• Backpacking or canoeing</li> <li>• Group development activities</li> <li>• Low and high ropes course</li> <li>• Rock climbing and rappelling</li> <li>• Outdoor skills development</li> <li>• Creation stewardship principles</li> <li>• Reflection through journaling</li> <li>• A time of solitude and prayer</li> </ul>
<b>Course Dates and Times</b>	<p>Classes take place during 1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> Quad</p> <p>We recommend incoming students take Discovery 1st Quad to maximize the experience.</p> <p>DAY: TIME:</p> <p>T/Th 8:00 – 9:30</p> <p>T/Th 9:45 – 11:15 (Q1&amp;Q4 only)</p> <p>T/Th 11:30 – 1:00</p> <p>T/Th 1:15 – 2:45 (Q1&amp;Q4 only)</p> <p>T/Th 3:00 – 4:30 (Q1&amp;Q4 only)</p> <p>M/W 1:00 – 2:30</p>	<p>June 20 – July 1, 2023 <i>Apply upon acceptance to Gordon</i></p> <p>July 4 – July 15, 2023 <i>Apply upon acceptance to Gordon</i></p> <p>July 18 – July 29, 2023 <i>Apply upon acceptance to Gordon</i></p> <p>August 6 – August 17, 2023 <i>Apply upon acceptance to Gordon</i></p> <p>May 2024 (Dates to come)</p>
<b>Course Code &amp; Cost</b>	PED015 Discovery and PED016 La Vida Expeditions are included in the First-Year Experience Fee that you pay before starting at Gordon.	
<b>Important Details</b>	All Discovery classes include a weekend trip (Saturday-Sunday). Students <i>must</i> participate on the weekend trip in order to fulfill the course requirements.	The deadline to apply for a summer La Vida Expedition is May 1. If you decide on Gordon after that date, please check our website to see if there are still spots available.
<b>Contact Info</b>	Call 978.867.4111 or e-mail <a href="mailto:lavida@gordon.edu">lavida@gordon.edu</a>	

*La Vida Expeditions and Discovery are designed for new students and are part of the first-year experience. Expeditions are most powerful when taken before college begins (June, July, or August) or at the end of the student's first year (May, or June if no May Trip is offered). La Vida Expeditions and Discovery both focus on goal setting, community, reflection, and growing in Christ and are designed to serve as a catalyst for personal growth and leadership.*

# Recommendations for Athletes

## Fall Sports

Men's and Women's Cross Country  
Men's and Women's Soccer  
Men's and Women's Rowing  
Women's Field Hockey  
Women's Volleyball  
Women's Tennis

### Best Options:

- **June, July, or Late July La Vida Expedition 2023** (apply upon acceptance to Gordon)
  - **Quad 4 Discovery Course** (register in November)
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## Winter Sports

Men's and Women's Track and Field  
Men's and Women's Swimming  
Men's and Women's Basketball

### Best Options:

- **June, July, Late July, or August La Vida Expedition 2023** (apply upon acceptance to Gordon)
  - **Quad 1 Discovery Course** (indicate on summer pre-registration form)
  - **Quad 4 Discovery Course** (register in November)
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## Spring Sports

Men's and Women's Track and Field  
Men's and Women's Lacrosse  
Women's Softball  
Men's Baseball  
Men's Tennis

### Best Options:

- **June, July, Late July, or August La Vida Expedition 2023** (apply upon acceptance to Gordon)
  - **Quad 1 and 2 Discovery Course** (indicate on summer pre-registration form)
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**If you choose Discovery:** All athletes should check with their coaches to find out if there are any off-season scrimmages planned. Knowing about these dates could help you choose which Discovery class and weekend might work best with your academic and sports schedule. A Discovery camping weekend is required in order to receive credit for the course.