

MEC's CORE Program

Each MEC Session is specifically tailored to meet the needs and abilities of 40 students according to age, grade level, and prior experience. MEC's CORE Program promotes a goal oriented design to foster continual development through the sequence of programs offered. We believe strongly that making a difference in the lives of our students requires an educator-student relationship built on trust and direct personal attention. Students enjoy a staff to student ratio that averages 1:5, with co-ed activity groups of 10.



We approach education using interactive hands-on and inquiry based learning approaches. Each course concludes in celebration of the student's achievements and

processing on how they can apply their new self-confidence, sense of accomplishment, skills, and knowledge to their daily lives in NYC.

Aiding in lessening the summer learning gap: students in all courses are encouraged to reach their full potential by enjoying safe, stimulating, and fun enrichment activities:

- Teams course challenges and group building initiatives
- Scientific inquiry into local ecology
- Canoeing and swimming
- Hiking and backpacking
- Overnight camping, at MEC and the wilderness beyond
- Creative thinking and problem solving
- Organic gardening
- Astronomy, night exploration, and campfires
- Journaling, reading, crafts, and skits
- Applying Leave No Trace ethics



Christodora's Mission



Christodora is a non-profit, non-sectarian, operating foundation offering environmental education and leadership training to motivated New York City public school students. Christodora was founded in 1897 as a settlement house, providing health

care, educational and job training programs, and other social services for poor immigrant families. Since 1908, Christodora has been a leader in providing camping, nature and outdoor education programs for New York City youth.

Today, Christodora continues its long successful tradition of providing urban children educational and challenging summer experiences at the Manice Education Center.



Additionally, Christodora offers a range of urban based programs including in-school and after-school environmental education, service learning, summer work, and field study opportunities:

Spring/Fall:

- 3-day School Field Trips to MEC

Summer:

- The Elliman Scholarship Program
- The Summer Ecology Program

Winter in New York City:

- Winter Ecology Program—In Schools
- *After-School Club:* New Youth Conservationists

"Thank-you so much for such a unique opportunity that teaches and gives our city kids the options to experience and dream beyond their borders."

-Mr. & Mrs. Rosario

"I can remember last summer like yesterday. Everything. The nature, learning wilderness skills and community building. Thank-you for encouraging us to try so many new things." -Nicholas M.

"When I go up the bumpy road to Manice, I always feel like I am reaching my second home..."

Nature , Learning, Leadership

Christodora's Manice Education Center



Serving NYC Youth Since 1897



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www.christodora.org

Manice Education Center (MEC)

MEC has served nearly 25,000 students since opening in 1981. The facility is nestled in a picturesque, pristine outdoor setting in the Berkshire mountains of Northwest Massachusetts. Surrounded by a wilderness of state forest lands, clear mountain ponds & streams, wildlife, and hiking trails, this is an ideal setting for our courses in environmental education and leadership development.



Our hands-on adventure programs challenge students academically, physically, and emotionally to stimulate growth and enhance responsibility in a peer and staff supportive culture.

The enthusiastic approach to learning in these outdoor activities encourages a spirit of cooperation and self-confidence, which guides participants toward a broader understanding of themselves, their environment, and their community.

(INSERT CURRENT DATES)

We encourage everyone to apply—no one is denied participation due to financial need!

A \$60 non-refundable registration fee is applicable for each student and session. We offer Scholarships toward tuition, which are determined by individual need. Registration and Scholarships are on a first come - first served basis.

APPLY TODAY!
admissions@christodora.org
(212) 371-5225

MEC Session I

Exploratory Course: Introduction to the Outdoors
6 Days for 6th-7th grades



This Exploratory Course starts the journey of our summer programs. Students are introduced to camping, learning, and enjoying the outdoors through an exciting 6-day

residential stay at the Center. Recognizing the needs of our first-time campers, these students will enjoy being the only ones in residence so that our highly skilled staff can devote all their attention, energy, and support to meeting their individual needs.

Students will investigate the natural forests and beaver ponds on the Center's 85 acre campus, and can expect to participate in all the challenging activities listed in our Core Program. Students will also be introduced to backcountry exploration on a single overnight backpacking or canoeing trip in our neighboring Savoy State Forest.



This course provides students with a basic foundation in environmental knowledge and wilderness skills that will promote readiness and further curiosity for their return to more advanced courses at MEC in summers to come.



MEC Sessions 2 & 3

Foundation and Advanced Courses
19 days for 7th-9th Grades

Session 2 and 3 build upon MEC's Core Program as students engage in a progression of exciting 3 night backpacking and canoeing adventures. These trips are designed to build self-confidence and community awareness. Both

courses develop physical stamina through creek and forest walks before entering into the wilderness of Southern New England's trails and waterways.

Foundation Course (Session 2): Students learn:

- Extended backcountry travel and survival
- How to identify their natural surroundings
- How local ecosystems work together
- New insights into their community at camp, at school, and at home.

Advanced Course (Session 3): Students achieve:

- Growth in trusting themselves and their peers
- Team spirited accomplishments on challenging rivers and mountains
- A sense of responsibility through trip preparation and participation in community service oriented projects toward environmental action.

Leadership Training Course (LTC):

- Is offered to 10, selected, Session 3 students
- It builds early foundations in leadership through Service Learning
- Students blaze new trails in local forests with professionally trained guides
- And develop and complete a legacy project at MEC, improving the experience for others
- LTC prepares readiness for entry to the Elliman Scholarship Program



MEC Session 4

High School Leadership Development Course (H.S.L.D.C.)
11 days for grades 9th-12th



MEC's H.S.L.D.C. is an intensive 11-day experience promoting self and community reliance while discovering existing leadership potential. Students will be challenged through a variety

of workshops, team focused problem solving, and leadership applications—both on campus and during a student led, staff guided 4 night journey on the renowned Appalachian Trail and exciting nearby rivers.

H.S.L.D.C. includes:

- Workshops on leadership, decision making, communication, group & social skills, conflict management & cultural awareness
- Wilderness navigation and orienteering
- Emergency preparedness and procedures
- Equipment selection & usage
- Natural history lessons & environmental debates
- Leading the group for a day with a peer
- Daily journal reflections
- Evening discussions about leadership styles and group dynamics
- Self, peer, and staff course evaluations designed to relate achievements to everyday life



Edward S. Elliman Scholarship Program

12-14 days for H.S. Students

The Elliman Scholarship Program for Advanced Studies in the Environment offers competitive scholarships for students to pursue extensive environmental study in leading summer programs at college campuses and field research settings.

Journeys Beyond

MEC Session 5

Bringing Reward and Investment to Developing & Growing Educators (B.R.I.D.G.E. course)

12 days

Offers select graduates from Session 4 an opportunity for early professional development in leadership, local ecology, and education. Students who apply should have a passion for the outdoors and a sincere interest in pursuing collegiate study or professional placement in outdoor, environmental science, and education fields.

Participants plan and lead their 7 night expedition into the wild with seasoned instructors certified in advanced medical training. Adapted from a nationally recognized curriculum, this course purposefully engages students in:

- Applying leadership and teaching methods
- Applying knowledge of local ecology
- Journaling with a mentor & Solo reflections
- Early mastery of wilderness skills and field decisions for personal and group safety

Successful graduates highlight this course on their early resumes, propelling their lifelong journeys in leadership and education in our natural world.

NYC After-School Programs

New Youth Conservationists (NYC)

Stay connected with your community at Christodora and connect with new friends on the weekends at the New York Botanical Garden.

- Exploration of natural, urban ecosystems
- Community service credits through urban environmental action and restoration projects
- Help with college resume preparation



SAFETY ASSURANCE:

Christodora Summer Programs provide constant supervision by qualified and trained staff, certified in First Aid, CPR, and Life Guarding. Thorough background checks and physicals are required for all staff. Boys and girls are housed separately. This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local Board of Health. Parent/ guardians may request copies of background check, health care, and/or discipline policies as well as procedures for filing grievances. Christodora is an active member of the MA Camping Association, which educates camps on state regulations and industry best practices.