

Activity	Typical Outcomes	Description
Adventure Course	Creative problem-solving, Conflict resolution ability, Effective communication, Leadership development, Recognition of strengths and challenges	The adventure course presents a series of physical and mental tasks that challenge individual and group problem-solving skills. PBC has over 20 permanent elements on site and many more portable activities that can be facilitated in virtually any location – parks, gyms, etc. A minimum of four hours on the adventure course is required before a group can advance to high elements.
High Adventure Activities	Goal-setting, Realization of ability to achieve, Appropriate risk-taking, Responsible decision-making	The high ropes course at PBC gives participants the opportunity to challenge themselves to overcome obstacles safely at 30-50 feet in the air. PBC has over 15 different high ropes elements. Groups must demonstrate proficiency in teamwork and safety to participate in high elements.
Canoeing	Cooperation, Decision-making ability, Effective communication Conflict resolution ability	Facilitated by a certified lifeguard, participants learn safe boating techniques on beautiful Bass Lake located on the Center's property.
Hiking	Appreciation for the natural world, Increased group cohesion	PBC maintains more than four miles of trails on our property.
Orienteering	Critical thinking skills, Effective communication, Cooperation	Facilitators teach map-reading and compass skills.
Conflict Resolution Workshops	Cooperation, Creative problem-solving ability, Self-respect, Awareness, Respect for diversity	Conflict resolution workshops provide interactive activities that encourage participants to examine how conflicts emerge and effective techniques to bring positive resolution.
Environmental Education	Cooperation,	We utilize an evolving curriculum that enhances

	Appreciation for the natural world, Real-world application of classroom learning	participant understanding of the natural world.
Eco-Frisbee Golf	Cooperation, Appreciation for the natural world	A nine-hole Frisbee golf course allows for safe competition and includes an environmental education component.
Expeditions	Impact of individuals on the group, Self-reliance, Awareness of ability, Leadership development, Decision-making ability, Establish the resolve to stand strong in light of personal challenges.	PBC offers multi-day wilderness canoeing or backpacking expeditions. Under the supervision of our experienced personnel, groups traverse miles across water or land and are responsible for carrying all their necessities, setting up camp, preparing and cleaning up from meals and making decisions as a team. PBC is able to provide gear and meals.
Night Walks	Cooperation, Appreciation for the natural world.	Facilitators lead participants through a series of activities designed to create greater understanding and appreciate of the nocturnal world.
Campfires	Increased group cohesion, Appreciation for the natural world	You and your group can tell stories, have ceremonies, roast marshmallows, and enjoy the beauty of our lakeside campfire.
Restorations	Responsibilities, Sustainability, Teamwork, Impact of individuals' actions on their community.	Restorations are an integral part of our program that teach participants respect and stewardship for their environment. Every group will have the opportunity to help clean up after meals in our dining hall and kitchen, as well as help to clean the cabins and washhouses in preparation for the next group that arrives.

Debrief/Reflection

After each activity, we will practice a process called debriefing. This purposeful reflection pulls unconscious learning to the conscious level. We use a variety of techniques for participants to reflect on their experience which allows them to recognize and enhance their strengths, expose their challenges and learn skills they can implement in their 'real' lives at school, with friends and at home.

Additional Activities at PBC

Swimming: During the warmer seasons (late May to early September) participants can enjoy swimming in Bass Lake.

Service Learning/Service Projects: Giving of one's own labor and time can be a powerful learning experience. Service projects can take place on site at PBC – rebuilding a trail or bridge, planting trees or patching canoes. Projects can also be designed in the surrounding Blirstown community or back home in the communities where participants live.

Evening activities are available at an extra cost. Speak to a PBC coordinator if you are interested in this option.

Special Guest Speakers including wildlife specialists and others can be arranged.

TV and VCR are also available at no additional cost.