

PROJECT **WAYFINDER** Programs Overview

- | **One day programs** are a great introduction and exposure to the core program pieces listed below.
- | **Three day programs** offer increased depth with more activities and opportunities to practice.
- | **Five day programs** are immersive, transformative experiences with lasting impact.

		1 Day	3 Day	5 Day	
Core Components	Global Citizenship	Learn Wayfinder's 10 core competencies and values	✓	✓	✓
		Explore and reflect on personal values		✓	✓
		Develop individual, values-based practices and habits			✓
		Discuss and develop global mindset			✓
	Design Thinking	Introduction to design thinking process	✓	✓	✓
		Take-home design activities	✓	✓	
		Develop design thinking toolkit		✓	✓
		Create full-length, actionable design project			✓
	Mindfulness	Introduction to mindfulness practice	✓	✓	✓
		Extended mindfulness practice sessions		✓	✓
		Paired mindfulness activities		✓	✓
		Day-long mindfulness retreat			✓
	Wilderness	Intro to outdoor navigating and orienteering	✓	✓	✓
		Animal tracking and basic astronomy/stargazing		✓	✓
		Shelter and sculpture building w/ natural materials		✓	✓
		Day-long meditative hike			✓