

# A BEYOND THE CLASSROOM ADVENTURE



ECO LEADERSHIP EXCURSION  
NEW MEXICO , USA  
SEPTEMBER 18 – OCTOBER 4, 2015

DESIGNED BY GAJA LEARNING  
IN COOPERATION WITH FUNDACJA PRIMUS,  
THE MONTESSORI MIDDLE SCHOOL  
AND COTTONWOOD GULCH FOUNDATION



## **OFFER TO PRIMUS PARENTS OF 2<sup>ND</sup> & 3<sup>RD</sup> GYMNASIUM** **ECO LEADERSHIP EXCUSION**

*We teach that the Earth is alive, going beyond the classroom with innovative models to inspire growth.*

This trip aims to provide personal challenges that will enable students to build the foundations for personal leadership.

In a world that is changing faster and faster, we must learn and re learn constantly. Our children, our students feel this pressure more than ever. The goal of this trip is to help enhance self-esteem, gain courage to break out of comfort zones, feel safe to express creatively, to experience the value of personal responsibility.



Two outstanding organizations will help us reach this amazing goal.



The Montessori Middle School is making homestays possible for our students. The 8<sup>th</sup> grade class and their families open their homes. This is not visiting; this is a trip about living the experience. Not only will you make new friends, speak more English than you can possibly imagine, but you will experience new culture and see how different families live, in their home and at their school.

Cottonwood Gulch will lead us to breathtaking landscape, not to visit, but get a taste of living in it. With over 80 years of outdoor educational experience in South West, we will feel desert, we will learn her songs around the campfire, we will play games to entertain our souls, and we will practice teamwork to guide the principles of personal leadership.

Eco Leadership will come in two specific challenges. We are overburdened with electronics and easy access to food. Imagine the power to know you can live with out a phone to look out the window, to talk with your friend and the peace of mind that a snack is never too far away.

- Our expedition will be completely unplugged, except for cameras. All other electronics (phones, ipods, etc.) will be collected during our wilderness expedition travel. Once a day (and clearly marked in the schedule), phones will be returned to connect with family
- Save snacks for outside vans and tents, except water. We will make frequent stops to stretch legs and enjoy healthy tasty treats. Our goal is to emphasize the value of healthy eating without excess.



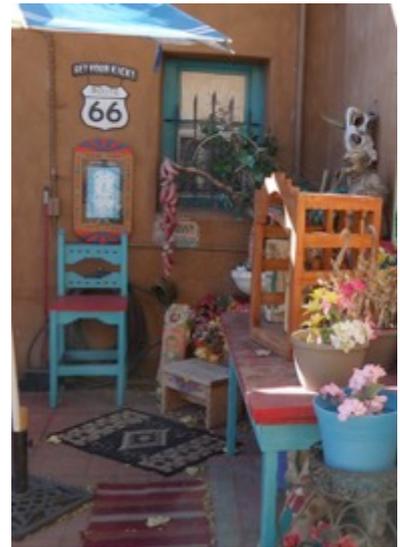
The Grand Canyon, Navaho farms, desert mountains, chili peppers, hot days, cold nights and many great new friends are waiting for you !

## Featured Excursions to include:

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**Grand Canyon** One of the largest and spectacular canyons in the world we will hike and explore this extraordinary national landscape.



**Albuquerque** Homestay with TMMS and urban setting with shopping.



**Gallup, New Mexico** Trading was part of the old western commerce. What better way to learn about history than to visit trading post in an old cowboy town. Also excellent place to find a souvenir.



**Mount Taylor** Camp near the top and a good morning hike to the peak. We will hike down part of the Grand Canyon, and hike up to Mount Taylor. Giving us chance to experience depths and heights of the New Mexico Desert.

### **Navajo family farm with cultural exchange**

Cottonwood Gulch has worked closely with a neighboring Native American Family. The family has kindly invited us to camp on their farm and spend the day learning first hand about their life style and culture. We will learn how to make "Fry Bread" and "Navajo Tacos."

Indigenous people are vastly disappearing around the world. American Indian Elders are some of the best story tellers through symbolism and awareness of the Earth's own language, the wind, the clouds, the changing colors of the sky, rocks, the beat of hooves and the rippling splash of water.



## The Montessori Middle School (TMMS):



This is the third year The Montessori Middle School in Albuquerque will host Fundacja Primus. The entire school community gets behind the whole program. Wonderful families welcome our students, friendly teachers accommodate us into their classroom. Even the New Mexican Chili Party is becoming quite popular. Our students will spend a couple of days at school as well as weekends with host families.

We will make sure that there will be plenty of individual time for rest, cleaning cloths and occasions with host families.



### Cottonwood Gulch Base Camp

Cottonwood Gulch will provide three expert and experienced teachers to accompany our entire trip. We will have three vehicles, two for people and one for our equipment and luggage. We will have two nights at Base Camp staying in their cabins. We will have day trip to Slot Canyon where students will get to test their bravery in a safe environment while exploring spectacular canyons.



## **Gaja Learning's Beyond the Classroom extraordinary stories:**

April 2012 -- While exploring lava caves in the El Malpais National Monument northwest New Mexico, students from Fundacja Primus and Sandia Prep found an Ancient American Indian Pot. Archeologists from the Federal Bureau of Land Management out of Albuquerque, New Mexico dated the find as between 900-1000 years old. European students often have the impression that American history is shorter than their own. This experience allowed students to discover a piece of ancient America -- an enormous expansion in historical awareness.



October 2013 - While visiting the St. Michael's school on the Navajo Nation Reservation in northeastern Arizona, Primus students participated in an exchange of cultural displays with the school's for mentally and physically challenged students. Having prepared for their visit by discussing personal stories of their experiences with the handicapped, Primus students unreservedly joined in a two-hour session of Native American song and dance.



### What students say:

*"One of the best trips I've ever been on. Besides self-discipline, I've learnt a lot about geology, fauna and flora, I've seen the wonders of nature, I've also learnt how to cope with many challenging situations." Przemek, Warsaw*

*"Our last trip with Mr. Benjamin to Albuquerque, New Mexico was a lifetime experience. We met new amazing people, discovered some wonderful places, such as old caves and spent a night in a tent in the middle of the forest. I got back to Poland with new knowledge, skills and amazing memories. I think that it was one of the best trips in my life and everyone should have an opportunity to experience what we could." Marysia, Warsaw*

### What parents say:

*"We appreciate the cross-cultural value, experiences of such different environments and society is giving strengths and better life preparation. Nature, mixed with farming, disable school and history is a great value." Krzysztof, Warsaw, Poland*

*"My child for the first time in his life, travelled, slept and ate in a little more austere condition than he is used to, until now. He was really satisfied and now he knows that a trip can be interesting without a four star hotel. He will surely attend similar expeditions in the future." Adam, Warsaw, Poland*

### What teachers say:

*"For teenagers it's very important experience to get a change of air, get away from their normal life, what is comfortable. Living with host families shows them their strong and weak features of personality." Magda, Warsaw, Poland*

*"It's clear that it can be a very profound experience when we realize that people who are complete strangers and from very different backgrounds, are in fact people that we can feel deeply about in a very short time." Linden, Kimberton, Pennsylvania*

## **Tentative Planned Itinerary**

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Day 1 (Fri. Sept. 18) Arrive Albuquerque (homestay)  
Day 2 (Sat..19) Albuquerque homestay with TMMS (homestay)  
Day 3 (Sun.20) Cottonwood Gulch Base Camp (camping)  
Day 4 (Mon.21) Drive to Grand Canyon National Park (camping)  
Day 5 (Tue. 22) Explore Grand Canyon (camping)  
Day 6 (Wed .23) Service Project Navajo Farm, TMES (camping)  
Day 7 (Thu.24) Gallup, New Mexico Trading post, base of Mount Taylor (camping)  
Day 8 (Fri. 25) Hike Mount Taylor, return to Albuquerque with TMMS (homestay)  
Day 9 (Sat.26) Albuquerque homestay with TMMS (homestay)  
Day 10 (Sun.27) Albuquerque homestay with TMMS (homestay)  
Day 11 (Mon.28) School Day at TMMS (homestay)  
Day 12 (Tue..29) School Day at TMMS (homestay)  
Day 13 (Wed.30) El Malpais lava fields, Cottonwood Gulch Base Camp (camping)  
Day 14 (Thu. Oct 1) Cottonwood Gulch Base Camp, Slot Canyons (camping)  
Day 15 (Fri. 2) Return to Albuquerque homestay with TMMS (homestay)  
Day 15 (Sat. 3) Return to Poland  
Day 16 (Sun. 4) Pick up in Warsaw

## **VISA and Vital Information**

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Each student will require a VISA to enter the United States. If you child already has a VISA please provide details.

Please answer the following questions:

- Does your child require absolutely smoke free accommodations?
- Are there any allergies that your child has?
- Is your child a vegetarian or have other dietary requirements?
- Are there any health concerns that we should be aware of?

Warm non-cotton clothing is required. Layering is best option to maximize comfort. A complete list of items to bring will be made available for the travel kit.

## **Your investment for a remarkable learning experience for your child**

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5300,00 PLN plus airfare (estimated at 3300,00 PLN). We must have 18 participating students to maintain this fee.

The price includes, accommodations, insurance, meals, and tuition for Cottonwood Gulch Foundation, travel within USA, tickets for excursions, and camping. Pocket money estimate is 100 USD.

Deposit of 5300 PLN must be made by June 12, 2015. Group airline tickets will be purchased on behalf of each student. Once the tickets are purchased each parent will be informed of the cost of travel. Final payment of airfare is due by July 10, 2015. Attached student application must be submitted by June 5, 2015.

Questions please contact, Benjamin Burg, tel. 503-485-291 or at benjamin.burg@gmail.com.

It is recommended for students to bring a house-warming gift for your host family.

## Student Application – Trip to New Mexico 2015 – Due 05.06.15

There are 18 available places. In order to have a successful experience for everyone involved we want to make sure each student feels a sense of ownership to the experience as well as a sincere sense of gratitude to the host school and families that agree to care for our students. Please complete all forms including Cottonwood Gulch release and medical forms.

Full Name of Student	
Passport number and expiration date	
Birthdate	
Email of student	
Mobile telephone of student	
Name of Parent or Guardian	
Email of Parent	
Mobile telephone of Parent	
Special Diet or Medical Issues we should know about	
If your child has valid VISA to the USA, please indicate with a YES	

### Image Release

I, \_\_\_\_\_, The legal guardian of the child listed above, hereby grant Gaja Learning, TMMS, Cottonwood Gulch and Fundacja Primus permission to use my child's photographic image, audio and video recorded likenesses and written materials for use in its promotional and educational materials, this may include, but is not limited to, their brochure, web site, foundation reports, student journals and presentations, newsletters, and press releases.

Signature of Parent or legal guardian. \_\_\_\_\_ Date : \_\_\_\_\_

Agreement to join our child to the Trip to New Mexico 2015.

I, \_\_\_\_\_, We agree to the content of the above proposal and if accepted we wish to enroll our child with agreement to the above payment terms.

Signature of Parent or legal guardian. \_\_\_\_\_ Date : \_\_\_\_\_



**Student Application – Trip to New Mexico 2015 – Due 05.06.15**

*Student Essay, please write a paragraph for each question. You may use a separate piece of paper.*

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1) Please describe what you hope to get from going on this trip.

2) Describe how you feel about the challenge of going unplugged? What do you think you will learn and what do you think you will miss?

3) To help us place you in a host family, please write a little about yourself, your hobbies, special interests and what you like to eat.

**Cottonwood Gulch Foundation**  
**Participant Agreement**  
**(Acknowledgement of Risks and Agreement of Release and Indemnity)**

In consideration of being allowed to participate in activities and expeditions conducted by the Cottonwood Gulch Foundation (CGF), I, \_\_\_\_\_ (Participant) acknowledge and agree as follows: CGF programs may include hiking, backpacking, rock climbing, tree climbing, rafting, ropes courses, canyoneering, swimming, and similar outdoor activities. I realize that the enjoyment and excitement of an adventure program such as this is derived in part from the inherent risks involved in these activities, which may be beyond the risks that I face in daily life at home. I promise to follow the instructions of CGF staff and group leaders at all times, because my failure to do so could increase the risks for all participants.

CGF staff members and representatives are trained to provide for the safety of all those engaged in CGF programs. However, some risks are unavoidable, including the failure of equipment used in the activities and unpredictable weather conditions. Also, CGF operates in inaccessible areas where medical treatment may be delayed. These risks are inherent in the activities—that is, they cannot be completely eliminated without altering the nature of the activities and their appeal. These risks may cause bodily injury, and in extreme cases even death. I declare that I am in good health and fully capable of participating in the activities without causing harm to myself or others. I am not, and during the activity will not be, under the influence of any non-prescribed chemical substance, including alcohol. I will voluntarily withdraw from any activity if, for any reason, I feel that I might place myself or others in danger.

I voluntarily choose to participate in these activities and this expedition and to follow instructions and bring to the attention of the staff any instruction or condition which I believe is a danger to myself or others. I assume full responsibility for all risks of the activity, whether or not described above. I agree to release CGF, its members, officers, directors, staff and contractors (referred to herein as "Released Parties") from any and all liability, causes of action, claims and demands of every kind and nature whatsoever (including legal costs and fees), whether for bodily injury, death, property damage or other loss, which may arise in connection with my enrollment or participation in CGF activities or the use of CGF's equipment, vehicles, or premises. I further agree to defend and indemnify (that is, protect by payment or reimbursement) Released Parties from any and all claims arising out of my enrollment or participation in the activities, or the use of the Organization's premises, vehicles, or equipment, whether the loss is incurred by or caused by me, including a claim of a member of my family arising from an injury, death or other loss suffered by me. These agreements of release and indemnity include an injury, death or other loss arising in whole or in part from the negligence, or a claim of negligence (but not the gross negligence or intentionally wrongful conduct) of a Released Party.

I agree that any dispute concerning this agreement and events that occur during my participation in CGF activities will be resolved exclusively by binding arbitration in Albuquerque, Bernalillo County, NM according to the then existing rules of the American Arbitration Association, and any legal actions initiated hereunder will be filed and adjudicated in said jurisdiction according to the substantive laws of the State of New Mexico.

I have read and agree to the terms and conditions herein.

\_\_\_\_\_  
Participant Name (print)                      Participant Signature                      Date

In the event that Participant is a minor (under 18 yrs.): I, \_\_\_\_\_, (parent/guardian) for myself and \_\_\_\_\_ (minor), have carefully read this agreement and I agree to defend, release, indemnify and hold harmless CGF from any and all claims (including legal costs and fees) brought by or on behalf of me or the Participant which are in any way related to his or her enrollment or participation in CGF activities or the use of its premises, vehicles, or equipment and that any claims will be resolved through binding arbitration in Albuquerque, NM. The claims hereby released include those of negligence, but not of gross negligence or intentionally wrongful conduct.

\_\_\_\_\_  
Parent/Guardian Name (print)                      Parent/Guardian Signature                      Date

Rev. 12/12



# COTTONWOOD GULCH EXPEDITIONS

## School Groups Participant Info & Health History Form

COMPLETE, SIGN & RETURN TO: COTTONWOOD GULCH, PO BOX 25106, ALBUQUERQUE, NM 87125

CAMPER NAME: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT(S)/GUARDIAN(S): \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

BUSINESS ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

BUSINESS ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

HEALTH INSURANCE? YES/NO (CIRCLE ONE) INSURANCE COMPANY \_\_\_\_\_ ID # \_\_\_\_\_

GROUP # \_\_\_\_\_ NAME OF PRIMARY INSURED \_\_\_\_\_

IF UNAVAILABLE IN AN EMERGENCY, CAMP SHOULD NOTIFY: #1 \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

IF UNAVAILABLE IN AN EMERGENCY, CAMP SHOULD NOTIFY: #2 \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

### PARENT AUTHORIZATION TO PROVIDE MEDICAL TREATMENT

THE HEALTH HISTORY DESCRIBED BELOW IS CORRECT SO FAR AS I KNOW, & THE PERSON DESCRIBED HEREIN HAS PERMISSION TO PARTICIPATE IN ALL PRESCRIBED ACTIVITIES EXCEPT AS NOTED BY ME & THE EXAMINING PHYSICIAN. IN THE CASE THAT I CANNOT BE REACHED IN AN EMERGENCY I HEREBY GIVE PERMISSION TO THE MEDICAL PERSONNEL/PHYSICIAN SELECTED BY THE COTTONWOOD GULCH FOUNDATION, OR ITS EMPLOYEES, TO HOSPITALIZE, SECURE PROPER TREATMENT FOR, & TO ORDER INJECTION, ANESTHESIA, OR SURGERY FOR MY CHILD AS NAMED ABOVE:

SIGNATURE OF PARENT OR LEGAL GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

### HEALTH HISTORY TO BE COMPLETED BY PARENT (PLEASE INCLUDE APPROXIMATE DATES AND DETAILS OF ILLNESS/INJURY):

MUSCULOSKELETAL INJURIES (RESOLVED?) \_\_\_\_\_

ALLERGIES, SENSITIVITIES \_\_\_\_\_

HEAD INJURIES, CONCUSSION, KNOCKED UNCONSCIOUS (RESOLVED?) \_\_\_\_\_

SKIN PROBLEMS \_\_\_\_\_

ASTHMA OR OTHER BREATHING PROBLEMS? \_\_\_\_\_

HAS YOUR CHILD BEEN STUNG BY A BEE? YES / NO (CIRCLE ONE) REACTION? \_\_\_\_\_

DIABETES \_\_\_\_\_

HEART CONDITIONS? \_\_\_\_\_

SERIOUS MEDICAL CONDITIONS, INFECTIONS \_\_\_\_\_

OPERATIONS OR HOSPITALIZATIONS \_\_\_\_\_

DISABILITY OR CHRONIC/RECURRING ILLNESS \_\_\_\_\_

PSYCHIATRIC TREATMENT OR COUNSELING \_\_\_\_\_

LEARNING CHALLENGES/ SPECIAL SERVICES RECEIVED DURING THE SCHOOL YEAR \_\_\_\_\_

CURRENT MEDICATIONS (NAME, FREQUENCY, DOSE AND REASON) \_\_\_\_\_

FOR FEMALES: FIRST MENSTRUAL PERIOD \_\_\_\_\_ LAST MENSTRUAL PERIOD: \_\_\_\_\_

OTHER HEALTH INFORMATION THAT MAY BE HELPFUL TO OUR STAFF (USE ADDITIONAL SHEET IF NEEDED) \_\_\_\_\_

### IMAGE RELEASE

I, \_\_\_\_\_, THE LEGAL GUARDIAN OF THE CHILD LISTED ABOVE, HEREBY GRANT THE COTTONWOOD GULCH FOUNDATION PERMISSION TO USE MY CHILD'S PHOTOGRAPHIC IMAGE, AUDIO AND VIDEO RECORDED LIKENESSES, AND WRITTEN MATERIALS FOR USE IN ITS PROMOTIONAL MATERIALS. THIS USE MAY INCLUDE, BUT IS NOT LIMITED TO, THEIR BRO-CHURE, WEB SITE, FOUNDATION REPORTS AND NEWSLETTERS, PRESS RELEASES, PROMOTIONAL AND ARCHIVAL AUDIO AND VIDEO RECORDINGS AND RECRUITING PRESENTATIONS.

SIGNATURE OF PARENT OR LEGAL GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

IMPORTANT: PLEASE NOTIFY THE DIRECTOR IF THIS CAMPER IS EXPOSED TO ANY COMMUNICABLE DISEASES DURING THE THREE WEEKS PRIOR TO THE START OF THE SESSION.

