



Girls with Altitude: Program Details

Each afternoon at GWA is a blend of leadership development and outdoor activities. Discussions and activities are tailored to the girls' needs and interests. We encourage girls to take ownership of the program, set their own team goals, and make their voices heard.

A Typical Day at Girls with Altitude:

2:30-3:00 PM: Arrival, snack, review afternoon agenda

3:00-3:30 PM: Energizer and team-building initiative

3:30-4:15 PM: Outdoor exploration, challenge, or activity

4:15-5:00 PM: Leadership development activities and discussions

5:00-5:15 PM: Conclude discussions, debrief activities and challenges, identify positive affirmations and take-aways, and set new team goals

5:15-6:00 PM: Homework time and pick-up

Leadership Topics	Outdoor Activities
Identity and self-esteem	Team-building
Physical health and body image	Challenge Course Initiatives
Emotional health	Outdoor Living Skills
Friendships and communication	Archery
Stereotypes and the media	Hiking and Navigation
Goal setting	Group Games and Sports
Team-building	Cooking
Public speaking	Snow Activities (weather permitting!)
Stress management	Arts and Crafts
Positive affirmations	Photography and Media Projects

In their own words ...

"I've learned that everyone struggles with something, and encouragement makes everything easier."

"I made new friends and learned about how to work in a big group!"

"I felt accepted, excited, and happy all the time."

"Now I know how to use a map and a compass, mark trails, and build a fire."