

# Be Confident!



"I enjoyed being there and learning new things. That was one of the most fun... things I have ever done. I now know I have great courage and self confidence."  
~ 6th grade student

"Thank you for teaching me that if I think I can do it mentally, I can do it physically."  
~ 6th grade student

- Requirements for the Adventure program:**
- 10 person minimum for half day or full day outing.
  - Participants must be at least in 6th grade.
  - Call for overnight and package deals.

# Be Encouraged!



"After just two hours of being with you on your course, I feel better about myself and I have more trust in my peers" ~ 11th grade student

"All of our ideas were being thrown in many directions and you helped us realize that everyone's voice matters no matter our situation or if you like that person. While we are still in this stereotypical world at high school, our class has grown a lot closer with your help." ~ 12th grade student



While this is a complete list of the elements at Menno Haven, the certified Facilitator will choose elements based on their knowledge of the group and its needs. We are continually updating and adding new elements to our Adventure course, so check our website for a current list.

- List of Elements**
- Outdoor Initiatives**
    - Whale Watch
    - The Beam
    - The Wall
    - Swing to Safety
    - Born Again
    - Log Jam
  - Indoor Initiatives**
    - Low V
    - Spiders Web
    - Swing to Safety
    - Bridge Out
    - Pipeline
  - Outdoors High Ropes**
    - Zip Line
    - Hour Class
    - Leap of Faith
    - Lazy Two Line
    - Postman's Walk
    - Burma Bridge
  - Indoor High Ropes:**
    - Trapeze Jump
    - Centipede
    - Jacob's Ladder

# Be Challenged!



"I have learned the true meaning of teamwork. I have learned if you work hard anything is possible."  
~ 6th grade student



# Be Creative!



## Facilitator Training Program!

Do you have the ability to lead groups and understand the needs of individuals as well as groups? Are you flexible, objective, stable, and sensitive to others needs? Do you have the ability to lead and challenge groups through direct and indirect methods? Then consider becoming a certified Facilitator!

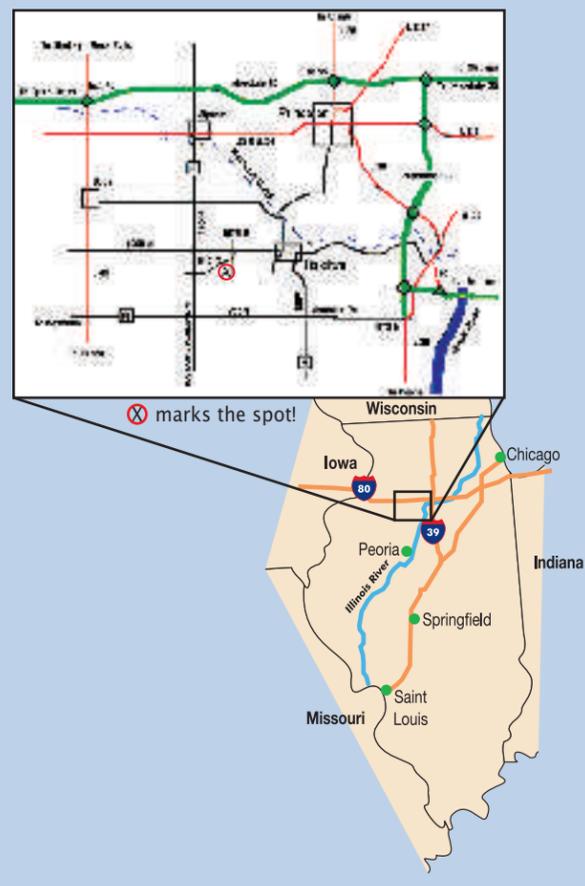
Safety is the number one priority on each segment of Menno Haven's Course. Each group is led and supervised by a certified Menno Haven Facilitator, trained and experienced in Adventure Education program safety and procedures. If you are interested in becoming a Facilitator, please contact Menno Haven and register for our yearly Facilitator Workshop. Restrictions are listed below:

- Facilitator must be at least 18 years of age
- Facilitator must complete Menno Haven's extensive training program.
- Certification is invalid if there is more than one year's lapse in facilitating a group.

Note: Menno Haven may recognize certification of Facilitators from other approved courses upon thorough discussion and observation of the Facilitator by a Menno Haven Facilitator Instructor.



## Where is Menno Haven?



# MENNO HAVEN

TISKILWA, IL



## ADVENTURE EDUCATION



## Menno Haven Camp & Retreat Center

1-800-MENNOHA (636-6642)  
info@mennohaven.com  
www.mennohaven.com

Menno Haven offers several weeks of Summer Camps June through August. Our camps begin at the third grade level and continue up through High School. We also have a Family Camp that encompasses all ages. In addition, we offer Jr. High, High School and Family Winter Retreats in January.

If you are interested in any of these other Programs, please call or write for a Summer or Winter Brochure. To find out more about Menno Haven please see our General Brochure, or visit our website to find updated information, registrations, and brochures.



**Menno Haven Camp & Retreat Center**  
9301 1575 East St. ■ Tiskilwa, IL 61368  
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# ADVENTURE EDUCATION

Our specially trained and certified facilitators will work along side your group to gently lead, encourage, and implement all aspects of the Full Value Contract. Each group that participates on our course agrees to the Full Value Contract, which consists of these four aspects:

**Safety, Communication, Teamwork and Growth.**

**Teamwork**



"We've been utilizing Menno Haven's high ropes/challenge courses for almost 10 years. I have always been very satisfied with the beautiful location and the quality of the facilities; what has been even more impressive is the consistent high quality of the staff we've had the pleasure of getting to know. Every year has been an excellent experience for our youth and the adult leaders. The facilitators have been very professional and experienced, weaving Christian faith and solid Biblical insights into every exercise."  
~ Ministry Director

**Cooperative Activities** are clearly defined physical and/or mental tasks given to a group. The goal of each is to create interaction. These activities are the least difficult, least risky, and require minimal equipment and props.

**Initiatives Course** (Low Ropes) are a series of challenges at ground level (0-12') that can only be accomplished by a group. They require participants to work together to solve a series of problems. The attempts and results are creative, fun, and helpful in building group cooperation, communication, trust, and more.

**Safety**



"Our largest area of improvement has to be in safety. Most of the students have a circle of friends and never step outside that. At Menno Haven, they have learned that they can trust all members of the class to keep them safe emotionally and physically. We see more interactions between different groups of students and they are willing to trust the others with their feelings."  
~ Elementary School Teacher

## Cooperative Activities

### High Ropes Course



"We see [growth] at the course and all year long. Students are less likely to say "I can't," but instead say, "I can try." They learn that they can push themselves just a little harder than they thought and take one step more out of their comfort zone." ~ Elementary School Teacher

**High Ropes Course** is a series of ropes, logs, and cables constructed in such a manner as to create a series of challenging elements 15' - 40' off the ground amid a collection of beautiful red and white oak trees. Participants challenge themselves to go beyond previously set self limitations, gain confidence through their efforts, and learn the importance of encouraging one another.

## Initiatives Course

### Indoor Climbing Wall



"When my class first heard that we were going to Menno Haven, we weren't all that thrilled. But, on the bus ride home everyone had a story to tell. I was very impressed with what I was taught and the teamwork that I learned."  
~ 12th Grade Student

**Indoor Climbing Wall** is a 64' wide textured surface with artificial rocks constructed in such a manner as to create multi-levels of challenging climbs 0'-23' off the ground. Participants challenge themselves to go as high as they can. While others are climbing, challenge yourself to transverse the entire length of the wall.

**Growth**

### Requirements for the Adventure Education program:

- 10 person minimum for half day or full day outing.
- Participants must be at least in 6th grade.
- Call for overnight and package deals.

If you are unable to come to Menno Haven for a day, please contact us about coming to your location.

**Communication**

Each group, lead by a trained facilitator, will have a unique experience through our Adventure Education program. The use of individual elements requires your group to work as a team to solve problems. You will focus on group goals such as Trust,



Leadership, Proper Planning, Following and Effective Listening. Your experience will conclude with a group discussion, processing what the group as well as each



individual person learned. We shape the discussion and learning according to the group's experience and goals. Interwoven in the Adventure Education program are opportunities, if requested, for application of spiritual principles for everyday living.

## Challenge by Choice

At Menno Haven our motto is "Challenge by Choice." While we will encourage you to go beyond your comfort zone, we believe that no participant should ever be forced to do anything that they choose not to do. Come experience how Adventure Education can develop a team spirit within your church, school, social agency and even in the corporate arena. Explore new ways of learning principles of cooperation and risk-taking in a safe, supportive, non-threatening environment.



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