



# Audubon Center of the North Woods

*Residential Environmental Learning Center*  
Sandstone, MN

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WEB: WWW.AUDUBON-CENTER.ORG

## **K-12 Trip Planner - 2011-2012 School Year**

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## Audubon Center of the North Woods

### **Our Vision:**

A healthy planet where all people live  
in balance with the Earth

### **Our Mission**

To instill a connection and commitment to the environment in  
people of all communities through experiential learning

### **Our Core Values**

- We demonstrate respect, care, and passion of the earth, all people, and all living things
- We strive for excellence in everything we do through integrity, open communication, and teamwork
- Individuals are valued, engaged and appreciated for their unique contributions
- We believe in life-long learning through positive shared experiences with the natural world
- Our efforts encourage others to recognize their interconnectedness with the earth through their actions

### **Contact Us**

Phone: 320.245.2648 or 888.404.7743

Email: [audubon1@audubon-center.org](mailto:audubon1@audubon-center.org) (general)

[ellis@audubon-center.org](mailto:ellis@audubon-center.org) (trip planning)

[shipman@audubon-center.org](mailto:shipman@audubon-center.org) (scholarships)

Web: [www.audubon-center.org](http://www.audubon-center.org)

Fax: 320.245.5272

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## **PLANNING YOUR TRIP TO THE AUDUBON CENTER OF THE NORTH WOODS**

- ✓ **Read this entire Trip Planner!** It contains lots information about the Audubon Center of the North Woods, our K-12 RELC program, what you need to know to plan a successful trip, and areas of responsibility.
  
- ✓ **Decide when you want to visit, for how long, then contact the Audubon Center of the North Woods to check dates availability.**  
To help decide, check the sections on Costs and Fundraising and Class Offerings. Feel free to contact the Audubon Center if you'd like to discuss the possibilities with us.
  
- ✓ **Complete and send back your [Reservation Form](#) to confirm your reservation date.**  
When we've nailed down the dates, we'll ask you to complete the Reservation form. Your reservation is not confirmed until we receive the form back from you.
  
- ✓ **Choose classes then fill out and return the [Scheduling and Billing Form](#).**
  
- ✓ **Assign learning groups, distribute information to students and parents, obtain completed [Health and Liability Release Forms](#) for students and chaperones, and get ready!**  
We'll help you make sure all the necessary paperwork is in order prior to your trip. Especially important is the student health and liability form – students cannot participate unless we have that completed and signed by a parent or guardian. We will also need the following forms: Dorm Assignments, Learning Group Assignments, KP Helpers and Pre-Visit Questions.
  
- ✓ **Come to the Audubon Center for your visit!**

# WELCOME TO THE AUDUBON CENTER OF THE NORTH WOODS

The Audubon Center of the North Woods is a Residential Environmental Learning Center in east-central Minnesota on the shores of Grindstone Lake. Our diverse, 535-acre sanctuary includes a variety of habitats, including old-growth red and white pines, hardwood forests, restored wetlands and prairies. We offer a great variety of environmental learning experiences for people of all ages, including more than 50 grade-specific classes for K-12 students.

## History

In the 1800s, what is now the Audubon Center property was used by local Ojibwe families for hunting and gathering. Portions of the forest were logged prior to the Hinckley Fire (1894) and the land was farmed under the Schwyzer family ownership for the first half of the twentieth century. In 1968 this land was bequeathed to the National Audubon Society by Dr. Marguerite Schwyzer. Since that time, the Audubon Center has served as a residential and day-use education facility for groups of international students, college students, adults, and K-12 school groups.



## Land



The 535-acre Audubon sanctuary is a mix of old-growth white and red pines and second-growth mixed hardwood forest. Birch stands and sugar maple forests are just part of the natural abundance and variety. Old farm fields have been restored to wetlands. Pine plantations and a restored prairie offer contrasts to the natural areas. Marsh and old beaver pond waters are teeming with life. Over 54 species of woody plants and 225 species of birds have been identified here.

## Facilities

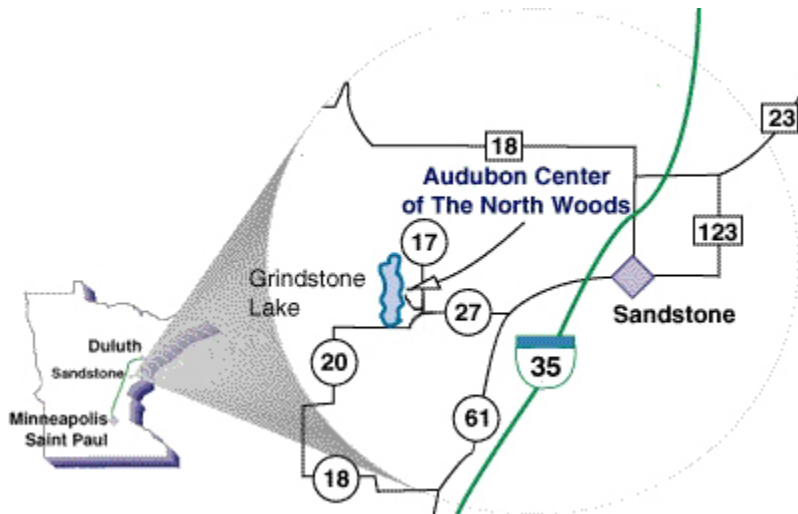
The Audubon Center's programming utilizes the historic farm buildings of the Schwyzer era; the entire complex is on the National Register of Historic Places. **Schwyzer Lodge** is nestled among the old growth pines on the shore of Grindstone Lake, while the barn and remaining farm buildings now serve as some of our classrooms. **Lowry Lodge** was added in 1983 to give us more space, and 1996 saw the addition of a classroom to this building. In 1998, the Center dedicated the **Crosby Dormitory** and **Blandin Dining Hall**, and we completed remodeling of the historic structures. **Classrooms** in the Crosby dorm as well as dispersed classrooms in the wildlife barn, a yurt, a log cabin and a Native American site serve as staging areas for daily studies and activities.



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## Directions to the Audubon Center

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Address (for googlemaps or mapquest):  
54165 Audubon Dr., Sandstone, MN 55072

GPS Coordinates:  
(46.117186384284004, -92.99793720245361)

Go north on Interstate 35 to the Sandstone exit #191 (about 8 miles north of Hinckley). Take a left and go over the bridge; you are on County Road 61. Take 61 for 2 miles. Take a right onto County Road 27 (Grindstone Lake Rd). This will take you over the Munger bike trail. You will see an Audubon Center sign in front of you. Take a left on 27 and travel approximately 3 miles. At County Road 17 (Fox Rd.) turn right. Go ½ block and you will see our front gate on your left. Go down the driveway all the way to the two large buildings at the very end of the driveway. Check in at the front office.



### Accessibility

We encourage people of all abilities to attend the Audubon Center. The Crosby Dorm, dining hall and Lowry Lodge are all accessible. Two of the rooms in the Crosby Dorm are specifically designed for handicapped individuals. Trails around the buildings and to nearby classroom areas (Wildlife, Adventure, Maple Syrup, Bird Banding) are accessible. Trails to the other study areas are mowed grass, which could make travel difficult, depending on the abilities of the individuals.



### We Have Weather!

Our weather is quite different from that in the Twin Cities metro area. Usually, winter temperatures are colder and snow cover is deeper. Fall typically comes two weeks earlier, and spring two weeks later. Please be prepared! For a list of what to bring and what to leave at home, see the Forms section.

We have an on-site NOAA Climate Weather Station which provides real-time and historical weather data for the center, including air temperature, precipitation, solar radiation, wind speed, surface temperature and relative humidity. This data may be accessed online, from our home webpage, [www.audubon-center.org](http://www.audubon-center.org).

## K-12 SCHOOL PROGRAM OVERVIEW

The Audubon Center is accredited by the North Central Association and offers environmental education experiences to public, private and charter schools. Our dormitories can accommodate over 150 people and our dining room seats up to 200.

We're open year-round for day visits and 2-5 day residential experiences for K-12 students. Highlights of our school program include:

- ❖ Informative, interactive, and FUN classes led by professional staff
- ❖ All classes aligned with MN Academic Standards
- ❖ Full array of adventure programming, including canoeing, cross-country skiing, high and low ropes courses and a climbing wall
- ❖ Terrific food
- ❖ Modern dorm facilities, with bathrooms in each room in the Crosby dorm
- ❖ Birds of prey and other non-releasable animals for viewing and programs
- ❖ Informal evening programs

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### K-12 School Program Staff

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Led by School Programs Coordinator Clarissa Ellis, our classes are facilitated by Audubon Center staff and graduate interns from throughout the U.S. and around the world.



*Audubon Center of the North Woods staff and interns - 2010*

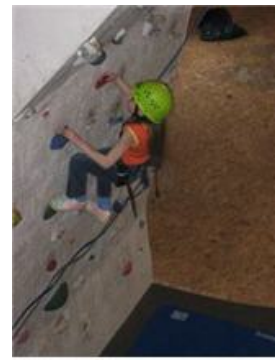
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# Classrooms

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The Audubon Center has traditional classrooms in Crosby Dorm, Lowry Lodge, and the old farm complex. Our emphasis, though, is on getting outdoors for maximum learning opportunities. To accomplish this, we have created a number of unique study areas designed to facilitate learning atmospheres for specific themes.

At the old farm complex, we have put the buildings to uses that the early farmers could never have imagined. The young stock barn now houses an **adventure classroom in the hayloft**, including a **climbing wall**. The main floor of the barn is a **wildlife classroom and animal-care area**. Near the barn is our **Total Team challenge course** as well as our **Skywalk High Ropes course** and zipline. The machine shed has been converted into a **maple syrup sugar shack** for boiling the maple sap collected in the spring from over 1,200 taps. The well pump-house is now a **bird-banding station**.



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## Receive Graduate Credits for Bringing Your Students to the Audubon Center

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We offer a way for you to get two master's credits for making this educational experience happen for your students. Each credit costs \$128.00 through Hamline University in St. Paul. The credits can go toward earning a 10-credit master's level Environmental Education certificate.

To receive credits, you need to write a report about your visit:

- ❖ How did you work out the logistics of the trip for your school and your students?
- ❖ What kind of environmental education did you provide in the classroom before your visit?
- ❖ After the visit, how did you apply what you learned back in the classroom?

Contact Clarissa Ellis, School Programs Coordinator at the Audubon Center, for details on how to sign up.

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## Additional Graduate Credits through Hamline University and the Audubon Center

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The Audubon Center holds weekend classes in a variety of environmentally-based courses through Inver Hills and other colleges as well as longer courses through Hamline University in St. Paul. You can work toward a 10-credit certificate in Environmental Education (Master's level) or enroll in a full Master's degree program with Hamline University.

For information on the Audubon Center classes, visit our Audubon College website: [www.auduboncollege.org](http://www.auduboncollege.org) then click on **Graduate**

For information on the Master's program, contact Hamline University:

Phone: 651.523.2900

Web: <http://cgee.hamline.edu>

Email: Renee Wonser, [rwonser@gw.hamline.edu](mailto:rwonser@gw.hamline.edu)

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## LODGING, DINING AND OTHER SERVICES

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### Lodging

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There are two lodging complexes on the Audubon Center campus. Buildings in both complexes overlook beautiful Grindstone Lake.



The **Elizabeth Lane Crosby Dormitory**, with 112 beds, is adjacent to Blandin Dining Hall / office building. Each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible.

Our original complex, consisting of the historic **Schwyzler Lodge** and the **Lowry Lodge** (with the adjoining Bremer classroom). The lodges house up to 35 people; they can be used for small groups or combined with Crosby Dormitory to accommodate larger groups.



#### **Assigning Rooms** - *please complete the Room Assignment Form*

Blocks of dorm rooms will be assigned for your group's use once your final numbers are confirmed. Students should remain in the area assigned to their group; areas designated for other groups are off limits. It is your group leader's responsibility to assign students to specific rooms prior to arrival – a dorm room assignment form is provided on the teacher resources page of the web site. Group leaders will be given keys to the rooms upon arrival; there is a \$65 fee for each lost key. Rooms are checked before arrival and departure. Damage and missing item charges will be applied. **Most groups find it helpful to have one adult sleep in each dorm room.**

#### **Lounge, Courtesy Phone and Laundry Facilities**

There are lounge areas in each of our lodging buildings that may be used for both instruction and relaxation. Adult supervision is required. Each building has a courtesy phone for security and outgoing calls; they accept only credit card, collect, or local calls. Phone use by students must be supervised. A coin-operated washing machine and dryer are available in the Crosby Lodge.

#### **Supervision**

**All supervision in the dormitories is the responsibility of the teachers and adult helpers.** Students should not be in the dorm at any time without adult supervision. It is a good idea to develop a schedule of dorm coverage so that an adult is on duty at all times when students may be in the dorm.



AUDUBON CENTER OF THE NORTH WOODS

**Respect for the land, the buildings, and the people**

All learners and lodgers are asked to join us in extending "Leave No Trace" values as we leave all environments - indoors and outdoors, as undamaged and clean as we find them. Here are guidelines to help accomplish this goal:

Upon checking out of your room by 8:00 a.m. (student groups) or 10:30 a.m. (adult lodgers) please go through the following checklist:

- All furniture returned to its original location
- Plastic mattress covers in place on mattresses (student groups)
- Remove bedding and place in a pile on bed
- Put used towels on the bathroom floor
- All garbage in the garbage cans provided
- Check for items under the beds (and, in Crosby, the light trough at the top of the room)
- All recyclables (cans and bottles emptied and with lids removed) placed in the recycling bucket provided
- Turn off all lights
- Turn the heat down to 60 degrees

*Rooms are checked before student groups depart. Misuse and damage may result in being asked to return to the room to correct the situation and/or added charges.*

**Thank you for respecting the land, the buildings, and the people that make the Audubon Center of the North Woods such a special place for you to come to now and in the future.**

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## Dining

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The Audubon Center offers delicious meals – breakfast, lunch and dinner -- prepared fresh to satisfy every palate. Each meal includes a variety of exceptional cuisine, as well as fruit, salad and bread.

Blandin Dining Hall seats 200 people comfortably. Meals are served cafeteria style. All students come to the dining room together, and a chaperone or Audubon staffer will call tables up to the food line a few at a time.

***Kitchen Patrol*** - please complete the *KP Helper Form*

Kitchen patrol (KP) must be provided by your group for each meal. Please assign 2 to 3 adults and 5 students for each meal; use the KP Helpers form on the teacher resources page of the web site. If you are a small group in residence with another group, we will ask you to take turns. KP should not be used for disciplinary action. Please note that KP helpers must arrive 20 minutes early and will be occupied for a few minutes after meals to assist with cleanup.



Everyone is required to bus their trays and dishes to the dishwashing area. Adults closest to spills should request a rag or mop from the Audubon Center kitchen staff.

***Ort!***

To encourage everyone to gain an appreciation of the value of food as a natural resource, the Audubon Center instructs all participants – students and adults – to take only the types and quantities of food that they think they'll want to eat. We're not trying to cut back on the amount of food we serve; in fact, we encourage everyone to have seconds or even thirds. What we are trying to do is minimize the amount of wasted food. So, at the end of every meal, we collect all the food left on people's plates – called "orts" – weigh it, announce the results, and then add the orts to our compost pile.

***Special Dietary Needs*** - please indicate on the *Registration and/or Medical Summary Form*

There will be a vegetarian option at every meal. Our Reservation Form provides space for you to indicate other individual dietary needs. We will do our best to accommodate these needs, but it may be necessary for the person to bring supplementary food from home.

Some days are meatless at the Audubon Center. Our kitchen staff prepares meatless, student-oriented meals on these days in an effort to make us aware of different food alternatives, and the impact of various agricultural practices on the environment.

***Snacks*** - please complete the *Snack Options Form*

**Evening snacks** can be ordered for your group, in advance, at a cost of \$1.00 per person per snack. You may bring your own snacks, but we ask that you choose items in recyclable or reusable packaging and accept the responsibility of transporting and properly disposing of the trash. All snacks must be eaten in the dining room.

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## Free and Reduced Meals

We regret to tell you that we can no longer offer our Minnesota schools the option of participating in the free and reduced meal program.


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## Other Services

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<b>Liaison</b>	An Audubon Center staff person will be assigned to serve as your guide and troubleshooter during your stay. Upon your arrival, your liaison will greet you, help you settle in, meet with your group's leader, and give the entire group an orientation to the Audubon Center. Throughout your stay, your liaison will make regular contact with you to answer questions and deal with any problems that may arise. Prior to your departure, your liaison will meet with you to do an oral evaluation. Your input is critical to our program's development.
<b>Medical services</b>	It is the full responsibility of each school to plan for the medical needs of their students. Audubon Center teaching staff are trained and certified in basic First Aid and CPR. Our staff will have access to first aid kits during class times. These will be used for minor emergencies such as cuts and scrapes. First aid kits are located in each building; there is an AED (automated external defibrillator) located in the main building/dining hall. For medical emergencies beyond the scope of basic first aid, immediately report to Audubon Center staff or call 911, and report the injury and location. Round-the-clock emergency care and ambulance service is available 8 miles away at the Pine Medical Center in Sandstone. <b>Your group must bring a vehicle (not your bus) for transporting a person with a medical situation which does not require an ambulance. The Audubon Center does not provide this type of transportation.</b>
<b>Phone messages</b>	Messages may be left by calling our office at 320-245-2648. Messages will be delivered to your group leader at mealtimes. Emergency calls will, if possible, be delivered immediately. A courtesy phone in each building will accept outgoing collect and credit card calls, but not incoming calls. Students should use the phone only with supervision of an adult from your group.
<b>Student mail</b>	Mail is delivered to your group leader at dinner each evening. (There is typically and one-day delay in retrieving mail from our in-town PO box). Please have mail addressed to the student c/o the student's school, Audubon Center of the North Woods, 54165 Audubon Drive, Sandstone, MN 55072.
<b>Gift shop</b>	At the Audubon Center Nature Store, students and adults can find t-shirts, sweatshirts, caps, mugs, maple syrup, greeting cards, posters, gifts and a variety of books and other educational materials. Store access is limited to 4 students at a time and an adult from your school must be present to monitor students in the store. <b>Shop time must be arranged in advance. (Please indicate on the Scheduling and Billing form)</b>
<b>Birthday cakes</b>	Birthday cakes will be provided for students or adults who have a birthday while at the Audubon Center, if requested at least 10 days in advance. <i>(Please indicate on the Scheduling and Billing form)</i>

# Class Offerings

<h2>Choosing Classes</h2> <p>Classes by theme... p. 9</p> <p>Classes by grade level</p> <p>K-3... p. 10</p> <p>4-6... p. 12</p> <p>7-8... p. 14</p> <p>9-12... p. 17</p> <p>Evening programs &amp; programs led by your school... p. 18</p>	<p>It is mostly up to you and the teachers at your school to decide which classes to sign up for. All of our classes are aligned with MN State Academic Standards. Please consult with Audubon Center staff for guidance in choosing classes and to confirm availability of specific classes. There are a couple of ways to choose classes. One way is to provide a thematic experience to your students. Themes include Wildlife, Plants, Ecology/Environment, Culture/History, and Adventure/Outdoor Education/Teambuilding. The other way, which we recommend especially for first-time visitors, is to choose classes from a variety of themes to give your students a diverse learning experience. Please also be aware that classes may vary by season. Classes are offered for four broad age ranges, as shown at on the following pages. Within those ranges, each class is customized for the specific grade level(s) of your group.</p>
<p><b>Class Size</b></p>	<p>We've found that the ideal class size is 15–18 students. So, for example, if you have 60 students, you'll want to divide them into four learning groups and choose classes for each group in each time slot. For details, see the sample schedule on page 24.</p>
<p><b>Standard Package</b></p>	<p>Our standard package includes classes each full morning and afternoon of your visit. We try to arrange things so that all your learning groups take the same classes.</p>
<p><b>Adventure Classes</b></p> 	<p>Our physically demanding classes, such as canoeing and rock-climbing, are designated as Adventure Classes. Your school will need to provide two or three adult helpers at these classes. The standard package has a limit of one Adventure Class per three-day visit; there is a fee of \$6/student per additional class.</p>
<p><b>Evening Programs</b></p> <p>p. 18</p>	<p>You may also request evening programs (one for evening). Each program is designed for full-group participation and lasts about an hour. There are programs led by Audubon Center staff as well as programs led by your teachers for which the Audubon Center provides lesson plans.</p>
<p><b>Special Classes: History and the Environment</b></p>	<p>History and the Environment consists of a special program available September through April. It combines the residential environmental learning experience with a visit to the North West Company Fur Post.</p> <p><b>North West Company Fur Post</b> is a reconstruction of an 1804 trading post. It's located on the Snake River near Pine City, about 30 minutes south of the Audubon Center. Operated by the Minnesota Historical Society since 1968, the site's interpretive program focuses on fur trade era history and Ojibwe ways of life. Costumed interpreters reenact fur post life and lead students in activities such as voyageur games, journal writing, and sewing a pouch.</p> <p><b>Your school is responsible for transportation. There is no charge for this program if you take it in lieu of classes in the standard package. If you add it to the standard package, there is an additional fee of \$5/person for each program.</b></p>

## Classes By Theme

**PLEASE NOTE: Classes for K-3 Classes are 1 ½ hours in length;  
classes for grades 4-12 are 3 hours in length**

Classes by Theme	Grade Levels				Seasons			
	K-3	4-6	7-8	9-12	F	W	Sp	Su
<b>Wildlife</b>								
A Bug's Life		•	•		•		•	•
Birds and Bird Banding	•	•	•	•	•		•	•
Creepy Crawly Creatures	•	•	•	•	•		•	•
Freezing Our Feathers Off		•	•	•		•		
Lake Layers & Fish Function		•	•	•*	•		•	•
Leave it to Beaver	•	•			•		•	•
Minnesota Mammals		•	•	•	•	•	•	•
Wolves of the North Woods		•	•	•	•	•	•	•
<b>Ecology / Environment</b>								
Animal Habitats	•				•	•	•	•
Animal Signs		•	•	•	•	•	•	•
Dirt, Rocks & Worms		•	•	•	•		•	•
Energy for Life		•	•		•		•	•
Energy Mix & Match (see pg 13)		•	•	•	•		•	•
Forest Ecology		•	•	•	•		•	•
The Forest in Fall	•				•			
Predator / Prey Relationships		•	•		•	•	•	•
Reading the Landscape				•	•		•	•
Stream Superheroes	•	•	•	•	•		•	•
<b>Culture / History</b>								
Nature Journaling		•	•	•	•		•	•
Ojibwe Hike		•	•	•	•	•	•	•
Porcupine Quill Embroidery		•	•	•	•	•	•	•
Recycled Art		•	•	•	•	•	•	•
Twines from Plants & Shell Ornaments		•	•	•	•	•	•	•
<b>Adventure/Outdoor Ed.</b>								
Climbing Wall	•	•	•	•	•	•	•	•
Cross Country Skiing		•	•	•		•		
Orienteering		•	•	•	•		•	•
Skywalk High Ropes Course		•	•	•	•	•	•	•
Snowshoeing		•	•	•		•		
Survivor: North Woods		•	•	•	•	•	•	•
Team Challenge		•	•	•	•	•	•	•
Total Team		•	•	•	•	•	•	•

\* Students aged 16 and over must have a valid Minnesota Fishing license.

## Classes by Theme continued -

Classes by Theme	Grade Levels				Seasons			
	K-3	4-6	7-8	9-12	F	W	Sp	Su
<b>Plants</b>								
Maple Syruping		•	•	•			•	
To Be a Tree	•					•		•
Winter Tree I.D.			•	•		•		
<b>Evening Programs</b>								
Astronomy <i>WINTER ONLY!</i>		•	•	•		•		
Land Use Hearing		•	•	•	•	•	•	•
Nature Jeopardy	•	•	•	•	•	•	•	•
Nature Scavenger Hunt		•	•	•	•		•	•
Raptors: By Family		•	•		•	•	•	•
Raptors: Endangered		•	•	•	•	•	•	•
Raptors: Hunting from on High	•				•	•	•	•
Raptors: Silent Hunters		•	•	•	•	•	•	•
Raptors: Of Raptors & Men		•	•	•	•	•	•	•
Raptors: Through Stories	•				•	•	•	•
Voyageurs		•	•		•	•	•	•
Wolf Ecology		•	•	•	•	•	•	•

## Energy Mix & Match Component Descriptions

(if choosing Energy Mix & Match, please choose class selections from below to total 2.5-3 hrs)

### **Conservation – Trash or Treasure (30 minutes)**

Students will work in teams to answer questions about materials that can be recycled and/or composted.

### **How Far Does Your Food Travel? (30 minutes)**

To help students experience the issue of food traveling long distances between field and table, they will be playing a choice game that requires them to travel from one question and answer to the next.

### **Solar Ovens (45 minutes)**

Students will design a solar oven to cook an apple slice.

### **How Solar Panels Work (15 minutes)**

This simulation helps students understand, in a simplified way, how sunlight is used to generate electricity.

### **Best Blade Design (45 minutes)**

Students will experiment with the shape, length, and number of blades of model wind turbines using different materials in order to find which produces the most energy.

### **Swept Away (20-30 minutes)**

Students will learn what is meant by “swept area” and what factors are the key factors that determine the amount of energy produced by a wind turbine.

### **Conservation – Needs vs. Wants (30 minutes)**

Students explore the difference between needs and wants and consider things that can be done to live a more sustainable lifestyle.

### **Using Resources – How Long Will They Last? (30 minutes)**

Students think about how humans have used resources over time, and how we can conserve resources today through choices we make. [*This is part of our ‘Energy for Life’, so if also taking that class, do not select this option.*]

### **What Does It Take to Get Our Food? (30 minutes)**

Students learn how growing, harvesting and transporting foods has impacts on the Earth, esp. in regards to fossil fuels.

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## Classes for Grades K-3 – classes are 1-1/2 hours long

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### WILDLIFE CLASSES

#### **Birds & Bird Banding**

Students will learn basic bird characteristics, songs and calls, and simple field identification techniques through hands-on activities and games. Song birds captured in mist nets for banding will be observed, identified and released.

#### **Freezing our Feathers Off**

*Birdy, it's cold out there...* Aren't birds supposed to fly south for the winter? Learn about the crazy birds of winter who tough out the cold, snow and sleet of the North Woods.

#### **Creepy Crawly Creatures**

This is an exciting hands-on experience for students, as they are able to observe and hold live MN reptiles and amphibians. From big bull snakes to tiny chorus frogs, experience the creepy crawly world of herpetology!

### ECOLOGY/ENVIRONMENT CLASSES

#### **Animal Habitats**

Discussion, games and exploration of the Audubon property allow students to explore the concept of habitat and how living organisms are adapted to their habitat.

#### **The Forest in Fall**

Autumn is a magical time of year. Liven your senses and "fall" into autumn through leaf rubbings, a discovery hike, creative writing, drinking apple cider, and listening to fall sounds as nature prepares itself for a long winter's nap.

#### **Predator/Prey Relationships**

Students experience being part of the food chain and discover the adaptations that are necessary for animals to have in order to survive by playing an intense predator/prey game.

### PLANT CLASSES

#### **Maple Syruping**

The sap flows in the sugar maples from mid-March through mid-April. During this time, students can go to the sugar bush (maple woods) and learn how to identify a maple tree, tap a tree, hang a bucket, collect the sap, and see how sap is turned into maple syrup.

#### **To Be a Tree**

If a tree could talk, what would it say? Trees have the ability to live longer than humans and they have witnessed many historical events throughout their lifetime. Be inspired by trees through stories, writing and activities.

### CULTURE/HISTORY CLASSES

#### **Ojibwe Hike**

Students learn about past and present-day Ojibwe culture through games, stories and a discovery hike.

#### **Recycled Art**

Garbage is art? Yes, and it is beautiful! Learn how much garbage we produce in the U.S., and think twice about throwing it away. Get creative, and make masterpieces out of "garbage."

### ADVENTURE CLASSES

#### **Climbing Wall**

On the Audubon Center's indoor climbing wall, students learn about climbing equipment, etiquette and safety, bouldering and basic rock-climbing techniques. Students will have the opportunity to try a number of different climbs.

#### **Total Team**

As a member of a team, students learn about trust, communication, cooperation and logical thinking while playing games and tackling a variety of tasks, culminating with a challenging obstacle course. Allow your students to take their teamwork to the next level by combining this class with Team Challenge.

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## Classes for Grades 4-6 – classes are 3 hours long

### WILDLIFE CLASSES

#### **Birds & Bird Banding**

Students will learn basic bird characteristics, ecology, and simple field identification techniques, and use these skills on a birding hike. Bird migration and banding studies will also be introduced. Song birds captured in mist nets for banding will be observed, identified and released.

#### **A Bug's Life**

Students explore what makes an insect an insect, practice classification techniques, collect, examine and sort live insects.

#### **Creepy Crawly Creatures**

This is an exciting hands-on experience for students, as they are able to observe and hold live MN reptiles and amphibians. From big bull snakes to tiny chorus frogs, experience the creepy crawly world of herpetology!

#### **Freezing Our Feathers Off**

*Birdy, it's cold out there...* Aren't birds supposed to fly south for the winter? Learn about the crazy birds of winter who tough out the cold, snow and sleet of the North Woods.

#### **Lake Layers & Fish Function**

Students explore the origins of MN lakes, get their hands wet collecting water quality data. We will study live fish and learn about their adaptations as well as learn the basics of fishing and go fishing on Grindstone Lake.

#### **Leave it to Beaver**

Students investigate the natural history of the beaver, the beaver's impact on its habitat, and signs of past beaver life at the Audubon Center.

#### **Minnesota Mammals**

Minnesotans definitely admire their home state mammals. It is apparent in our high school and college mascots and even our professional sports teams. Who are these Minnesota mammals and how do they survive here? What makes a mammal a mammal anyway? The answers to these questions will be revealed in this class!

#### **Wolves of the North Woods**

Through a variety of games and activities, students learn about basic wolf biology, pack structure, and hunting techniques. They will begin to separate facts from myths about these elusive members of Minnesota's North Woods.

### ECOLOGY/ENVIRONMENT CLASSES

#### **Animal Signs**

Students learn about the natural history of the North Woods and how to interpret clues to the secret life of animals. Exploration of the Audubon property will present a variety of animal signs and surprises!

#### **Dirt, Rocks & Worms**

Students get down and dirty learning about the rock cycle, minerals, agates and WORMS!

#### **Energy for Life**

Students learn the difference between renewable and nonrenewable resources, as well as being introduced to the alternative energy facilities at the Audubon Center. This class prepares them for making sustainable choices in their use of resources.

#### **Energy Mix & Match**

Choose 5-7 activities from the following (see descriptions and class lengths on page 13): 'Conservation – Trash or Treasure', 'How far does your food travel?', 'Solar Ovens', 'How solar panels work', 'Best Blade Design', 'Swept Away', 'Conservation – Needs vs Wants', 'Using Resources – How long will they last?', and 'What does it take to get our food?.'

#### **Forest Ecology**

The forest ecosystem has many layers and members. Students will realize the interdependence of the community of producers, consumers and decomposers in maintaining the health of the forest. All of these members have special jobs and functions; every one important!

#### **Stream Superheroes**

Even streams need superheroes! Students discover the mighty macro invertebrates, whose special adaptations help to indicate water quality. Students will visit various aquatic ecosystems for collection and sampling.

#### **Predator/Prey Relationships**

Students experience being part of the food chain and discover the adaptations that are necessary for animals to have in order to survive by playing an intense predator/prey game.

### PLANT CLASSES

#### **Maple Syruping**

The sap flows in the sugar maples from mid-March through mid-April, and somehow the Ojibwe figured out how to use, gather, can, and cook this sweet treat from nature. During this time, students can go to the sugar bush (maple woods), identify a maple tree, tap a tree, hang a bucket, collect the sap, and see how sap is turned into maple syrup.

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## Classes for Grades 4-6 cont'd -

### CULTURE/HISTORY CLASSES

#### **Nature Journaling**

All of the great naturalists kept a nature journal to express their feelings about nature, record seasonal changes, and draw images of plants and wildlife. In this class, students will experience the power of expression by becoming keen observers and utilizing several creative journaling strategies.

#### **Ojibwe Hike**

Students learn about past and present-day Ojibwe culture through games, stories and a discovery hike.

#### **Porcupine Quill Embroidery**

Students learn the natural history of the porcupine and the paper birch, as well as how to collect and prepare materials from these organisms to do quill embroidery. Students will create a quilled design on a birch bark medallion after observing a demonstration of quill embroidery technique.

#### **Recycled Art**

Garbage is art? Yes, and it is beautiful! Learn how much garbage we produce in the U.S., and think twice about throwing it away. Be inspired by "garbage" artists, get creative, and make personal masterpieces out of "garbage."

#### **Twines from Plants**

Students learn about the natural resources used by Native Americans and Voyageurs for making utilitarian items, such as rope or twine. Each student will make a piece of basswood twine for a bracelet or necklace, and fashion a freshwater mussel or wooden ornament to decorate it.

### ADVENTURE CLASSES

#### **Climbing Wall**

On the Audubon Center's indoor climbing wall, students learn about climbing equipment, etiquette and safety, bouldering and basic rock-climbing techniques. Students will have the opportunity to try a number of different climbs.

#### **Cross Country Skiing**

In this beginning-level class, students learn the history of skiing, how to dress... and how to ski! There will be time for practicing as well as time on the Center's groomed trails.

#### **Orienteering**

Students experiment with the skills needed for orienteering by learning how to use using a compass, navigating a straight-line course, and completing an orienteering course in the woods.

#### **Snowshoeing**

Students learn the history of snow shoeing, techniques, and go out on snowshoes to explore the wonderland of winter. This class may be combined with Animal Signs.

#### **Skywalk High Ropes Course**

Students face the challenge and excitement of crossing cables and logs 20 feet off the ground, while connected in by safety lines. Safety and teamwork are highly emphasized. **Requires three adult helpers.**

#### **Survivor: North Woods**

Students learn lifelong survival skills: how to build a fire and a shelter, as well as how to put together a survival pack. A variety of health-related conditions such as hypothermia, frostbite, and heat stroke will be addressed. Students will work in small groups to build a fire and shelter outside while working as a team to succeed in surviving in the woods.

#### **Team Challenge**

This low-ropes course (no more than three feet off the ground) incorporates the individual and teamwork challenges of group initiatives, and elements of the skywalk ropes course. This class emphasizes team work and is great for building group cohesiveness and giving students the opportunity to solve problems as a team; a fantastic progression from Total Team.

#### **Total Team**

As a member of a team, students learn about trust, communication, cooperation and logical thinking while playing games and tackling a variety of tasks, culminating with a challenging obstacle course. Allow your students to take their teamwork to the next level by combining this class with Team Challenge.

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## Classes for Grades 7-8 – classes are 3 hours long

### **WILDLIFE CLASSES**

#### **Birds & Bird Banding**

Students will learn basic bird characteristics, ecology, and simple field identification techniques, and use these skills on a birding hike. Bird migration and banding studies will also be introduced. Song birds captured in mist nets for banding will be observed, identified and released.

#### **A Bug's Life**

Students explore what makes an insect an insect, practice classification techniques, collect, examine and sort live insects.

#### **Creepy Crawly Creatures**

Amphibians and reptiles are signs of spring. Learn the different amphibian calls and identify the herps of MN. Participate in a field study and help to locate herp habitat.

#### **Freezing our Feathers Off**

*Birdy, it's cold out there...* Aren't birds supposed to fly south for the winter? Learn about the crazy birds who tough out the winter "Up North."

#### **Lake Layers & Fish Function**

Students explore the origins of MN lakes, get their hands wet collecting water quality data. We will study live fish and learn about their adaptations as well as learn the basics of fishing and go fishing on Grindstone Lake.

#### **Minnesota Mammals**

Minnesotans definitely admire their home state mammals. It is apparent in our high school and college mascots and even our professional sports teams. Who are these Minnesota mammals and how do they survive here? What makes a mammal a mammal anyway? The answers to these questions will be revealed in this class!

#### **Wolves of the North Woods**

Through a variety of games and activities, students learn about basic wolf biology, pack structure, and hunting techniques. They will begin to separate facts from myths about these elusive members of Minnesota's North Woods.

### **ECOLOGY/ENVIRONMENT CLASSES**

#### **Animal Signs**

Students learn about the natural history of the North Woods and how to interpret clues to the secret life of animals. Exploration of the Audubon property will present a variety of animal signs and surprises!

#### **Dirt, Rocks & Worms**

Students get down and dirt-y learning about the rock cycle, minerals, agates and WORMS!

#### **Energy for Life**

Students learn the difference between renewable and nonrenewable resources, as well as being introduced to the alternative energy facilities at the Audubon Center. This class prepares them for making sustainable choices in their use of resources.

#### **Energy Mix & Match**

Choose 5-7 activities from the following (see descriptions and class lengths on page 13): 'Conservation – Trash or Treasure', 'How far does your food travel?', 'Solar Ovens', 'How solar panels work', 'Best Blade Design', 'Swept Away', 'Conservation – Needs vs Wants', 'Using Resources – How long will they last?', and 'What does it take to get our food?'

#### **Forest Ecology**

The forest ecosystem has many layers and members. Students will realize the interdependence of the community of producers, consumers and decomposers in maintaining the health of the forest. All of these members have special jobs and functions; every one important!

#### **Predator/Prey Relationships**

Students experience being part of the food chain and discover the adaptations that are necessary for animals to have in order to survive by playing an intense predator/prey game.

#### **Reading the Landscape**

Students learn and practice observation skills using ecological clues to discover the history of the Audubon Center land. These investigative skills can be transferred to other locations to gain a sense of place through an understanding of natural and human impacts on the landscape.

#### **Stream Superheroes**

Even streams need superheroes! Students discover the mighty macroinvertebrates, whose special adaptations help to indicate water quality. Students will visit various aquatic ecosystems for collection and sampling.

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## **Classes for Grades 7-8 cont'd -**

### **CULTURE/HISTORY CLASSES**

#### **Nature Journaling**

All of the great naturalists kept a nature journal to express their feelings about nature, record seasonal changes, and draw images of plants and wildlife. In this class, students will experience the power of expression by becoming keen observers and utilizing several creative journaling strategies.

#### **Ojibwe Hike**

Students learn about past and present-day Ojibwe culture through games, stories and a discovery hike.

#### **Porcupine Quill Embroidery**

Students learn the natural history of the porcupine and the paper birch, as well as how to collect and prepare materials from these organisms to do quill embroidery. Students will make a quilled design on a birch bark medallion after observing a demonstration of quill embroidery technique.

#### **Recycled Art**

Garbage is art? Yes, and it is beautiful! Learn how much garbage we produce in the U.S., and think twice about throwing it away. Be inspired by "garbage" artists, get creative, and make personal masterpieces out of "garbage."

#### **Twines from Plants**

Students learn about the natural resources used by Native Americans and Voyageurs for making utilitarian items, such as rope or twine. Each student will make a piece of basswood twine for a bracelet or necklace, and fashion a freshwater mussel or wooden ornament to decorate it.

### **PLANT CLASSES**

#### **Maple Syruping**

The sap flows in the sugar maples from mid-March through mid-April, and somehow the Ojibwe figured out how to use, gather, can, and cook this sweet treat from nature. During this time, students can go to the sugar bush (maple woods), identify a maple tree, tap a tree, hang a bucket, collect the sap, and see how sap is turned into maple syrup.

#### **Winter Tree I.D.**

Leaves on trees make identification much easier; however, it is possible to I.D. a tree in winter. Students will be challenged to identify woody plants in winter using the ABC's of Winter Tree I.D. and dichotomous keys.

### **ADVENTURE CLASSES**

#### **Climbing Wall**

On the Audubon Center's indoor climbing wall, students learn about climbing equipment, etiquette and safety, bouldering and basic rock-climbing techniques. Students will have the opportunity to try a number of different climbs.

#### **Cross Country Skiing**

In this beginning-level class, students learn the history of skiing, how to dress and how to ski! There will be time for practicing as well as time on the Center's groomed trails.

#### **Orienteering**

Students experiment with the skills needed for orienteering by learning how to use using a compass, navigating a straight-line course, and completing an orienteering course in the woods.

#### **Skywalk High Ropes Course**

Students face the challenge and excitement of crossing cables and logs 20 feet off the ground, while connected in by safety lines. Safety and teamwork are highly emphasized.

#### **Snowshoeing**

Students learn the history of snow shoeing, techniques, and go out on snowshoes to explore the wonderland of winter. This class may be combined with Animal Signs.

#### **Survivor: North Woods**

Students learn lifelong survival skills: how to build a fire and a shelter, as well as how to put together a survival pack. A variety of health-related conditions such as hypothermia, frostbite, and heat stroke will be addressed. Students will work in small groups to build a fire and shelter outside while working as a team to succeed in surviving in the woods.

#### **Total Team**

As a member of a team, students learn about trust, communication, cooperation and logical thinking while playing games and tackling a variety of tasks, culminating with a challenging obstacle course.

#### **Team Challenge**

This low-ropes course (no more than three feet off the ground) incorporates the individual and teamwork challenges of group initiatives, and elements of the skywalk ropes course. This class emphasizes team work and is great for building group cohesiveness.

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## Classes for Grades 9-12 – classes are 3 hours long

### WILDLIFE CLASSES

#### **Birds & Bird Banding**

Students will learn basic bird characteristics, ecology, and simple field identification techniques, and use these skills on a birding hike. Bird migration and banding studies will also be introduced. Song birds captured in mist nets for banding will be observed, identified and released.

#### **Creepy Crawly Creatures**

Amphibians and reptiles are signs of spring. Learn the different amphibian calls and identify the herps of MN. Participate in a field study and help to locate herp habitat.

#### **Freezing our Feathers Off**

*Birdy, it's cold out there...* Aren't birds supposed to fly south for the winter? Learn about the crazy birds who tough out the winter "Up North."

#### **Lake Layers & Fish Function**

Students explore the origins of MN lakes, get their hands wet collecting water quality data. We will study live fish and learn about their adaptations as well as learn the basics of fishing and go fishing on Grindstone Lake. Students aged 16 and over must have a valid Minnesota Fishing license.

#### **Minnesota Mammals**

Minnesotans definitely admire their home state mammals. It is apparent in our high school and college mascots and even our professional sports teams. Who are these Minnesota mammals and how do they survive here? What makes a mammal a mammal anyway? The answers to these questions will be revealed in this class!

#### **Wolves of the North Woods**

Through a variety of games and activities, students learn about basic wolf biology, pack structure, and hunting techniques. They will begin to separate facts from myths about these elusive members of Minnesota's North Woods.

### ECOLOGY/ENVIRONMENT CLASSES

#### **Energy Mix & Match**

Choose 5-7 activities from the following (see descriptions and class lengths on page 13): 'Conservation – Trash or Treasure', 'How far does your food travel?', 'Solar Ovens', 'How solar panels work', 'Best Blade Design', 'Swept Away', 'Conservation – Needs vs Wants', 'Using Resources – How long will they last?', and 'What does it take to get our food?'

#### **Forest Ecology**

The forest ecosystem has many layers and members. Students will realize the interdependence of the community of producers, consumers and decomposers in maintaining the health of the forest. All of these members have special jobs and functions; every one important!

#### **Reading the Landscape**

Students learn and practice observation skills using ecological clues to discover the history of the Audubon Center land. These investigative skills can be transferred to other locations to gain a sense of place through an understanding of natural and human impacts on the landscape.

#### **Stream Superheroes**

Even streams need superheroes! Students discover the mighty macro invertebrates, whose special adaptations help to indicate water quality. Students will visit various aquatic ecosystems for collection and sampling.

### CULTURE/HISTORY CLASSES

#### **Nature Journaling**

All of the great naturalists kept a nature journal to express their feelings about nature, record seasonal changes, and draw images of plants and wildlife. In this class, students will experience the power of expression by becoming keen observers and utilizing several creative journaling strategies.

#### **Ojibwe Hike**

Students learn about past and present-day Ojibwe culture through games, stories and a discovery hike.

#### **Porcupine Quill Embroidery**

Students learn the natural history of the porcupine and the paper birch, as well as how to collect and prepare materials from these organisms to do quill embroidery. Students will make a quilled design on a birch bark medallion after observing a demonstration of quill embroidery technique.

#### **Recycled Art**

Garbage is art? Yes, and it is beautiful! Learn how much garbage we produce in the U.S., and think twice about throwing it away. Be inspired by "garbage" artists, get creative, and make personal masterpieces out of "garbage."

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## Classes for Grades 9-12 cont'd -

### PLANT CLASSES

#### **Maple Syruping**

The sap flows in the sugar maples from mid-March through mid-April, and somehow the Ojibwe figured out how to use, gather, can, and cook this sweet treat from nature. During this time, students can go to the sugar bush (maple woods), identify a maple tree, tap a tree, hang a bucket, collect the sap, and see how sap is turned into maple syrup.

#### **Winter Tree I.D.**

Leaves on trees make identification much easier; however, it is possible to I.D. a tree in winter. Students will be challenged to identify woody plants in winter using the ABC's of Winter Tree I.D. and dichotomous keys.

### ADVENTURE CLASSES

#### **Climbing Wall**

On the Audubon Center's indoor climbing wall, students learn about climbing equipment, etiquette and safety, bouldering and basic rock-climbing techniques. Students will have the opportunity to try a number of different climbs.

#### **Skywalk High Ropes Course**

Students face the challenge and excitement of crossing cables and logs 20 feet off the ground, while connected in by safety lines. Safety and teamwork are highly emphasized. **Requires three adult helpers.**

#### **Team Challenge**

This low-ropes course (no more than three feet off the ground ) incorporates the individual and teamwork challenges of group initiatives, and elements of the skywalk ropes course. This class emphasizes team work and is great for building group cohesiveness and giving students the opportunity to solve problems as a team; a fantastic progression from Total Team.

#### **Total Team**

As a member of a team, students learn about trust, communication, cooperation and logical thinking while playing games and tackling a variety of tasks, culminating with a challenging obstacle course. Allow your students to take their teamwork to the next level by combining this class with Team Challenge.

#### **Orienteering**

Students experiment with the skills needed for orienteering by learning how to use using a compass, navigating a straight-line course, and completing an orienteering course in the woods.

#### **Cross Country Skiing**

In this beginning-level class, students learn the history of skiing, how to dress... and how to ski! There will be time for practicing as well as time on the Center's groomed trails.

#### **Snowshoeing**

Students learn the history of snow shoeing, techniques, and go out on snowshoes to explore the wonderland of winter. This class may be combined with Animal Signs.

#### **Survivor: North Woods**

Students learn lifelong survival skills: how to build a fire and a shelter, as well as how to put together a survival pack. A variety of health-related conditions such as hypothermia, frostbite, and heat stroke will be addressed. Students will work in small groups to build a fire and shelter outside while working as a team to succeed in surviving in the woods.

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## Evening Programs

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These programs are for your entire group and are scheduled for 7:00 – 8:00 pm. Most can be adapted for all grade levels.

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### Programs Led by Audubon Center Staff

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#### **Astronomy**

Since ancient times, people have been fascinated by the night sky. Stories in the sky were the result of trying to make sense of the phenomenon they witnessed. Our program is carefully constructed to align with MN Science Standards and all programs include constellation folklore and winter star gazing.

#### **Land Use Hearing**

(Grades 6 -12) Students explore the options of developing or not developing a one-square mile plot of land. Small groups are given a role to play (i.e., land owner or timber industry). They will then decide how the land should look and be developed, and then convince a county commission that their idea is the best.

#### **Nature Jeopardy**

(Grades K-12) Students work in teams to answer questions relating to the classes they have taken during their Audubon Center visit in a game show format. It is a great review!

#### **Nature Scavenger Hunt**

(Grades K-6) Students have a chance to roam all over the Audubon grounds looking for and learning about natural and unnatural objects. This program requires one adult helper per learning group, and **you'll need to provide one flashlight per 5 or 6 students.**

#### **Raptors: By Family**

(Grades K-8) Students meet members of the different raptor families that call Minnesota home. Three of the Audubon Center's educational raptors will educate students on their differences, similarities, and adaptations for survival.

#### **Raptors: Silent Hunters**

(Grades K-12) Students will be introduced to our silent flyers, whose prey never hear them coming. Owls have unique adaptations that place them on the top of the food chain in the northern woods of Minnesota.

#### **Raptors: Hunting from On High**

(Grades K-3) These birds aren't your typical seed eatin', sweet song singin' birds. These are birds made for hunting! Raptors, also called birds of prey, have unique adaptations that make them excellent hunters.

#### **Raptors: Through Stories**

(Grades K-3) 30 Minute program. Students will get their first experience with birds of prey by reading children's books about birds of prey, then meeting 3 live raptors. Students will have the opportunity to touch and feel wings and feet from real birds of prey.

#### **Raptors: Endangered**

(Grades 4-12) Students will learn about endangered and threatened raptors throughout North America. Students will meet educational raptors, and learn what causes raptors to become endangered and what can we do to help

#### **Of Raptors and Men**

(Grades 4-12) Falconry; a sport for the ages. Students will be introduced to this ancient hunting method, which uses birds of prey as the hunter. The falconer and the raptor have a different relationship than an owner and his/her pet. Students explore this relationship by meeting live birds.

#### **Voyageurs and the Fur Trade**

(Grades 4-8) Students meet a "live" voyageur who shares the true story of the voyageur life during the fur trade era and interacts with the students through storytelling, songs, and role playing games.

#### **Wolf Ecology**

(Grades 4-12) Enter into the amazing world of wolves by seeing beyond the myths and folklore of the wolf while learning about the natural history of these endangered species.

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### Programs Led by Your Teachers/Chaperones

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The Audubon Center will provide curriculum and materials.

#### **Campfire**

Students roast marshmallows (think S'mores!) while listening to stories around the campfire.

#### **Dutch Auction (grades K-12)**

Students bring small random items to the auction, such as a toothbrush, flashlight, bandana or pencil. In small groups they will creatively collaborate to construct an item specified by the "auctioneer."

#### **Night Owl Café (grades K-5 only)**

Discover creatures of the night like bats, opossums, raccoons, skunks and owls in this fun skit loaded with jokes, stories, and natural history.

#### **Night Hike**

Students use all of their senses to experience the outdoors at night.

#### **Recreation**

We have a large mowed field for playing ball sports, Frisbee, etc., as well as a sand volleyball court.

# TRIP LOGISTICS

## Costs and Fundraising

- ❖ There is no charge for required adult leaders. You'll need **one adult leader per learning group** (15-18 students). Additional adults will be charged the normal student/adult helper cost (as outlined below).
- ❖ Costs are assessed per student and "adult helper."
- ❖ Adult helpers are all adults who are not learning-group leaders, including chaperones and those you'll need if you are signing up for Adventure Classes.

The costs listed below include lodging, meals, equipment, instruction and all the standard services outlined in this Trip Planner. These rates cover the time from arrival to departure; they do not include snacks or costs for transportation to and from the Audubon Center.

### *Cost Per Student and Adult Helper/Chaperone*

Days	Overnights	Meals	Classes	Cost per student / adult helper
2	1	4	2	\$80
3	2	7	4	\$110
4	3	10	6	\$144
5	4	13	8	\$177

### *Ways to Save*

- ❖ **First-time schools:** Schools making a residential visit to the Audubon Center for the first time receive a 10% discount.
- ❖ **Holiday rates:** There is a 10% discount on two-night and longer visits between November 15 and January 15, as well as on visits that include an overnight stay on Martin Luther King Day, Presidents Day, or Columbus Day.
- ❖ **Scholarships** – Please inquire about any current scholarship details from Co-Director Melonie Shipman at [shipman@audubon-center.org](mailto:shipman@audubon-center.org).
- ❖ **Note:** due to the complexity of the reporting system and changes MDE has instituted, we are no longer able to participate in the free and reduced meal program.

### *Payment*

The final billing will be made upon your departure. The total cost is calculated on the actual numbers indicated in your final number confirmation (usually two weeks prior to your visit) plus any additional 'last minute' additions. Repair costs for damage caused by anyone in your group to facilities and equipment is also included in this bill. Full payment may be made within 30 days with no interest. Thereafter, an interest charge of 1.5% per month will be applied to your unpaid balance.

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## ***Changes and Cancellations***

In order to cancel your reservation at no cost to your school, you must do so at least **four months** before the reserved date. Schools canceling later than that are required to pay a percentage of the fee based on the following schedule. The cancellation cost will be waived if we are able to schedule another group of equal or greater size in your canceled time slot.

<b>Notice time</b>	<b>Cost</b>
30 days or less	50% of fee
31–60 days	40% of fee
61–90 days	30% of fee
91–120 days	20% of fee

## ***Fundraising***

To help defray the costs of your school's trip to the Audubon Center, we encourage you to try creative ideas to raise funds. Other schools have had success with such ventures as sales, carnivals, spaghetti dinners, and car washes, as well as soliciting contributions from local businesses, parent/teacher associations, and service organizations.

The Audubon Center offers a unique fundraising program to make it easy for students to raise part or all of the cost of their trip:



- ❖ **Pure Maple syrup** produced at the Audubon Center every spring.
- ❖ **Organic coffees** – organic, shade-grown, fair trade. Several varieties in whole bean or ground.
- ❖ **ACNW Raptor Notecards:** The Audubon Center educational raptors have been immortalized in beautiful hand drawn 3X5 notecards -- blank on the inside and on the back is their natural and personal history. Packs of 6.



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## **Scheduling**

### ***Arrival and Departure Times***

Arrival time depends on the distance you will be traveling; generally, schools arrive about 11:00 am on the first day and depart after lunch on the last day. If you wish to depart before lunch, we will be happy to provide bag lunches. On the morning of your departure, all luggage and personal belongings must be removed from the dorm rooms by breakfast time so that the rooms may be cleaned for the next group. These items may be stored on the porch outside the dormitory.

### ***Sample Schedule***

The following sample schedule is for a three-day visit for a group of 60 upper-elementary students, organized into four learning groups. The Audubon Center staff will work with you to develop a custom schedule to fit your needs.

In this sample, the learning groups are the Eagles, Wolves, Pines and Oaks. We encourage you and your students to come up with your own, nature-oriented group names!

Day One	Day Two	Day Three
	KP helpers in kitchen 7:10 Breakfast 7:30	KP helpers in kitchen 7:10 Breakfast at 7:30 Check out of rooms before morning classes
<b>Arrival by 11:00 am</b> Orientation and move into rooms	<b>Morning Class 8:30 – 11:30</b> Eagles: Freezin’ Our Feathers Off Wolves: Total Team Pines: Climbing Wall Oaks: High Ropes Course	<b>Morning Class 8:30 – 11:30</b> Eagles: Climbing Wall Wolves: High Ropes Course Pines: Freezin’ Our Feathers Off Oaks: Total Team
KP helpers to kitchen 11:55 Lunch 12:15	KP helpers to kitchen 11:55 Lunch 12:15	KP helpers to kitchen 11:40 Evaluations Lunch 12:00
<b>Afternoon Class 1:30 - 4:30</b> Eagles: Total Team Wolves: Climbing Wall Pines: High Ropes Course Oaks: Freezin’ Our Feathers Off	<b>Afternoon Class 1:30 – 4:30</b> Eagles: High Ropes Course Wolves: Freezin’ Our Feathers Off Pines: Total Team Oaks: Climbing Wall	Wrap up 12:45 Departure 1:30
KP helpers to kitchen 4:55 Dinner 5:15	KP helpers to kitchen 4:55 Dinner 5:15	
<b>Evening Program 7:00 - 8:30</b> Raptors: By Family	<b>Evening Program 7:00 - 8:30</b> Nature Scavenger Hunt	
Evening snack	Evening snack	

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## Group Management and Responsibilities

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The Audubon Center staff will facilitate the learning activities during your stay, including all daytime classes and most evening classes. All other group management is the responsibility of the teachers and adult helpers/chaperones accompanying the group.

### ***School Teacher and Adult Helper Responsibilities***

**Students must be under adult supervision at all times** during their stay at the Audubon Center. In order to assure an appropriate standard of supervision, each school is required to provide at least one adult per learning group (15-18 students), who must attend the classes and actively supervise student behavior. (The Skywalk High Ropes Course requires three adults, and the Climbing Wall requires two adults per learning group.)

Most groups find it helpful to have one adult sleep in each dorm room (8 beds).

Having adequate adult supervision ensures that your students will be safe and have their needs met. Additional adults are, of course, welcome — in fact, we encourage you to bring more adults than required. This will provide more opportunities for the students and a little rest for the adults! However, please be aware that each adult above the one adult per learning group will be charged the normal student/adult helper fee.

### ***Student Responsibilities***

There may be other schools here during your stay. This gives your students the opportunity to meet persons of different economic, social and cultural backgrounds. Please be sure to remind your students that they are acting as ambassadors for their school. This means treating all other students and adults, as well as equipment, facilities, and the natural environment, with courtesy and respect. If there is a problem with another group during your stay, please inform your liaison immediately so that the problem may be addressed quickly.

### ***Quiet Time***

The Audubon Center enforces a quiet time from 10:00 pm – 6:30 am for both students and adults. Adults are expected to deal with disruptions quickly. Days are full of activity and adventure, so a good night's sleep is essential for everyone.

### ***Conservation and Recycling***

The Audubon Center encourages conservation and recycling. All students and adults should close doors and windows, turn off lights and faucets, and recycle all recyclable items.

### ***Suggested Activities for Free Time***

- ❖ Nature hikes. We have over 6 miles of trails; utilize them while you are here. If you are interested in nighttime hikes, ask the Audubon staff for suggestions.
- ❖ Quiet reading. There is a variety of youth and adult books in each lodging area.
- ❖ Journaling. Encourage students to record their experiences... write stories... draw and color....
- ❖ Skits. Have dorm rooms or learning groups work on skits and perform them on the last night of their stay.
- ❖ Supervised outside play time. We have sand volleyball courts and large playing fields.
- ❖ Small-group games. Bring board games, puzzles, and cards — especially in the winter.
- ❖ Large-group games. Talk to your PE teacher for ideas.... Think TAG!! Get your students running and using up energy so that they sleep at night.
- ❖ Group presentations on what students have learned in class.

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## Planning Your Trip

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### ***All the Things You Need to Do – And When***

There are decisions to make and forms to submit. To help with this process, refer to the information in this Trip Planner and contact School Programs Coordinator Clarissa Ellis. All the forms are located both at the end of this document and on our website, [www.audubon-center.org](http://www.audubon-center.org) where **most can be filled out electronically and submitted via email**. (If you have difficulty filling in the forms electronically using Adobe Acrobat Reader, download and use Foxit Reader – a small, free PDF-reading application which also allows you to save filled-in PDFs).

<p><b>Now</b></p>	<ul style="list-style-type: none"> <li>❖ Determine the desired dates of your visit and contact Clarissa Ellis, School Programs Coordinator, to confirm.             <ul style="list-style-type: none"> <li>– You'll want to choose the dates as far in advance as possible (note: September, October, April and May fill up to a year in advance). As soon as you've selected possible dates, contact the Audubon Center by phone or email to check availability. We'll work with you to schedule your visit as close as possible to your desired dates.</li> </ul> </li> <li>❖ Complete the <b>Reservation Form</b>. For your convenience, this form can be found on our website or at the end of this Trip Planner.</li> <li>❖ <b>IMPORTANT! Fax, mail or email your Reservation Form as soon as possible – Your dates are not reserved and confirmed until we receive this form from you and your desired dates may be filled by other groups.</b></li> <li>❖ Note that if you want to return at the same time the following year, you'll have priority as long as you make your reservation within two weeks of your visit.</li> </ul>
<p><b>12 to 3 months before arrival</b></p>	<ul style="list-style-type: none"> <li>❖ Order fundraising inventory and begin your fundraising campaign.</li> <li>❖ Determine which classes you want to sign up for, complete the <b>Scheduling and Billing Form</b> and return to us via fax, mail or email. For your convenience, this form can be found on our website or at the end of this Trip Planner. We will do our best to accommodate changes to your class choices.  Work with Clarissa Ellis, School Programs Coordinator, if you'd like assistance in choosing classes and developing a detailed schedule for your visit to the Audubon Center.  <b>Note that Adventure Classes require your school to provide additional adult helpers (see page 11 for details).</b></li> <li>❖ Arrange transportation, including one vehicle other than the bus for medical emergencies.</li> <li>❖ In advance, obtain parent information or schedule an Audubon Center representative to come to your school for your informational assembly.</li> <li>❖ Round up your team of adult leaders and chaperones. You'll need one leader for each learning group (15–18 students) plus helpers for Adventure Classes and (optional) one adult in each dorm room.</li> </ul>

<p><b>At least 2 months before arrival</b></p>	<ul style="list-style-type: none"> <li>❖ Conduct an informational assembly for students, teachers and parents/guardians. The Audubon Center will send you a short overview video on DVD to you on request or, if previously schedules, an Audubon Center staff member can come to your location for the presentation.</li> <li>❖ Send forms information to parents/guardians and adult participants: <ul style="list-style-type: none"> <li>– Information for Parents/Guardians</li> <li>– What to Bring and What to Leave at Home</li> <li>– <b>Student Health and Liability Release Forms</b> or <b>Adult Health and Liability Release Forms</b></li> </ul> </li> </ul> <p><b>IMPORTANT: Students cannot participate unless we have their signed Health and Liability Release form.</b></p>
<p><b>1 month before arrival</b></p>	<ul style="list-style-type: none"> <li>❖ Complete and return to the Audubon Center the following forms: <ul style="list-style-type: none"> <li>– <b>Dorm Assignments</b></li> <li>– <b>Learning Group Assignments</b></li> <li>– <b>Kitchen Patrol (KP) Helpers</b></li> <li>– <b>Pre-Visit Questions</b></li> </ul> </li> <li>❖ Follow-up with parents to ensure all student health and liability forms are completed and signed <b>Students who do not have signed forms cannot participate.</b></li> <li>❖ Assign adults to: <ul style="list-style-type: none"> <li>– Standard classes (one adult per learning group)</li> <li>– Adventure Classes (two or three adults per learning group)</li> <li>– Dormitory monitoring</li> <li>– Store monitoring (if you've arranged time for a store visit)</li> <li>– Free-time activities</li> </ul> </li> </ul>
<p><b>2 weeks before arrival</b></p>	<ul style="list-style-type: none"> <li>❖ Collect Health and Liability Release Forms to send ahead or bring with you.</li> <li>❖ We will contact you to finalize: <ul style="list-style-type: none"> <li>– Your schedule</li> <li>– The number of students and adults in your group</li> </ul> </li> </ul>

Feel free to get in touch with Clarissa Ellis, School Programs Coordinator, for help with any and all questions you may have.

Phone: 320.245.2648 or toll-free 888.404.7743

Email: [ellis@audubon-center.org](mailto:ellis@audubon-center.org)

For online access to the information in this Trip Planner and all necessary forms, visit our website at [www.audubon-center.org](http://www.audubon-center.org) – click on links found in under “K-12 Programs”.

## **APPENDIX – FORMS**

- A. Reservation Form
- B. Scheduling & Billing Form
- C. Evening Snack Options Form
- D. Student Health Form
- E. Adult Health Form
- F. Liability Form
- G. Health Summary Form
- H. Crosby Dorm Room Assignment Form
- I. Learning Group Assignment Form
- J. Kitchen Patrol (KP) Helper Form
- K. Pre-Visit Questions
- L. Information for Parents



**Audubon Center  
of the North Woods**

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# Reservation Form

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

School/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: \_\_\_\_\_ School Fax: \_\_\_\_\_

Best time to call (school): \_\_\_\_\_ (home): \_\_\_\_\_

Dates of ACNW Visit: \_\_\_\_\_

# of Students: M \_\_\_\_\_ F \_\_\_\_\_ # of Adults M \_\_\_\_\_ F \_\_\_\_\_ Total \_\_\_\_\_

Grade/Age of Students: \_\_\_\_\_

Are there any students or adults with special needs (accessibility, diet, etc.)? If so, please describe.

*To the best of my knowledge, the above information is correct.*

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If your group grows beyond the reserved space or unforeseen conflicts arise, contact the Audubon Center as soon as possible. If you must cancel your reservation, please see the cancellation policy outlined in the Trip Planner, and contact the Audubon Center immediately.

**Questions? Refer to the Trip Planner or get in touch:**

[ellis@audubon-center.org](mailto:ellis@audubon-center.org)

320.245.2648 or toll-free 888.404.7743

**Fax or mail your completed, signed reservation form to:**

The Audubon Center of the North Woods

P.O. Box 530, Sandstone, MN 55072

Fax: 320.245.5272

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**OFFICE USE ONLY**

Visit #: \_\_\_\_\_ Discount: \_\_\_\_\_

Confirmation sent: Date: \_\_\_\_\_ By: \_\_\_\_\_

Submitted Requests: Date: \_\_\_\_\_ By: \_\_\_\_\_  
(Meals and Housekeeping)

Schedule and forms sent: Date: \_\_\_\_\_ By: \_\_\_\_\_

Billed: Date: \_\_\_\_\_ By: \_\_\_\_\_ Amount: \_\_\_\_\_



**Audubon Center  
of the North Woods**

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## Scheduling & Billing Form

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272  
[ellis@audubon-center.org](mailto:ellis@audubon-center.org)

*Please return this form at least **two months** before your visit. Thanks!*

School/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: \_\_\_\_\_ School Fax: \_\_\_\_\_

Best time to call (school): \_\_\_\_\_ (home): \_\_\_\_\_

Final # of Students: M \_\_\_\_\_ F \_\_\_\_\_ # of Adults M \_\_\_\_\_ F \_\_\_\_\_ Total \_\_\_\_\_

**To whom should the bill be sent, if other than specified above? Payment is requested within 30 days after your visit.**

Send bill to the attention of: \_\_\_\_\_

School/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

-----  
**Please indicate the classes you are interested in.**

*(two days = 2 classes; three days = 4 classes; four days = 6 classes; 5 days = 8 classes)*

First choices: \_\_\_\_\_

\_\_\_\_\_

Second choices: \_\_\_\_\_

\_\_\_\_\_

Evening classes (optional): \_\_\_\_\_

\_\_\_\_\_

Special Class = History and the Environment:  visit to North West Company Fur Post, Pine City, MN  
 visit to Hinckley Fire Museum, Hinckley, MN

-----  
**Please indicate other services you are interested in.**

Snacks:  We will bring our own snacks  ACNW will supply snacks (please fill out Snack Options form):  
 Afternoon  Evening

Birthday cake(s) (free):  No  Yes # \_\_\_\_\_

Visit to the Audubon Center Store:  No  Yes



**Audubon Center  
of the North Woods**

# Snack Options Form

Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

School/Organization Name: \_\_\_\_\_

Dates of ACNW Visit: \_\_\_\_\_

Total # of Students: \_\_\_\_\_ Total # of Adults \_\_\_\_\_ Grade/Age of Students: \_\_\_\_\_

Groups are welcome to bring their own snacks. If you do bring your own, we prefer that drinks be colorless and non-staining, such as lemonade, apple juice or cider. Remember we do not allow food or beverages in dorm rooms – snacks can be stored in lounge, classrooms or chaperone rooms and served in lounge, classroom or dining hall.

## Evening Snack and Beverage Options

### Snacks (\$1.00/person per snack)

Popcorn	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Muffins	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Fresh fruit	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
String cheese	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Baby carrots	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Goldfish crackers	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Potato chips	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Pudding cups	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Granola bars	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
<i>(contains peanuts and cannot be offered if we have peanut allergic on-site)</i>					
S'mores	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
<i>(note: available only if you schedule an outdoor campfire)</i>					

### Beverages (\$0.50/person)

Low-sugar fruit drink	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Apple juice	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F
Lemonade	<input type="checkbox"/> M	<input type="checkbox"/> T	<input type="checkbox"/> W	<input type="checkbox"/> Th	<input type="checkbox"/> F

### Fax, mail or email your completed form to:

The Audubon Center of the North Woods  
P.O. Box 530, Sandstone, MN 55072  
[ellis@audubon-center.org](mailto:ellis@audubon-center.org)  
320.245.2648 or toll-free 888.404.7743  
Fax: 320.245.5272



**Audubon Center  
of the North Woods**

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## Student Health Form

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

### Contact Information

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Student's School \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Student's Physician \_\_\_\_\_ Physician's Phone \_\_\_\_\_

Student's Dentist \_\_\_\_\_ Dentist's Phone \_\_\_\_\_

In an emergency, if unable to reach parent/guardian, contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### Health Insurance Information

*Parent(s)/Guardian assume the full cost of any medical or hospital expenses incurred. Medical payment coverage and reimbursement for said child is as follows:*

Name of Health Insurance or medical relief coverage \_\_\_\_\_

Policy# \_\_\_\_\_

### Health Information

Do you know of any health-related reason that your child shouldn't take part in physical activities at the Audubon Center? (If unsure of the physical activities planned for your child's group, please ask your child's teachers.)

YES       NO

If yes, please explain:

Has your child had any serious illnesses or accidents during the past year?

YES       NO

If yes, please explain:

Date of child's most recent tetanus shot \_\_\_\_\_

*Continued on next page*

## Health Information (continued)

Does your child have any allergies or special health needs?  YES  NO

If yes, please explain

Is your child receiving any medication either at home or at school?  YES  NO

Reason for medication:

---

Is it acceptable for your child to carry medication on his/her person?  YES  NO

Is it acceptable for your child to administer his/her own medication?  YES  NO

Is it acceptable for Audubon Center staff and the school's staff to administer non-prescription medication (aspirin-free) to your child?  YES  NO

I, the undersigned parent/guardian of \_\_\_\_\_ (student's name), grant and assign staff members of the Audubon Center of the North Woods and \_\_\_\_\_ (student's school name) the authority and consent to sign medical emergency release documents both for doctors and hospitals on behalf of my child, and grant and assign to them permission and consent for emergency medical treatment, operation, administration of anesthesia, blood transfusion, or urgent medical treatment of any illness or injury that any qualified medical practitioner may deem necessary for our child's welfare in the event parents can not be contacted.

I request and authorize my child to be responsible to self-administer medication, thereby releasing the Audubon Center and school personnel from liability should inappropriate usage and/or restrictions result from the medication(s).  YES  NO

It is further understood that staff members will notify the parent /guardians of any medical treatment as soon as possible.

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_



**Audubon Center  
of the North Woods**

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## Adult Health Form

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

### Contact Information

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

School \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Primary Physician \_\_\_\_\_ Physician's Phone \_\_\_\_\_

In an emergency, contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### Health Insurance Information

Name of Health Insurance or medical relief coverage \_\_\_\_\_

Policy# \_\_\_\_\_

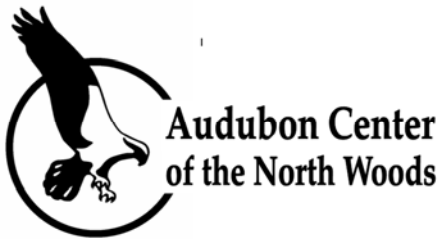
### Health Information

Do you know of any health-related reason that you shouldn't take part in physical activities at the Audubon Center?

YES       NO

If yes, please explain:

Signature \_\_\_\_\_ Date \_\_\_\_\_



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# Liability Release Form

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

## *Form MUST be signed before student can participate*

*It is the school's responsibility to collect signed liability releases from each adult participant and from a parent/guardian of each student participant and submit all releases to the Audubon Center.*

### **Assumption of Risk and Liability Release**

Participant Name \_\_\_\_\_

I will be participating /  I authorize the above-named participant to participate in the program at the Audubon Center of the North Woods. I acknowledge and am aware that this program involves certain inherent risks which I am prepared to accept. These risks may include (but are not limited to) inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-Audubon Center sites; and other peoples' actions. Following appropriate medical consultation, I have determined that my child's/my health is adequate to participate safely in this program (except as indicated on the Student or Adult Health Form). In the event of an emergency, I authorize treatment by emergency medical personnel.

Accordingly, I hereby release the Audubon Center of the North Woods, including all of their personnel, agents, affiliates, staff and directors, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless the Audubon Center of the North Woods for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

I authorize the Audubon Center to use any photos taken during the visit in publicity materials for the Audubon Center and understand my/my child's name will not be used.

\_\_\_\_\_ (your initials here)

Parent/Guardian or Participating Adult Signature \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_

I am a (please check one of the following):

- Parent/Guardian who will not be attending the Audubon Center program.
- Parent/Guardian/Chaperone who will attend the Audubon Center program.
- Teacher/Staff Member of the participating school who will attend the Audubon Center program..





**Audubon Center  
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# Crosby Dorm Room Assignments

Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

Please return this form at least **one week** before your visit. Thanks!

**SCHOOL** \_\_\_\_\_

**Visit dates** \_\_\_\_\_

ROOM 104 		ROOM 105 	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 108		ROOM 109	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 110		ROOM 111	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 112		ROOM 113	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 114		ROOM 115	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 116		ROOM 117	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8
ROOM 118		ROOM 119	
1	5	1	5
2	6	2	6
3	7	3	7
4	8	4	8



**Audubon Center  
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## Lowry & Schwyzer Room Assignments

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320.245.5272

*Please return this form at least one week before your visit. Thanks!*

### Schwyzzer Lodge (18 beds)

Room #5 – upper south (3 bunks)		Room #4 – upper mid-south (1 bunk)	
1	5	1	
2	6	2	
3			
4			
Room #3 – upper mid-north (1 bunk)		Room #2 – upper north (2 bunks)	
1		1	3
2		2	4
Room #1 – lower level back room (1 bunk, 1 queen)			
1	3		
2	4		

### Lowry Lodge (28 beds)

Room #5 - Upstairs 1 (3 bunks)		Room #4 - Upstairs 2 (3 bunks)	
1	5	1	5
2	6	2	6
3		3	
4		4	
Room #3 - Upstairs 3 (3 bunks)		Room #2 - Upstairs 4 (3 bunks)	
1	5	1	5
2	6	2	6
3		3	
4		4	
Room #1 – lower level (2 bunks)			
1			
2			
3	4		



**Audubon Center  
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## Learning Group Assignments

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

**15–18 students per group recommended**

*Please return this form at least **one week** before your visit. Thanks!*

<b>Group Name:</b>			
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20
<b>Group Name:</b>			
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20
<b>Group Name:</b>			
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20
<b>Group Name:</b>			
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20
<b>Group Name:</b>			
1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20
4	9	14	19



**Audubon Center  
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## Kitchen Patrol (KP) Helpers

Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

Please return this form at least **one week** before your visit. Thanks!  
Assign **2 or 3 Adults (A)** and **5 Students (S)** for each of your group's KP times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	A1	A1	A1	A1
	A2	A2	A2	A2
	A3	A3	A3	A3
	S1	S1	S1	S1
	S2	S2	S2	S2
	S3	S3	S3	S3
	S4	S4	S4	S4
	S5	S5	S5	S5
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
A1	A1	A1	A1	A1
A2	A2	A2	A2	A2
A3	A3	A3	A3	A3
S1	S1	S1	S1	S1
S2	S2	S2	S2	S2
S3	S3	S3	S3	S3
S4	S4	S4	S4	S4
S5	S5	S5	S5	S5
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
A1	A1	A1	A1	A1
A2	A2	A2	A2	A2
A3	A3	A3	A3	A3
S1	S1	S1	S1	S1
S2	S2	S2	S2	S2
S3	S3	S3	S3	S3
S4	S4	S4	S4	S4
S5	S5	S5	S5	S5
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
A1	A1	A1	A1	A1
S1	S1	S1	S1	S1
S2	S2	S2	S2	S2



**Audubon Center  
of the North Woods**

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## Pre-Visit Questions

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Please mail or fax to:  
Audubon Center of the North Woods  
PO Box 530, Sandstone, MN 55072  
Fax: 320-245-5272

*Please return this form at least **one week** before your visit. Thanks!*

- 1) **What are your goals and expectations for this experience?**
  
- 2) **How do the classes that you picked fit into your school's curriculum?**
  
- 3) **Are there any topics that the Audubon Center staff should emphasize or address?**
  
- 4) **Have the students had similar experiences at other residential learning centers?**
  
- 5) **How have the students and chaperones been prepared for this experience?**
  
- 6) **Using percentages, please estimate the ethnic and cultural make up of your student population:**
  
- 7) **Do you have students with special needs? Please provide names & brief descriptions.**
  
- 8) **Anything else we need to know?**



## Audubon Center of the North Woods

### Our Mission

*To instill a connection and commitment to the  
environment in people of all communities  
through experiential learning*

## INFORMATION FOR PARENTS/GUARDIANS

### About the Audubon Center

The Audubon Center of the North Woods is a fully accredited Residential Environmental Learning Center established in 1968. We're located on Grindstone Lake in Sandstone, Minnesota, about 90 miles north of the Twin Cities. Our diverse, 535-acre sanctuary includes a variety of habitats, including old-growth red and white pines, hardwood forests, restored wetlands and prairies. While we have several traditional classrooms, our emphasis is on getting outdoors for maximum learning opportunities.

### Program Overview

We offer a great variety of environmental learning experiences for people of all ages, including more than 50 grade-specific classes for K-12 students. Highlights of our school program include:

- ❖ Informative, interactive, and FUN classes. Your child will participate in at least two classes daily.
- ❖ Full array of adventure programming, including canoeing, cross-country skiing, a ropes course and a climbing wall.
- ❖ Birds of prey and other rehabilitation animals for viewing and programs.
- ❖ Informal evening programs.

### Lodging and Dining

The **Crosby Dormitory**, with 112 beds, is adjacent to the Blandin Dining Hall / office building. Each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible. The historic **Schwytzer Lodge** and the **Lowry Lodge** house up to 35 people.

**Blandin Dining Hall** seats 200 people. We offer delicious meals prepared fresh and served cafeteria-style. Each meal includes a variety of exceptional cuisine, as well as fruit, salad and bread.

### Contact and Emergency Information

**Phone messages** are delivered at mealtimes. Emergency calls are delivered as quickly as possible. A courtesy phone accepts outgoing collect and credit card calls, but not incoming calls.

**Mail** is delivered at dinner each evening. Please address letters to the Audubon Center c/o your child's school.

**Emergency medical care** and ambulance service is available 8 miles away at the North Pine Medical Center in Sandstone.

mail.

or.