

CHCA Intercession 2022

January 3-14, 2022

Course Name: Living Consciously	
Instructor(s): Brandon Porter	
Course Type: Local Day (Greater Cinti Area)	Service Hours: 6
Maximum enrollment: 7	Minimum enrollment: 6
Cost:	\$170

Overview: This offering is designed to get students thinking about the choices they make every day, the impact those choices might have on others, and ways that each of us can live more consciously. We will be hiking multiple trails around the tri-state area, watching movies and documentaries, and learning about ways to live more consciously through our choices.

- Course Goals:**
- To go hiking at various trails around the Cincinnati area.
 - To examine our lives to see where we make choices that have invisible consequences for others.
 - To find alternative choices we could possibly make to try to minimize this impact.

Description:

This course runs from January 3rd through January 12th.

If you like hiking, this course is for you! We will hike trails around the Cincinnati Area, including, but not limited to, Caesar Creek State Park, Hueston Woods State Park, French Park, Kheener Park, Carter Park, and more!

Each day we will meet in my classroom, debrief, and then start our activities for that day. Most days we will go on a hike. You will need to pack food most days, but a few of the days you can bring money and we'll eat at a restaurant near our hike. We will also spend time watching and discussing some documentaries. On days that we go hiking, we will ride together (using school transportation) after meeting in the morning.

Service component may include volunteering in the parks where we hike or joining another course for a day of service.

Sample of daily plan

9:00 AM: Meet at the school, debrief.
9:30 AM: Depart for hiking destination.
10:00 – 1:00: Hiking and lunch out if we are eating at a restaurant
1:30 PM: Back to school to watch movie and/or discussion

This course is well suited to: Students who enjoy the outdoors, like to hike, and also may want to do some introspective thinking about personal choices.

Cost: \$170

Additional costs: Additional costs include lunch on occasion – certain hikes will include eating at a restaurant before returning to school.