

START COLLEGE

WITH AN

ADVENTURE



4

TRIPS
TO
CHOOSE
FROM

SEA KAYAKING
BACKPACKING
ROCK CLIMBING
Canoeing

FIRST FLIGHT

FIRST YEAR ADVENTURE Orientation EXPERIENCE

HELPING STUDENTS FEEL AT HOME

"First Flight was one of the best experiences I've ever had. Everyone was very friendly and helpful. I think every freshman should do this program to help them learn about the university and meet new people. Thanks for an awesome time!"

- Participant

First Flight is an adventure education based orientation program coordinated by the ESS Program specifically for first year students.

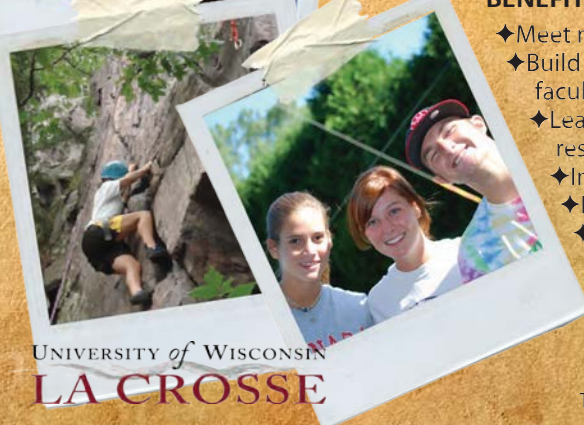
There are three main components of the program; **adventure education** where you'll become acquainted with other students, being taught about responsibility and decision making, participate in an **outdoor pursuit experience** where you'll become familiar with local natural resources, campus recreation opportunities and team building activities, and **goal setting** strategies to successfully begin your college career.

While on campus

participants will challenge themselves on the UW-L Adventure Program's high and low **ropes course**, take **night hikes** in Hixon Forest, **bike, blade** or hike local trails, **climb** the REC's and ESS Indoor Climbing Wall, **explore** campus, experience the dining services and stay in the residence hall room they'll be living in for the upcoming year.

BENEFITS

- ◆ Meet new friends
- ◆ Build relationships with current faculty and staff members
- ◆ Learn about important campus resources
- ◆ Interact with current students
- ◆ Learn where to recreate
- ◆ Learn skills and attitudes that improve your chance of success in college.
- ◆ Move in early
- ◆ Have fun



UNIVERSITY of WISCONSIN
LA CROSSE

Trip options and program details at:

www.uwlax.edu/firstflight