

PALI  
*Institute*  
OUTDOOR  
EDUCATION

OUTDOOR EDUCATION  
SCIENCE  
LEADERSHIP  
(909) 939-0888



We bring  
textbooks  
to life.



# MISSION

Our Mission is to introduce experiential education to young people by providing progressive learning experiences that extend far beyond classroom walls. Students will experience the thrill of seeing, touching, and learning about the environment and our impact on the world. At Pali Institute, we bring textbooks to life.

Our program goal is that each student that attends Pali Institute should leave with an increased understanding of our human impact and respect for themselves, each other, and the environment

## ACCREDITATIONS

Pali Institute is a leader in outdoor education, and we are extremely proud to be the an residential outdoor education program accredited by the Western Association of Schools & Colleges (WASC) which holds us to more than one hundred professional standards and guidelines. We also adhere to an experiential model of learning, and are accredited by the Association for Experiential Education (AEE). Through the accreditation process, Pali Institute is able to maintain high standards for our curriculum, risk management and participant safety.



## STAFF

Our highly trained outdoor education staff provides around the clock supervision and instruction. Our instructors are all over the age of 21, possess (or are pursuing) a bachelor's degree and a variety of science and teaching credentials. Along with being First Aid/CPR certified, instructors complete two weeks of extensive training at the beginning of each season.

## CURRICULUM

At Pali Institute we offer a customized program to suit your school's requirements, with curriculum available for grades 4th-12th. Educators choose a three to five day program and build their experience by selecting from our 30+ class modules in three categories: Outdoor Education, Science, and Leadership. Our curriculum adheres to California, Nevada, and Arizona state standards and also aligns with Next Generation Science Standards.





# FACILITIES

## LOCATION

Pali sits on 74 acres in the San Bernardino National Forest. Our facility is home to 5 challenge courses, 3 zip lines, 5 archery ranges, classrooms, basketball courts, a recreation field and over 5 miles of hiking trails! Pali Institute is located near Lake Arrowhead; within 90 minutes of Los Angeles, Orange and San Diego Counties, and 3.5 hours from Las Vegas.

## ACCOMMODATIONS

Our comfortable mountain cabins feature solid wood built-in bunks, radiant floor heating, and private bathroom and shower facilities located inside the cabins. Instructors are housed in the cabins with visiting students to provide supervision and support.

## DINING

Buffet-style dining is prepared by our experienced executive chef and wonderful kitchen staff. We create kid-friendly and delicious meals three times a day so even the pickiest eaters will be satisfied. Our facility is nut-free and vegetarian options are available on request.

## WELLNESS CENTER

Our wellness center is staffed 24/7 by our licensed medical staff who provide care and support to our visiting students. With Pali's highly qualified team in place, your students will be safely cared for while discovering the wonders of experiential education.



# OUTDOOR EDUCATION

## FOREST ECOLOGY

2 Class Sessions (3 hours) or 1 Class Session (1.5 hours)

Students hike through the forest to explore and learn about the ecosystems around them. They identify plants, study animals, and learn about the impact of forest fires. Hands-on activities teach the history of the forest as ecosystems come alive before their eyes.

## OUTDOOR SKILLS

2 Class Sessions (3 hours)

Mixing nature's beauty with outdoor survival, students learn the Ten Essentials for any outdoor trip. While in the forest, they band together as a team to build emergency shelters, build fires and cook food in an outdoor setting.

## ANIMAL SURVIVOR

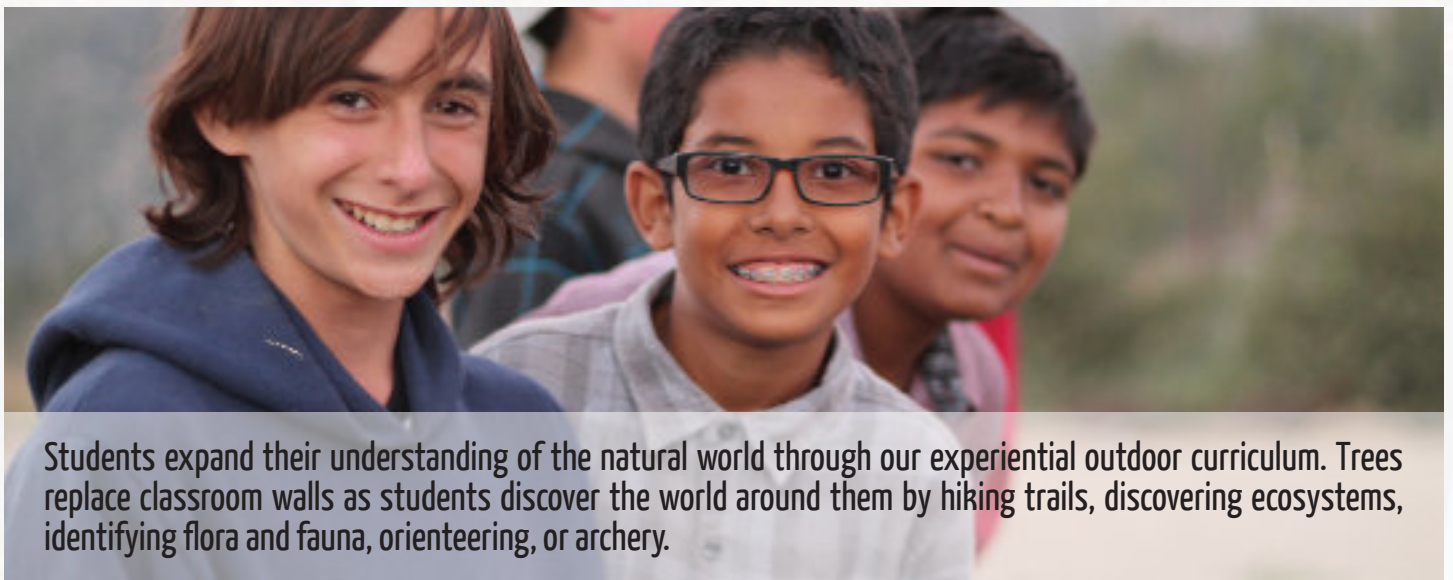
1 Class Session (1.5 hours)

Students learn the importance and dynamics of food chains/webs and how species depend on one another for survival. In a fast-paced activity, students are assigned an identity: carnivores, herbivores or omnivores. They must search for food while avoiding predators: their peers!

## DAY HIKE

1 Class Session (1.5 hours)

In this introduction to modern hiking ethics, students learn eco-responsible philosophies such as "Leave No Trace". Each school selects their focus for a hike, such as birding, visiting our Nature Center or Greenhouse, shortened versions of our Forest Ecology and Outdoor Skills classes, or one of our many other fun-filled options.



Students expand their understanding of the natural world through our experiential outdoor curriculum. Trees replace classroom walls as students discover the world around them by hiking trails, discovering ecosystems, identifying flora and fauna, orienteering, or archery.



“The facility was the best we’ve ever been to, bar none. Our students didn’t want to go home.”

Warren-Walker School

### EXTENDED DAY HIKE

2 Class Sessions (3 hours)

Students gain the knowledge, skills, and comfort level needed to hike in the wilderness by exploring the San Bernardino National Forest. The appropriate gear and supplies will prepare them for this 3-hour excursion, and they will be rewarded with sweeping views of several different environments. Teachers can choose the focus of each hike.

### ARCHERY

1 Class Session (1.5 hours)

Learn about the history and mechanics of archery, one of the oldest arts and means for survival. Students are introduced to the basic physics of a bow and arrow, as well as the proper handling of this ancient device. Armed with this knowledge, they participate in target shooting.

### ORIENTEERING

1 Class Session (1.5 hours)

Students find their sense of direction by embarking on an expedition. They learn how to navigate through the forest using compasses and coordinates. By the conclusion of this course, students understand the various skills involved in planning travel from point A to point B.

### ART IN NATURE

1 Class Session (1.5 hours)

Students delve into their creative side while exploring the art potential within our forest. They make their own paint, binding and designs solely out of natural materials. Then students create artwork based on the work of British nature artist, Andy Goldsworthy.



# SCIENCE



## **ELECTRO-MAGNETIC DYNAMO**

1 Class Session (1.5 hours)

What is this new magnetic wonder? Learning about types of energy and how to use them to our advantage, our junior engineers design and build a Dynamo generator from the ground up. Students will identify what natural resources are available and what can be done to maximize their potential.

## **AERODYNAMICS**

2 Class Sessions (3 hours)

The sky is the limit, but not quite the finish line. In this course our young rocket scientists will do the traditional rocket launch. Their engineering skills will then be further tested by applying aerodynamic principles to the ground level. Using what they've learned about the Coanda Effect, students will build an elaborate maze to blow out a candle a distance away.

## **GEOLOGY**

1 Class Session (1.5 hours)

How are rocks formed and classified? Students will find out as they learn about the geology of Southern California, different layers of the earth, plate tectonics and identifying the make up of different rock layers. Students gain an understanding of geological principals and the ever-shifting landscape under the surface.

## **CSI: PALI**

1 Class Session (1.5 hours)

Students explore the field of forensics and its importance in criminal justice by forming an investigative unit and working together to solve a mystery. They compare fingerprint patterns, learn about blood types and study handwriting samples. After collecting all of the evidence, they analyze it and employ deductive reasoning to rule out suspects.



Students identify and apply scientific methods with hands-on activities that bring classroom science to life. Students will leave with the enthusiasm and knowledge required to take their study of science to the next level.



## FRESHWATER BIOLOGY

1 Class Session (1.5 hours)

Students get their fill of experiential science methods at the pond! By testing the chemical composition of our pond water and assessing its health by ponding for various macro and micro invertebrates. Students then apply their observations and knowledge to the real world and gain an understanding of the importance of water conservation.

## KRAKEN SQUID OPEN

1 Class Session (1.5 hours)

Students learn about adaptation as they dissect a squid, locate its organs and appendages, and gain an understanding of its physiological design. Pali instructors guide students through the process of dissection and teach them the importance of cephalopods to the ecosystem.

## LIVING FOSSILS

Seasonal Class

1 Class Session (1.5 hours)

Reptiles have been around for quite a long time, some longer than others. Students will visit live animals in our nature center and compare them to fossil evidence in order to decide how similar or different these modern day animals are to their ancient counterparts.

## UNDER PRESSURE

1 Class Session (1.5 hours)

Students gain basic meteorological skills through hands-on activities, exploring various factors and forces that act upon our Earth to create changing weather patterns. They learn the specifics of different weather tools, including the use of barometers to record atmospheric pressure and anemometers to determine wind speed. Data collected from various experiments enable our young meteorologists to make a scientific forecast.



# LEADERSHIP



## WHERE DO YOU STAND?

1 Class Session (1.5 hours)

Through role-play and discussion, students explore the concepts of morals and ethics and how both apply to individuals and society. Students learn how an individual's personal experiences can affect ideals and decision-making, expanding their understanding of current events.

## BALLOON RESCUE

1 Class Session (1.5 hours)

In a fun twist on the classic Egg Drop Experiment, teams of students create a protective contraption for a water balloon. Students learn group dynamics by choosing roles associated with their project. At the conclusion of the experiment, students discuss the scientific principles of the drop and the teamwork involved.

## TEAM BUILDING

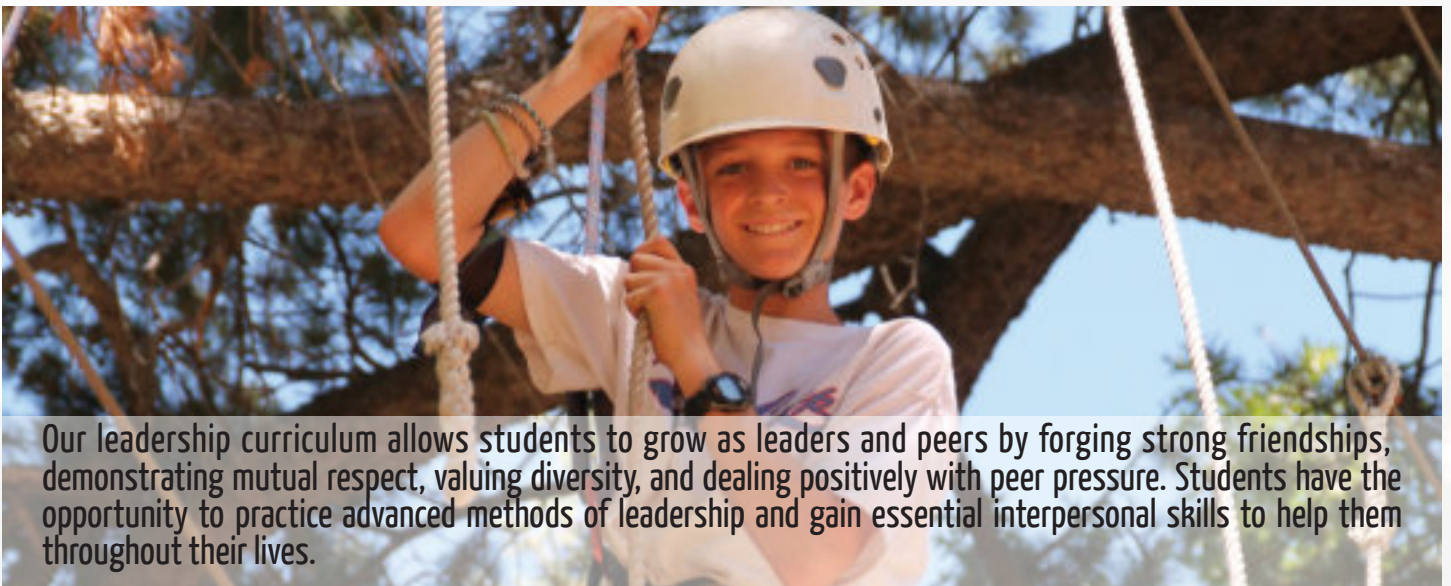
1 - 2 Class Sessions (1.5 - 3 hours)

Students develop communication and problem solving skills with a series of challenges that are designed to develop a cohesive team dynamic. Based on your school's specific strengths and goals, we provide a comprehensive team building progression.

## ADVANCED TEAM BUILDING

1 - 2 Class Sessions (1.5 - 3 hours)

These group interactions incorporate the insights gained from previous team building situations, moving on to challenges of greater complexity. A minimum of one session of Team Building is required to progress to Advanced Team Building.



Our leadership curriculum allows students to grow as leaders and peers by forging strong friendships, demonstrating mutual respect, valuing diversity, and dealing positively with peer pressure. Students have the opportunity to practice advanced methods of leadership and gain essential interpersonal skills to help them throughout their lives.



“Our job as educators has shifted a lot in the last couple of years to being much more skills driven. We see a huge connection between what the kids learn at Pali: communication, collaboration, problem solving and what we are trying to achieve as teachers.”

STEAM Program Specialist, Cold Spring School

#### HIGH ROPES COURSE

2 Class Sessions (3 hours)

Our most popular activity provides adventure and human development at heights up to 45 feet in the trees. Students build confidence in themselves and each other as they encounter an array of challenges and finish with a guided debrief of their successes and challenges, learning how they can be applied to their everyday lives.

#### BUILDING SUPPORT

1 Class Session (1.5 hours)

Students design and build a structure that will support one of our instructors. With only rope, wooden dowels and a lesson in knot tying, students must work together to complete this highly creative activity.

#### CULTURE SHOCK

1 Class Session (1.5 hours)

Students gain an increased awareness of each other and group dynamics through challenging simulations. They divide into two groups with unique cultures and then take turns observing and immersing themselves into the other culture in an effort to increase awareness and sensitivity.

#### COMMUNITY PUZZLE

1 Class Session (1.5 hours)

Students assemble a dynamic puzzle by creating pieces depicting their personal thoughts, growth, and experiences across their week at Pali. Reflecting on the lessons learned about themselves and each other is the perfect closing event for a school visit.

#### CANYON ZIP LINE

1 Class Session (1.5 hours)

Experience the thrill and sights of our Canyon Zip line! Take off from one mountain ridge and sail 800 feet to the other side. (Zip line is an additional cost, contact us to learn more.)



**PALI**  
*Outback*  
OUTDOOR  
EDUCATION

Take outdoor education one step further by embarking on a 3 day, 2 night journey into the Pali outback. Join us for a backpacking trip with your students. Contact us to learn more!

# EVENING PROGRAMS

## **ASTRONOMY**

1 Class Session (1.5 hours)

Having escaped the city lights, students are able to see the night sky like never before. Students become fully involved in this ancient science as they use telescopes to view the moon, Saturn's rings or Jupiter's moons. They discover constellations and the legends behind them in the same sky that has amazed humankind since the beginning of time.

## **NIGHT HIKE**

1 Class Session (1.5 hours)

Students learn about a nocturnal world that buzzes with mysterious activity. As they hike and explore, students learn about the animals of the night and how they survive in their environment. This class includes an exploration of the senses, echolocation and bioluminescence.

## **PALI JEOPARDY**

1 Class Session (1.5 hours)

Put your thinking caps on. Students recall the knowledge accumulated throughout the week and engage in a battle of the brains. Divided into groups, they are asked trivia questions from several of the subjects learned during their stay. This fun activity reinforces educational lessons.

## **PALI VARIETY SHOW**

1 Class Session (1.5 hours)

Students gather for a laughter-filled evening of skits and songs. Audience participation is the backbone for this activity as each group creates a fun performance.

## **OWL PELLET DISSECTION**

1 Class Session (1.5 hours)

Students find out what a favorite nocturnal predator had for dinner in this classic biology lab. They dissect an owl pellet to find bones, beaks and skulls. What animals do they belong to? It is up to the students to find out as we embark on a learning adventure with the coolest birds of the night.



Students will end their day by partaking in one of our evening programs. Dance, Karaoke, Movie Night, Variety Show, and Games, Games, Games offer the students an opportunity to interact with their peers in a fun and social setting. Owl Pellets, Pali Jeopardy, Night Hike, and Astronomy will allow students to explore new concepts, search the night sky, and discover what it means to be nocturnal.



“You have made a huge difference in our students’ lives. When our alumni come back to visit, they talk about this trip.”  
- St. Cecilia School

## KARAOKE

1 Class Session (1.5 hours)

It’s time to show off your vocal talents... or lack thereof. During an evening of musical mayhem, students sing along to current and classic hits in a fun and relaxed atmosphere.

## MOVIE NIGHT (EDUCATIONAL OR COMEDY)

1 Class Session (1.5 hours)

When students need to relax, our movie night gives them a chance to “march with the penguins” or take a “winged migration”. Students watch an educational movie or laugh all night long with a comedic film. The Pali movie list will be provided upon request, or feel free to bring a movie of your choice.

## GAMES, GAMES, GAMES

1 Class Session (1.5 hours)

Students participate in various facilitated team games such as Alaskan Baseball or Capture the Flag. These activities are sure to tire out your students just in time for bed. Schools also have the option of playing nighttime Ga-Ga or four square.

## DANCE (MUSIC PROVIDED BY PALI)


1 Class Session (1.5 hours)

A popular nighttime activity with many of our visitors, a school dance can be a great way for students to unwind from classes. Expect dancing, lights and a party they will never forget! Schools are more than welcome to bring their own music or use our collection.



## DAY AT A GLANCE

7:00 am	Rise and Shine
8:00 am	Breakfast
9:00 - 10:30 am	Class, Session A
10:45 - 12:15 pm	Class, Session B
12:30 pm	Lunch
1:30 pm	Cabin Time/Camp Store
2:00 - 3:30 pm	Class, Session C
3:45 - 5:15 pm	Class, Session D
5:30 pm	Dinner
7:30 - 9:00 pm	Evening Activity
9:00 pm	Cabin Time/Get Ready for Bed
9:45 pm	Lights Out



**ARE YOU INTERESTED** in your school visiting Pali Institute? Schools visit us from all over California, Arizona, and Nevada. No distance is too far for an adventure at Pali Institute!

### SCHEDULING

Residential three to five day programs are available for booking from the end of August through the first week of June. To check for availability, please contact an Outdoor Education Specialist at Pali Institute by calling (909) 939-0888. They can provide you with available program dates as well as answer any other questions you may have.

### RESERVATIONS AND DEPOSITS

Your trip dates will be reserved once a signed Site Reservation Agreement and deposit are received. An additional payment is due 120 days prior to your arrival date. Final payment is due no more than 30 days prior to attendance.

### CANCELLATION POLICY

There is no deposit forfeiture for cancellations received at least 120 days prior to check-in. All cancellations must be received in writing. The deposit is forfeited for all cancellations received less than 120 days prior to arrival date. Any reduction in student attendance numbers received less than 45 days prior to arrival are only eligible for a refund of half (50%) the student cost if a written refund request is submitted within five (5) days of departure with an attached doctor's note. Any proposed increase in student numbers is contingent upon availability and must be approved by Pali Institute.

### TRANSPORTATION

The attending school will be responsible for transportation to and from Pali Institute. The scheduled arrival time will be between 10:30am and 11:00am, and buses should arrive on the day of departure between 9:00am and 10:00am to be loaded and depart by 11:00am.

### TEACHER EXPERIENCE

While at Pali, our staff will be directly responsible for the supervision and instruction of your students. Our instructors will be teaching the classes for your students, supervising them during free time, as well as overnight in their cabins.

Our program has been specifically designed to allow you, the visiting teacher, to participate alongside your students, observe them in an outdoor classroom environment, and watch them grow from their experiences. While you are not required to attend any classes, we highly encourage you to visit and participate in as many as you can.

Visiting teachers stay in our semi-private accommodations. Teachers can take advantage of our teachers' lounge; equipped with couches as well as ample workspace with Wi-Fi access.

## FOR MORE INFORMATION CONTACT US

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Running Springs, CA 92382

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## PALI MOUNTAIN FAMILY

### PALI RETREAT

Pali Retreat is the perfect location for unforgettable faculty and staff retreats on weekends. Also featuring our amazing Kinetic teambuilding program.  
[PaliRetreat.com](http://PaliRetreat.com)

### PALI ADVENTURES

The ultimate summer adventure for 8-16 year olds with 22 specialties to choose from during summer camp sessions.  
[PaliAdventures.com](http://PaliAdventures.com)

