

A group of 12 students, mostly young adults, are posing for a group photo on a rocky mountain trail. They are dressed in outdoor gear, including jackets, hats, and gloves. The students are arranged in three rows, with some standing, some kneeling, and some sitting on the ground. They are all making playful faces and hand gestures, such as peace signs and 'L' hand signs. The background features a range of mountains under a cloudy sky. A green mountain silhouette is at the top of the page, and a red banner is at the bottom.

LA VIDA

AT GORDON COLLEGE

COLLEGE EXPEDITIONS/ DISCOVERY



LA VIDA CENTER FOR OUTDOOR EDUCATION AND LEADERSHIP

La Vida's mission is to catalyze character formation, cultivate community and develop servant-leadership skills in individuals, groups and organizations through outdoor experiential education.



ADVENTURE WITH PURPOSE

At Gordon, we believe that physical challenge and experiential learning—combined with academic and spiritual growth—are all important elements of preparing you for a greater purpose. We've expanded our classrooms to include the natural environment, offering two distinctive outdoor education opportunities: College Expeditions and Discovery. Through the La Vida Center, and as part of the First-year Experience, each student will complete either a 12-day College Expedition or a seven-week Discovery course during their first year. An additional option, available for those with a medical limitation, is offered by petition only.

COLLEGE EXPEDITIONS

Each 12-day expedition takes place in New York's Adirondack Mountains. This six-million-acre wilderness preserve creates the perfect classroom for adventure, self-discovery and spiritual growth. Transportation from Gordon is provided to the La Vida base camp where you are outfitted with equipment before setting off on a backpacking or canoeing itinerary. Our instructors lead groups of 6 to 10 students through this wilderness discipleship experience.

These expeditions are appropriate for anyone who has passed a school physical or a physical conducted by your primary physician. Most participants have little or no camping experience prior to their expedition. We recommend participating in a College Expedition before you start at Gordon.

WHAT CAN YOU EXPECT



COMMUNITY

Going to college is a huge transition. College Expeditions builds

connectedness and a sense of belonging that sets a foundation of support for your first year at Gordon. On the expedition, you'll leave technology behind and step into an environment where true community and friendships are developed.



SOLITUDE

Spending time alone with God prepares

us to be a valuable asset to our communities. Each day you'll have time to explore God's Word. Toward the end of the expedition you'll have two full days to pray, fast, reflect and journal.



CHALLENGE

We believe that true growth happens when you push past the comforts of everyday

life. College Expeditions gives you this opportunity at the ropes course and outdoor rock climb as a way of developing perseverance and resiliency. These experiences prepare you to handle future challenges.



CREATION CARE

College Expeditions follows Leave No

Trace ethics to ensure that you are a good steward of the wilderness. We teach skills that enable our students to cook outside, filter water, set up camp and travel in the wilderness.

DISCOVERY

Discovery is a class that meets twice a week for seven weeks on Gordon College's Wenham campus. Through adventure games, group problem-solving activities and the ropes courses, you are encouraged to explore your potential, overcome challenges and conquer fears.

Discovery is offered during the first, second and fourth quads. We recommend taking Discovery during the first and second quad so you can meet other students at the beginning of your Gordon experience.

WHAT CAN YOU EXPECT



BUILDING RELATIONSHIPS

Discovery instructors create a fun, safe environment to encourage personal growth and active learning. Group challenges enable you to gain communication skills while working together toward a common goal. Instructors share a devotional each class to encourage you in your relationship with God.



EMBRACING CHALLENGES

Discovery is a supportive community where you and your classmates can spur one another on to tackle challenges outside your comfort zone. The low and high ropes course experiences give you confidence to overcome life's challenges while relying on God and your community.



WEEKEND CAMPING TRIP

Students come together for a weekend camping trip to the White Mountains of New Hampshire. Community is developed as you hike, enjoy meals together and share life stories around a campfire.



CELEBRATION AND REFLECTION

The class ends with a time of celebration and looking back on lessons learned. Students are given the opportunity to reflect on their time together and share specific feedback and encouragement with their classmates.



STUDENT STORIES

La Vida [Expeditions] pushed me to reflect Christ's character. It taught me to step out of my comfort zone and take risks to test limits created by my fear. I found the type of leader I want to be, the kind of higher standard I am called to, and that this is all attainable only through God's grace and strength in my humble surrender.

-Praisye Yeo

Discovery was an amazing experience. I learned so much about myself and God. I made some of the best friendships, which allowed me to be confident in starting out my first year of college. I learned the importance of unplugging from the distractions around me and to really focus my attention on God and what he wants for my life.

-Cara Petersen