

# LA VIDA OUTDOOR EDUCATION CORE REQUIREMENT

	Discovery Courses	La Vida Expeditions
<b>Description</b>	Discovery is experiential learning designed to promote personal and spiritual growth in the context of a supportive small group. Discovery adventure activities foster character formation personal discovery, faithful living and perseverance.	La Vida Expeditions have the same primary goals as Discovery, but they are accomplished in a more intensive wilderness setting that allows time for reflection, spiritual commitment and Christian community. Emphasis is placed on how we live and function outside of our comfort zones.
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Twice a week for one quad</li> <li>• Weekend camping trip to NH</li> <li>• Group development activities</li> <li>• Problem solving activities</li> <li>• Low and high ropes course</li> <li>• Indoor rock climbing</li> <li>• Goal setting exercise</li> <li>• Class reader and journal</li> <li>• Goal-setting exercise</li> </ul>	<ul style="list-style-type: none"> <li>• 12-days in the Adirondacks of NY</li> <li>• Backpacking or canoeing</li> <li>• Group development activities</li> <li>• Low and high ropes course</li> <li>• Rock climbing and rappelling</li> <li>• Outdoor skills development</li> <li>• Creation stewardship principles</li> <li>• Reflection through journaling</li> <li>• A time of solitude and prayer</li> </ul>
<b>Course Dates and Times</b>	<p>Classes take place during 1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> Quad</p> <p>We recommend incoming students take Discovery 1st Quad to maximize the experience.</p> <p>DAY: TIME:</p> <p>T/Th 8:00 – 9:30 (Q1&amp;Q4 only)</p> <p>T/Th 9:45 – 11:15</p> <p>T/Th 11:30 – 1:00</p> <p>T/Th 1:15 – 2:45</p> <p>T/Th 3:00 – 4:30 (Q1&amp;Q4 only)</p> <p>M/W 1:00 – 2:30 (Q1&amp;Q4 only)</p>	<p>June 23 – July 4, 2026 <i>Register upon acceptance to Gordon</i></p> <p>July 7 – July 18, 2026 <i>Register upon acceptance to Gordon</i></p> <p>July 21 – August 1, 2026 <i>Register upon acceptance to Gordon</i></p> <p>August 8/9 – August 20, 2026 <i>Register upon acceptance to Gordon</i></p> <p>May 2027 Expedition dates to come</p>
<b>Course Code &amp; Cost</b>	PED015 Discovery and PED016 La Vida Expeditions are included in the First-Year Experience Fee that you pay before starting at Gordon.	
<b>Important Details</b>	All Discovery classes include a weekend trip (Saturday-Sunday). Students <i>must</i> participate on the weekend trip in order to fulfill the course requirements.	The deadline to apply for a summer La Vida Expedition is May 1. If you decide on Gordon after that date, please check our website to see if there are still spots available.
<b>Contact Info</b>	Call 978.867.4111 or e-mail <a href="mailto:lavida@gordon.edu">lavida@gordon.edu</a>	

*La Vida Expeditions and Discovery are designed for new students and are part of the first-year experience. La Vida Expeditions and Discovery both focus on goal setting, community, reflection, and growing in Christ and are designed to serve as a catalyst for personal growth and leadership. Please reach out if you have questions about which course is right for you.*

## Recommendations for Athletes

### Fall Sports

Men's and Women's Cross Country  
Men's and Women's Soccer  
Men's and Women's Rowing  
Men's and Women's Golf\*  
Women's Field Hockey  
Women's Volleyball  
Women's Tennis

#### Best Options:

- **June, July, or Late July La Vida Expedition 2026** (register upon acceptance to Gordon)
  - **Quad 4 Discovery Course** (register in November)
  - **\*For Golf – Quad 2 Discovery Course recommended** [indicate on summer pre-registration form]
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### Winter Sports

Men's and Women's Basketball  
Men's and Women's Swimming  
Men's and Women's Track and Field

#### Best Options:

- **June, July, Late July, or August La Vida Expedition 2026** (register upon acceptance to Gordon)
  - **Quad 1 Discovery Course** (indicate on summer pre-registration form)
  - **Quad 4 Discovery Course** (register in November)
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### Spring Sports

Men's and Women's Track and Field  
Men's and Women's Lacrosse  
Men's and Women's Golf\*  
Women's Softball  
Men's Baseball  
Men's Tennis

#### Best Options:

- **June, July, Late July, or August La Vida Expedition 2026** (register upon acceptance to Gordon)
  - **Quad 1 and 2 Discovery Course** (indicate on summer pre-registration form)
  - **\*For Golf – Quad 2 Discovery Course recommended** [indicate on summer pre-registration form]
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**If you choose Discovery:** All athletes should check with their coaches to find out if there are any off-season scrimmages planned. Knowing about these dates could help you choose which Discovery class and weekend might work best with your academic and sports schedule. A Discovery camping weekend is required in order to receive credit for the course.