

Benefits of 4-H Youth Camping

At the **Holiday Lake** 4-H Educational Center

What is the purpose of 4-H camping?

- ✻ 4-H camping is cooperative group living in a natural environment that focuses on developing life skills, social, spiritual, mental, and physical development in young people.
- ✻ 4-H camping emphasizes experiential learning; campers “learn by doing.”

Who participates?

- ✻ More than 5,200 youth ages 5-18 are involved in the Holiday Lake 4-H Educational Center programming annually.
- ✻ 742 4-H teen and adult volunteer leaders support, supervise, and teach those youth.

How are youth involved?

- ✻ The Holiday Lake 4-H Educational Center provides opportunities for youth in four ways: 4-H residential camping, 4-H specialty/day camping, 4-H school enrichment, and environmental education based upon the Virginia Standards of Learning.

What type of educational programming is provided?

- ✻ Leadership development, environmental/aquatic science, performing arts, shooting education, forestry, outdoor adventure, high/low ropes course, climbing, primitive skills, journalism/broadcasting, wildlife, canoeing, fishing, outdoor sports, leather crafting, and swimming

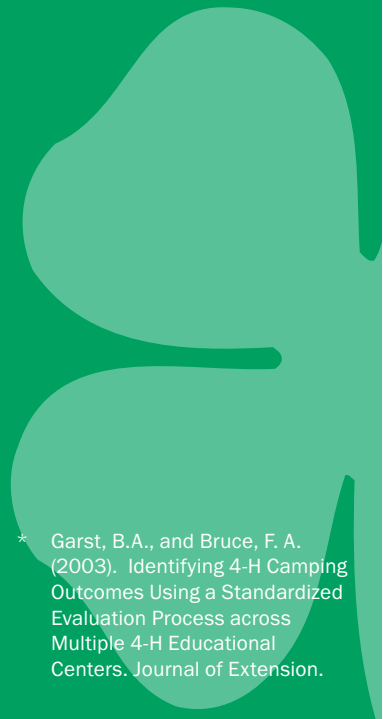
How do youth benefit from 4-H camping?*

- ✻ Youth have the opportunity to learn and have fun in a safe environment while surrounded by caring adults.
- ✻ A recent study of the impacts of Virginia 4-H camping conducted with 11,000 youth campers (ages 9-13) from across the state of Virginia found that 4-H camp participation helped youth learn to:
 - Make new friends
 - Develop new skills
 - Become more independent and able to take care of themselves
- ✻ A recent study of parents/guardians of Virginia 4-H campers found that 4-H camp participation changed youths' behaviors in the areas of:
 - Taking care of their own things (self-responsibility)
 - Becoming more independent /Taking initiative
 - Sharing



For more information:

- Contact your local Extension office
- Contact the Holiday Lake 4-H Educational Center at (434) 248-5444 or www.holidaylake4h.ext.vt.edu



* Garst, B.A., and Bruce, F. A. (2003). Identifying 4-H Camping Outcomes Using a Standardized Evaluation Process across Multiple 4-H Educational Centers. *Journal of Extension*.

*18 U.S.C. 707