

Catalina Environmental Leadership Program

# Welcome to CELP

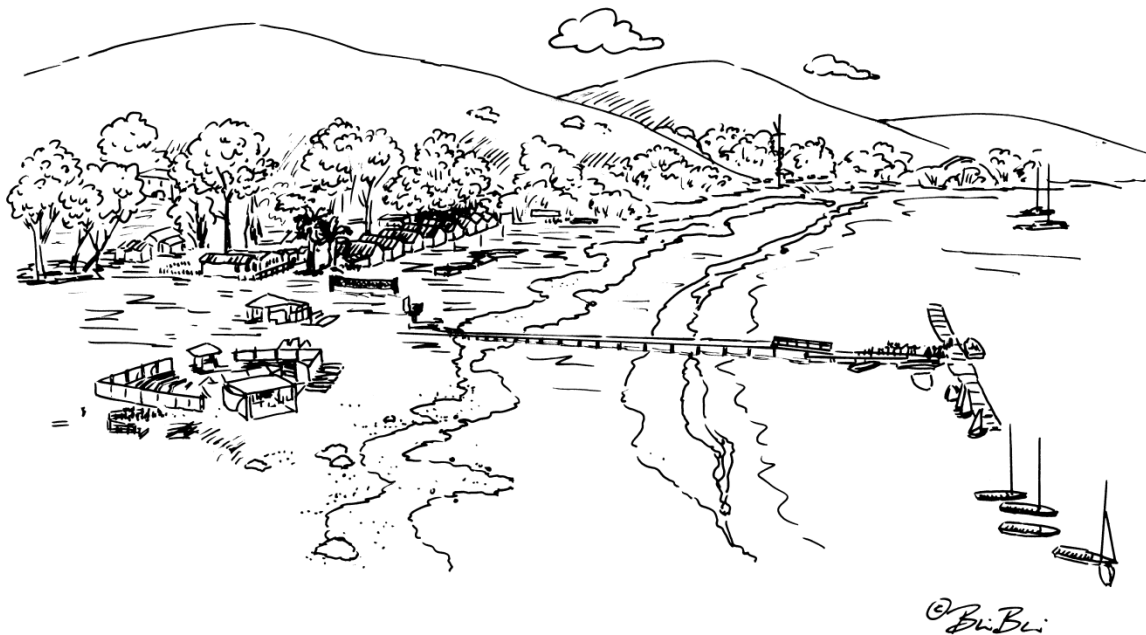
[www.celp.net](http://www.celp.net)

## What is CELP?

The Catalina Environmental Leadership Program (CELP) is a residential environmental and outdoor education program for groups of youth in grades four through twelve. CELP is located on the beautiful west end of Santa Catalina Island, about an hour off the coast of southern California. While at CELP, students are taken on a series of land and sea explorations, each aimed to bring about a greater understanding and connectedness to oneself, others and the environment.

Started in 1999, CELP combines the experience and creative efforts of Catalina Island Camps and Jean-Michel Cousteau's Ocean Futures Society. CELP was the first Ambassadors of the Environment (AOTE) program, a network of global environmental education programs created by Ocean Futures Society.

Groups visiting CELP take a boat ferry from Los Angeles to the camp at Howlands Landing where they are provided with lodging and meals for the duration of their stay. CELP provides all the instruction and equipment needed to participate in the activities.



## **Goals of CELP**

### ***CELP is dedicated to achieving the following goals:***

- ◆ To give students a positive view of themselves
- ◆ To develop knowledge and respect for the outdoor world
- ◆ To give students skills in communication, teamwork, and friendship building that will help them throughout life
- ◆ To inspire youth to live more sustainably and take responsibility for their future

*From a broader perspective, we strive to:*

### **Provide students with a series of educational processes and adventures.**

Information is woven into a hands-on curriculum that encourages dynamic learning rather than static memorization. Snorkeling in Catalina's kelp beds, hiking through unique island landscapes, and problem solving in our challenge course all provide varied opportunities for participants to learn, grow and have fun.

### **Inspire curiosity and appreciation for the underwater world.**

We aim to spark student's interest in the ocean environment while also helping them understand the important role they play in protecting it. All students are outfitted with snorkeling equipment and receive introductory lessons with qualified instructors. Once students feel comfortable, they explore the wonders of our very own cove - garibaldi, sea cucumbers, and bat rays are just a few of the fascinating animals that visit Howlands Landing. Soon the students will be able to identify many of the organisms they see and understand the workings of these complex and sustainable communities.

### **Advance students' understanding of connections: land to sea, humans to nature, people to people, and present to future.**

Our relatively simple camp community and pristine location offer a perfect setting to study the relationships among populations, resources, and environments. Students are exposed not only to marine and terrestrial ecology but also to the interconnections between these two natural systems. Emphasis is placed on each student's role within these systems and the impact of human beings on our environment. From living with eight to ten others in a cabin to solving group challenges, students come to connect with their peers in ways that go beyond what is possible in a traditional classroom setting.

## **Encourage critical thought and informed action toward responsible and sustainable living.**

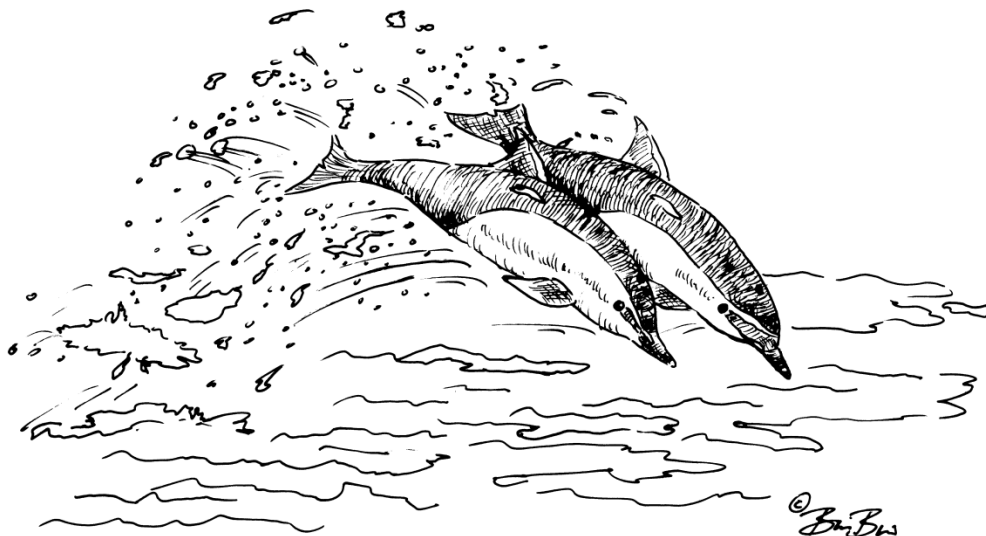
Rather than advocate one set of positions or values, students are encouraged to analyze information and form personal opinions. Participants will leave our program with tools to think critically and creatively about environmental issues and with motivation to get involved in their communities at home.

## **Facilitate learning about self.**

Students are exposed to new experiences; whether it's their first extended time away from home, their first night snorkeling, or their first time interacting with their teachers and peers in an outdoor setting. Students may discover new skills and interests that they carry with them throughout life. Teachers may pick up new methods for delivering instruction or discover new techniques for group management.

## **Meet individual school, state and nationwide goals for environmental education in natural settings.**

We strive to meet our own education objectives, those of state and federal boards of education, and most importantly, the needs of the schools we serve. Our curriculum consists of many options that can be added, removed or adapted in order to fit a group's age and academic abilities and the school's environmental and science education goals. We are interested in collaborating with teachers before, during, and after their environmental leadership experience in order to make this the most effective program available.



## **Program Offerings**

CELP offers 3 and 5-day programs, both of which include a variety of land and sea activities.

CELP Groups are scheduled a series of Core Programs (pre-selected by CELP) and Elective Programs (chosen by the school). The number of available Core and Elective Programs depends on a group's length of stay.

Below is a complete list of CELP activities. To learn more, take a look at the Program Description section of this booklet.

### **Marine**

Day and Night Snorkeling  
Kayaking  
Shoreline Investigation  
Microscope Lab  
Kelp Forest Slide Show

### **Terrestrial**

Ecology Hike  
Sustainable Living  
Art and Nature  
Organic Gardening  
Composting  
Service Learning

### **Team Building**

Low Ropes/Initiatives  
Climbing Wall  
Ropes Course

### **Evening Programs**

Night Hike  
Pimuvit Campfire  
Night Sky  
Night Snorkeling

## **CELP Principles**

The unique ecosystems that surround Catalina create living classrooms, ideal for hands-on, experiential learning. Whether snorkeling, hiking, kayaking or tide-pooling, students observe first-hand how each ecosystem they visit, while unique in many ways, operates according to similar ecological principles. Woven into each lesson, the following principles are shown to be a recipe for a sustainable system.

***Everything runs on energy***

***There is no waste in nature***

***Biodiversity is good***

***Everything is connected***

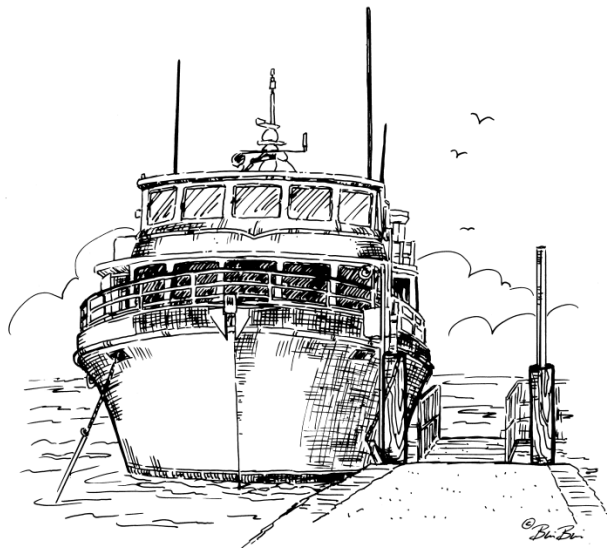
After recognizing the important role that each creature plays in an ecosystem, students are inspired to think about the important role they can play in bettering their communities back home.

## Location

CELP is located at Howlands Landing on the California side of Santa Catalina Island, 22 miles from the port of Los Angeles. Several hundred feet of beach and a private pier provide access to Catalina's beautiful waters. Our secluded spot allows for ample exploration of the island's unique plant and animal life.



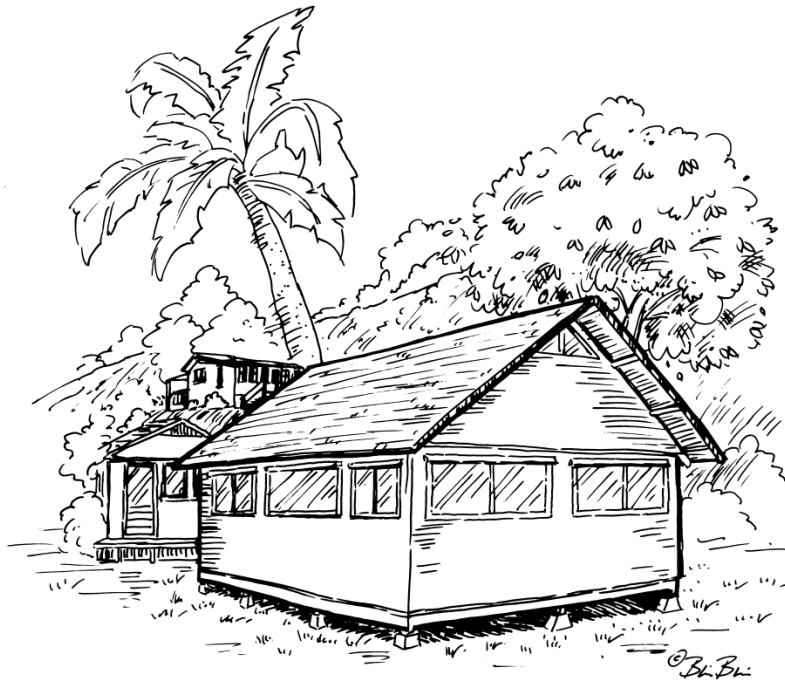
Visitors travel to and from the island on the fast and comfortable Catalina Express ferry. The crossing takes about an hour and fifteen minutes. Groups arrive either directly to our pier or to the nearby port of Two Harbors where they would take a short shoreboat ride to our cove.



## The Camp

The camp facility is located on the edge of the Pacific and extends into the valley of a rugged canyon. The camp is rustic and simple, but kept clean, safe and in good repair.

The cabins are wooden, open-air bungalows with a sturdy roof and canvas doors and windows. Each cabin has 6 bunk beds, a single electrical outlet and an overhead light. Modern bathrooms and hot showers are nearby.



There are separate cabin areas for boys and girls, each with their own restroom and shower facility. Adult chaperones traveling with the group are housed with the students or in adjacent cabins, depending on the group's wishes.

Our kitchen staff provides three well-rounded meals a day with lots of choices. There is a fruit bar at every breakfast and a salad bar at every lunch and dinner, along with a hot entrée at each meal. Meat and vegetarian options are available and we are happy to accommodate other special dietary needs. Guests and staff eat outdoors in a covered dining terrace with open views of the ocean. Many meals feature local and organic produce fruits and vegetables.

CELP provides all gear and equipment necessary to participate in the activities. From wetsuits to climbing harnesses, we have a wide range of sizes to ensure the comfort and safety of all participants.

## **Health and Safety**

***Whether on land or in the water, CELP is committed to the health and safety of our guests. The following list highlights some of our program's safety guidelines:***

- ◆ CELP Instructors are certified as American Red Cross Waterfront Lifeguards trained in CPR, AED, First Aid, and Emergency Oxygen.
- ◆ CELP staff undergo extensive training in program safety and emergency preparedness for both land and water.
- ◆ CELP maintains a supervision ratio of one staff for up to 15 students, plus at least one school chaperone for each activity group.
- ◆ CELP students and chaperones receive an orientation upon arrival that includes the camp rules and safety guidelines. CELP staff review program safety procedures with participants before and during activities.
- ◆ CELP program supplies and equipment receive routine safety inspections.
- ◆ CELP activity groups are linked to the program directors and emergency services through land and marine radio communication. Baywatch Isthmus and the LA County Sheriff can provide emergency services via water, ground, and air.
- ◆ CELP maintains a dispensary equipped with first aid supplies. Group leaders manage the dispensing of medication to their students. Locked medication storage is provided.
- ◆ CELP keeps an AED on site. Staff receive AED training through the Red Cross



# **Trip Planning**

## **Program Costs**

CELP Costs are broken up into Tuition and Transportation Fees. Tuition includes food, housing, equipment and instruction. Transportation includes round trip ferry travel from San Pedro to the camp.

### CELP Tuition

Peak Pricing: September 14th to October 18th

3-day Program: \$288 per student, \$144 per chaperone

4-day Program: \$406 per student, \$203 per chaperone

5-day Program: \$506 per student, \$253 per chaperone

Off-Peak Pricing: October 19th to November 20th

3-day Program: \$268 per student, \$134 per chaperone

4-day Program: \$386 per student, \$193 per chaperone

5-day Program: \$484 per student, \$242 per chaperone

### CELP Transportation

Ferry transportation rates vary based on the total number of passengers traveling to and from the camp. Total round trip estimates range from \$50 to \$90 per person. Students and adult chaperones pay the same transportation cost. Transportation rates are locked in when schools submit their final participant count.

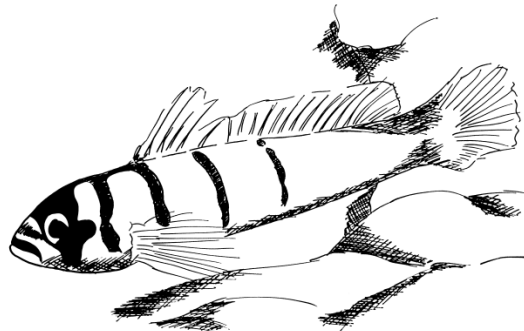
Deposits for CELP are \$2500.00 or 25% of the total camp fee based on the number of students and chaperones submitted with the contract; whichever is less.

To make a reservation for your group or if you have questions please contact us at:

**Phone: (626) 296-4040**

**Email: [celp@catalinaislandcamps.com](mailto:celp@catalinaislandcamps.com)**

**Web: [www.celp.net](http://www.celp.net)**





## **CELP Activities**

The kelp beds surrounding Catalina Island create a protective haven for marine life. Whether viewed from above the surface or below, these underwater ecosystems offer beauty and inspiration, as well as valuable lessons in cooperation, conservation and sustainability.

### **Marine Activities**

#### ***In the Water...***

Snorkeling through an underwater forest is an experience students will not soon forget. Each snorkel aims to increase the students' confidence in the water while expanding their knowledge of the kelp forest and its inhabitants.

#### **Ocean Orientation Snorkel**

The first snorkel introduces students to snorkeling techniques as well as the marine ecosystems at Howlands Landing. The group will learn the finer points of putting on a wetsuit and getting fitted for a mask and fins. Instructors will help students of all swimming levels feel comfortable in the ocean environment. This snorkel will be the first opportunity for students to explore the wonders of the kelp forests.

#### **Kelp Connections Snorkel**

Our second snorkel focuses closely on the kelp bed community. Students will observe an organism of their choice and learn how it is connected to others within the ecosystem. These connections are expanded to include those between the kelp bed ecosystem and human communities.

#### **Adaptive Strategies Snorkel**

Schools joining us for our five-day program will have the option of a third daytime snorkel. This activity gives students the chance to explore a new underwater setting while becoming familiar with the behavioral and physical adaptations that aid in an organism's survival.

#### **Night Snorkel**

Snorkeling in the ocean at night? Under close supervision, students get the chance to use underwater flashlights to look for lobster, horn sharks, bat rays, and other nocturnal creatures in our cove. Under starry skies, look down and see the amazing bioluminescent plankton glitter around you. The night snorkel is a once-in-a-lifetime experience that participants will remember for years to come.

## ***On the Water...***

### **Kayak Adventure I**

Explore the wonders of the island while paddling a sit-on-top kayak. Students will have the opportunity to view both the kelp forest and terrestrial ecosystems from a new perspective. Instructors share stories of the island while pointing out coastal plant and animal life.

### **Kayak Adventure II**

Similar to Kayak I, but twice as long! With more time on the water, groups get the opportunity to explore more of the island.

## ***From the Shore...***

### **Shoreline Investigation**

Where the land meets the sea...

Students examine the organisms found in the intertidal zone and learn about the adaptations that help them survive in this constantly changing environment.

### **The Hidden Life of the Kelp Forest: Microscope Lab**

Using our video microscope laboratory, students get an up-close look at the microscopic creatures that live in the kelp forest. Students witness how these fascinating organisms, although small, provide invaluable services to the kelp forest community.

### **Kelp Forest Slide Show**

Both informative and entertaining, the slide show highlights some of the key marine organisms found in our cove. Students learn about marine food webs and hear stories of the many roles and relationships found within the kelp forest.



# Terrestrial Activities

## **Ecology Hikes**

While hiking the hills and canyons of Catalina, students see how one island can host many different plant and animal communities. The Eco Hike highlights the unique biodiversity found within Catalina's terrestrial ecosystems. While on an Eco Hike, students get an up-close look at the adaptations that help plant and animal species meet the challenges of island survival. Students learn about the natural and human history of Catalina while taking in spectacular island views. See the kelp forest from above. Look closely, you may see a bright-orange garibaldi fish.

### ***Eco Hike Highlights:***

- View some of Catalina's unique native and endemic plant and animal species.
- Learn about the impacts introduced species have on island ecosystems
- See living examples of Island Biogeography
- Reflect at Inspiration Point while gazing out into the blue Pacific.

## **Sustainable Living**

Drawing from lessons learned from the kelp forest on energy and waste, the sustainable living program encourages students to think about human lifestyles choices and their effects on the environment. Students take an eco-tour of camp, participating in activities that address important local and global issues such as waste reduction, resource conservation, alternative energy, and recycling. Groups will also visit the unique Howlands Garden Project along their tour.

### ***Sustainable Living Activities include:***

- Conscious Consumerism
- Our Ecological Footprint
- Solar Oven Baking
- Organic Gardening and Composting

These topics are covered through a series of activities, games, discussions, and demonstrations that utilize our own sustainable aspects of camp. Helping students feel empowered to make a difference in their community, we aim to provide an experience that will stay with them long after they leave.

## **Art and Nature**

Enjoy a tranquil setting while developing skills in observation, sketching, writing, and nature appreciation. This activity invites students to explore secret spots full of colors, sounds and patterns. Students will get the opportunity to reflect and embrace their connection to the environment while using various mediums to capture what they see.

## **Team Building**

Teambuilding initiatives and challenge course elements round out the CELP experience. Emphasizing cooperation, leadership and personal responsibility, students gain the skills needed to build a cohesive team.

### **Low Ropes Initiatives: Challenge Tier I**

Students are given low-ground challenges to solve as a group. Whether balancing, supporting, juggling, untangling, linking-up, or communicating without their voices, students move through a sequence of activities designed to develop skills in problem-solving and cooperation. Each activity ends with a debrief where students are encouraged to think about situations back home where these skills will prove useful.

### **Climbing Wall: Challenge Tier II**

*On belay?*

Building on the skills practiced during Challenge Tier I, students are given the opportunity to don a harness and attempt the climbing wall. With the help of the group, our trained-staff provide verbal encouragement and ground support. This activity follows a "challenge by choice" philosophy, allowing students to set their own personal climbing goals. Made from recycled plastic and wood scraps, the durable Trex material used to build the wall offers a splinter-free climb. For an extra challenge, climbers can test their strength and agility on the Overhang route.

### **Ropes Course: Challenge Tier III**

*Belay is on...*

Expand your comfort zone and enjoy the view! With elements like the Eagle's Perch, Catwalk, and Broken Bridge, the high ropes course offers plenty of challenge and excitement. Fully equipped with ropes, harnesses and helmets, students are supported by an on-ground belay teams made up of trained staff, chaperones and students. Count "one, two, three" and make a leap of a lifetime.

# Evening Programs

## **Life in the Dark: Night Hike**

Hiking at night is a unique sensory experience. By leaving their flashlights behind, students optimize their night vision and heighten their sense of awareness. Experience nightfall as it descends upon the island. Draw in the cool night air. Reflect, take in the sounds and smells, and learn how the Catalina Island fox and other nocturnal creatures have adapted to life in the dark.

## **Night Sky**

At Howlands Landing, you don't need to go far to find a clear, dark space optimal for viewing the night sky. Groups take a short walk to the back of camp where they lay out under the stars and broaden their understanding of outer space. In addition to learning about planets, constellations, and galaxies, students see how discoveries in astronomy have helped shape our culture and the cultures of past civilizations.

## **Pimuvit Life Campfire**

Through a sequence of interactive skits, songs and stories, the Pimuvit Life campfire teaches students about the native islanders that inhabited Catalina years ago.

Questions that guide the activity include:

- What do we know of the Pimuvit culture?
- How did they sustain themselves?
- Where are they now?
- What legacies have they left behind?

Connecting the past, present and future, instructors place an emphasis on the ecological and cultural connections between the Pimuvits, island flora and fauna, early European explorers and settlers, and the student's lives. Depending on the goals of the school, time may be allotted for more traditional "camp-like" skits and songs.



# Catalina Environmental Leadership Program

## Sustainability

Living on an island, one is reminded that resources are not limitless and that our actions have consequences both near and far. We strive to share with our guests the natural beauty and abundant educational opportunities that Catalina Island has to offer, while minimizing the ecological footprint we leave on the earth.

### Our Efforts

#### Conservation

All guests receive a thorough orientation into our camp conservation guidelines upon arrival. From the recycling of food scraps to reducing water usage, we aim to educate our guests about responsible resource use through active participation in our conservation program.

#### Education

Through the researching of social and environmental issues pertinent to a school's community, we create an educational experience that is relevant to the lives of our guests. We engage guests in a continual dialogue, providing them with inspiration and resources to become environmental leaders back home.

#### Composting

Our composting program successfully diverts thousands of pounds of food waste from the island landfill each year. This process reduces the camp's ecological impact while demonstrating how "waste" can be transformed into a valuable resource. The nutrient rich compost is sifted, sterilized in solar ovens and integrated into the soil of our organic vegetable garden.

#### Organic Gardening

Our garden project follows the principles of permaculture, which encourage sustainable land-use techniques such as companion planting, trellising, mulching, terracing and vermicomposting. Creativity and resourcefulness are demonstrated by using salvaged and repurposed materials whenever possible. This helps make our garden both unique and sustainable.

#### Recycling

We ask that all guests become active participants in the island's recycling program by disposing of their waste into the appropriately marked receptacles. We put research and care into the purchasing, use, and recycling of our program supplies and equipment.

#### Food Service

It is said that the average meal travels over 1500 miles from the farm to the table. On Catalina, add an additional 50 miles for the boat and the truck ride back to camp. We research where our produce is traveling from and try to choose California grown fruits and vegetables whenever possible. Each week, we feature a handful of organic food options, which are labeled for guests to see and taste. Food items are purchased in bulk to minimize packaging and nearly all containers and packing materials are either composted or recycled.

#### Ecological Restoration

We are working with volunteer groups and the Catalina Island Conservancy to restore Catalina's native and endemic vegetation. Many projects are underway, including invasive plant removal, responsible trail building, and the planting of native and endemic plants.

#### Trail Ethics

Responsible trail etiquette is taught and enforced while hiking in and around our cove. "Leave no trace" ethics are implemented to allow for exploration of the terrestrial environment without degradation of it. Hikers are permitted to tread only on designated trails to minimize erosion and protect the island flora and fauna. No flowers, plants, rocks or souvenirs may be picked or removed.