

LEARN BY DOING

Event Descriptions & Information

Below you will find a brief description of each of the activities you have the choice of participating in during the Learn by Doing afternoon on Sunday, September 20. Additionally, we have included items that you will want to bring to your activity, as well as notations for intensity. This is your chance to try new things, and all activities are intended to be for “beginners through advanced.”

Each activity, if required, will have travel accommodation and equipment ready for you.

DIFFICULTY LEVELS

- 1: Low Intensity. Can range from light walking and movement to being seated or mostly stationary.
- 2: Moderate Intensity. Active participation. May involve standing, movement, or moderate exertion.
- 3: High Intensity. Somewhat vigorous or extended physical activity.

OFF-CAMPUS EVENTS

Bouldering @ The Circuit

- Intensity Level: 2-3
- Explore a local climbing gym @ The Circuit and give bouldering a try with the OSU-Cascades Climbing Club.
- Considerations: Think about bringing a water bottle and dressing appropriately for your chosen activity (athletic clothes, layers, comfortable shoes, etc.). **WAIVER REQUIRED.**

Entomology Excursions w/NEST

- Intensity Level: 2
- Join the Network for Entomological Student and Taxonomy (NEST) club for an afternoon of exploring the outdoors and conducting a comparative insect study in two distinct areas of riparian restoration. You'll get to use research field equipment, learn about the research, and more!
- Consideration: Think about bringing a water bottle and dressing appropriately for your chosen activity (long sleeve shirt/pants layers, hat, sunscreen, insect repellent, medications for allergies/EpiPen if allergic to environment of the associated activity). **WAIVER REQUIRED.**

Helping Happy Trails Horse Rescue

- Intensity Level: 2
- Help HTHR with volunteer duties with the animals, meet the herd, and hear their stories!
- Considerations: Think about bringing a water bottle and sun protection and clothes that you don't mind getting dirty. **WAIVER REQUIRED** and will be handed out before the trip.

Hike with Cascades Adventures

- Intensity Level: 2
- Join Cascades Adventures for a hike at one of our many Central Oregon local trails!
- Considerations: Think about bringing some sunscreen and a water bottle. Wear appropriate clothing and footwear.

Hike Lava Beds with Wanderlust

- Intensity Level: 2
- Join the local company Wanderlust Tours for a hike at Lava Lands National Monument.
- Consideration: Wear good walking shoes and bring sun protection and a water bottle. **WAIVER REQUIRED**

Indoor Rock Climbing @ Bend Endurance Academy (BEA)

- Intensity Level: 2-3 (based on desired climbing routes)
- Checkout out the facilities at Bend Endurance Academy and get hands on instruction from coaches on indoor climbing techniques on their self-belay walls. For beginners or experienced climbers!
- Considerations: Think about bringing a water bottle and wearing comfortable clothes. **WAIVER REQUIRED**

Mountain Biking with Cog Wild Bicycle Tours

- Intensity Level 2-3
- Join Cog Wild Bicycle Tour Company for a guided "gravity-assisted" trail ride from one of the popular trailheads in Bend. Bikes provided.
- Considerations: All levels of mountain biking experience are welcome. **WAIVER, MTB AGREEMENT AND BIKE SIZING REQUIRED**

Stand Up Paddleboarding w/ Cascades Adventures

- Intensity Level: 2
- Cascades Adventures will lead you for a day out on the water and a chance to try stand up paddleboarding!
- Consideration: Think about bringing a towel, sunscreen, and a water bottle. Wear comfortable clothing, swimwear, and consider leaving your phone at home as this activity takes place on the water. **WAIVER REQUIRED**

White Water Rafting

- Intensity Level: 3
- Join local rafting guides on an exciting rafting trip through the Big Eddy on the Deschutes River. This is a beginner whitewater rafting trip with rapids rated 1-3.
- Considerations: Swimwear and layers appropriate for weather and waterproof shoes. Consider leaving your phone behind. The only restrictions are properly fitting Personal Flotation Devices and the ability to swim. The rafting company can accommodate paddlers from 45 lbs. up to a 58-inch chest (no personal PFDs are allowed). **WAIVER REQUIRED.**

On-Campus Events – Next Page

On-Campus Events

3 vs 3 Open Play Basketball

- Intensity Level: 1-2
- Play some basketball on our outdoor court, make some new friends, and find your team for upcoming 3v3 tournaments throughout the year.
- Considerations: Think about bringing a water bottle and some sunscreen. Wear clothes and shoes you're comfortable moving around in.

Bend Beavs Chill Lounge

- Intensity Level: 1
- Join folks from the Office of Student Life for some low-key activities including board games, book reading, and more.
- Considerations: Grad a book you really want to keep reading or other activities to share with classmates.

Grass Volleyball Open Play

- Intensity Level: 1-2
- Receive instruction from local Bend athletes and join a team of your fellow students to learn the game and play a very popular Central Oregon activity.
- Considerations: Think about bringing a water bottle and some sunscreen. Wear clothes and shoes you're comfortable moving around in.

Intro to Weight Training

- Intensity Level: 2
- Student staff at the Fitness Center will be showing students the specific equipment they can use on campus, help with proper technique and give you some time to work out.
- Considerations: Think about bringing a water bottle and towel. Wear clothes and shoes that you're comfortable moving around in.

River Trail Walk

- Intensity Level: 1-2
- Take a relaxing walk along the Deschutes River with our OSU-Cascades faculty. You'll check out some of the sites you might not have known were within walking distance of campus.
- Considerations: Think about bringing a water bottle and sunscreen. Wear clothes and shoes that you're comfortable moving around in.

Alchemy Lab w/ Dr. Towne

- Intensity Level: 1
- Join Dr. Silas Towne in our chemistry lab to participate in various lab experiments that might just make you a little richer. Hands on pre-class experience with our laboratory whether you are a chemistry major or not.
- Considerations: Wear clothes and shoes that you're comfortable moving around in.

Yoga with Nikki

- Intensity Level: 1
- Nikki Truscelli provides academic-year yoga classes for our entire campus, and you get to try out a class prior to the school year. Great activity for getting those first week jitters out of the way!
- Considerations: Wear clothes and shoes that you're comfortable moving around in and be sure to have on sunscreen (outdoor activity).