

OYTΔOOP EΔYXATION



Josh Brown scales a tree.

Hinterbrand Lodge, set in the scenic Bavarian Alps near Berchtesgaden, was once again home for a week to BHS's annual Outdoor Education experience. From 13-18 November, eight Bitburg students faced the challenge of the dreaded HINTERBRAND. They were: Aldo Barone, Josh Brown, Kristin Dallager, Matt Emmert, Melissa Klecan, Ben Miletic, Bill Richardson and Jeff Schenk. The group is sponsored by Ms. Marie Meyers.

During the week, students worked on problem solving skills as they learned how to work together in a group. One such challenge, for example, was planning, buying for, and then cooking their own meals, all of which were "healthy." One of Outdoor Ed's rules is: No Junk Food. For some, living this way was the greatest challenge they faced!

Some of the benefits to the week (other than surviving the icy, early-morning "run and dip") are learning their own personal values, gaining self-confidence, developing a sense of personal worth, acquiring a basic knowledge of nature and personal relationships, facing challenges, and becoming aware of healthier dietary habits. Toss those donuts and try rappelling instead!



Look Mom, I am on top of the world!!!

Kristin Dallager hangs loose!