

## ***Armstrong Scholars Program 2010*** ***July 25-August 7, 2010***

### **Application Information**

#### **Overview:**

The Armstrong Scholars Program, sponsored by the Joie Armstrong Memorial Fund\*, brings selected participants together for a summer adventure and educational experience in the spectacular Sierra Nevada Mountains of California. This extraordinary program seeks to inspire young women, ages 15-18, to reach their highest potential and develop a stronger sense of self, community and connection to the natural world. A 12 day backpacking trip demands participants to challenge themselves both physically and emotionally. Participants hike 5 to 10 miles a day with a backpack that may weigh up to 40 pounds, over challenging terrain such as rugged trails, boulder fields, high mountain passes and snow slopes. The self transformation of each participant through these challenges is well supported by our curriculum and two female educators. Here is a sample of what a day of the Armstrong Scholars Program is like:

6:00 am Wake up/cook breakfast

7:00 am Eat and pack

8:00 am Depart camp with loaded backpacks

Hiking discussion on theme of the day: "Inspiration"

Lunch on the trail, fix blisters, get water from a mountain stream

Travel over a steep mountain pass at 11,000 feet in the afternoon

5:00 pm Set up camp/journaling/group discussion

6:00 pm Prepare dinner

7:00 pm Eat dinner

8:00 pm: Evening meeting, sharing high and low moments, expectations for the next day, and a game or reading

9:00 pm Go to bed

Here is a quote from a past participant:

*"Once we got to the switchbacks before Miller Lake, the going really got tough. We climbed 500 to 600 feet in elevation in a relatively short distance. It was getting later. But finally Betsy yelled, "I see the lake!" The tangible relief in our group was obvious as we neared closer and closer to the lake and anticipated the relief of our packs from our backs. ..."*

During this 14 day adventure, participants of the Armstrong Scholars Program spend 12 days backpacking in the high Sierras of Yosemite National Park and two days at either end at the Headlands Institute campus in Sausalito. While trekking through the spectacular wilderness, participants cover topics such as; identity and strength of women, natural history, leadership, wilderness skills, and communication.

Twelve young women will be selected to participate in the program. We are seeking applicants from a variety of ethnic, economic and geographic backgrounds. Participants from last year found the diversity of life experiences represented in the group to be a significant strength of the program. Demonstrated academic success is less important than a clear sense of how the program will truly benefit the individual. **The Joie Armstrong Memorial Fund provides a \$1,500 scholarship to each student and each student pays \$150.**

#### **Application Process:**

Please submit the following items no later than Friday April 2, 2010. Selections will be announced by Friday April 30, 2010.

- Two letters of recommendation from community leaders in your area (teachers, etc.) who can speak to your qualifications for this program.
- A brief biography including, but not limited to, name, age, current address, phone number and your outdoor experience.

- ❑ Attached medical form (please contact the office if the required physical creates a financial hardship)
- ❑ Typed or printed **concise** responses to the following questions. Please limit your total responses to no more than two double-sided sheets of paper.
  1. What attracts you to the Armstrong Scholars program?
  2. What goals do you have for yourself in future years and how would selection for the Armstrong Scholars program help you achieve these goals?
  3. What skills or strengths can you contribute to the group?
  4. What is your interest in a wilderness-based program?
  5. Is there anything else you would like us to know about you?

Please submit application to:

**Armstrong Scholars Program Application**

Yosemite Institute  
PO Box 194  
El Portal, CA 95318  
(209) 379-9511  
(209) 379-9510 Fax

The applicant will not be accepted into the program until the medical form is reviewed and approved.

For more information visit our web-site at: <http://www.naturebridge.org/yosemite/armstrong-scholars>  
or contact the Yosemite Institute Program Assistant at:  
[yiprogramassistant@naturebridge.org](mailto:yiprogramassistant@naturebridge.org)

*\*NatureBridge established the Joie Armstrong Memorial Fund in 1999 to honor Headlands Institute and Yosemite Institute instructor Joie Armstrong who had a tremendous enthusiasm for life, teaching, and a desire to give of herself for the betterment of the world.*