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stewardship



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csbsju.edu/outdooru



recreatian



cammunity





Saint John's Outdoor University (Outdoor U)







Peter Engel Science Center 2nd Floor, SJU outdooru@csbsju.edu

320-363-3163



Adventure Programs

Collegebound (1)

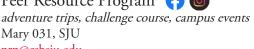


outdoor orientation program collegebound@csbsju.edu

Peer Resource Program (1) (1)









Outdoor Leadership Center (f) [6]





gear rental, outdoor education, campus events, climbing wall Mary 033, SJU

olc@csbsju.edu 320-363-3435

Mary 031, SJU prp@csbsju.edu



Environmental Education

Naturalist Program

student employment, preK-12 field trips, youth summer camps, campus events outdooru@csbsju.edu

Community Education

events, lectures, festivals for youth, families and adults outdooru@csbsju.edu

Land Stewardship

Abbey Conservation Corps

volunteer for weekly land management projects abbeyarboretum@csbsju.edu



Inclusion Team

Ecosystems with high biodiversity are healthier and more resilient than those without. Diversity and equity in Outdoor U enriches our lives and provides a healthier and more resilient community.



SIGN UP TO RECEIVE EMAILS FOR EVENTS, **VOLUNTEER UPDATES, AND MORE!**



Avenza Maps

Athle

Field

Import trail maps into this free app! Works offline using your device's GPS to track your location on the maps. Use the QR code to access our most current maps.

East Gemini Lake

Abbey Arboretum Trail Map

Explore over 20 miles of trails in the forests and prairie of the 2,944-acre abbey arboretum.



Tower Athleti

Bike, blade, run, or walk the approximately 5 miles between the CSB and SJU campuses.



Deer Hunt Map

Gate

Participants in the annual archery deer hunt can use this map to track their deer stand locations.

Saint Ben's Monastic Woods Trail Map

Explore the network of trails in the Saint Ben's monastic woods.

Lake Sagatagan

Nordic Ski Trail Map

When the snow flies, hop on the groomed ski trails throughout the Abbey Arboretum.

Stella Maris Chapel

Policies

Saint John's is a state game refuge. Dogs are not allowed. Bikes must stay on paved surfaces. No harvesting of plants or other materials without direct written permission from the abbey land manager.

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NO EXPERIENCE NECESSARY. GEAR PROVIDED. SCHOLARSHIPS AVAILABLE.

Collegebound

An optional outdoor orientation program for first-year and transfer students. Groups travel to northeastern Minnesota (Boundary Waters and Lake Superior) to canoe, camp, and hike in small groups.

Adventure Challenge

In teams of 2-3, race around campus while completing challenges that might include pumpkin carving, canoeing, slacklining, climbing, and more. Costumes and team names are encouraged.

Day Trips

There is a lot to explore within less than a day's journey from CSB/SJU. See new sights, gain new skills, challenge yourself.

Semester Break Trips

Sign up for a long weekend adventure in October, a post-holiday vacation in January, or one of our many local or cross-country spring break experiences.

Challenge Course

Classes, teams, study abroad groups, clubs, and more can be facilitated through a low-ropes challenge course in the Abbey Arboretum or other team-building challenges inside or outdoors on campus.

Fruit at the Finish Triathlon

Swim-bike-run as an individual or as part of a team of three in this annual, quirky, fruit-themed triathlon.

Campus Events

Group hikes or bike rides, skills workshops, live music, roller disco, and more campus events are hosted each year.

Paddle Making

Craft your own bent or straight-shaft canoe paddle using wood from the Abbey Arboretum. Workshops typically occur in the spring.

Wreath Making

Trimmings from conifer trees in the Abbey Arboretum make excellent holiday decorations and gifts.

Paracord Bracelets

Sometimes referred to as survival bracelets for their multiple uses in emergency situations, hikers, campers, climbers, and outdoor enthusiasts enjoy making and wearing these.

Painting Camp Mugs

Personalize your own camp mug to take with you on your adventures near and far.

Snowshoe Making

Make your own Ojibwe-style, laced snowshoes out of wood sustainably harvested from the Abbey Arboretum.

Diamond Willow Walking Sticks

Learn how to peel, sand, and finish a walking stick using willow branches. The unique diamond pattern forms naturally as the wood responds to a fungus while growing.

Wood & Canvas Canoe Building

Work on a team to build a canoe using skills such as steam-bending, planking, joinerwork, and canoe canvasing. Finished canoe will be sold as a fundraiser for Outdoor U.



Academics

Biology Labs

Get to know the watershed of the Abbey Arboretum in BIOL 101. Walk the land with Outdoor U staff, collect water samples, and prepare for lab investigations integrated throughout the semester. In the spring, spend part of BIOL 201 learning about the physiology of maple syrup.

BIOL 375: Natural History of Maple Syrup

This 1-credit course, offered during spring semester, provides an introduction to the history of the process, methods for producing syrup, and the biological and chemical principles underlying the production of sap and syrup. Develop a research or education project to showcase at the annual Maple Syrup Festival.

ENVR 300Z: Outdoor Adventure Education & Leadership

This two-credit course explores the foundational theory, pedagogies, and history of Outdor Adventure Education (OAE) for children and adults. Utilizing a variety of adventure-based activities (i.e. rock climbing, backpacking, canoeing), students apply OAE concepts to curriculum design, instruction, and leadership development.

ENVR 210: Environmental Field Experience

A one-credit course offered during D-mod spring semester with a required field experience after graduation. An opportunity to apply a range of field methods to a specific topic and geographical area. Incorporate on-campus work in the classroom, lab, and outdoors with the weeklong field course off campus.

Guest Lectures

Outdoor U staff provide guest lectures in a variety of courses across academic disciplines, with topics in sustainability, renewable energy, land use, and more. Courses include College Success, Learning Foundations, Energy & Society, Genetics, Sustainable Business, and more.

Career Development

Student Employment

Supplement your academic career and get valuable work experience in a variety of fields. Student positions include: Naturalist, Naturalist Aide, Land Manager, Office & Marketing Assistant, Inclusion Assistant, OLC Associate, PRP Coordinator, Challenge Course Coordinator, and Collegebound Coordinator.

Internships

Consult with Outdoor U staff, XPD, and a faculty moderator to compelete an internship (credit-bearing or not) with Outdoor U. Flexible scheduling during the summer or school-year and a variety of career experiences possible.

Service Learning

Incorporate ideas, theories, practices, and methods taught in the classroom with a service-learning opportunity at Outdoor U. Education, stewardship, marketing, and other opportunities available.

Post-Grad Educator Fellowship

Complete a 1-year fellowship in either environmental education or adventure education with Outdoor U. An experiential learning opportunity for a recent college graduate featuring advanced skill development of education concepts, methods, natural history knowledge, and more.

Post-Grad Forest Specialist

A 1-2 year career development opportunity for recent graduates interested in forestry. Work alongside the Abbey land manager and student employees on forestry and stewardship projects, and participate in multiple training and networking opportunities in the forestry industry.



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Sledding Hill

The groomed sledding hill at SJU is west of the dome, overlooking East Gemini Lake. Sled rentals available at the OLC.

Ice Fishing

Ice augers and fishing poles available for rental at the OLC. Good fishing on Lake Sag. Valid MN fishing license is required.

Ice Skating

Grab some skates from the OLC or CSB Rec Desk and head out to one of several skating rinks available on both the CSB and SJU campuses.

Nordic Skiing

Rent classic or skate skis, poles, and boots from the OLC. Nordic ski trails are groomed in the Abbey Arboretum. Ski trail descriptions, map, and beginner lessons offered.

Snowshoeing

Snowshoe in the Abbey Arboretum or Saint Ben's Monastic Woods (avoiding any groomed ski trails). Get snowshoes from the OLC or CSB Rec Desk. Contact Outdoor U to organize and get gear for group hikes.

Winter Gear Closets

Borrow snowpants, hats, and mittens from the OLC. Gently used winter coats and clothing are available from the campus Career Closets (Murray Hall at CSB; SJU access at the OLC).

Langlauf Nordic Ski Race

A uniquely challenging and beautiful race through the hills and forest of the Abbey Arboretum.

Luminary Walk

An illuminated hike across a frozen Lake Sagatagan to the Stella Maris Chapel in celebration of winter.

Swimming Beach

The sandy beach on the shore of Lake Sagatagan is open for swimming and boat rentals from Jun-Sep.

Bikes & Wheels

Check out a bike from the OLC or use the Movatic app to use a Johnnie Bennie Bike Share bike. Get scooters and rollerblades too! Helmets available at the OLC.

Recreation Equipment

The OLC has hammocks, Giant Jenga, ladderball, spike ball, Kubb, bean bags, and more. Or grab Frisbees, basketballs, volleyballs, footballs (all the balls) for some outdoor sporting fun.

Camping Gear

Tents, tarps, sleeping bags, backpacks, campstoves, and more will get you geared up for short or long camping trips throughout the year.

Bonfires/Camping on Watab

Reserve the Watab Picnic Grounds for camping or a bonfire. An online land use request form is your one stop shop for permissions from Life Safety, the Fire Chief, and more. \$25 firewood fee applies.

Indoor Climbing Wall

Take advantage of the rock wall in the Warner Palaestra at SJU. Whether your are a beginner or expert, the wall will help build your skills.

Abbey Run Disc Golf

The nine-hole course is located east of East Gemini Lake, beginning at the top of the sledding hill. A natural course designed to have minimal environmental impact while providing a fun and challenging play. Check out a disc from the OLC!



Community

preK-12 Program

Thousands of area school children participate in field trips in the Abbey Arboretum. Led by trained college student naturalists and Outdoor U staff, kids get to experience the natural world while connecting it to their school curriculum.

Summer Day Camps

Weeklong day camps give area youth a chance to be Nature Explorers. They can learn about MN plants and animals, what it means to be a naturalist, or just experience the opportunity to play in nature.

Naturalist Program

College students can be trained as Naturalists as a workstudy campus job. Work with youth during the school-year and/or summer, plan and lead events for college students and the community. Naturalist skills can apply to most any future career!

Memberships & Donations

Outdoor U membership donations support our environmental and outdoor education programming.

Be part of a growing community that recognizes the importance of environmental education and land stewardship in central Minnesota and help us develop the next generation of outdoor leaders.



Abbey Conservation Corps

Volunteers providing time, talent, and treasure to support land stewardship efforts in the Abbey Arboretum. Weekly workdays plus a big tree planting day each spring.

Abbey Arboretum Archery Deer Hunt

The annual deer hunt is open to the public through an August application and lottery. The intent of the hunt is to manage the deer population at a level that supports and allows natural regeneration of the forest ecosystem.

MN Master Naturalist

If you enjoy learning about the natural world, sharing knowledge with others, and support conservation, consider a 40-hour training as a MN Master Naturalist Volunteer. Classes offered annually.

Landowner Education

Join a workshop, in-person or virtual, designed to educate landowners and others on topics of conservation, restoration, invasive species control, and more.

Natural History

Outdoor U offers many programs on naturalist topics people are passionate about, from owls to lichens, animal tracks to snowflakes, insects to night hikes, tree species identification, and more.

Festivals

Celebrate the seasons in community at our annual spring Maple Syrup Festival and winter Luminary Hikes.

Make & Take

Annual offerings of paddle making, snowshoe making, wreath making, and more are available to college students and the community (see pg. 3)!





COLLEGE OF

Saint Benedict # Saint John's

INIVERSITY

Both the College of Saint Benedict and Saint John's University occupy the original homelands of the Dakhóta and Anishinaabe peoples. We honor, respect, and acknowledge the Indigenous peoples forcibly removed from this territory, whose connection remains today. Saint Benedict's Monastery and Saint John's Abbey previously operated boarding schools for Native children. Now, students, faculty, and staff are working to repair relationships with our Native Nation neighbors.



























Saint John's Outdoor University

provides environmental and outdoor education through classes, events and initiatives with the Abbey Arboretum, Saint John's University and the College of Saint Benedict.

service

Saint John's Abbey Arboretum is more than 2,500 acres of lakes, prairie, oak savanna and forest owned by Saint John's Abbey and surrounding Saint John's University