



Benefits of 4-H Youth Camping



At the Holiday Lake 4-H Educational Center

What is the purpose of 4-H camping?

- ✿ 4-H camping is cooperative group living in a natural environment that focuses on developing life skills, social, spiritual, mental, and physical development, in young people.
- ✿ 4-H camping emphasizes “learning by doing.”

Who participates?

- ✿ More than 5,200 youth ages 5 to 18 are involved in the Holiday Lake 4-H Educational Center programming each year.
- ✿ 742 teen and adult 4-H volunteer leaders support, supervise, and teach those youth.

How are youth involved?

- ✿ The Holiday Lake 4-H Educational Center provides opportunities for youth in four ways: 4-H residential camping, 4-H specialty/day camping, 4-H school enrichment, and environmental education based upon the Virginia Standards of Learning.

What type of educational programming is provided?

- ✿ The Holiday Lake 4-H Educational Center programs include leadership development, environmental and aquatic science, performing arts, shooting education, forestry, outdoor adventure, high/low ropes course, climbing, primitive skills, journalism and broadcasting, animal science, wildlife, canoeing, fishing, outdoor sports, and swimming.

How do youth benefit from 4-H camping?*

- ✿ Youth have the opportunity to learn and have fun in a safe environment while surrounded by caring adults.
- ✿ A study of Virginia 4-H camping conducted in 2002 with 11,000 youth campers ages 9 to 13 from across the state found that 4-H camp participation helped youth to learn to:
 - **Make new friends,**
 - **Develop new skills, and**
 - **Become more independent and able to take care of themselves.**
- ✿ A study of 363 parents/guardians of Virginia 4-H campers conducted in 2001 found that 4-H camp participation changed youths' behaviors in the areas of:
 - **Taking care of their own things (self-responsibility),**
 - **Becoming more independent/taking initiative, and**
 - **Sharing.**

For more information:

- Contact your local Extension Office.
- Contact the Holiday Lake 4-H Educational Center at (434) 248-5444 or www.ext.vt.edu/resources/4h/holiday.

*Garst, B.A., and Bruce, F.A. Identifying 4-H Camping Outcomes Using a Standardized Evaluation Process Across Multiple 4-H Educational Centers. Journal of Extension, June 2003, Vol. 41 No. 3.



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