

KROKA EXPEDITIONS WINTER/SPRING SEMESTER

ONE INTERDISCIPLINARY PROGRAM ORGANIZED INTO FIVE COURSES

	ADVENTURE EDUCATION “Mountains Within”	ENVIRONMENTAL HISTORY “Humans and Nature”	HUMANITIES “Finding our Place: Journeys and Self-Reflections”	EARTH SCIENCE “Living on Earth: Natural Sciences”	PLACE BASED MATH “Figuring Our Place”
STERLING COLLEGE ACCREDITED CLASSES 4 CREDITS PER COURSE (1 HIGH SCHOOL CREDIT PER COURSE)					
LEG 1 January - February	Kroka Base Camp I: Nordic Skiing, Skating, Telemark Skiing, Mountain Biking Crafts: knife, bags, mitten shells, leather shoes	Introduction to Local History: environmental history of Upper Connecticut River valley	Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants	Dendrology Weather observations Local geology Cartography, local geography	Math is practiced across all seven blocks, including facility with operations and algorithms through algebra and geometry, with a focus on applying math to real world problems
LEG 2 February	1 st leg Winter Expedition: Southern Green Mts, VT Skiing or snowshoeing	Colonial History of New England	<i>Stranger in the Kingdom</i> , HF Mosher; poetry memorization	Reading the Forested Landscape, cold adaptations	
LEG 3 February - March	2 nd leg Winter Expedition: Central Green Mtns, VT Skiing or snowshoeing	The Voice of the Dawn: An Autohistory of the Abenaki Nation	<i>The Bear</i> , Andrew Krivak; poetry memorization	Mammalogy & tracking	
LEG 3 March - April	3 rd Leg Winter Expedition: Northeast Kingdom, VT Skiing or mountain biking	American-Canadian Border Studies	Endurance: Shackleton’s Incredible Voyage	Wilderness Medicine, Wilderness First Aid certification	
LEG 4 April	Spring Transition Layover: Northwoods Stewardship Center	Kingdom studies	Where the Rivers Flow North	Boreal Forest Ecology	
LEG 5 April - May	Whitewater Paddling: Clyde and Missisquoi Rivers	Spirituality and Polytheism in the natural world	The Odyssey	River and lake ecology; Hydrology	
LEG 6 May	Voyageur Canoeing: Lake Champlain	Abenaki History II:, Lake Champlain in American History	Biography project	Lake ecology; meteorology	

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LEG 7 May	Bike Packing: Whitehall NY to Marlow, NH	Political Economy and Sustainability	Biography project, storytelling	Climate Studies	Math is practiced across all seven blocks, including facility with operations and algorithms through algebra and geometry, with a focus on applying math to real world problems.
LEG 8 June	Kroka Base Camp II: Farm living, small group projects, community service	Political Economy and Sustainability	Performance and Public Speaking	Sustainable Food Systems & Biodynamics	