Activity Overview

Optional Morning Exercise:

In the morning time before breakfast, participants and staff have the opportunity to independently organize group or individual exercise activities such as yoga, running, hiking, or working out in the field house and gym.

Forum:

In the morning GLF staff will lead a community meeting with the participants where everyone comes together to welcome and start each day, share announcements, discuss the day’s plan and events, offer appreciations, and reflect on a question or the previous day. Additionally, all will participate in a community building activity to get to know one another better and faster.

Workshops:

Morning and afternoon workshops are no more than two hours long and are facilitated by GLF staff or guest facilitators. Topics include, but are not limited to, identity, non-violent communication, leadership, social justice, project development, design thinking, creating a positive community, privilege, and media advocacy. All workshops are connected to the four signature programs at UWC-USA: Arts & Culture, Wilderness, Sustainability, and Constructive Engagement of Conflict.

New Mexico True Time (NMTT):

NMTT are 90 minute blocks of time where all participants and some staff are broken into small groups to engage in social activities within the New Mexico environment or culture. Activities include, but are not limited to, visiting the hot springs, hiking, enjoying the river by the farm, playing field games, jewelry making, creative writing, yoga, indoor rock climbing, canoeing, or photography. Participants will sign up for different NMTT activities each week and rotate around to experience different activities and socialize with different people. All outdoor activities are weather permitting and changes do occur.

Solo Time:

Participants will disconnect from everything for 30 minutes to reflect and be with themselves in private and in silence. This time is meant for everyone to decompress, relax, and reflect on their experience, their surroundings, their interactions, and their feelings. Technology is not permitted. This time is often the hardest time for participants due to the aggressive technology and social media culture that exist in today’s society. Participants will sometimes be given question or statement prompts to think about or journal on their own and share later. We encourage and challenge all participants to take this time seriously and be intentional about reconnecting with themselves and their feelings.

Dinner Debrief Groups

Each night participants will eat dinner in a smaller intentionally designed group with a GLF staff member. During dinner the staff member will check-in with each person, discuss and reflect on
the day, answer any lingering questions, offer announcements, and build community. Additionally, dinner debrief groups allows a diverse group of people to sit down and enjoy a meal together without the pressure of having to socially gravitate towards one’s comfort zone and to ensure everyone has an opportunity to get to know someone different in a different setting.

Flex Time:

This time is typically free and independent time for participants to check-in with families, do laundry, hangout with other participants around campus, take nap, disconnect (or reconnect), or plan activities.

Evening Activity:

Evening activities are planned and implemented by staff and participants for all to enjoy. They can be educational, active, fun, or chill. Activities include, but are not limited to, Blue Moon cafes (talent shows), movies, dance parties, bon fires, capture the flag, dodgeball, student center activities, Global Village (Ted Talk-like), etc. Participants have the liberty to suggest and create activities during the program where they take ownership.

Check:

At “Check” all participants must be in their residences (dorms) ready for bed at 10:30 PM. Staff will check each participants room while the participant is in the room. During this time participants and staff have the opportunity to check-in privately with one another, ask questions, and make sure everyone is ready for the upcoming day. Lights are expected to be out at 11:00 PM.