On La Vida, I learned that God is overwhelmingly present in Christian community. Our crew of individuals, who hardly knew each other at the beginning of the trip, came together as a family by the time our journey had ended. God blessed me strikingly through my group, and I was able to enjoy the experience all the more because of it.

- Jonathan Chandra '19

Discovery was my favorite class of the semester. It taught me how to strategize and collaborate with my group and to trust others. I also learned the importance of setting goals and putting God first.

-Hannah Gultom '20

Discovery is a class that meets twice a week for seven weeks on the College’s Wenham campus. Through adventure games, group problem-solving activities and the ropes course, you are encouraged to explore your potential, overcome challenges and conquer fears.

Discovery is offered Quad 1, 2, and 4. We recommend taking it Quad 1 or 2 to meet other students at the beginning of your Gordon experience.
COMMUNITY
Going to college is a huge transition. La Vida builds connectedness and a sense of belonging that sets a foundation of support for your first year at Gordon. On the expedition, you’ll leave technology behind and step into an environment where true community and friendships are developed.

SOLITUDE
Spending time alone with God prepares us to be a valuable asset to the community. Each day you’ll have time to explore God’s Word. Towards the end of the expedition you’ll have two full days to pray, fast, reflect and journal.

CREATION CARE
La Vida follows Leave No Trace ethics and ensures that you are well-equipped and prepared to be a good steward of the wilderness. We teach all the necessary skills to live outdoors such as cooking, water filtration, setting up camp and outdoor travel.

CHALLENGE
We believe that true growth happens when you push past the comforts of everyday life. La Vida gives you this opportunity at the ropes course and outdoor rock climb as a way of developing perseverance and resiliency. These experiences prepare you to handle future challenges.

LA VIDA CENTER FOR OUTDOOR EDUCATION AND LEADERSHIP
The mission of the Gordon College La Vida Center for Outdoor Education and Leadership is to provide supportive experiential learning environments that encourage participants to explore the meaning of their faith in Jesus Christ and develop the necessary skills for future service and leadership.

CORE REQUIREMENT
At Gordon, we believe that physical challenge and experiential learning are important elements of academic and spiritual growth. We’ve expanded our classrooms to include the natural environment, offering two distinctive outdoor education opportunities: La Vida Expeditions and Discovery. Through the La Vida Center, and as part of the Core curriculum, each student is required to complete either a 12-day La Vida Expedition or a 7-week Discovery course during his or her first year. An additional option, available for those with a medical limitation, is offered by petition only.

LA VIDA EXPEDITIONS
Each 12-day expedition takes place in New York’s Adirondack Mountains. This six million-acre wilderness preserve creates the perfect classroom for adventure, self-discovery and spiritual growth. Transportation from Gordon is provided to the La Vida base camp where you are outfitted with equipment before setting off on a backpacking or canoeing itinerary. Our instructors, called Sherpas, lead groups of 6-10 students through this transformative, wilderness discipleship experience.

La Vida Expeditions is within the physical limits of anyone in normal health. Most participants have little or no camping experience prior to their La Vida Expedition. We recommend participating before you start at Gordon.

WHAT CAN YOU EXPECT

www.gordon.edu/lavida/college