**North Dakota 4-H Camp Offers Something for Everyone**

The North Dakota 4-H Camp is preparing for another great camping season. The newly renovated and expanded camp, which is nestled in the cottonwoods along the Missouri River near Washburn, is open to all youth, offers full scholarships and early bird rates.

The North Dakota 4-H Camp is committed to providing a safe environment where youth build new friendships, master new skills, gain independence, and feel confident in the person they are becoming.

In addition to the planned education program, each camp includes recreational opportunities such as hiking on walking trails, getting dirty in the mud pit, archery, Dutch oven cooking, evening campfires, going down the waterslide and dances.

“We strive to make each child’s camping experience fun, educational, and memorable,” says Adrian Biewer, NDSU Extension 4-H youth development specialist.

The 4-H Camp program is staffed by North Dakota State University Extension agents, state specialists and volunteers who are experts in their field. They design the camps to provide campers with a solid foundation of knowledge and experience to strengthen their abilities. The camp also has counselors who care for campers, monitor camp chores and conduct the recreational activities. All camp staff strive to be mentors and positive role models for the campers.

A variety of camps are offered every summer. They include special-topic camps that have a hands-on educational component. Examples are Livestock Camp and Horse Camp where youth can improve their animal care, handling and show skills.

Other camps, such as the Adventure Camps, are packed with a variety of content and fun hands-on activities such as robotics, rocketry, shooting sports, crafts and cooking. These provide youth with a perfect opportunity to try out a new interest. Other 4-H camp experiences include fishing, jerky making, caring for small animals, geocaching, learning about soils, and garden composting.

Outdoor Skills, Cast-away Fish Camp and Survivor Outdoor Recreation are very popular camps. In Outdoor Skills Camp, youth 11 and older can try air rifle, shotgun, archery and fishing all in one week. The Cast-away Camp is for youth who want a fishing experience to better their understanding of equipment, fish biology, and techniques. Survivor Outdoor Recreation Camp teaches teamwork and problem solving with tribes competing in challenges for the coveted immunity idol and special privileges.

Camps also include a Healthy Camp Challenge in which campers get points for making healthy food choices, having healthful habits and getting exercise. Cabins also can win the Golden Plunger Award for cabin neatness.

“Our campers become more confident to try new things, and they learn to solve problems, build their confidence and feel better about themselves,” says [insert name, title and county]. “The camp program teaches them lifelong skills while having fun.”

Visit [www.ndsu.edu/4h/camp](http://www.ndsu.edu/4h/camp) for the camp schedule and descriptions. Contact your local county Extension office for more information. Check out the camp Facebook page at [www.facebook.com/ND4HCAMP](http://www.facebook.com/ND4HCAMP) to see the fun campers had last year.