

## **Mountains to Sea: Environmental Connection and Adventure**

### **Week 1: Program Orientation**

Meet your group at the Kahului International Airport and drive to a nearby campground with great proximity to ocean beaches and hiking trails. The group will be here for the first 5 days, building bonds, setting intentions, enjoying day hikes to waterfalls, and establishing a strong foundation for the upcoming journey. We will also discuss strategies and best practices for staying healthy and well while traveling during a pandemic.

### **Week 2: Conservation: Stream Restoration, Endemic Plants, Coral Reef Protection**

Moving to the northern shore, the group will work on a local conservation site that is aimed at rehabilitating streambeds and propagating endemic plants, all of which helps to keep sediments from damaging local coral reefs. The group will work 6-8 hours a day, learning about the interconnectedness of freshwater and marine habitats, endemic plants, soil, and erosion/sediment, and how coral reefs are integral to marine life, protecting island ecosystems, and mitigating the challenges of global warming. There will also be introductions to Hawaiian culture, archaeology, and traditions during your time here.

Accommodation: The group will be camping in personal tents during this time; restrooms and showers will be available.

### **Week 3: Ocean and Mountains: Surf/Paddle Board/Canoe/Snorkel; explore Haleakalā National Park**

The ocean is an integral aspect of life in Hawai'i, and play is an integral aspect of life. We'll take a few days to explore the incredible ocean environment, learning with the instruction of a local guide. Learn to catch a wave; enjoy a paddle board among the reefs; swim with sea turtles and manta rays. We'll also take a couple of days to enjoy the immensity and beauty of Haleakalā, including a sunrise and crater hike.

Accommodation: The group stay at an organized campground with clean restrooms, hot showers, and excellent access to the ocean.

### **Weeks 4: Organic Farming and Permaculture**

The group will head into higher elevation to begin learning about sustainable agriculture. Engaging with a mixture of classroom and hands-on learning for 6-8 hours per day, the group will establish a greater understanding of regenerative small-scale organic agriculture, environmental ethics, community living, nature connection, and permaculture.

Hands-on activities will include all aspects of vegetable production from seeding to harvesting, fruit tree orchard design and care, beekeeping and seed saving. Enjoy the tranquility of nature after a hard day's work, cooking and hanging out in the large covered outdoor kitchen area during the evenings.

Accommodation: The group will be camping in personal tents during this time; restrooms and showers will be available.

### **Transition Home:**

The group will take the final 2 days to explore other areas of Maui, as well as reflecting on the journey, discussing ways to integrate learning and insight into daily life, and preparing for the transition home.

***\*Carpe Diem reserves the right to make changes to the program at any time, and indeed has the responsibility to do so in some instances; changes may be required to provide the best possible experience, protect the safety of participants, or respond to changes in weather or political conditions.***