

Earth Skills Semester Program

Experiential Wilderness Education

essp.net



Canoeing into the mist in northern Maine

"The ESSP is an experience without compare; in looking for a course that gives a full and cohesive curriculum of primitive and wilderness skills, this is the only one that fulfilled my requirements. The experience of those twelve weeks lived up to and surpassed all my expectations. I learned more practical knowledge, and had more fun doing so, than in any of my university semesters... For me, the best part of this program was the focus on living in harmony with nature, not overcoming her."

Jessica G., ESSP 2002



Starting a Fire with a Bow Drill

Live as an integral part of the ecosystem, not removed from it.

Harvest wild foods and medicines. Compost waste into soil. Study the impact of human activity upon the land, and learn to work with nature as your guide.

Learn to thrive without modern gear.

Create fire without matches. Build warm shelters using natural materials. Navigate by star, sun, and wind. Forecast the weather by reading the sky. Make backpacks and pack baskets to carry your gear, rope to bind things together, and snowshoes for efficient winter travel.

Learn to identify, harvest, and use wild plants. They provide food, medicine, fire, rope, shelter, containers and much more.

Learn to see, read, age, and interpret tracks. Learn which animal made them, what the animal was doing, and where it was going.



Finishing work on a warm shelter

Experience the comfort of winter. Snowshoe across the frozen landscape pulling everything you need on a hand-made toboggan. Learn to read the ice for danger zones. Relax in the warmth of a well-heated shelter.

Learn the art of canoeing in the Maine Guide tradition. Basic and advanced paddling, poling, snubbing, lining, tracking, reading the water, and much more.



Large group shelter sleeps 10

Learn the language of the birds. They can be your eyes and ears in the forest.



Exploring the north woods in winter

Learn effective outdoor leadership techniques. Hone the skills needed to lead groups on extended wilderness trips.

"When I went into this course I tried to limit any expectations. I just kept a positive outlook on the experience and had a feeling it would be life changing. It has been that and more. I'm still trying to take in all the course has taught me, but I certainly notice a change in my personality, demeanor, spirit and connection."

- Ryan G., ESSP 2002

**For more information, contact:
ESSP
P.O. Box 61
Wolfeboro Falls, NH 03896
(603) 569-6150
info@essp.net
www.essp.net**

Complete course information is available on the internet. The ESSP is open to anyone over 18. No previous outdoor experience is required or assumed.

