

LIVING IN NATURE! THE KROKA EXPERIENCE



Tuesday, May 19, 2009

Curtis Memorial Library, 23 Pleasant Street, Brunswick

Potluck Dinner at 6 pm, Presentation at 7 pm



**Living outdoors for a semester,
learning the lessons of life.**



Kroka Expeditions

Where Consciousness Meets Wilderness

Imagine... 300 hundred miles of snow covered mountains and evergreen forests ahead of you, a backpack on your back, skis on your feet, and a winter to experience traditional wilderness living. As the snow melts, you switch to a hand crafted canoe, paddling downriver, sleeping on the bank each night. Six months, six hundred miles by ski and canoe, and an experience of living in nature that changes your life forever. From January through June 2008, Jesse Logan Cottingham was a student on the Vermont Semester with Kroka Expeditions. Along with nine other high school students, he lived outside for six months, hand crafting tools and equipment, and following the footsteps of travelers from a time gone by. Come join us as Jesse shares his perspective on what it means to have an impact on this earth and what it is like to be a young person striving to live closer to the land in this time of technology.

Jesse Cottingham

• **Appalachian Mountain Club - Maine Chapter**

www.amcmaine.org