



## The Participant Experience

Research shows that experiential learning is a highly effective way to facilitate optimism and growth. Pursuits adventures are fun-filled, positive experiences that will incite greater confidence, self-discovery, and connection. Pursuits trips provide an unforgettable adventure where participants can discover their full potential. Evoke offers adolescent, adult, family, and small group specific trips.

Some of the reasons for participating in a Pursuits trip include:

- Seeking a memorable adventure
- The need for recharging or rejuvenating
- The desire to gain greater personal awareness or self-confidence
- A quest for change, even if that change is still to be determined
- To encourage family connection
- The need to schedule activities during a school break
- To help support sobriety
- Just to step out of your comfort zone

Pursuits adventures challenge every participant both emotionally and physically. Evoke Therapy Programs strongly believes that personal growth occurs outside of one's comfort zone, and therefore offers immersive experiences to connect individuals to new environments and communities. And unlike other travel options, our supportive staff is there to offer insight each step of the way to create a context and narrative for every experience.

Our Pursuits leaders and staff are extensively trained and experienced outdoor guides as well as therapeutic mentors and teachers. This allows our team of experts to be facilitators of a more comprehensive adventure and life experience.

## International Adventures

### Peru

Visit Lima, Arequipa and the Colca Canyon, Cusco and Macchu Picchu, and the Sacred Valley of the Incas. Whitewater raft in the Urubamba River, backpack around Apu Ausangate, take classes on Peruvian cuisine, and participate in a community service project on the Giving Journey. Or opt for an even higher level of physical activity tailored specifically for energetic individuals ready for adventure.

### Nepal

Enjoy the breathtaking views of the Great Himalayas on the Manaslu Circuit or hike to Mount Everest Base Camp. Whitewater raft in Trisuli River, visit Chitwan National Park and the sacred sites of the Nepali people. Refuel your soul with a community service project. Trips range from 21-29 days.

### Custom International Adventure Trips

We also offer Custom International Adventures. Please call our Admissions Team for more information at 866.411.6600.

For more trip details and scheduled trip dates, please visit our website at [evoketherapy.com/pursuits](http://evoketherapy.com/pursuits).



## Pursuits Outdoor Adventure Trips

Our trips offer exciting, one-of-a-kind experiences to inspire growth and motivate change. Independent of our wilderness therapy programs, these multi-day small group trips combine high adventure with personal development and are led by experienced outdoor guides.

Pursuits activities include backpacking, canyoneering, fly fishing, rafting, and mountain biking, as well as international cultural experiences. Groups support and process the experiences together to give the adventure purpose and gain personal insight, inspiration and the feeling of accomplishment.

# evoke



### Admissions Information

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## Pursuits Trip Components

### Physical Activity

Pursuits trips have a whole-health focus and require participants to be active. Trips vary in intensity and duration. If you have any questions regarding your abilities and meeting the physical expectations of a trip, please contact us. Evoke can also help prepare you, your family or group for the physical demands of our trips.

### Learning Skills

Pursuits trips include learning and practicing different skills. Some skills include physical activities like backpacking, fly fishing, rafting, and biking. Participants will also have a true outdoor experience and learn basic camping skills. Our camping experiences range from primitive backpacking to sleeping on cots in a remote Nepalese teahouse.

### Mindfulness

Pursuits trips involve mindfulness practices to develop a greater sense of self. Mindfulness practices can include daily meditations, personal journaling, and silent, still observations of the world around you.

### Community Awareness

All Pursuits trips include some community involvement. Participants will learn and practice active listening skills, critical-thinking, assertive communication, and cross-cultural discussions. Many of our trips also incorporate service opportunities. International trips include intimate cultural immersion experiences through home stays, community meetings, cultural celebrations, local transport, and more. These experiences provide personal insight into one's own culture that can be inspiring and profoundly impactful.

### Your Health & Safety Are Evoke's Top Priority

Pursuits adventure trips require high mobility and energy, and are intended for healthy individuals. Evoke has taken measures to minimize risks so that participants can have a challenging yet supportive and rewarding adventure. Some of these measures include:

- Extensive risk management assessment of all activities and identification of potential risk factors. Every trail, river, local weather pattern, and foreseeable travel mishap has been identified and assessed before a trip ever begins.
- All Pursuits guides have at least four years of experience in group facilitation and leading adventure trips.
- All Pursuits guides maintain certification as Wilderness First Responders, and training in wilderness risk management, Leave No Trace ethics, communication skills, therapeutic mentoring, and group facilitation.
- We contract with established local professionals to help navigate all local considerations.

Evoke's own Risk Management Team is on-call 24/7 during all Pursuits trips and is dedicated to ensuring quality programming with acute attention to minimizing risk for all participants.

Our on-site Pursuits leaders honor each individual's journey, enhance everyone's safety, and are there to help facilitate the most meaningful experience.

## Pursuits Adventure Trips

### High Uintas Backpacking & Fly Fishing

Explore Utah's most pristine backcountry, hiking through valleys and mountain passes, fly fishing remote streams and glacier formed lakes, meditating in a mountain meadow of flowers, and sleeping under the brilliance of the nighttime sky. Learn technical backpacking skills such as packing, backcountry cooking, basic astronomy, wilderness navigation with a map and compass, and fauna identification.

### Moab Multi-Sport Adventure

Learn to ride a mountain bike on the single track red rocks, enjoy an adrenaline-filled day of whitewater rafting, and hike in one of the most beautiful national parks in Utah.

### The Canyon Adventure - Canyoneering in Southern Utah

This amazing backcountry experience offers exploration of beautiful slot canyons. Canyoneering is a great outdoor activity that involves canyon rappelling as well as hikes to and from the canyons, down climbing, swimming, and scrambling. These canyons are in the pristine wilderness of Southern Utah and Northern Arizona.

### Custom Trips Tailored Just For You

Evoke also offers custom trips for groups, families, and individuals. Each custom Pursuits trip is tailored to the needs of the participants. We have created trips for recovery programs with an integrated recovery focus, an educational school trip, a father and son backpacking trip, and many more.