

4-H Alberta Project in a Weekend Guidelines

Purpose: support our senior members and help them complete their project in a weekend! This is a great opportunity for members who are away for post secondary activities, have a busy schedule, or just want to complete another project.

This opportunity can be run at any level of 4-H in Alberta. Review the guidelines below and reach out to programs@4hab.com with any questions.

- 4-H Alberta recommends that Members involved are Seniors
 - Due to the pace of and mindset required to complete a project in such a condensed amount of time, it is recommended to stay within the Senior age group.
 - The program/ project can be offered to Intermediates depending on the project.
- Members must plan to enroll in the current 4-H club year.
- Members must attend the whole weekend or scheduled time.
 - 12 hours of project time minimum.
 - A project record book insert will be completed.
- It is recommended that the members receive a form of proof of completion to present to their club leader. Following the weekend or scheduled time members will present the proof to their club leader that they have completed their project and, if applicable, will only need to complete the other Members Requirements to be a member in good standing.
- This can be a members only project for the Club Year or one of many.
- Members receive a Dairy Point for the project. If the project points are full then a Dairy Point can be given as a program under whichever level offered the program, similar to a camp.

Provincial Program Format

Overnight program: Friday at 4:00 pm to Sunday at 12:00 pm

Day time program: Saturday and Sunday from 9:00 am - 5:00 pm (this includes times for breaks and presentations)

The project work sessions will vary depending on the instructor, but sessions can be run on Friday night, Saturday, and Sunday.

Non project work time should be scheduled to break up the work. This can be filled with active games to burn energy, down time (board games, social), and structured & themed activities.

Projects Ideas

- Leather work
- Bottle rockets
- Watercolour painting
- Photography
- Curling