



**JOIN US FOR THE 4TH ANNUAL**

# **CAPTURE YOUR ADVENTURE**

**MAY 1ST 2024- AUGUST 31ST 2024**

**Send in pictures as you check off  
Be Well-themed activities throughout  
summer! Be entered into drawings for  
monthly prizes and a grand prize!**



**#CAPTUREYOURADVENTUREMTU**

 **@MTU\_CYA**



**WELLNESS@MTU.EDU**



**@MTU\_WELLBEING**



**CAPTURE YOUR ADVENTURE**



**MICHIGAN TECH WELL-BEING**



# RULES

**Welcome to the 4th annual Capture Your Adventure! Each month, from May through August, will be focused on a different Be Well theme.**

**To earn points, or entries into the drawings, once per week you can choose activities from the respective Be Well monthly theme, snap a quick photo of you participating in the activity, and submit it! For more information on submission specifics and how it works, please read the Submission FAQ's page.**

**Participants can submit up to four activity photos per month, or once per week, for up to four total entries into that month's prize drawing! The winner of each drawing will be contacted via direct message and/or student email for information about prize delivery. Only one submission per week will count towards the prize drawings.**

**Each month's submission points will be cumulative for the final grand prize drawing at the end of August, for a maximum of 16 submission points!**

**To stay up to date with monthly themes, prize drawings, reminders, and any other information follow our Instagram (@mtu\_cya) or Facebook (Capture Your Adventure).**

**We may share your submitted photos on Instagram & Facebook. If you would prefer that we didn't, please mention that when you submit.**

**BONUS: Follow both the Capture Your Adventure account & the Well Being account on a social media platform (both Instagrams or both Facebooks) for 2 extra submission points for the grand prize drawing.**

**Instagram: @mtu\_cya    Facebook: Capture Your Adventure**

**Instagram: @mtu\_wellbeing    Facebook: Michigan Tech Well-Being**



# SUBMISSION FAQ'S

## How do I participate?

- **Follow (Instagram: @mtu\_cya/Facebook: Capture Your Adventure) and visit our adventure e-book to learn more about the challenge's rules! You can follow along in this guidebook throughout the whole challenge.**

## How often should I submit photos?

- **Please only post once a week for CYA. You are allowed to post up to four posts per month, which is about once per week! See the Important Dates page for more information**

## Do I have to post formally on Instagram or Facebook?

- **You can post pictures on your story, or you can formally post them and tag us/use the hashtag in the caption. If you post on your story please use the hashtag #captureyouradventureMTU so that we count your submission!**

## What if my account is private?

- **Please DM us your picture submissions. You can submit your photos directly to us using the direct messaging capabilities available on both Facebook and Instagram. Let us know which challenge you completed in your picture!**

## Can I do the same activity multiple times?

- **Yes, you can complete the same activity multiple times, but take new pictures each time! We'll know if you don't.**

## Can I submit an activity that isn't listed on the checklist?

- **Yes! As long as you feel that it follows that month's theme, please do! The checklist is just a guide and suggestions!**



# FAQ'S

## **If I win, how do I get my prize?**

- **Winners will be announced on our Instagram and Facebook stories. We will be sure to tag you if you win, and we will also reach out to you directly so that you can make a plan to receive your prize from us.**

## **How many prizes are there? When will the announcements be made for winners?**

- **There will be five total prizes. A smaller prize will be awarded at the end of each month, and then a grand prize at the very end of the contest. More information about prizes can be found on the following page.**

## **How are the monthly themes chosen?**

- **The monthly themes of Play Well, Live Well, Connect Well, and Recharge Well directly correlate with the Be Well initiative and its goals. Visit our Be Well webpage to learn more about how our Center supports the overall well-being of MTU students!**

## **Do I have to be a Michigan Tech student to participate?**

- **Yes, you do need to be an active student to participate. However, if you are graduating this spring semester of '24, you can still participate.**

## **What if I don't have either Instagram or Facebook?**

- **If you don't have either of those platforms, you can send your photos to the Wellness email ([wellness@mtu.edu](mailto:wellness@mtu.edu)), but we do encourage submissions via social media. The submission timeframe still applies.**



# PRIZES

Winners will be randomly chosen at the end of each month for that month's prize.

Points will not roll over each month. However, they are cumulative for the final grand prize. So if you have earned all 18 total points (4 per month + 2 for following both of our accounts on a social media platform, your name will be entered into the final prize drawing 18 times.

Prizes are themed per month, and the final prize is perfect for Capturing Your Adventure year-round!

**May - Connect Well : Two-Person Hammock**

**June - Play Well : Waterproof Hiking Backpack**

**July - Recharge Well : Weighted Blanket**

**August - Live Well : Workout Mat**

**Grand Prize : KODAK Mini Shot 2 Retro Instant Digital Camera**

**MAY**



**JULY**



**JUNE**



**AUGUST**



**GRAND PRIZE!**



PRIZES MAY BE SUBJECT TO SLIGHT CHANGE, AS WE ARE NOT PREORDERING AND SOMETIMES WEBSITES RUN OUT OF STOCK OR CHANGE PRICING. IF YOU WIN, AND THE PRIZE IS NO LONGER AVAILABLE, WE WILL WORK WITH YOU TO FIND A SOLUTION THAT MAKES EVERYONE HAPPY!



# IMPORTANT DATES

Each week, you must submit your photo by 11:59pm on Saturday. Some dates do not fall directly within the month of their prize-drawing. All times are Eastern Time Zone and are subject to change.

**MAY**

- Week 1: May 1st - May 11th @ 11:59pm
  - Week 2: May 12th - May 18th @ 11:59pm
  - Week 3: May 19th - May 25th @ 11:59pm
  - Week 4: May 26th - June 1st @ 11:59pm
- Prize Drawing: June 2nd @ Noon**



Connect  
Well

**JUNE**

- Week 1: June 2nd - June 8th @ 11:59pm
  - Week 2: June 9th - June 15th @ 11:59pm
  - Week 3: June 16th - June 22nd @ 11:59pm
  - Week 4: June 23rd - June 29th @ 11:59pm
- Prize Drawing: June 30th @ Noon**



Play  
Well

**JULY**

- Week 1: June 30th - July 6th @ 11:59pm
  - Week 2: July 7th - July 13th @ 11:59pm
  - Week 3: July 14th - July 20th @ 11:59pm
  - Week 4: July 21st - July 27th @ 11:59pm
- Prize Drawing: July 28th @ Noon**



Recharge  
Well

**AUGUST**

- Week 1: July 28th - August 3rd @ 11:59pm
  - Week 2: August 4th - August 10th @ 11:59pm
  - Week 3: August 11th - August 17th @ 11:59pm
  - Week 4: August 18th - August 24th @ 11:59pm
- Prize Drawing: August 25th @ Noon**



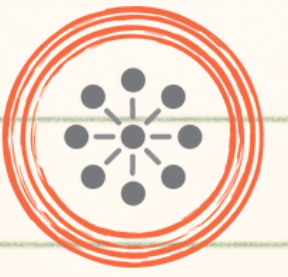
Live  
Well

**Grand Prize Drawing: August 31st @ Noon**





# MAY - CONNECT WELL



**Build your support network**

**Find enjoyment through social interaction**

**Have fulfilling social interactions, both in-person & virtually**

**Create deep friendships**

**Practice vulnerability by being open and honest with others**

**Give back to others by supporting them**

- Reconnect with an old friend**
- Find someone to go to the beach with**
- Go on an adventure with your friends**
- Make s'mores with someone**
- Hammock together with your friends**
- Go stargazing**
- Find a local music scene near you**
- Make homemade pizza with your friends**
- Plan a staycation with someone**
- Attend a pool party**
- Make someone smile**
- Do a random act of kindness**
- Go to your local fair with a friend or family member**
- Host a potluck dinner party**
- Go to a fireworks show**
- Have a board-game night with friends**
- Have a movie night with your siblings**
- Go to a trivia night**
- Make a collaborative playlist with someone**
- Try something new (EX. pilates class or a magic tournament)**
- Other**

**GET ENTERED TO WIN A TWO PERSON HAMMOCK THIS MONTH!**





# JUNE - PLAY WELL



**Be active and move your body**

**Practice preventative health care**

**Maintain and improve physical fitness**

**Assess and improve diet and nutrition**

**Make healthy choices related to alcohol and other drugs**

**Check out Experience Tech to see how other students "Play Well"**

- Try rock climbing at the SDC (or somewhere else!)**
- Go swimming in one of the great lakes**
- Go mountain biking**
- Explore a new hiking trail in your area**
- Find a waterfall**
- Try a new sport / participate in one you already know!**
- Go rock hunting!**
- Go kayaking or canoeing**
- Be a local tourist for the afternoon**
- Attend a fun festival (ex. Strawberry Fest in Chassell, MI)**
- Go bird watching**
- Go to a national or State park**
- Go to a trivia night or karaoke!**
- Host a game night**
- Hike up Mont Ripley**
- Go see live music!**
- Do a U.P. Mine tour**
- Explore the Copper Harbor trails**
- Walk a dog at the Copper Country Humane Society**
- Go to the doctor or the dentist for a checkup/cleaning**
- Make a home-cooked, healthy meal!**
- Other**

**GET ENTERED TO WIN A HIKING BACKPACK THIS MONTH!**





# JULY- RECHARGE WELL



**Practice optimal sleeping habits**

**Make time for spiritual practices**

**Reflect on past, current, and future experiences & how they impact your life**

**Engage in self-care ( meditation, prayer, reading, counseling, etc. )**

**Learn to be mindful and present in daily life**

**Create a self-care plan**

- Make a summer reading list**
- Have a picnic!**
- Find a new favorite spot to relax**
- Have a bonfire**
- Make a new summer playlist**
- Make your own bath bomb or hand scrub**
- Listen to a podcast or a meditation**
- Try a new hobby**
- Try journaling**
- Make a collage of pictures for your dorm room**
- Have an at-home spa night**
- Try pressing some flowers**
- Work on a scrapbook**
- Try a new recipe**
- Work on improving your sleep hygiene**
- Get yourself a nice snack - just because!**
- Have a slow morning with your favorite breakfast**
- Try getting up early and doing a morning workout**
- Practice stretching after a long day**
- Sign up for cat cuddling at the Copper Country Humane Society**
- Other**

**GET ENTERED TO WIN A WEIGHTED BLANKET THIS MONTH!**





# AUGUST - LIVE WELL



**Take on leadership roles and build your leadership skills**

**Give back to your community**

**Use your voice to stand up for others**

**Hone your life skills #adulting**

**Practice & improve learning strategies and study skills**

**Shape your future by setting career goals**

- Go to the farmer's market**
- Make a workout schedule**
- Walk 10,000 steps in a day**
- Try Learning a new language**
- Apply for internships or co-ops or graduate programs**
- Eat a full serving of fruit or veggies each day for a week straight**
- Try a new workout routine**
- Try thrift shopping for your room in the fall**
- Try reducing your carbon footprint over the summer**
- Donate food or clothes to a food pantry or donation center**
- Volunteer in your local community**
- Update your Handshake/LinkedIn account**
- Try making a mocktail recipe you find online**
- Show us your favorite summer hat**
- Try growing your own fruits or veggies**
- Learn about the history of the Keweenaw**
- Take a picture at the top of Brockway mountain**
- Clean up trash at your favorite summer spot**
- Wear sunscreen!**
- Complete any other activity from May, June, or July!**
- Other**

**GET ENTERED TO WIN A WORKOUT MAT THIS MONTH!**



**Scan here for more information  
about the Be Well initiative!**



**And remember, TELUS Health Student Support is  
available 24/7, year-round.**

**Call. Chat. Anytime. Anywhere.**



Download the  
Student Support  
app today.