

JOIN US FOR THE 5TH ANNUAL



CAPTURE YOUR ADVENTURE

MAY 1ST 2025 - JUNE 28TH 2025

Send in pictures as you check off
Be Well-themed activities this summer!
Get entered into drawings for the chance
to win some awesome prizes!

#CAPTUREYOURADVENTUREMTU2025



@MTU_CYA

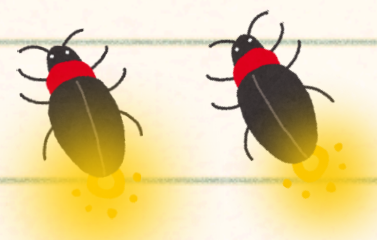


WELL-BEING@MTU.EDU



@MTU_WELLBEING

Michigan Technological University is an Equal Opportunity Educational Institution/Equal Opportunity Employer that provides equal opportunity for all, including protected veterans and individuals with disabilities.



RULES



Welcome to the 5th annual Capture Your Adventure! We've divided May and June into four themed-periods focused around Be Well!

To earn points, or entries into the drawings, twice per week you can choose activities from the respective Be Well theme, snap a quick photo of your participation 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 two activity photos per week for up to four total entries into that theme's prize drawing! The winner of each drawing will be contacted via direct message and/or student email for information about prize delivery.

Each period's submission points will be cumulative for the final grand prize drawing for a photo printer at the end of June, for a total of 16 submission points!

To stay up to date with the themes, prize drawings, reminders, and more, follow our Instagram (@mtu_cya).

We may share your submitted photos on our social media. 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 Instagram for 2 extra entries into the grand prize drawing.

Instagram: @mtu_cya

Instagram: @mtu_wellbeing

IMPORTANT DATES

Each week, you must submit your photos by 11:59pm Eastern Time on Saturday.

You can submit up to two submission photos each week!



Recharge Well

- ☐ ☐ Week 1: May 1st - May 10th @ 11:59pm
- ☐ ☐ Week 2: May 11th - May 17th @ 11:59pm

Prize Drawing: May 18th



Connect Well

- ☐ ☐ Week 1: May 18th - May 24th @ 11:59pm
- ☐ ☐ Week 2: May 25th - May 31st @ 11:59pm

Prize Drawing: June 1st



Play Well

- ☐ ☐ Week 1: June 1st - June 7th @ 11:59pm
- ☐ ☐ Week 2: June 8th - June 14th @ 11:59pm

Prize Drawing: June 15th



Live Well

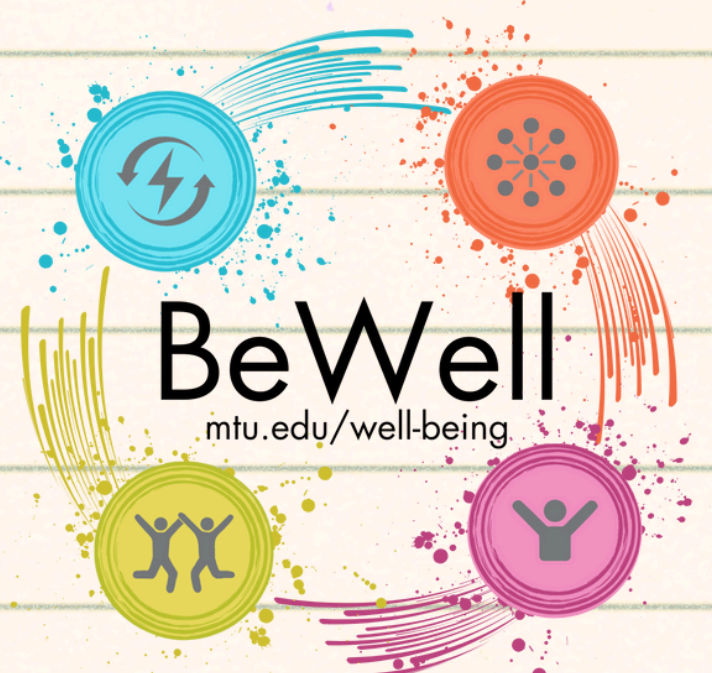
- ☐ ☐ Week 1: June 15th - June 21st @ 11:59pm
- ☐ ☐ Week 2: June 22nd - June 28th @ 11:59pm

Prize Drawing: June 29th

Grand Prize Drawing: June 30th

If you win, you will be DMed by mtu_cya AND emailed by an official MTU email account. No other accounts will be used to contact you.

Do not fall for scams.



SUBMISSION FAQs

How do I participate?

- Follow @mtu_cya on Instagram and share snapshots of your adventures! You can follow along in this guidebook throughout the whole challenge. If you don't use Instagram, please check out our General FAQ page.

How often should I submit photos?

- Please only post twice a week for CYA. You are allowed four submissions per themed-period, which is about twice per week! See the Important Dates page for more information

Do I have to post formally on Instagram?

- You can post pictures on your story, or you can formally post them and tag us/use the hashtag #captureyouradventureMTU2025. If you post on your story, please @mtu_cya so that we count your submission!

What if my account is private?

- Please DM us a screenshot of your submissions. You can submit your photos directly to us using the direct messaging capabilities available on Instagram. Let us know which challenge you completed!

Can I do the same activity multiple times?

- Yes, you can complete the same activity multiple times in a theme, but take new pictures each time!

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

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

GENERAL FAQS

If I win, how do I get my prize?

- **Winners will be announced on our Instagram. 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. No account other than the MTU Capture Your Adventure page or well-being@mtu.edu email will be used to reach out to you. There will also be no cost to you if you win a prize. Do not fall for scams. If in doubt, reach out to well-being@mtu.edu.**

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 themed-period, 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 themes chosen?

- **The 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 Spring 2025, you can still participate!**

What if I don't use Instagram?

- **If you don't have Instagram, you can send your photos to the Well-being email (well-being@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 themed-period for the respective prize!

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

You are only eligible to win one themed-period prize, but everyone who submits even once will be entered into the drawing to win the grand prize!

Prizes are associated with their respective theme, and the final prize is perfect for Capturing Your Adventure year-round!

Recharge Well : Two-Person Hammock

Connect Well : Portable Waterproof Speaker

Play Well : Lifestraw Insulated Tumbler

Live Well : Super DuoLingo Year Subscription

Grand Prize :

Canon Ivy Mini
Photo Printer



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!

RECHARGE WELL

Practice optimal sleeping habits

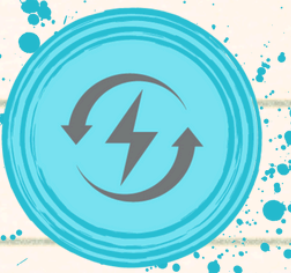
Make time for spiritual practices

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 or bonfire!
- ☐ Find a new favorite spot to relax
- ☐ Make a new summer playlist
- ☐ Spend some time at your religious institution
- ☐ Listen to a podcast or a meditation
- ☐ Try a new hobby (such as journaling)
- ☐ Have an at-home spa night
- ☐ Engage in a favorite activity (fishing, reading, videogames, etc)
- ☐ Work on a scrapbook or photo album
- ☐ Try a new recipe
- ☐ Spend some time in nature (gardening, a walk, etc)
- ☐ Work on improving your sleep hygiene
- ☐ Get yourself a nice snack - just because!
- ☐ Have a slow morning with your favorite breakfast
- ☐ Get up early and do a morning workout
- ☐ Practice stretching after a long day
- ☐ Spend some quality time with a pet or snuggly animal
- ☐ Be creative! Paint, draw, sculpt, or simply create!
- ☐ Other

GET ENTERED TO WIN A TWO PERSON HAMMOCK!

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

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- ☐ 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 with someone
 - ☐ Go stargazing
 - ☐ Find a local music scene near you
 - ☐ Make homemade pizza or another meal 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 or movie night
 - ☐ Go to a trivia or karaoke night
 - ☐ Make a collaborative playlist with someone
 - ☐ Try something new (EX. pilates class or a magic tournament)
 - ☐ Other

GET ENTERED TO WIN A WATERPROOF SPEAKER!

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 biking (mountain-biking, off-roading, dirtbiking, etc)
- ☐ 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 or concert
- ☐ Go bird watching
- ☐ Go to a national or State park
- ☐ Hike up Mont Ripley
- ☐ Go see live music!
- ☐ Do a U.P. Mine tour
- ☐ Explore the Copper Harbor trails
- ☐ Walk a dog at a Humane Society (or your own dog)
- ☐ Go to the doctor or the dentist for a checkup/cleaning
- ☐ Make a home-cooked, healthy meal!
- ☐ Other

GET ENTERED TO WIN A LIFESTRAW TUMBLER!

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 a farmer's market/buy fresh produce
- ☐ 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 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
- ☐ Make 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 (or any mountain)
- ☐ Clean up trash at your favorite summer spot
- ☐ Wear sunscreen!
- ☐ Complete any other activity from a different period!
- ☐ Other

GET ENTERED TO WIN A SUPER DUOLINGO YEAR SUBSCRIPTION!

**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.

