# Places to visit Date State/National Park What park? Museum What Museum? Historical Site What site? Animal Shelter What shelter? Covered Bridge What bridge?

Activities		
Swimming	Date	
Where?		
Hiking/walking		
Where?		
Bicycling		
Where?		
Water Sports		
Where?		
Fishing		
Where?		

Food/Community		
Farmers Market Which one?	Date	
Dinner with friends/family What did you eat?		
Attend a live music event Where did you go?		
Donate food Where?		
Attend a community event What did you do?	<u> </u>	

Bonus		
Volunteer Where?	Date	
Gardening What did you plant?		
Build a campfire Where?		
Enjoy a good book What did you read?		
BONUS What did you do?		

# Passport to Summer Fun

For faculty, staff and family members of the GMHEC colleges

June 15th - August 15th, 2019



## **Rules:**

# Complete at least two activities from each category.

Log the dates of the completed activities on the tracking form. For the "Bonus" activity please indicate what you did for fun and the date.

## **Submission:**

Return your completed passport no later than August 23rd at 5pm. Passports will be accepted via email (scanned or snapshot) at rebecca.schubert@gmhec.org or via campus mail addressed to Rebecca Schubert, GMHEC Employee Well-being Coordinator at your college's human resources department.

# **Prizes:**

All participants who return a passport log will be entered into a raffle to win one of three \$100 gift cards to the Outdoor Gear Exchange. Gift cards can be used in the Burlington store or online. The raffle will take place on Friday, August, 30th. Photos are encouraged and can be sent to via email to Rebecca. With your permission, pictures may be used in the GMHEC Connection newsletter and/or on the GMHEC website.

Questions can be directed to rebecca.schubert@gmhec.org

WELL-BEING