

Cal Poly Humboldt

Digital Commons @ Cal Poly Humboldt

---

IdeaFest 2022

---

2022

## Nano Adventures: The Role of Adventure in the Lives of Humboldt Students & Beyond

Haley Uriz

*Cal Poly Humboldt*, [hju2@humboldt.edu](mailto:hju2@humboldt.edu)

Follow this and additional works at: <https://digitalcommons.humboldt.edu/ideafest2022>

---

### Recommended Citation

Uriz, Haley, "Nano Adventures: The Role of Adventure in the Lives of Humboldt Students & Beyond" (2022). *IdeaFest 2022*. 77.

<https://digitalcommons.humboldt.edu/ideafest2022/77>

This Poster is brought to you for free and open access by Digital Commons @ Cal Poly Humboldt. It has been accepted for inclusion in IdeaFest 2022 by an authorized administrator of Digital Commons @ Cal Poly Humboldt. For more information, please contact [kyle.morgan@humboldt.edu](mailto:kyle.morgan@humboldt.edu).



### Adventure: Action or Feeling?

**When was your last adventure? How did you know it was an “adventure”?**  
**If you felt like it was an “adventure” that’s a good start and likely means that it was!**

- The meaning of the term adventure is fairly personal and based on what you personally perceive as unique, unusual and exciting.
- It may also include a certain level of risk, potentially some physical, emotional, or social risk.
- The term adventure may also mean visiting unknown territories or doing something unusual

### Nano Adventures: Context and background

**Nano adventures** take the concept of **micro adventures** and bring it to an even smaller scale.

Alastair Humphreys coined the term **micro adventure** to describe an adventure that is short, cheap, accessible and usually one to two days in length. As an “adventurer” who biked more than 46 000 miles, canoed 500 miles of the Yukon River, and raced a yacht across the Atlantic Ocean (among other amazing expeditions!), Alastair saw a need to help people develop their own adventures. He recognized that most people don’t have the time or money to do intricate trips, and that he needed to break down barriers so others could enjoy the benefits of adventure while staying close to home and spending little to no money. Because adventure is a feeling (among other description), for most people it only takes a little curiosity, planning, and enthusiasm to embark on your own micro adventure.

Micro adventures are a great concept that allow more people to enjoy the feeling that comes from those adventures. However, micro adventures are still difficult for a lot of people who may not have the means, financial or time, to partake in 24-48 hours of adventuring. Further, micro adventures don’t take into consideration the fact that many people are not comfortable in their communities and may have to deal with oppression and unsafe environments.

Nano adventures are those little escapades that last one hour to a couple hours and help individuals build confidence. They also capitalize on the local environment, including local culture, public transportation and human powered activities. Nano adventures don’t require much time and can be planned easily while maintaining the sense of novelty that comes from visiting new places, putting yourself into a new situation and being open to new opportunities.



### Place attachment

Place attachment is the emotional bond that forms between people and their environment, responsible for creating meaning and developing communities (Manzo & Devine-Wright, 2014).

**Cal Poly Humboldt is uniquely situated to help students develop place attachment through nano-adventures.** Studies have shown that students who participate in outdoor activities with their peers and/or through various campus programs, develop stronger sense of place and attachment to their campus and local communities (Marchand & Millard, 2017). Further, place attachment and its various dimensions have been linked to student retention, and is especially strong when combined with other academic factors. Another important benefit of place attachment is the desire to protect and cherish their surroundings, which include enhances environmental protection. While place attachment is often thought of as an individual concept, some researchers suggest that social communities and their relationships may also play an important role in the development of place attachment.



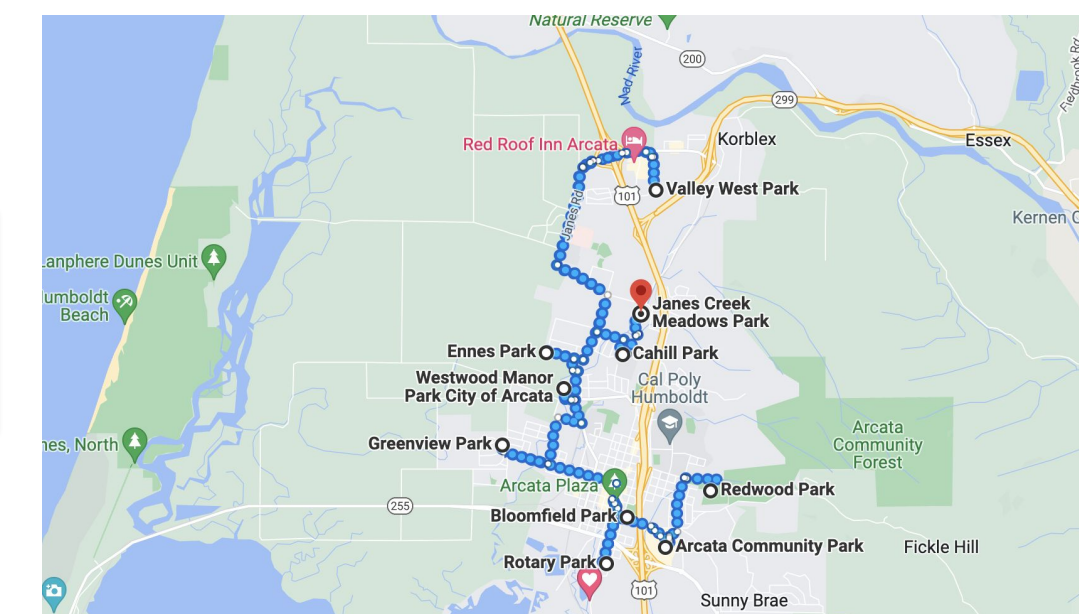
### Benefits of Nano-Adventures

*“Don’t die without embracing the daring adventure your life was meant to be.” — Steve Pavlina*

1. **Promotes positive well-being:** *“From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation.”*
2. **Deepens connections to the community:** By visiting your local community, you will deepen your understanding of where you live and develop a sense of belonging, which can lead to greater place attachment.
3. **Increases environmental awareness:** *“A study by John Zelenski, PhD, and colleagues showed prosocial benefits after showing undergraduates either nature documentaries or videos about architectural landmarks. Those who had watched the nature video were more likely to cooperate with other players, and also more likely to make choices that would sustain the fish population”*
4. **Helps local businesses:** *“One of the primary principles of Ecotourism is to generate financial benefits for both local people and private industry.”*
5. **Lessens the impact on other more sought after state parks & destinations:** By discovering new places and avoiding crowded areas, we give a chance to more popular destinations to rejuvenate. Plus, it will likely be less crowded and more relaxing.
6. **Increases knowledge of local resources:** When we understand better the land we live on, we can make smarter choices about the resources available and how we impact those. It also helps with place attachment.

### Nano Adventures Resources

- Center Activities on campus offers a variety of camping and aquatic gear at a reasonable price. <https://centeractivities.humboldt.edu>, (707) 826-3357
- Humboldt is thriving with indigenous and cultural history, and home to a stunning rugged ocean and towering redwoods. Get a taste of it all by visiting *Sue-Meg* State Park. [Info for Sue Meg](http://Info for Sue Meg), (707) 677-3570
- Love animals and want to get a different perspective of the redwoods, check out Sequoia Park Zoo in Eureka! You can now enjoy the Redwoods from up high on the Skywalk, which is a really unique opportunity to see our area differently. <https://sequoiaparkzoo.net/>, (707) 441-4263
- Get involved with the community & demonstrate stewardship by volunteering with PacOut Green Team, & Friends of the Dunes. PacOut: <https://pacoutgreenteam.org/>, send them a message through their volunteer page and get updates via email. You can also check upcoming events on their website. Friends of the Dunes: <https://www.friendsofthedunes.org>, (707) 444-1397.
- Need transportation? Download the *Transit* app, it gives you a list of bus routes and schedules. Take advantage of being a student by using Zipcar. Look into renting a zipcar by logging into your *myhumboldt* account. Their information is under the ‘parking and commuter’ services tab. (707) 826-3773. Rent a bike through Redwood Cycles located at 427 1st Street Eureka CA, 95521. (707) 599-2008.



### Human Powered Adventures

Why should we all drive less:

- ★ Outrageous gas prices
- ★ Driving cars is a large contributor to climate change
- ★ Less chance of car accidents and fatalities
- ★ Walking, roller skating, skateboarding, and biking is good for cardiovascular health
- ★ Public transit is free to students as long as they have their school ID
- ★ Walking increases physical connection and awareness



### Ideas for your next Nano-Adventure



- 1) **Take a walk and play like a kid while visiting the playgrounds of Arcata**  
Find open, green spaces just down the street from your house. Arcata offers many parks and playgrounds across town.  
**Locations**
  - *Arcata Community Park*: Address: 300 Dr. M.L.K. Jr Pkwy, Arcata, CA 95521
  - *Cahill Park*: Address: 1209-1299 Stromberg Ave, Arcata, CA 95521
  - *Janes Creek Meadows Park*: Address: 2985 Janes Creek Dr, Arcata, CA 95521
  - *Ennes Park*: Address: 2515 Wyatt Ln, Arcata, CA 95521
- 2) **Historical Ferndale Bike Ride**  
Admire beautiful victorian architecture by bicycling along downtown Ferndale.
- 3) **Paddling the Humboldt Bay and Slough**  
Check out Cal Poly Humboldt’s aquatic center and rent some kayaks or paddle board along the slough. Get a closer look at our research boat the *Coral Sea*. You’ll also see Woodley Island’s famous fisherman statue.

