Luther’s Challenge Course--
The **ropes course** provides active involvement for groups and individuals working together through challenges that promote and complement dynamics of healthy lifestyles. Learning that is frequently associated with challenge course programming includes active participation and reflection on issues associated with diversity, leadership, team building, communication, problem solving, socialization, cooperation, self confidence, integrity, fitness, and recreational enjoyment.

Selfie Scavenger Hunt--
Take pictures at all the local hot spots-Dunning Springs, Ice Cave, Fish Hatchery, Local Sculptures, Whippy Dip and More! For an additional fitness component-try the scavenger hunt on a bike, rollerblades or skateboard (just wear a helmet!)

Sunday Brunch Tour--
Divide into groups of 3 or 4 and check out local Decorah Brunches: Peace Dining, Rubaiyat, Family Table, Restoration, Magpie, Ruby’s, McCaffery’s, Stone Hearth, Hay Market and La Rana to name a few! Report back to the group with your best food critic skills!

Support your Norse in full Force--
We got the spirit, yes we do! Currently, 25% of Luther’s student body participates in at least one of the college’s 19 intercollegiate sports. So why not support your friends in their athletic competitions. Be the best fan club because *we are from Luther, couldn’t be prouder*....(you know the rest!)

Cooking Classes--
Did you know the Oneota Community Food Cooperative offers regular cooking classes. For the latest schedule check out their [education website](#). Classes can be as cheap as $20 per person. So lack of skills in the kitchen is **nacho** your problem anymore!
Learn a New Skill--
The Vesterheim Museum and ArtHaus (both conveniently located on Water Street) offers a range classes from wood carving, jewelry making, photography classes and more. On a budget? Try the Clay Studio-you can glaze a pre made piece, hand build or try your hand at the wheel. Pieces starting as low as $6!

Bring your Game Face--
With a combination of individual and team sports and competition that ranges from casual to intense, Luther’s intramural program offers something for everyone and who doesn’t want to play glow-in-the-dark volleyball?

Did You Say S’mores?!--
Try your skills at the great outdoors! Rec Services checks out a variety of equipment free of charge to its students. Everything from tents, sleeping bags to cooking equipment so where there is a campfire there is sure to be s’mores!

Row, Row, Row your Kayak (down the Upper Iowa)--
Merrily you may discover that Outdoor Services also does kayak trips -during the fall and spring semesters. Canoe say adventure?!

Oh my quad, Becky!--
Check out Butts and Gutts fitness class on Mondays/Wednesdays at 4:30pm in Regents. Other options include the Cardio Chisel and Zumba so put down the phone and go to Tone Zone!

Weather is frightful? Netflix is so delightful!--
Grab your friends, make some popcorn and start a new season of the latest Orange is New Black, Fuller House or maybe even a throw back to the Gilmore Girls! Let’s get this party poppin’!

Puppies and Kitties--
Decorah is home to the Northeast Iowa Humane Society. They are often seeking volunteers to assist in animal care and adoption events. To volunteer please fill out their application. It is sure to be a pawsitivly pawesome experience!
Bike Relays on Trout Run Trail--
Trout Run trail is 11 miles around Decorah, if that seems like a lot to you consider doing the loop in teams each person doing a section of the trail. Winning group will earn bragging rights for an entire year! (Again, wear a helmet!) It is sure to be wheelie, wheelie fun!

Volunteer for CAF to Community--
The goal of Luther's Cafeteria to Community Program is to ensure that good food makes it onto the plates of those who need it. Through this program, student volunteers work in close collaboration with dining services staff to package food into quart sized containers that will be labeled and delivered to the First Lutheran Church Food Pantry twice weekly.

Knowledge is Power--
Get to know the members of your organizations by doing one on one (or two on two) interviews for at least 10 minutes with each individual in your organization. Learn about their family, their passions, their favorite foods, etc. Use this new information to introduce them at the next organization’s event. Hello! My Name is Awesome!

Stay out of Treble and Sing--
If you attend Luther odds are you and your friends might be pretty gifted musicians. Consider using your talents to spread musical ‘Joy to the World’ and to local nursing homes, businesses or caroling at homes during the holiday season.

A Quest for Strengths--
StrengthsQuest is a tool that provides you as a student with the opportunity to develop strengths by building on your greatest talents -- the way you most naturally think, feel, and behave as a unique individual. Luther’s Career Center can provide a free assessment tool and presentation for your group so you can greater understand yourself and the members of your organization!