



PROGRAM CATALOG

ALPACA EDITION

From all-inclusive group packages to individual farm stays, Heifer USA has a unique experience to meet your needs!

Look inside to see all of the opportunities available at Heifer Ranch.

Experiential Overnights 4

Day Programs & Tours 9

Agricultural Programs 10

Farm to Table Meals 11

Scheduling a group trip? Consider these **BOOKING TIPS:**

In order to provide you with the best customer service possible, please be ready to provide the following information to our booking office:

- ◇ Estimated Group Size
- ◇ Ages Range of Group Members
- ◇ Top 3 Arrival Dates
- ◇ Any Special Needs
- ◇ Any Special Interests or Goals

Our friendly staff will help you find a program that's just right for you!

Contact us today!

reservations@heifer.org
1-855-3HEIFER
www.heifer.org/ranch

A NOTE

from Ranch Leadership



We are excited to share a strategic merger between Heifer USA and Heifer Ranch. It is not just one moment in time, but instead a culmination of our collective work in the United States, and a natural progression of our shared deep history of supporting farmers through training and technical expertise. The Ranch is now officially Heifer USA's home base of operations — our campus houses our team: education staff and programs, residential volunteers, farmer apprentices and resident farmers, in addition to our operations team and our field team that supports our social enterprise development work out in rural communities.

Our mission is to create job opportunities in rural America by bringing farmers together to build socially and environmentally responsible and profitable businesses, and to educate the general public about sustainable agriculture and Heifer's work around the world.

We hope you will find the Ranch to be humble, yet comfortable and fun, yet challenging. Together, we can create educated, global citizens, equitably sharing the resources of our planet.

Whether you're dropping in for a day or spending the week with us, we have a variety of options to make any trip to the Ranch a deliciously rich and meaningful one.

EAT

Meals in the Dining Hall

Meals with a Mission

Food Fresh from
our Farms

Fair Trade Products
in our Gift Shop

STAY

Modern Lodges

Cozy Apartments

Open-Air Bunk Barn

Global Village Site Stays

Camping & RV Parking

DO

Ranch Tours

Hands-on Agriculture

Trainings & Workshops

Shopping & Events

Experiential Programs

TABLE *of contents*

-
- 03 THE RANCH**
Learn more about the history of Heifer Ranch.
-
- 04 GROUP PROGRAMS**
A guide to show what group program is right for you.
-
- 05 GLOBAL GATEWAY**
Heifer's signature experiential program in the Global Village.
-
- 06 GLOBAL GATEWAY EXTENDED**
Twice the impact! Reveal the root causes of hunger.
-
- 07 GLOBAL CHALLENGE**
Perfect for developing problem-solving groups.
-
- 08 ALTERNATIVE BREAK**
Service learning, educational activities, and more!
-
- 09 DAY PROGRAMS**
More than a field trip! See what we have to offer day trips.
-
- 10 AGRICULTURAL PROGRAMS**
Women's Lambing and a variety of hands-on ag experiences.
-
- 11 MEALS**
Enjoy farm-to-table meals thoughtfully prepared just for you!
-
- 12 MEET OUR STAFF**
Learn more about the friendly faces behind Heifer USA.
-



Heifer USA offers a wide variety of agricultural workshops and trainings both at the Ranch and at partner sites. Visit www.heifer.org/usa to learn more!



CONTACT OUR BOOKING OFFICE:

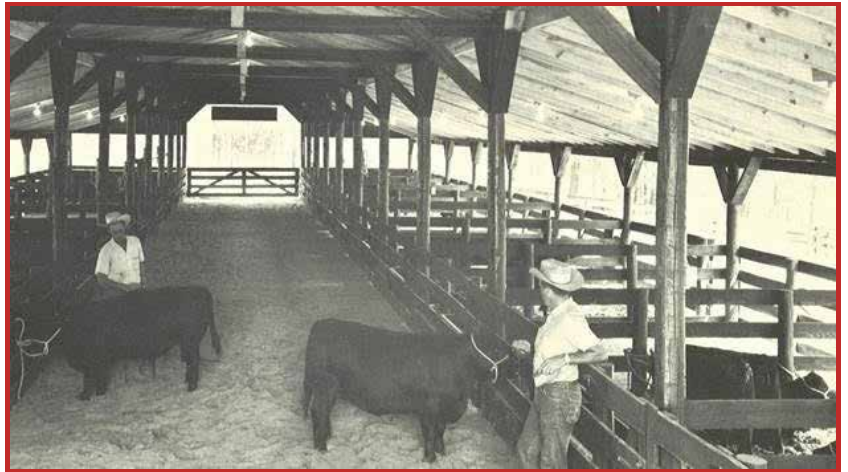
reservations@heifer.org

1-855-3HEIFER

www.heifer.org/ranch

THE RANCH

In 1971 Heifer Ranch was purchased by Heifer International after receiving gifts of about 2,000 Angus cattle. Many of these initial cattle were placed into projects in the US and Central America, keeping the rest as a breeding herd. We continued to use our Ranch as a livestock holding facility for overseas shipments and maintained our own commercial beef cattle and sheep operations, which included over 400-head of Brangus beef cattle and a sizeable herd of Katahdin sheep. After Heifer purchased the Ranch in Arkansas, the organization moved its headquarters from St. Louis to Little Rock.



The original cattle barn (circa late 1960's) is still used today as the Ranch's educational show barn.

Since 1981, the purpose of the Ranch has evolved considerably - it is no longer a staging farm for international livestock shipments but demonstrates sustainable agricultural practices and offers educational programs where groups are exposed to complex global and domestic development issues facilitated by our staff and on-site volunteers. In 1987, construction began on the Guatemala house as an educational tool for guests. Six additional sites were built in the years that followed, creating the Ranch's first Global Village. A second Global Village was constructed in the mid-2000's to accommodate the demand for these unique overnight programs.

At the same time, a Young Farmers Program was launched to train attendees on how to run a profitable farm enterprise. Today, our beautiful pastured livestock operation and organic market gardens are key training tools for supporting local farmers and providing high quality meats, fruits and vegetables to their farmer-owned co-ops.

NEWSOUTH
PRODUCE COOPERATIVE



www.newsouthcoop.com

**From our farms
to your table.**

.....
Meat sustainably raised
on pastures by Heifer
USA farmers.

Shop now at grassrootscoop.com

**GRASS
ROOTS**
FARMERS' COOPERATIVE

**HEIFER
INTERNATIONAL**
USA



GROUP PROGRAMS

To ensure that your group has the most meaningful trip possible, we suggest that you choose a program which is designed for your age group. However, we know that all groups are unique, so speak to a reservationist to determine what may be best suited for your group!

	DAY PROGRAMS			OVERNIGHT PROGRAMS			
SENIORS							
ADULT	DISCOVER HEIFER		AG CLASSES & SERVICE LEARNING		GLOBAL GATEWAY EXTENDED		ALTERNATIVE BREAK
COLLEGE							
HIGH SCHOOL			GLOBAL GATEWAY		GLOBAL CHALLENGE		
MIDDLE SCHOOL							
K-4 th GRADE		ANIMAL CONNECTIONS					
PRE-K							

ICON KEY

Each program offers a different mix of lodging, meals, and activities. Use these icons to understand more about what the experience will encompass.



Introduction to Heifer International's Work



Experiential Class Sessions



Climate-Controlled Accommodations



In-depth Understanding of How Heifer Works



Service Learning Activities



Open-Air, Bunk-House Accommodations



Hands-on Livestock Activities



Personal & Group Reflections



Overnight in the Global Village



Hands-on Garden Activities



Tractor Wagon Ride



Meals Served by the Dining Hall



Team-Building Activities



Global Village Trail Walk



Meals Cooked in the Global Village



Email reservations@heifer.org or call 1-855-3HEIFER

GLOBAL GATEWAY



- ◇ 5th Grade & Up
- ◇ Offered Year-round
- ◇ Start Time: 1pm on Day 1
- ◇ End Time: 11am on Day 2
- ◇ Cost: \$75/person
- ◇ Group Size: 12-150

Global Gateway is Heifer International's signature experiential program. It is offered as a standalone program but also included within the Ranch's other multi-night experiences.

The program uses a **Global Village** to create a microcosm of our world in which families face everyday challenges. **The Global Village is made up of different sites such as Guatemala, Thailand, China (Tibet), Zambia and the USA (Appalachia Region) as well as an Urban Slum and a Refugee Camp.** Each site provides accommodations, cooking facilities, gardens, livestock and other resources which are culturally appropriate for a family living in this area. The wealth of the village is unequally distributed, creating an environment in which challenges and conflicts may arise. The group's experience will be determined by the group's choices throughout the program – and any scenario that takes place in the Global Village sheds light on real situations happening within our world today.

Participants gain a deeper understanding of the root causes of hunger and poverty through real experiences, conversations and emotions. The program includes focused reflection and debriefing activities to move the group through the experiential cycle, sending them home feeling inspired and empowered to be a part of the solution.



GLOBAL GATEWAY EXTENDED



Global Gateway Extended builds on the concepts of the Global Gateway program as the group stays for not one, but two nights in the Global Village. Throughout two full days of life in someone else's shoes, participants gain a depth of insight on the challenges faced by families living in poverty as well as the elements that would be needed in order to lift them out of poverty in a sustainable way.

Before entering the village, the group will participate in a series of team-building exercises on our Challenge Course and partake in a Global Banquet for lunch. Once in the village, the group will be divided into families and assigned to a village site using a lottery process. In addition to sleeping in the village sites, preparing meals in a culturally appropriate setting, and doing chores with corresponding gardens and livestock, the families will be faced with choices and challenges about everyday tasks like finding work, going to school and securing food. All of the activities are facilitated within the Global Village environment by trained staff and include focused reflections and debriefs in order to carry the group through a transformative, experiential process.

While this program is open to youth as young as 5th grade, the content and intensity are best suited for participants 8th grade and up.



*"At Heifer, I bonded with my peers and felt a distant connection with those who actually live the way we did in the village. My group experienced hunger, cold, anger and anxiety, and to think that people all around the world live like that EVERY day was mind-boggling. **I will never take anything for granted... It really opened my eyes.**"*

- Ben, 8th Grade



- ◇ 5th Grade & Up
- ◇ Offered Year-round
- ◇ Start Time: 9am on Day 1
- ◇ End Time: 8am on Day 3
- ◇ Cost: \$150/person
- ◇ Group Size: 12-150



GLOBAL CHALLENGE



Global Challenge uses problem-solving and communication activities to help participants learn teambuilding and leadership skills. These skills can be drawn upon during the overnight village experience and used in their everyday lives at home. This program includes a full Global Gateway program, two sessions of teambuilding, meals in the dining hall and an overnight in the Heifer Hilton—an original barn on the main campus which has been converted into an open-air bunk barn. Guests enjoy the comfort of mattresses and plumbing alongside the novelty of sleeping above and beside our friendly livestock!



“Our students are able to better understand the classroom learning about sustainability, world poverty, and empathy. They generally have a better understanding of what it could be like to be poor and what steps could be taken to address poverty around the world.”

Karalei Nunn
Meridian School – Round Rock, TX

“The Global Village is amazing. The experience is life changing for our students. It solidifies what we teach in the classroom about social justice.”

Mary Kay Lively
Hill Country Montessori School – Boerne, TX

- ◇ 5th Grade & Up
- ◇ Offered Year-round
- ◇ Start Time: 5pm on Day 1
- ◇ End Time: 5pm on Day 3
- ◇ Cost: \$150/person
- ◇ Group Size: 12-75

ALTERNATIVE BREAK



Alternative Break is the premiere way to experience all that Heifer Ranch has to offer! The week-long stay includes four nights of climate-controlled lodging, one night in the Global Village, meals in the dining hall and hands-on learning in all areas of Heifer USA's work. With teambuilding on the challenge course, service learning with our agricultural teams and experiential activities which dive into the root causes of hunger and poverty, your group is sure to come away feeling inspired to take action as globally-minded citizens.

The week mixes indoor and outdoor sessions so that group gets hands-on learning in a variety of ways. Service work in the field exposes participants to the importance of sustainable agriculture and is complimented by educational sessions explaining Heifer's development model in the USA and around the world. With a lodging capacity of 100 participants, the Alternative Break experience is shared among groups and individuals from all across the country each week. Don't miss this unique opportunity to transform the lives of your group members and be a part of Heifer's global mission!



- ◇ 5th Grade & Up
- ◇ Offered Year-round
- ◇ Start Time: 7pm on Sunday
- ◇ End Time: 9am on Friday
- ◇ Cost: \$450/person
- ◇ Limit: 100 participants/week



Make it a gift!

The Alternative Break experience makes a unique, meaningful gift for any occasion. The week-long stay is perfect for individuals over 18 and older kids with an accompanying adult. The recipient can choose from a variety of dates each year.



DAY PROGRAMS

Can't stay overnight? No problem! We have day programs for all ages. Choose a program that best fits your group's interests and abilities. Advance reservations are required for all day programs.

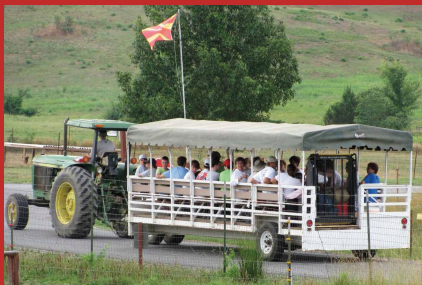


Animal Connections

Kids will engage in threshold experiences that open the door to exploring and understanding our world. Students learn about people, land and livestock while watching our video, touring the Global Village and interacting with animals in our Show Barn. Along the way you will see examples of sustainable agriculture practices used on the Ranch and by our partners around the world to help meet our mission.



- ◇ Pre-K to 5th Grade
- ◇ Monday - Saturday
- ◇ Start Time: 10:00am
- ◇ End Time: 12:30pm
- ◇ Cost: \$10/person
- ◇ Group Size: 12-360
- ◇ Rotations of 20-30



- ◇ All ages
- ◇ Monday - Saturday
- ◇ Start Time: 1:00pm
- ◇ End Time: 3:00pm
- ◇ Cost: \$10/person
- ◇ Group Size: 12-120
- ◇ Rotations of 20-30



Discover Heifer

An excellent introduction to Heifer International and our work with project partners. Participants learn about Heifer's origins and our current projects, including sustainable agriculture with our farmer's cooperatives right here in Arkansas. The program includes a video, a wagon-ride tour of the property, animal interactions in our Show Barn and time in our international gift shop.



Just Dough It!

This highly interactive class connects participants with the origins of every ingredient in a popular favorite food – pizza! Grinding wheat, making dough, milking a goat to make cheese and picking herbs from the garden is only the beginning. Participants will also engage in activities and meaningful discussions that help them understand the differences between industrially-grown and locally-grown foods. The class concludes with a rewarding slice of pizza!



- ◇ 5th Grade and up
- ◇ Ask for availability
- ◇ Start Time: 10:00am
- ◇ Duration: 3 hours
- ◇ Cost: \$15/person
- ◇ Min. Group Size: 12
- ◇ Rotations of 20



- ◇ 5th Grade and up
- ◇ Monday-Saturday
- ◇ Start Time Varies
- ◇ Duration: 1 hour
- ◇ Cost: \$5/person
- ◇ Min Group Size: 12
- ◇ Rotations of 20



Hands-on Activities

Choose from cheesemaking, brickmaking and goat milking or book all three as enriching, rotational activities for your group! Experience immediate connections to farm life, appropriate technologies and value-added products through simple acts of milking a goat, transforming milk into cheese or compressing clay into bricks. Learn interesting facts and gain a better understanding of the importance of training and tools when improving the livelihoods of small-scale farmers.



AGRICULTURAL PROGRAMS

Heifer USA offers a variety of ways for individuals and groups to learn more about sustainable agriculture. In addition to the programs available at Heifer Ranch, workshops, trainings and events are offered throughout the year.

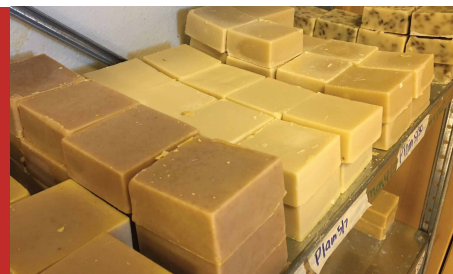
Details can be found by visiting www.heifer.org/usa or Heifer Ranch's Facebook page.



Goatmilk Soap Making 101

Observe cold processed soap being made using milk from our goats and hear a brief history on soap and soap making. Participants will learn how value-added products, such as soap, can help farmers earn additional money to improve their livelihoods.

- ◇ 7th grade & up
- ◇ Flexible Availability
- ◇ Duration: 1 hour
- ◇ Cost: \$20/person
- ◇ Group Min: 12
- ◇ Group Max: 16



Chicken and the Egg

Which came first? The chicken or the egg? While we may never know, everyone will enjoy this interactive program all about chickens! Learn about the many varieties of laying hens, the history of chickens and all sorts of fascinating chicken facts. Participants will take an inside look at eggs to learn about egg nutrition and how to tell if the egg is fertile. For chicken enthusiasts, the class will include the basics of how to get a small home laying flock started and what type of coop is best for your chickens and your space.

- ◇ All Ages
- ◇ Flexible Availability
- ◇ 1 Hour
- ◇ Cost: \$10/person
- ◇ Group Min: 12
- ◇ Rotations of 30



Womens Lambing

Lambing ladies enjoy a blend of facilitated discussions, experiential learning activities, hands-on animal work and the camaraderie of living and learning with a diverse group of women while focusing on Heifer's work to empower women through sustainable agriculture. The weekend includes climate-controlled lodging, farm-to-table meals in our dining hall, direct work with our lambing production and a variety of other sessions such as backyard chickens, beekeeping and cheesemaking.

Program dates are offered each March and include one regular weekend (Friday-Sunday) and one extended weekend (Thursday-Sunday). Registrants must be at least 14 years of age. Minors must be accompanied by an adult registrant.

WEEKEND

- 3pm on Fri. to 9am on Sun.
- ◇ March 8-10, 2019
- ◇ Cost: \$400/person
- ◇ 28 Participants

EXTENDED WEEKEND

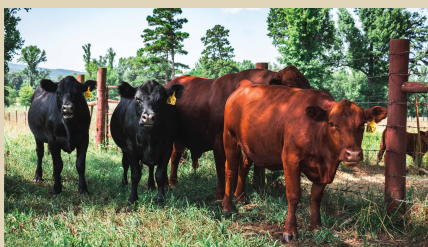
- 3pm on Thurs. to 8am on Sun.
- ◇ March 14-17, 2019
- ◇ Cost: \$475/person
- ◇ 28 participants



Lambing Production

This intensive program is geared towards men and women who wish to gain a deeper knowledge of small-ruminant production. Hands-on animal work with the sheep and goats will be combined with formal and informal informational sessions regarding starting and maintaining a successful farming operation. Participants will also learn about Heifer's work globally and locally, while enjoying climate-controlled lodging and farm-fresh meals.

- ◇ Co-ed
- ◇ Adults Only
- ◇ March 21-24, 2019
- ◇ Cost: \$475/person
- ◇ 25 Participants
- 3pm on Thurs. to 8am on Sun.



MEALS



From the KITCHEN

Thoughtfully prepared meals in our dining hall using Ranch-raised meat and vegetables. Served cafeteria style.

- BREAKFAST \$8.00
- LUNCH \$10.00
- DINNER \$10.00

*Meeting all day? Spending the night?
Need a meal for the road? We've got you covered.*

- SNACKS & COFFEE SERVICE \$3.00/PERSON
- S'MORES AT THE CAMPFIRE \$5.00/PERSON
- TO-GO SACK LUNCHES \$8.00/PERSON



Meals in the Village



Ask about pricing and availability. All three are included in the GG Extended program.

- **Cultural Meal** (2 hrs.) – Settle into one of our Global Village home sites and prepare your meal using ingredients, recipes and cooking devices which are culturally appropriate to your site. Guests can choose from a variety of sites including Guatemala, Thailand, Tibet, India, Zambia and more!
- **Hunger Banquet** (1.5 hrs.) – Best suited for groups (12+), this buffet quickly takes participants on a journey into the root causes of hunger and poverty. The meal is facilitated by one of our trained staff members and includes a debrief and focused reflections.
- **Global Market Meal** (3 hrs.) – Best suited for larger groups (25+), this meal experience immerses participants into a bustling marketplace with a variety of vendors pushing their wares. The group will be divided into families and assigned to a home in our Global Village. Each family will be given market money and challenged to purchase the ingredients needed to prepare their meal in spite of price inequities, language barriers and financial limitations. The experience is facilitated by trained staff members and includes a debrief and focused reflections.



MEET OUR STAFF!

Heifer USA's team is comprised of two dozen full-time employees, seasonal employees, residential volunteers and farmer apprentices. All staff members are fully vetted, screened and trained to ensure that our facility is safe, professional and impactful.

VOLUNTEERS

Whether you're doing livestock chores, harvesting food or leading a group in the Global Village, you'll be a part of transforming livelihoods.

Service Commitments range from 3-12 months, though year-long placements are encouraged. Volunteer orientations occur in late-May and early September of each year.

Orientation & Training are provided to all volunteers at the beginning of their service commitment. Volunteers receive general training in group facilitation, gardens, livestock, guest services and Heifer's signature experiential education programs.

Daily Duties vary according to the specific departmental assignments. All areas of the Ranch contribute to Heifer's unique programs, which include field trips, overnights, service learning, and hands-on classes. Daily agricultural duties vary according to the season, but include routine chores, livestock management, garden work and basic farm maintenance.

“ My time at Heifer helped me grow mentally, spiritually and physically. I learned what it feels like to wake up every day and be genuinely excited about what you do.

Kelsey, age 24

Global Education Volunteer

APPRENTICES

Heifer USA offers a multi-year, residential program at Heifer Ranch in Perryville, Arkansas that provides valuable agricultural training for individuals who want to be small-scale, sustainable farmers. The program includes a Market Garden Apprenticeship and a Livestock Production Apprenticeship.

Our Goal is to provide education, mentorship and technical assistance to foster the development and capacity of farmers to launch their own successful farm enterprises.

Our Program offers hands-on technical trainings in sustainable agriculture, pest management, animal health management, postharvest handling and food safety. Field experience will be complemented with trainings covering business planning, record keeping, marketing and relevant legal and tax topics.

Our Promise is to help you become successful as a farmer even if you have no previous farming experience. With access to land, housing and expertise, program graduates will gain the skills and connections needed to manage a successful farm.

HOW TO APPLY

Contact us to begin the application process:
heiferusa@heifer.org





By supporting Heifer USA, you:



Help rural communities lift themselves out of poverty through farming.



Support the local food movement and sustainable farming practices.



Increase the income of small farms through farmer cooperatives, a model proven by Heifer International in nearly 30 countries over the last 75 years.



HEIFER[®]
INTERNATIONAL
USA

CONTACT US!

Email us at reservations@heifer.org

Visit us online www.heifer.org/ranch

Call us at **1-855-3HEIFER**



Check us out on Facebook

www.facebook.com/HeiferInternationalRanch