

YiW Program's Guiding Strategy

Traditional Ecological Knowledge (TEK) references specific knowledge and land management practices used by indigenous peoples since time immemorial and passed down through the generations via oral transmission. Three fundamental principles of TEK are **reciprocity**, **restoration**, and **sustainability**.

By adopting these principles, we name the original stewards of this land and embrace the essentialness of diversity in the outdoors – in the way we form relationships with land and in the narratives we tell. We honor the indigenous people who tended the wild since time immemorial and who inherently practiced these principles in successfully sustaining robust, healthy, and ecologically diverse lands.

Reciprocity

Def: mutual exchange

In TEK, **reciprocity** describes the give and take between humans and the natural world.

For YiW, we realize how much we take from public lands by way of spiritual, physical, and mental benefits. We teach participants different strategies of giving back to the land, advocating for it, and practicing responsible recreation ethics.

As program representatives, we also acknowledge the value of the mutual exchange between us and participants in sharing our unique experiences with each other.

Sustainability

Def: the ability to be maintained

In TEK, **sustainability** refers to the ability to meet needs of the present without compromising the ability of future generations to meet their own needs.

YiW aims to cultivate in participants the understanding that sustainability (over the course of generations) is essential to living healthy lifestyles as well as maintaining healthy public lands and communities.

Restoration

Def: the process of returning something to its former condition.

In TEK, **restoration** describes the process of assisting the recovery of a degraded or damaged ecosystem.

YiW teaches participants to be mindful of the impacts of recreation on public lands. Participants are also taught about the importance of stewardship efforts being undertaken to restore the health and biodiversity of local public lands.

While in-the-field, participants experience firsthand how their overall well-being may be cultivated and restored by spending time in nature.