

Exploring programs are based on five areas of emphasis:

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| Career Opportunities | Youth develop contacts that will broaden employment options |
| Life Skills | They develop physical and mental fitness while experiencing positive social interaction. |
| Citizenship | They are encouraged to help others, leading to a new respect for the basic rights of others. |
| Character Education | They support making ethical choices while fulfilling one's responsibilities to society as a whole. |
| Leadership Experience | Leadership skills are honed, expanded and shared. |