



**NIDO DE AGUILAS SCHOOL
LEADERSHIP AND EXPEDITION COURSE
NAWE**

GENERAL COURSE DESCRIPTION

This course explores, during 7 1/2 days, pristine places within the depths of the natural environments of Aysén region. This course will help students to understand how an expedition into wilderness is organized and held.

You'll need to bring with you a backpack with only the necessary stuff in order to live through nature. You'll learn how to read maps; how to set up camps; how to cook in the wilderness; teamwork and to accomplish goals. Also, you'll learn leadership techniques, which will help you throughout all the expedition and even to achieve your future goals in life.

Along the road, you'll learn to walk through valleys and mountain ranges; you'll cross rivers, set up camps in unique locations, you'll learn about the flora and fauna of the area, and also you might have the chance to climb up some mountain. All these steps will help you to set up objectives, in order to achieve your personal goals.

The course begins with the basics: how to walk with mountain shoes; how to set up camp; how to cook and the use of camping stoves; minimum impact techniques (Leave No Trace Program); reading of maps, which implicates finding new routes and evaluating the risks that each rout could bring to the group. Then, the curriculum will evolve to more advanced themes, such as In-expedition Behavior, Communication and Leadership compounds; besides, it'll generate debates about the various environmental problems.

You'll learn to share with two or three companions on a roped team during the whole course. These small groups help us to distribute in a proper way the impact that we'll be causing in the environments that we'll be going through; consequently it'll give you the chance to put to the test your cooking and survival skills in the wilderness. All along this learning experience, you'll be getting the instruction and feedback from your instructors.

During this course you'll get the chance to receive the title of "Leader of the Day", which means that you'll be given the opportunity practice all the learnt concepts, and you'll be leading the group, in order to achieve the daily goals. Along with this responsibility, there'll be constant checkings and feedback from your instructors, on every aspect of the course, and there'll be a self - evaluation of it, at the end of the course.

OUR NOLS COURSES ARE DESIGNED TO LEARN THROUGH EXPERIENCE AND RECREATION.

EACH AREA OF THE CURRICULUM HAS THE FOLLOWING SPECIFIC OBJECTIVES:

• **Traveling and Survival Techniques in the Wilderness:**

In this area, the course is performed under the parameters of an expedition held within the wilderness of Chilean Patagonia, where students live outdoors, making camps and preparing their own meals; carrying backpacks; crossing rivers, and reading maps. Normally, they'll be exposed to adverse weather conditions, which will mean to them a great mental and physical challenge. This is a very important part for the success of this experience.

• **Safety and Risks Evaluation:**

Knowing how to recognize and manage risks while working on activities within the wilderness, are fundamental abilities when it comes to the group safety. We strongly believe that a trustable risk management can be performed, based on experience, training and knowledge.



Along the course, the participants will learn how to face real challenges, by applying a daily evaluation among all the expedition members, so they can analyze their experiential learning day by day. This way they will start developing group decision making abilities, which they can use on their futures expeditions.

- **Leadership and Team Cooperation:**

During the course we will explore different kinds of leadership, including collaborative decision making models. Assuming responsibilities is an important factor for the student's learning experience; and it's because of this, that every participant will have the opportunity to lead their group.

It's of great importance that the student comes to this course with a positive and responsible attitude; furthermore, the student will be required to develop initiatives that will aid him for taking care of him/her self, when facing the challenges that nature and the group could come up with.

- **Minimum Impact Camping Techniques:**

All the minimum impact techniques involved in this course, are taught through the **Leave No Trace Program**.

This program shows its minimum impact techniques, by applying general principles, which facilitates their validity in different environments. The Leave No Trace program is an adjustment to the actual Leave No Trace program taught to the " *U.S Forest Service, Bureau of Land Management, National Parks Services, U.S. Fish and Wildlife Service and Bureau of Reclamation*) The graduates will have the chance to get a certification as Leave No Trace Trainers, which supports their knowledge on the taught techniques for minimizing the environmental impacts.

Course Format: 7 1/2 days course, spending between 7 nights camping.

Important Considerations:

The weather conditions will affect significantly the course's timing and curriculum. For example, factors such as heavy rain, rivers too wide and too deep to cross, as well as too much heat, are elements that will require a flexible curriculum and alternative routes to take. **Every course is an unique experience, which will be defined by the environment, weather, routes and the expedition group.** As for the route to be chosen, it'll vary from year to year, and it'll be determined by the instructors in charge of the expedition, with a week of anticipation. This decision will be based on the instructor's experience, the course's curriculum and objectives; participant's skills; and the expected weather conditions.

Participant's Requirements:

- The student must have enough physical conditions to be able to carry a 15 kg. backpack, for 6 or 8 hours a day.
- The participant must be psychologically prepared to give their best to experiential learning and physical challenges involved in the course. No previous experience is required; nevertheless, if you want to go through this course, you'll have to be eager to learn and face harsh situations.
- You have to show interest in learning the different basic mountaineering skills, as well as the other skills considered for this course. Also, expect to teach your group partners if necessary.
- You'll have to deliver all the paperwork required for applying to this course to the NOLS Admissions Office, at least 20 days before it begins.

Equipment:

NOLS will provide all the group gear. A document will be given, which will specify all the personal gear that the student will need for the course. It's mandatory for every student to have their own trekking shoes. If you don't have some of the rest of the personal gear, you'll have the chance to rent it or buy it at the NOLS Issue Room. For more details on this matter, please refer to the Personal Gear Description.

**Admissions:**

NOLS will take responsibility on sending all the required admissions forms for the students and tutors to fill, to the school's representative. It'll be the school's representative responsibility to deliver us this paperwork on the established dates.

Most of our documents are standardized to all of the NOLS courses, so it could happen that some of the descriptions won't completely fit to this specific course. For example, there's a section for avalanches risk management, which will not apply for this course, due to the fact that the students won't be going through terrains that involve those risks. The instructors pay special attention to these factors when choosing the route. If you would have any more doubts about these factors, please refer directly to the school's representative, whom will be previously informed about the course's chosen routes and it's general characteristics. Or, if you consider it necessary, please talk directly with the NOLS Program Coordinator.