Natural and Cultural History outdoor learning

Take a deep biotic immersion into Punta de Lobos World Surfing Reserve and the Chilean countryside cultural heritage.

- Volunteer for the Punta de Lobos Foundation.
- Learn to camp outside with your own available resources as a team.
- Learn how to Surf with Superfun Chile experts.
- Discover Chilean hidden traditions from the XV Century at Nilahue Watershed.

Program Theme:

Learn in the outdoors with experts and enjoy this once-in-a-lifetime opportunity to become a volunteer at Punta de Lobos world surf reserve for Punta de Lobos Foundation and help save our natural and cultural heritage.

Program learning objectives:

1. To comprehend our civic responsibilities within Punta de Lobos environmental reserve both as a human citizen but also as a citizen of the environment by joining a park ranger`s journey as a community service experience.

2. To learn to appreciate and to apply a more environmentally friendly lifestyle by participating in a powerful ecological learning experience (with experts interpretive guides), about its unique species and how it affects all of the Chilean climate diversity.

3. To appreciate the cultural heritage of the coastal range, a tradition that comes previous to the Hispanic period.

4. To practice leadership as one whole team and most importantly we will learn to lead ourselves outside our comfort zone.

5. To understand advanced survival, orientation and camping techniques by having a completely supervised campsite, they will track their entire water footprint in a day, and also keep track of their own water bottle during the whole trip as basic life skills learning.

6. To promote a genuine biotic immersion by crowning the previous objectives with pure joy, by having super fun experiences where they can relate conservation of nature and themselves with something that is important for them.

Methods:

The next aspects in the order of each objective will measure the above-described goals.

1. We will base this in the land ethics of Aldo Leopold and deep biology principles, students will have a journal to write in the field assignments the teacher will ask them to write and read about.

2. Students will experientially learn about the Humboldt oceanic current by both having scientific based knowledge explanation but also practical from a lifetime surfer and lifeguard. They will be taught about it in booth theory and practice by riding the current, the waves it is made of and by feeling the wind that makes the waves.

3. Students will share a traditional lifestyle with local fishermen, salt workers and also traditional farmers and potters from the area. They will be able to actually

meet them, ask them questions for their journals, and hopefully make new friends.

4. Students will be required to organize an expedition meals and team-work plan for groups of 4 students to survive sometimes, they will be given basic kits for meals and they will have they water cut one day and measure our water foot print by having to go to get water and carry it to the camp. They will also be asked to have all the time a water bottle with them.

5. We will have activities where each student will be asked for a specific role, based in the 4 people groups they will make in advance to the expedition. They will make also decisions as one team and most importantly we will push them out of the comfort zone of the walls into the wind and find their own fear and learn ways to face it, the most tangible one will be surfing but also hiking, etc.

6. To build the ¨direct encounter¨ bridges between nature and us, and that means considering all of the above, spending a week with us outside having a super fun learning week without walls we will remember forever.

DETAILED ITINERARY IN ENGLISH:

NIDO Week Without Walls 2017 (Monday 6th to Saturday 11th of November 2017)

Day 1 (Monday)

- 9:00 AM; Meet at the school packed and ready to go. Transfer to Pichilemu´s base camp at Hotel Alaia.
- 1:00 PM: Project awareness and brunch at base camp, camp settlement and teams organization. We will introduce the guides and get to know the students

by innovative outdoor education group dynamics. *Educational Component: leadership, collaboration and teamwork.*

- 4:00 PM: We will have the opportunity to rest from the trip, try their camping gear for an hour and a half break and be ready for the first actual encounter with the place they will be rangers for. *Educational Component: Learning Life Abilities.*
- 5:30 PM: twilight stroll; we will learn in detail both the ecological and also cultural history of this unique point in central Chile that was declared in 2013 World Surfing Reserve. They will learn by action the geology history of this natural sanctuary and its intrinsic value. *Educational Component: Environmental Education. Students will learn how valuable but also fragile biodiversity Punta de Lobos has, how to identify local flora and fauna and also how to minimize our impact over them.*
- 9:00 PM: Dinner and Campfire. Teams will cook their own dinner seasoned with foraged herbs. *Educational Component: we will learn how valuable is when we walk and can pick herbs that can make life a lot more fun, healthy and sustainable.*

Day 2 (Tuesday)

- 8:30 AM. Breakfast
- 10:00 AM. Surf lessons. "Surfing the Humboldt current". We will dive into this special ecosystem with our boards and wetsuits. We will work as a team with the common goal that everyone catches at least one wave, no matter if their stand up or ride the wave on their belly. *Educational Component: leadership, collaboration, empathy and teamwork.*
- 1:00 PM Lunch.
- 3:00 PM. Volunteer with Fundacion Punta de Lobos. We are getting to know this place, so we like it and we want to help protecting it somehow. We will join the daily chores of the Foundation personnel. *Educational Component: Students will learn how little things can make big changes when are done in collaboration.*

- 8:00 PM. Dinner and group gathering, conversations and impressions about this day. Teams will cook their own dinner seasoned with foraged herbs.

Day 3 (Wednesday)

- 8:30 AM. Breakfast.
- 10:00 AM. Surf lessons. *Educational Component: develop the skills learned the day before. Team work and empathy: the skilled students will help the ones that don't feel confortable with surfing yet.*
- 1:00 PM. Lunch.
- 3:00 PM: Omar Vargas, fisherman and leader of the Fisherman Cooperative "Caleta los Piures", will talk to us about his lifestyle as a man of the ocean, how he recollect seaweed and all about this tradition that has been in his family for decades. *Educational Component: cultural awareness, live and value the fishermen cultural heritage that remains alive after centuries.*
- 6:00 PM: Foundation volunteering. In this past days we have been learning and loving this place, so with much more enthusiasm we will work for the Foundation!
- 8:30 PM: Dinner.

Day 4 (Thursday)

- 8:00 AM. Breakfast
- 9:30 AM. Picnic preparation. *Educational Component: life skills make decisions about our food supply and pick up the right nutrients to feel healthy and with energy.*
- 10:00 AM. Ride the local bus to learn about the hidden traditions of this region.

- 10:30 AM. First stop: Cahuil. We will walk throw the salt mines; know the men that have been keeping this tradition alive for more than 500 years. We will also learn about the birds that nest in this privileged watershed.
- 11:30 PM. Second stop: Pañul. We will visit María's place where she create and sell her pottery, know about all this traditional process.
- 12:00 PM. Third stop: the 100 years Water Mill.

  Educational Component from this activities: cultural heritage, know directly this traditions and the people behind and how they coexist in harmony with the environment but also how to face their challenges and opportunities from the global world.
- 1:00 PM. We will get to the "Poza del Encanto", an oasis inside this pine forest region, with ancient Chilean Palms guardians of the native forest. In a 30 min walk we will get to the place to eat our picnic, swim and have a contemplative moment.
- 4:00 PM. We will gather with our reflection books to talk about what we have seen today, the positive and negative sides of every experience and how to help this people to maintain their traditions in a globalize world. *Educational Component: environmental ethics, students are welcome to write about their experiences and carry them for life.*
- 6:30 PM. We start walking up to the bus.
- 8:00 PM. Basecamp arrival. Free time to rest, take a shower or just nap.
- 9:00 PM. Special dinner prepare for the students.

Day 5 (Friday)

- 8:30 AM. Breakfast
- 10:00 AM. Picnic preparation for our Surf camp Beach cleanup Day.

- 10:30 AM. Surf lessons.
- 12:30 PM. Picnic
- 1:30 PM. Beach Cleanup. The team who brings more trash will win an award! *Educational Component: we will learn by taking action with our own hands on a tangible issue that is done in a grand scale we could all live in a better world*.
- 4:00 PM. Supervised free surf optional. *Educational Component: experience for themselves what we have learned the past few days.*
- 8:30 PM. Final day campfire, special dinner, seafood, Superfun Awards!

Day 6 (Saturday).

- 8:30 AM. Breakfast
- 9:30 AM. Group gathering. Share our feelings, experiences, what we like and what we don't like, share pictures, make a closure about this WWW experience.
- 10:30 AM departure back to Santiago, lunch stop at Litueche Town´s famous Tía Yoli Restaurant.
- 12:30 PM. Stop by Rapel Lake Dam: *Educational Component: we will close the circle of how human inhabit nature and how we can propose new ways of living more sustainable, Rapel Dam is a good example of the global world.*
- 3:30 PM. Arrival to Santiago

DETAILED ITINERARY IN SPANISH:

Día 1 (Lunes)

- 9:00 AM; Nos encontramos en el colegio, listos para partir a Pichilemu a nuestro base camp ubicado en el Hotel Alaia.
- 1:00 PM: Al llegar tomaremos conciencia de nuestros proyecto y los días que vienen comiendo un nutritivo brunch de bienvenida. Presentaremos a los guías y

empezaremos a conocernos a través de dinámicas de grupo. *Componente educacional: liderazgo, colaboración y trabajo en equipo*.

- 4:00 PM: Tendremos la oportunidad de descansar del viaje, probar nuestros equipos de camping para estar listos para nuestro primer encuentro con el lugar el cual seremos guarda parques. *Componente Educacional: Aprendiendo habilidades de vida.*
- 5:30 PM: twilight stroll; aprenderemos en detalle la historia cultural y ecológica de este lugar, único en Chile central declarado en 2013 World Surfing Reserve. Aprenderemos en acción la historia geológica de este santuario de la naturaleza y su valor intrínseco. *Componente Educacional: educación ambiental. Los estudiantes aprenderán acerca del valor y la frágil biodiversidad de Punta de Lobos, cómo identificar la flora y fauna local y cómo minimizar nuestro impacto sobre éstas.*
- 9:00 PM: Cena y fogón. Los equipos cocinarán su propia comida con hierbas silvestres (foraging). *Componente Educacional: Descubriremos cómo al caminar podemos encontrar hierbas que podemos comer en cada lugar.*

Día 2 (Martes)

- 8:30 AM. Desayuno
- 10:00 AM. Clases de surf "surfeando la corriente de Humboldt". Nos sumergiremos en este especial ecosistema con nuestras tablas y trajes. Trabajaremos en equipo con una meta en común: que todos agarren a lo más una ola, sin importar si se paran o no. *Componente Educacional: liderazgo, colaboración, empatía y trabajo en equipo.*
- 1:00 PM Almuerzo
- 3:00 PM. Voluntariado con la Fundación Punta de Lobos. Estamos conociendo este ligar, y lo queremos, por lo tanto queremos ayudar a protegerlo de alguna manera. Nos uniremos a las tareas diarias de la Fundación. *Componente*

Educacional: los estudiantes aprenderán como pequeñas acciones pueden crear grandes cambios cuando son hechos en colaboración.

- 8:00 PM. Cena y reunión de grupo, conversaciones e impresiones acerca de este día. Los equipos cocinarán sus propias comidas con hierbas silvestres.

Día 3 (Miércoles)

- 8:30 AM. Desayuno.
- 10:00 AM. Clases de surf. *Componente Educacional: desarrollar las habilidades aprendidas el día anterior. Trabajo en equipo y empatía, los estudiantes más habilosos ayudarán a los que aún no se sienten cómodos con el surf.*
- 1:00 PM. Almuerzo.
- 3:00 PM: Omar Vargas, pescador y líder de la Cooperativa de Pescadores "Caleta los Piures", nos hablará acerca de su estilo de vida como hombre de mar, cómo recolecta algas y todo acerca de esta tradición que ha estado en su familia por décadas. *Componente Educacional: conciencia cultural, vivir y valorar la cultura de pescadores que se ha mantenido viva por siglos.*
- 6:00 PM: Voluntariado Fundación. En estos días hemos estado aprendiendo y amando este lugar, por lo que con mayor entusiasmo trabajaremos para la Fundación!
- 8:30 PM: Cena.

Día 4 (Jueves)

- 8:00 AM. Desayuno
- 9:30 AM. Preparación del Picnic. *Componente Educacional: Habilidades de vida, elegir la alimentación correcta que nos dé los nutrientes necesarios para estar sanos y con energía.*

- 10:00 AM. Nos subiremos al transporte local para aprender acerca de las tradiciones escondidas de esta región.
- 10:30 AM. Primera parada: Cahuil. Caminaremos por las Salinas, conoceremos los hombres encargados de mantener esta tradición por más de 500 años. También aprenderemos acerca de las aves que habitan este preciado humedal.
- 11:30 PM. Segunda parada: Pañul. Visitaremos a María donde ella crea y vende su artesanía, y conoceremos todo acerca de este proceso.
- 12:00 PM. Tercera parada: el Molino de Agua de 100 años.

  Componente Educacional de estas actividades: tradición cultural, conocer de manera directa estas tradiciones y las personas detrás, y cómo coexisten de manera armónica con el medio ambiente y cómo enfrentar los desafíos y las oportunidades del mundo global.
- 1:00 PM. Llegaremos a la "Posa del Encanto", un oasis dentro de esta región plantada con pinos, donde ancianas Palmas Chilenas resguardan el bosque nativo. En una caminata de 30 minutos llegaremos al lugar para comer nuestros picnics, nadar y vivir un momento de contemplación.
- 4:00 PM. Nos reuniremos con nuestros diarios para hablar acerca de lo aprendido hoy, los aspectos positivos y negativos de cada experiencia y como ayudar a estas personas a mantener vivas sus tradiciones en un mundo globalizado. *Componente Educacional: ética del medio ambiente, tenemos la oportunidad de escribir en nuestros journals la experiencia vivida y llevarla con nosotros por siempre.*
- 6:30 PM. Caminaremos de vuelta al bus.
- 8:00 PM. Llegaremos al base camp. Tiempo libre.
- 9:00 PM. Cena especial preparada para los estudiantes.

Day 5 (Friday)

- 8:30 AM. Desayuno

- 10:00 AM. Preparación del picnic para nuestro Surf camp y Minga de Limpieza.
- 10:30 AM. Clases de surf.
- 12:30 PM. Picnic
- 1:30 PM. Minga de limpieza de playa. El equipo que traiga más basura ganará un premio! *Componente Educacional: aprenderemos que la única forma de hacer algo por el medio ambiente es tomar acciones directas, algo tangible, y hacerlo uno mismo.*
- 4:00 PM. Free surf supervisado. (opcional). *Componente Educacional: experimentar por sí solos lo aprendido los últimos días.*
- 8:30 PM. Fogata final, cena especial de cierre, comida de mar, Superfun Awards!

Día 6 (Sábado).

- 8:30 AM. Desayuno
- 9:30 AM. Encuentro de grupo. Compartiremos nuestras emociones, experiencias, lo que nos gusto y lo que no, compartiremos fotos, y cerraremos esta increíble experiencia WWW.
- 10:30 AM. Salida hacia Santiago, parada en la picada familiar Tía Yoly de Litueche
- 12:30 Parada en la Central Rapel. *Componente Educacional: cerrar el círculo entre valorar la naturaleza y hacerla compatible con el mundo globalizado, escribimos en los diarios las ultimas reflexiones.*
- 3:30 Llegada a Santiago

WHAT TO BRING (CHECK THIS LIST):

—sturdy hiking boots and 2 pair good wool socks
—rain pants and jacket that breathe Goretex kind.
—fleece jacket and leggings

—capilene/merino wool shirt or two

—hat

—large day pack (15 to 35 liters)

—walking poles (not totally necessary but good to have)

—water bottle, sunscreen, sunglasses, towel

—sleeping pad, sleeping bag, camping stove, one per team.

—water bottle, sunscreen, sunglasses, towel

—headlamp with extra batteries

—journal and pencil (Moleskin type, recommended, blank)

—**PERSONAL HYGIENE**

QUÉ VAS A NECESITAR:

—zapatos de trekking abrigados con buena zuela para caminatas
—pantalón impermeable y Chaqueta de preferencia respirable tipo Gore tex.
—pantalón y chaqueta de polar liviano

—una o dos primeras capas capilene/merino

—jockey o sombrero

—mochila de día completo (15 a 35 litros)

—bastones (no son totalmente necesarios pero vale la pena traer si tienes)

—botella de agua, bloqueador solar, anteojos, toalla.

—colchoneta, saco de dormir, cocinilla (una por cordada)

—botella de agua, bloqueador solar, anteojos, toalla.

—linterna frontal con pilas extra

—libreta de viaje y lápiz grafito (tipo Moleskin recomendado, fondo blanco)

—HIGIENE PERSONAL

MEET OUR GUIDES

Emilio, Sofia, the SUP champion Arnaud Frennet , Nicolas y Benjamin Carvallo, en una activación de SUP para la marca Patagonia. Foto: Valentina Carvallo.

NICOLAS CARVALLO

Toda una vida en la montaña, muchos de estos años como corredor del Equipo Nacional de ski, con largos inviernos en Europa y Norteamérica, obteniendo importantes logros internacionales. Esa pasión por la montaña y el deporte ha ido evolucionando a otros ámbitos como lo son el surf y el turismo outdoor. Actualmente Nicolás se encuentra en la montaña formando a los futuros campeones de ski en Chile, compatibilizado con la enseñanza del surf y el deporte outdoor junto a SuperFun. Entre la formación de Nicolás destaca Ingeniería Comercial (Universidad de Chile), cursos de primeros auxilios (ACHS) y estudios relacionados a la pedagogía del deporte y el ski (ENNISCHAG). Para Nicolás el trabajo en equipo es la base del éxito.
Nicolás también entrena a niños del Nido en el Club de Ski Valle Nevado.

A lifetime in the mountains, and many years as a representative of the Chilean Ski Team going from Europe to North America has given Nico a remarkable international career of success. His passion for the outdoors has evolved into new ways of joy like surfing and tourism. Nicolas can be found in the Andes forming new ski champions, in conjunction with teaching surf and environmental education with Superfun. He has successfully completed his studies at Universidad de Chile as a Business Administration Major

(mention in human resources, finances and marketing, and a minor in economy), First Aid Courses, Teaching sports pedagogy and Ski Coaching the Junior Olympic Chilean Team. For Nico, team working is the base of success.
Nicolás also trains Nido students at Valle Nevado ski Club.

BENJAMIN CARVALLO

Benjamín es una persona que no ve su vida sin el deporte. Desde los 3 años ligado a la montaña y el ski, deporte en el cual obtuvo importantes logros a nivel competitivo con más de 5 años en la selección nacional representando a Chile en el extranjero. Hoy en día comparte su pasión por el deporte, tanto como entrenador de ski o como guía de experiencias outdoor en Superfun y explorando cada rincón que le ofrece Chile y sus expresiones como la cultura, el surf, la escalada y por supuesto el ski. En constante perfeccionamiento, sus estudios de ingeniería comercial, cursos de instructor de ski y de avalanchas, entre otros, sumados a su capacidad de liderazgo hacen de Benjamín un líder con una filosofía de la auto superación personal día a día y ser uno con la naturaleza. Benjamín se encuentra ahora certificándose en primeros auxilios y cuenta con el Curso de avalancha nivel I *American Institute for Avalanche Research and Education (2015).*

Benjamin cannot imagine life without sport. Desde los 3 años ligado a la montaña y el ski, in which he got important awards in 5 years in the Chilean ski Selection. Nowdays he shares his passion for the outdoors, both as a ski coach and also working at Superfun Chile as a guide. He has explored Chile extensively, being his interests rock climbing, our rich culture, and skiing, of course. Consistantly getting better, he continues traiting himself and getting more certifications, he highlights for a unique leadership capability having a day-by-day superation spirit to live in more harmony with nature. He is certified in Level I *American Institute for Avalanche Research and Education (2015)*

MAIN GUIDE: EMILIO GARCIA DE LA HUERTA.

El guía naturalista, desde niño sintió un deseo instintivo de explorar la naturaleza en lugares recónditos por lo que estudió Ecoturismo. Habiendo participado activamente como voluntario en proyectos conservacionistas como Fundación Omora y Proyecto Tamar su carrera fue naturalmente variando hacia la fotografía y el emprendimiento en las cuales comparte una visión ética entorno a nuestro medioambiente haciendo así un llamado a valorar, proteger y observar su belleza.
Luego de terminar sus estudios vivió en Torres del Paine guiando fotosafaris, caminatas, cabalgatas y otras actividades.
Después de su etapa en Torres del Paine (2007- 2009), su temporada en Yosemite National Park como guía naturalista, ha sido una de las experiencias que más lo han marcado profesional y personalmente, al ser el primer Parque Nacional de mundo en ser protegido por su sola belleza escénica.
Actualmente vive en Pichilemu, liderando grupos al aire libre, "contagiando" su pasión por el mundo natural a personas de todo el mundo.

I became a guide at the age of 5 years old, exploring with friends and family in the wilderness. Since then, I have been full time guiding interpretive tours, adventures and expeditions in Chile. The uniqueness of my guiding comes from merging intuitively my passion with a continuous learning spiral. (See attached Documents for more info)

LOGISTICS GUIDE: VALENTINA CARVALLO.

Desde su infancia ha estado ligada a la montaña y las artes outdoor, principalmente el ski. Abogada de profesión, ha estado casi una década enseñando a niños este deporte blanco, pasando los ultimos años certificandose y explorando montañas y volcanes de los Andes, transmitiendo esta pasión junto con su amor por la naturaleza a través de Superfun Chile, empresa que despertó su interés por la conservación y protección de la naturaleza. Valentina es también fotógrafa y para ella la clave del éxito es la excelencia.

Certificaciones: Instructora nivel 1 ENISCHAG, Curso de avalancha nivel I *American Institute for Avalanche Research and Education (2015)* y Primeros Auxilios Cruz Roja Chilena.

From early childhood Valentina Heard the call of the mountains and the outdoor arts, mainly skiing. Lawyer as a profession, she has been over a decade taching kids to ski, and lately has invested some years getting certified as a backcountry ski guide, learning extensively about avalanche prevention while exploring the Chilean Andean Volcanos. She transmits her passion for the natural world through guiding and managing lots of Superfun Operations, company that woke up her interest for nature´s protection and conservation. Valentina is also photographer and for her the key of succes is excelence. Cetifications: Instructor level 1 ENISCHAG, Avalanche prevention course level I American Institute for Avalanche Research and Education (2015) y Primeros Auxilios Cruz Roja Chilena.

TRANSPORTATION INFORMATION (FLIGHT, BUS, BOAT, ETC.)

We will get to our basecamp by bus. If needed, we will hire more than one. Luckily, our basecamp is located in a privilege spot in Punta de Lobos beach, so we wont need to move. On day 4 we will hire a local bus ride.

HOTEL INFORMATION WITH TELEPHONE NUMBERS

Our basecamp is located at Hotel Alaia.

"We are a Hotel of experiences in a beautiful and natural environment with an exclusive concept that promotes the interaction of our guests with nature, sports and local culture; along with the integration of sustainable principles that creates harmony between the local community and the natural environment" www.hotelalaia.com.

Hotel telephone number: +56 9 5701 59 71

Students are wellcome to use the Skate Park and the climbing gym at all times free of charge.