

A photograph of a cave entrance. The cave interior is dark and rocky, with a large opening in the center. Through the opening, a bright blue sky and a range of colorful mountains (likely the Andes) are visible. The foreground is filled with rough, jagged rocks of various colors (grey, brown, red, green).

Leadership Expedition with NOLS

**WINTER 2025 INFO
SESSION**



About NOLS



The **National Outdoor Leadership School (NOLS)** is a nonprofit global wilderness school that provides the environment and training to help students develop as leaders.



CBS has been partnering with NOLS for almost 10 years to provide students with outdoor experiential learning opportunities



The **January 2025** Experience will take place in **Patagonia, Chile.**



Important Details

- **Cost:** \$3,850 program fee and \$350 equipment deposit to NOLS; estimated \$500-\$1000 gear purchases, 2 nights lodging, international flight
- **Dates:** Expedition Jan 7-16, 2025 (Must be in Coyahique, Chile Jan 6 through Jan 17)
- **How to Join:** Sign up in August, emails will be sent to all students with instructions. \$1500 will be due at the time of sign up; balance due by late September
- **Additional:** Students will be asked to submit and application and NOLS medical paperwork in order to participate. Students will submit application and equipment fee by August; all other paperwork by early September.
- **Financial Support:** Chazen Institute Travel Fund will accept applications in May for those seeking need-based support to travel on our programs in the coming year (\$2000). The Ruben Mark Initiative for Organizational Character and Leadership will also provide funding opportunities (estimated up to \$1500).



Overview: A Leader for the Unknown



■ The hallmark of a NOLS expedition is encountering and leading in **unknown** situations

■ NOLS teaches leadership as, “**situationally appropriate action that directs or guides your group to set and achieve goals.**” Students will be able to:

- Serve a team in a variety of roles: self leader, peer leader, designated leader, and active follower
- Demonstrate good expedition behavior—take initiative, balance group and personal goals, and remain respectful and inclusive of their team members
- Demonstrate competence and self awareness
- Communicate effectively
- Make sound decisions
- Display a tolerance for adversity and uncertainty





Overview: The Challenges You May Face



- Comfort level with backpacking in various conditions varies by individual experience and preparedness.
- Every situation in Patagonia is different, so we can't give you a lot of granular and specified information beforehand – **the unknown is part of the experience**
- NOLS teaches basic expedition skills necessary to live and travel in the wilderness:
 - Live comfortably (select campsite; set up shelter; organize, pack, and maintain gear; cook; use clothing as protection from the elements)
 - Navigate using maps, charts, compass, GPS, terrain, etc.
 - Develop risk assessment skills and judgement



Typical Day

<https://www.nols.edu/en/expeditions/what-to-expect/>



- | | |
|--------------|--|
| 7:30 | Wake up |
| 7:30 - 9:30 | Make breakfast with tent team and pack up gear |
| 9:30 - 10:00 | Meet with team of 10 for leadership lesson |
| 10:00 - 5:00 | Trek with group of the day (5 people + instructor) |
| 5:00 - 7:00 | Set up camp and cook dinner with team |
| 7:00 - 8:00 | Feedback sessions with hiking group |
| 8:00 - 9:00 | Group activity/outdoor survival skills lesson |
| 9:00 | Bedtime! |



Frequently Asked Questions

- **Where do you shower?** You don't 😊
- **Do we return to base each night?** No, you sleep in a tent each night based on where you end up at the end of the hiking day
- **What do we carry each day?** Each team will be carrying a tent, stove, food, personal supplies; it will be a significant weight, but they keep it to a manageable percentage of your body weight
- **What do we eat?** You'll be carrying food that can stay for a week without cooling; dried fruit and meat, cheese, pasta, and ingredients to cook each evening and morning
- **Bathroom?** You'll be taught how to manage this out in the open



Chazen Leader: Helping to Prepare



- The Chazen leader will help us prepare students for the program –
 - Set up pre-expedition hikes
 - Assist with equipment questions
 - Plan group activities
- Leader should have a good amount of hiking/camping/outdoor experience and be ready to share that knowledge
- Help market the course in advance of sign ups
- Assist with pre and post-trip reflection sessions
- Write a summary report of the overall experience
- Leader will be automatically enrolled and have their program fee covered by Chazen Leadership Fellows



Interested students should email a CV and statement of interest/experience that would make them a good choice to chazen@columbia.edu by **April 26**



Preparation Before the Expedition



Planned Team Events

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- | | |
|---------|---|
| Nov-Dec | <ol style="list-style-type: none">1. Core Training2. Lower limb training |
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Late Nov	One day hiking near New York (Harriman Park/Palisades/...)
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Self-preparation

Before Dec	Gear preparation (we will provide you a list: Boots/hiking bag/...)
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Nov-Dec	Regular workout: core/endurance/lower limb
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Before Dec	Group meet-up
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Questions?



HAZEN CONTACT: HAZEN@COLUMBIA.EDU