



NCOAE's Instructor Course

8-DAY

HIGHLIGHTS:

- ▶ NCOAE core curriculum
- ▶ Leave No Trace training
- ▶ Gain professional development experience in backcountry travel planning, wilderness risk management, campsite selection, backcountry navigation, and more

WHY TAKE THIS COURSE?

- ▶ Professional development focused on risk management, expedition planning, curriculum design, lesson planning, principles of adventure education, wilderness navigation, Leave No Trace, outdoor technical skills such as, backpacking, rafting, kayaking, or rock climbing and in-depth application of NCOAE's curriculum
- ▶ Network with top-notch leaders, educators, outdoor instructors while learning in wild, beautiful places
- ▶ Immerse yourself in a wonderland of densely forested hills, cool mountain streams, cascading waterfalls, and stunning rock formations
- ▶ Acquire the outdoor skills needed to travel in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Instructor Courses are offered in various locations in the United States and Internationally, such as North Carolina, Oregon, and South America



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For complete itinerary details, see reverse side ▶

NCOAE'S INSTRUCTOR COURSE — 8-DAY

ITINERARY (Subject to change)

- ▶ **Day 1: Orientation, gear check, last minute preparations.** Start out at our base camp, where you'll spend the day learning and exploring. This day will be busy, filled with hands-on, professional development focused on expedition planning, risk management, and the principles of adventure education.
- ▶ **Day 2: Travel to Backcountry.** Introduction to NCOAE's systems, including campsite management, NCOAE Curriculum, and Leave No Trace (LNT) wilderness ethics. Your course gets underway as you learn about NCOAE's policies and procedures, including bear safety, lightning safety, risk management procedures, menu planning, gear selection, trip planning, and packing for group expeditions in remote wilderness areas. You will also learn more about site selection, shelters, backcountry cooking, and river crossings.
- ▶ **Days 3 – 6: Backcountry Expedition.** Use your map and compass to navigate through the wilderness. Explore the backcountry, through activities such as whitewater rafting, backpacking, rock climbing, or kayaking as you develop your risk management skills in these environments.

All the while, you'll be practicing the principles of LNT, map and compass navigation, plant and animal identification and backcountry cooking — eating wonderful food you'll prepare. It's during these days that you'll be able to hone your teaching skills, as we dive deep into NCOAE's curriculum. You'll also have time to reflect on the experience through group processing, journaling, and personal reflection time. The landscape and wildlife will provide a dramatic canvas for your learning experience. You may see black bears, white-tailed deer, majestic hawks, falcons or eagles and other wildlife during your trek.

- ▶ **Day 7: Return to base camp.** After a hearty breakfast, we'll head back to our base camp, to de-issue gear and come together for a one-of-kind closing circle.
- ▶ **Day 8: Departure.** Final debrief, course evaluations, highs and lows, and good-byes.