

# STEP / NOLS ALASKA SEA KAYAKING EXPEDITION

Summer 2011

Field Days: 23  
Age of Participants: 15-18

Group Size: 12 Students / 3 Instructors  
Paddling Route: 120 to 160 miles

Prince William Sound, Alaska is the classroom for this expedition. For 23 days, you'll paddle a sea kayak beneath towering glaciers and past wooded coves. The sea teems with various forms of life including whales, porpoises, sea otters, seals and sea lions. Sea birds wheel in the sky overhead while tidal pools with starfish, anemones and other small creatures dot the shorelines.

The skills you'll learn begin with the basics, which include camping, cooking, map reading, stove use, Leave No Trace techniques and sanitation. You'll then move into the sea kayaking curriculum including paddle strokes, tides and ocean currents, weather, and rescue techniques. Throughout the course, the instructors hold classes on a wide range of subjects. As the course progresses, students take on more responsibility including designated leadership roles such as Leader of the Day.

You'll be living with two or three other students in a "cook" group during the course. You'll get lots of coaching from your instructors while you learn the art of backcountry cooking. Before you know it, you'll be savoring homemade pizza and cinnamon rolls - gourmet delicacies that you made from scratch on a single-burner stove.



## LEADERSHIP

Because we live and travel as an expedition, you'll develop leadership and group skills necessary for dealing with others in the workplace, at school, or at home. Self awareness, group management, communication, teamwork, decision-making, judgment, initiative, and increased tolerance of adversity and uncertainty will transfer to many aspects of your life. As a STEP student, you'll increase your appreciation for things that many people try to avoid. As a developing leader, you'll recognize how important it is to adapt and learn such things as: openness for the ambiguity of the unknown, appreciation for challenge and hard work, patience for your own and others' anxiety, and tolerance for discomfort. You'll experience the joy of meeting a challenge well, of being part of a vibrant community and creating something that makes you proud.