

NOLS-Educating the World

美國 NOLS 教育的世界

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【Abstract】

NOLS is known world wide as the leader in the outdoor field. From its beginning 40 years ago, NOLS is continually pushing the limits of outdoor skills and pursuing the leading edge in teaching techniques. How NOLS continues to grow and develop is mostly through the commitment from about 800 people who work both seasonal and year round. With over 40 years of curriculum development and experience, NOLS instructors know the methods to help you pick up the skills quickly and correctly. There is a saying we use at NOLS, Good judgment comes from experience and experience comes from bad judgment. Over the last 40 years NOLS has learned from mistakes and has developed an almost flawless and almost perfect program. The extensive training program gives instructors the tools to help you learn.

Keywords

Leave no Trace, Instructor, Skills, Teaching, Experience

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Memphis State University, Tennessee/ BA Parks and Recreation/ 1984

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National Park Service/Law Enforcement Park Ranger/Acadia National Park/1984-1987

National Park Service/Back Country Ranger/Grand Teton National Park/1988

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I have been asked to talk about the National Outdoor Leadership School. NOLS was started about 40 years ago by a vision of a person named Paul Petzoldt. It was first based in Lander, Wyoming and currently has bases all over the world. This year NOLS was given the title as the premiere outdoor school in the world. We have graduated with over 75,000 students since its beginning. There are over 60 courses to choose from that last from 2 weeks to 80 days. Student's ages range from 14, and have no limit, just as long as they can participate. Like many people in America people know about NOLS, but they don't know about what happens on an actually NOLS course. So, today I will explain to you what actually occurs on a NOLS trip.

Starting a NOLS course begins long before a student arrives. Students have usually requested information the previous year and have received a catalogue and start looking at one of many courses that NOLS offers. A student must chose a course that can be anywhere in the world from America to Patagonia and also must chose a time. If the two don't agree, he has to make another choice. There is a phone number to a real person to talk to about courses. Not everyone who applies is accepted to NOLS. After applications are submitted, they are reviewed, and those that are accepted receive acceptance letters. A majority of the course are offered in the summer time, but winter courses are also offered.

When a student comes to a NOLS course, there are so many things to absorb. You have new people, new gear, new environment and some pressure on how one will perform. The first meeting you will be introduced to your instructors and the people you will be sharing your life with for the next few weeks. Instructors will go over your gear, your new equipment, and food. What you don't have, NOLS has their outdoor store so you can buy or rent whatever

supplies you don't have. They will teach you how to pack your equipment and your food. Most packs on the average weigh about 25-35 kg. While you are at NOLS, in the front country, housing is provided when you get there and when you come back.

Food is a very important component of NOLS. You eat the wrong kind of food, or your food is not enough, it's like putting bad gas in a car, it will get you there, but not very efficiently. They have an equation called PPPPD, pounds per person per day, which gives a precise measurement for the food you need while you are in the backcountry. Having too much food makes your pack too heavy and having too little food makes your stomach not very happy. Having the right balance is the key. The Gulch as it is referred to at NOLS, is a huge room with garbage cans full of dried food for their trip. Students are involved in the packaging food in small plastic bags, so in the field they know the difference between flour and milk powder.

The first 2 days of most common 30 day courses is spent in town preparing for your expedition. You will work very closely to your instructor and your new group members. After the preparation is complete you will take off on a school-like bus and head off into the wilderness for 30 days.

The first few days in the field, learning takes place in number of ways. First, your instructor will demonstrate a specific skill and show you how it's done. Then you will give it a try. You'll fail sometimes, but your instructor will be there to help you out. You will get ample time to practice. It's a "see, hear, do," step-by-step process. You'll see your instructors model the skill, you'll hear their explanation, and then you'll do it. There is a joke at NOLS that says, how many instructors does it take to put in a light bulb. The answer is none. As instructors we explain to the students how to do it and call it a class. A Chinese proverb, "tell me and I will forget, show me and I will remember, let me do it, and I will never forget. That is how NOLS works.

All courses, no matter what or where, include, map and compass, navigation, wilderness first aid, cooking, leave no trace practice, climbing and specific skills depending on the course they are participating. There are 3 elements that each and every course emphasizes: Leadership, outdoor skills and environment. Over the period of the course, instructors are continually emphasizes these 3 components. Since NOLS name is the National Outdoor Leadership School, it

is only apparent that we emphasize outdoor skills and leadership. Classes are held for specific topics such as rock climbing and small classes while hiking on the trail, such as a quick look at a flower are called golden nuggets. Students are continually learning no matter where the location on the course. There are no grades, but students can receive college credits. From 4 to 16 credit hours can earned while attending a course at NOLS. At this time, after returning from NOLS, we are discussing ways in which students from Taiwan can receive university credit.

Leadership is a major part of NOLS. Expedition Behavior is a term coined at NOLS to describe your relationship with others in your group. Each day new groups are formed and you have new people you have to hike, cook, sleep and live with for 24 hours each day. NOLS also have what we call LOD, which stands for leader of the day. Each day when new groups are formed, a new leader is chosen and like it or not, they have to lead the group.

As the course continues, instructors continue teaching, but start to move away from leading the group and allow the leader of the day to take more control and only interfere when they see fit. By the last week of courses, students are traveling in what we call IST or Independent Student Travel. Students travel by themselves to a determined campsite over a period of 3-5 days. They have given their itineraries to the instructors and to other groups so that at all times each group are aware of everyone's location in case of an emergency. It is a great way to test the skills and leadership of the groups since the instructors are gone and they have to depend on themselves

As the course comes to an end, students return back to town. They clean and reissue their gear, take showers and have a last minute dinner before everyone heads back to their homes the next day. Evaluations are given for both students and teachers. At the dinner each student is given a certificate of achievement.

In the camp, students learn how to cook, I don't mean noodles, but real food made to give energy. Students are allowed to bring what food you like on the trail, but you don't see many students carry watermelons due to weight. Students are given flour to make bread, noodles to make spaghetti, and dry spices to flavor their food. Students learn to make food by scratch. You either learn to cook or you starve. In the field, food is either brought in by horse, plane, and depending on roads, a vehicle. Food is brought in every 7-10 days. Cooking is

a great skill in the outdoors. It is more than just making instant noodles each night, but making nutritious meals to satisfy working appetites.

Another option for food is fishing. Fly fishing is one formal class taught at NOLS. Students learn to cast, catch, kill, clean and cook what they have caught. Fly fishing in a mountain lake can be one of the most rewarding experiences to a student. This year, NOLS was given 25000usd for fly fishing equipment.

Clothes are easy to prepare. All you take is one change of clothes. One t-shirt, one pair of shorts, 2 pair of socks, boots, wind pants, vest or light jacket, and a rain coat. We suggest you what to take, but ultimately you are responsible for what you bring. You normally wear the same clothes for 30 days. No showers. Least to say, when you come back to civilization, you don't wash your clothes, you burn them.

On any given NOLS courses, students learn to go beyond their boundaries. Mountains are climbed, oceans are sailed, and un-touched areas are traversed for the first time. It can leave an incredible impression for people. I have seen students cry after summiting their first peak and mouths drop wide and totally speechless after seeing a pristine alpine meadow for the first time..

Since NOLS sends about 2000- 3000 students into the field each year. With that many students, environmental concerns and impact have been widely studied. NOLS have been in partnership with a program called Leave no Trace Inc. Leave no trace refers to camping techniques that leave as little impact as possible. NOLS writes the educational materials and provides the training for this worldwide effort to protect wildlands. We teach our students bear techniques, waste management, campsite selection, wilderness ethics, resource protection, and natural history.

NOLS works for life. After your course, skills you learn in the out-of-doors are carried into our life. Our most valued leadership skills are those that stay with you when you step out of the wilderness, especially when dealing with people and different adversities of life. You will be an outdoor enthusiast. Whether you put your skills to use professionally or recreationally, you'll have skills that will give you a lifetime of enjoyment.

NOLS has more than just backpacking and mountaineering but also include:

rock climbing, sailing, sea kayaking, horse packing, skiing, and snowboarding.

Another thing that makes NOLS the best are its instructors. NOLS has over 500 instructors from all over the world. Instructors who work for NOLS are trained from a highly selective instructor's course that NOLS holds 5 times a year. Instructors are dedicated to their professions not only on the job but in their personal lives as well.

As stated before, NOLS is the premier outdoor school in the world. Outside magazine awarded this after a survey of 63 outdoor schools. NOLS is working to inform people. We have implemented two large programs this summer.

1. This summer for the first time, we have the veggie bus. The veggie bus is a large touring bus that runs all over the country. It stops at retail stores and college campus' to inform people about the outdoors and what NOLS is doing.
2. A NOLS TV documentary is also being filmed at this time to inform people as far as what occurs in a NOLS course, and will be shown on TV channels around the world.

I will be more than happy to talk to you after this presentation or come to your program to help

【引用文獻資料】

【網站網頁】

<http://www.nols.edu/>。