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Internship Program

What is Adventure Programs & Education?

The APE Office is the adventure programming wing of the Outdoor Recreation Complex, a state of the art, multi-sport, recreational facility that serves the community of Fort Carson. The Outdoor Recreation Complex is located on Fort Carson, an army base south of Colorado Springs, CO. The facility houses Mountain Post Outfitters retail store, an equipment rental center, a brand new 756sq. foot indoor climbing wall, the Alpine Tower Challenge Course and Outdoor Climbing facility.



What can I expect from an internship at Fort Carson?

You make your internship at Fort Carson your own! A significant portion of the time at our program involves whitewater raft guiding on the Arkansas River. Beyond that, there are many different routes that can be taken based on your interests. APE provides instructional programs in outdoor and indoor rock climbing, whitewater kayaking, mountain biking, high and low ropes courses, youth programs and more. Every intern is expected to be familiar with each activity but you can direct your focus. In addition, interns will be responsible for creating and facilitating a one week youth adventure camp and involved in the implementation of multiple special event programs for the community on the base.

Other Benefits from Ft. Caron Internship

- Expand your Professional Network
- Gain insight into the management of military recreation.
- Work with the Department of the Army Award winning Recreation Program.
- Location, location, location! Live where everyone else comes on vacation.

Internship Special Project

Each intern must prepare a special project for presentation to the APE Program staff. Special projects should have a significant impact for Fort Carson Recreation program in either program development, marketing, or administrative process improvement. Students will then develop and implement their idea using resources here at Fort Carson. After implementation, students will get feedback about their project. This project will account for a significant part of your evaluated grade. Time spent, effort, utilization of resources, and degree of difficulty will all be considered when grading each project.



What is required to be an intern?

Interns must be pursuing a college degree and need an internship/work study as part of their curriculum. Students pursuing degrees in recreation related fields are preferred, but exceptions have been made.

REQUIREMENTS

- MUST BE ABLE TO LIFT AND CARRY OBJECTS WEIGHING UP TO 100 POUNDS.
- MUST BE A STRONG SWIMMER.
- MUST POSSESS A WORKING KNOWLEDGE OF BASIC WATER SAFETY.
- MUST COMPLETE RED CROSS FIRST-AID AND CPR CERTIFICATION PRIOR TO ARRIVAL.
- MUST COMPLETE 50 HOURS OF ON THE JOB TRAINING IN WHITE WATER RAFTING.
- MUST COMPLETE DRIVER'S TRAINING.
- MUST HAVE A VALID DRIVER'S LICENSE.
- MUST BE A HARD WORKER AND POSSESS THE SKILLS TO INTERACT PROFESSIONALLY WITH A WIDE RANGE OF CUSTOMERS.

Tell me about what I'll be doing

On average, students will work 40 to 60 hours a week. When possible, interns will have two days off per week. Every week is different, so plan to work some odd hours. Work days that do not include programs generally start at 8:00 a.m. and end at 4:00 p.m. Days with programs, start at around 6:30 a.m. and last until 4:00-5:00 p.m.

This internship is strenuous and requires physical effort and exertion. Guiding program activities requires working in physically demanding situations in various weather conditions. You will be susceptible to cuts, bruises, and strain type injuries.

Interns are expected to work on all stages of program delivery including planning, marketing, implementing, program review and clean up. As students show more initiative and responsibility the APE staff will turn programs over to interns from start to finish with little to no direct supervision. You get to run the show.



Intern Benefits

- **Training.** Before the program season starts, interns will go through two weeks of rigorous training. This will include challenge course program training, driver training in 10 passenger vans with a 16 foot rafting trailer, rock climbing training, mountain bike training, and 50 hours of white water rafting training. Raft training will be held on the Arkansas River in Class II-IV water. This training will last ten days and interns will cover 100-200 miles on the river. During the training, students will learn all the essential skills needed to be a river guide: reading water, safety and rescue, raft maintenance and repair. When training is completed, each intern will be a certified river guide on the Arkansas River according to Colorado State Laws and Regulations.
- **Stipend.** Interns will be paid \$600 per month, once a month. Payment will be factored at \$20 per day. Students will need to bring enough money to live on until their first paycheck, which will be in the middle of June.
- **Housing.** Housing will be provided on Fort Carson. You will share a Luxurious trailer with another intern.
- **MWR Cards.** Each intern will be issued a Morale, Welfare, and Recreation (MWR) card. This card will entitle the interns to use various facilities and services on the base. These include: Golf Course, Bowling Center, Gyms, Library, Auto craft Shop, Equipment Rental Center, Information Tour and Travel, and Turkey Creek Ranch. Some of these facilities charge fees, but they are nominal.
- **Meals.** Interns will be provided meals during training and overnight programs. There are dining facilities on base where good meals can be purchased at a very low price.
- **GEAR!!** Fort Carson Outdoor Recreation has pro deals with many outdoor equipment manufacturers. Prices are usually wholesale or less for merchandise. As an intern you will have opportunities to purchase gear several times throughout the summer.



To apply mail resume
and cover letter to:

**ADVENTURE PROGRAMS &
EDUCATION**

Adventure Programs & Education
Bldg. 2429 Specker Ave.
Fort Carson, CO 80913

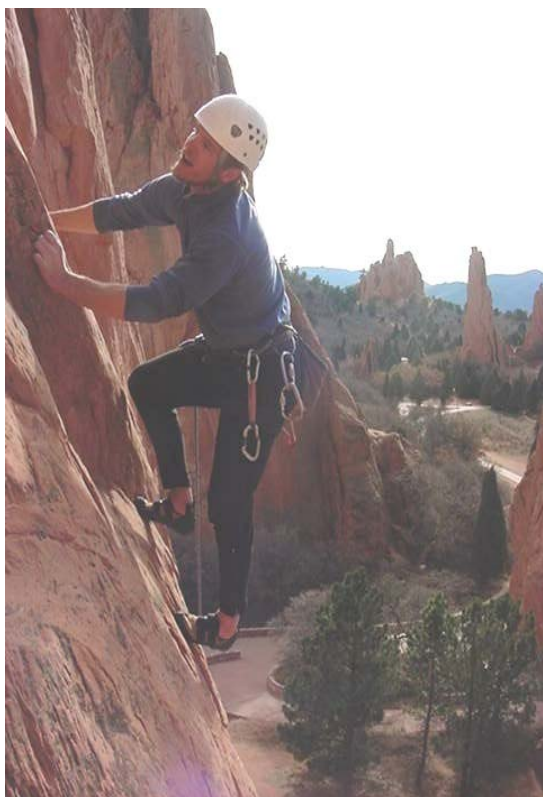
Phone: 719-526-5198
Fax: 719-524-3211
Email:
david.bumgarner@us.army.mil

Check out our Website:
<http://mwr.carson.army.mil/>

How do I prepare for my internship?

First, begin a regular exercise program. Fort Carson sits at around 6000 feet above sea level, some of our programs take place over 10,000 feet. Working out at least three times a week should help you acclimate quickly once you arrive. Include cardiovascular work, weightlifting, and stretching in your workout. Being in good shape when you arrive will greatly help you adjust to the altitude and be ready for this demanding training.

Interns will be required to bring some personal equipment that will be needed on the job. These items include: Sleeping Bag rated to 20 degrees (we recommend synthetic fill), sturdy hiking boots, sandals appropriate for whitewater sports (we recommend Texas or Chacos), wool socks, rain gear, and synthetic long underwear (NO COTTON!!). Feel free to bring any other outdoor gear you will need to enjoy your days off. Kayaks, Mountain bikes, Climbing gear, etc.



Arrival and Departure

Students should plan to arrive at Fort Carson on Sunday May 10th, 2009 to check into housing. Please let us know your travel arrangements so that we can assist you as much as possible with your check-in. If you are flying into Colorado Springs airport we can arrange to pick you up. We will have an orientation meeting at 8:00 a.m. on Monday, May 11th. The last day of work for interns will be Friday August 14th.

