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Winter/Spring Internship

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 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! During the winter and spring we provide instructional programs in ice climbing, resort skiing and snowboarding, back-country skiing, cross country skiing and snowshoeing, high and low ropes courses, youth programs, rock climbing, and mountain biking. Every intern is expected to be familiar with each activity but you can direct your focus. Interns will be involved in all of the behind the scenes logistical and administrative aspects of running an adventure program. In addition, interns will be responsible for creating and facilitating a three day 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, risk management 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 HAVE SIGNIFICANT PERSONAL OR PROFESSIONAL EXPERIENCE IN ONE WINTER ADVENTURE SPORT AND BE FAMILIAR WITH MULTIPLE WINTER ADVENTURE SPORTS (DOWNHILL SKIING/SNOWBOARDING, ICE CLIMBING, CROSS COUNTRY SKIING, SNOWSHOEING, ETC.)
- MUST COMPLETE RED CROSS FIRST-AID AND CPR CERTIFICATION PRIOR TO ARRIVAL.
- 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.

Responsibilities

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 6:00 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.** Throughout the season interns will be offered many opportunities for professional training. This will include driver training in 14 passenger buses and trailers, challenge course programming, rock and ice climbing, backcountry skiing, cross country skiing, and snowshoeing.
- **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 February.
- **Housing.** Housing will be provided on Fort Carson. You'll get your own trailer which is located within seconds of the outdoor recreation complex. No long commute to work in the morning!
- **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.
- **Location!** You'll be living near some of the best winter sports terrain in the U.S.!
- **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 season.

To apply mail resume
and cover letter to:

**ADVENTURE PROGRAMS &
EDUCATION**

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

Phone: 719-526-5176
Fax: 719-524-3211
Email:
trevor.mcconnell@us.army.mil

Check out our website:
[http://
www.mwrfortcarson.com/
adventure-programs--
education.php](http://www.mwrfortcarson.com/adventure-programs--education.php)

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: Any winter sports equipment, sleeping bag rated to 20 degrees (we recommend synthetic fill), sturdy hiking boots, wool socks, warm hat, heavy gloves, 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 around mid Jan. 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. The last day of work for interns will be mid April.

