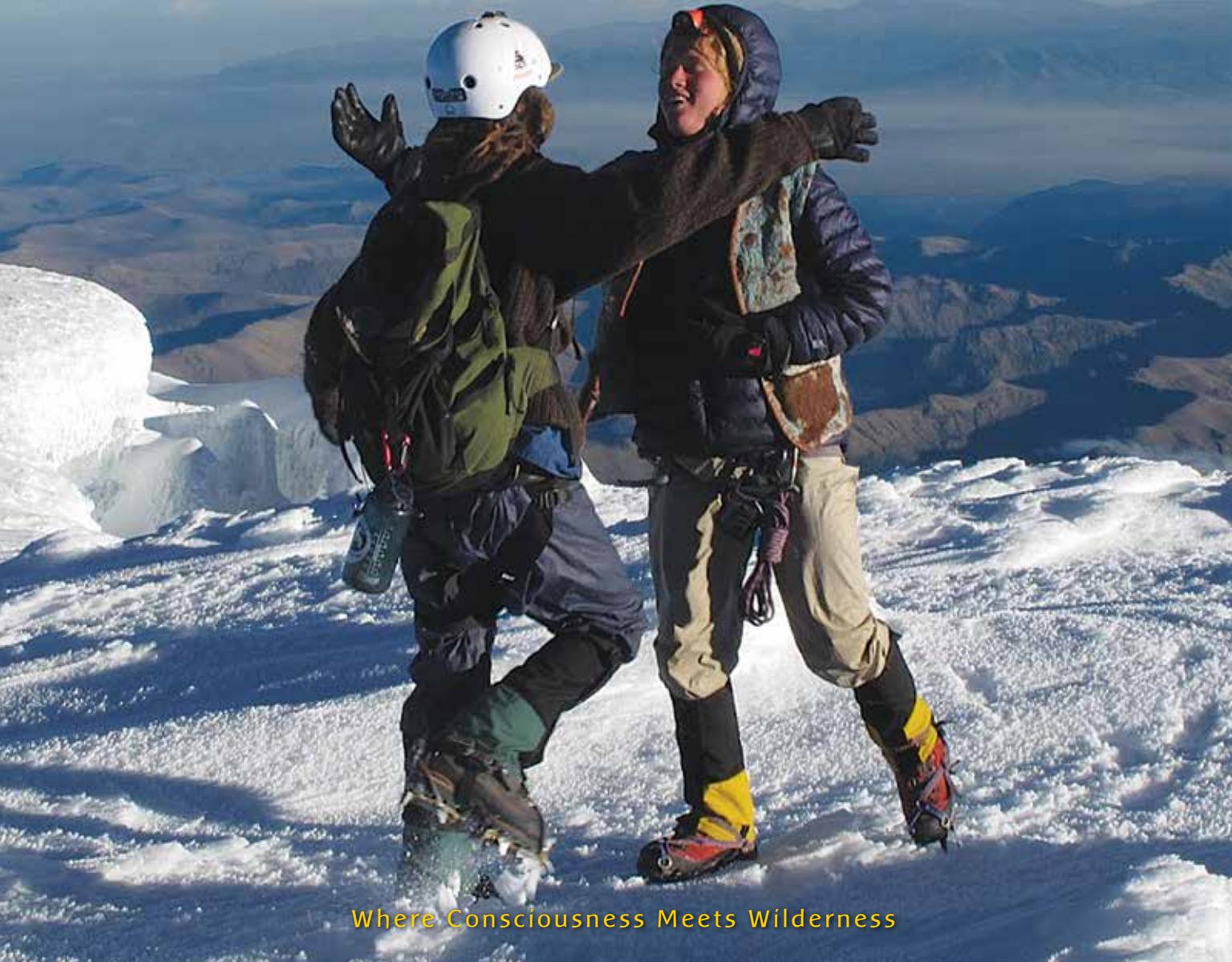


KROKA

EXPEDITIONS ~ SEMESTER SCHOOL



Where Consciousness Meets Wilderness



Kroka is a wilderness expedition school for young people based on a year-round, organic farm in Marlow, New Hampshire. We believe that the consciousness and altruistic will can be brought forward through a living relationship with the natural world and by taking our places within the circle of community.

“My feet are tired, my legs are sore, and my heart is happy.” —STUDENT



A Kroka semester is a uniquely transformative experience:
we embrace risk, we welcome discomfort, and we experience
the vulnerability that arises with challenge and interdependency.

In doing so, we have the opportunity to shed the layers
between ourselves and the world, and to wake up
to what it is to be fully human.



WE BELIEVE

That the awakening of consciousness and altruistic will in young people
is essential in creating a just and peaceful world

In the power of nature and community to awaken our highest selves

In the just distribution of resources, living simply, rigorous work,
celebration, song and ritual, and reverence for all of life

In cultivating a direct relationship with the resources that sustain us:
warmth, clothing, shelter, nourishment

That pushing past our limits helps us shed the layers between ourselves and the world,
and that vulnerability is an essential condition for wisdom and compassion

That the deepest gifts of the wild places are uniquely available during
rigorous, extended, self-sufficient expeditions

In cultivating the Inuit quality of *koviashuvik*:
“living in the present moment with quiet joy and happiness”

That appropriate risk-taking is a doorway to trust in ourselves and others

That every young person who wishes to join our community has the opportunity
through our scholarship and sliding scale program

That we have a responsibility to fulfill the unique role
of human beings in the web of all life

“I could never have imagined the immense impact the semester would have on the path that my life is taking. Mostly, it gave me the gift of a deep connection, love, and respect for the natural environment and all of the complex and simple relationships that occur within it. Because of this, I am standing up for environmental stewardship and advocacy, acting as a leader and organizer amongst my peers. I approach life with the question of what will benefit the most people and the health of the planet, rather than simply my own needs and desires. The seed of this approach was planted by my experience on the semester. It taught me that I am the master of my own life and that I possess the ability and privilege to make decisions that will either benefit or harm the Earth. I choose to do the former.”

—STUDENT





“Simply discovering that an energy can flow out through my hands to create something beautiful out of wood has made me believe I have something artistic within me.” —STUDENT



KROKA SEMESTER PROGRAMS

We offer two semester programs for high school and gap-year students: Ecuador in the fall, and Northern New England and Canada in the winter. Students may enroll in one or both semesters. Both journeys are based on extended wilderness travel, participation in vibrant community life and an accredited academic curriculum.



"Our highest endeavor must be to develop free human beings who are able of themselves to impart purpose and direction to their lives. The need for imagination, a sense of truth, and a feeling of responsibility—these three forces are the very nerve of education."

— RUDOLF STEINER





KROKA ECUADOR SEMESTER

August through December

800 kilometers on foot, mountain bike and whitewater canoe
from the top of the Andes to the Amazon rain forest.

KROKA ECUADOR SEMESTER

Fall semester begins at the Kroka farm and village in Marlow, New Hampshire. We spend four to six weeks here, studying, training and preparing for expedition. Bodies get stronger in response to hard work, hands and hearts relax into the rhythms of Kroka life, and a brand new community circle comes into form.

The natural transition of the fall harvest at the farm echoes our passage from what is known and familiar to the wide open territory ahead. In early September, we set out on expedition by mountain bike and whitewater-canoe in rural New Hampshire, Vermont and Massachusetts. We live and work with small-scale organic farmers and paddle the iconic Deerfield River. A brief return to the Kroka farm, to pack and say goodbye to the community, takes us to the airport to travel to the peaks, rainforests and villages awaiting us in South America.

There is no place in the world quite like Ecuador. Three generations of the Dammer-Espinosa family welcome us to this wild and ancient landscape, and to Palugo Farm, the land they have been farming on the Andean highlands for over a hundred years. They re-member us to what it is to live in relationship with place, something our ancestors knew well, and that our fast, screen-based culture has caused many of us to forget.

Immersed in the rhythms of farm life, we take up our studies once again, continue to hone our biking, paddling and wilderness skills and traverse the challenging and rich territory of what it is to live in close proximity with community and connection.

Soon, it is time to set out on expedition in this landscape of extremes: with snowmelt cascading down from the mighty spine of the Andes, to the great Amazon river basin on one side, and through the jungle to the Pacific Coast on the other.

We travel by bike and canoe from Palugo into the Amazon basin and the heart of the rainforest, where we live and work with a local indigenous community, sharing stories, food and laughter. After a brief return to the farm we depart on foot for our third and final expedition, trekking and mountaineering towards the skylands of some of the highest active volcanoes in the world. Our goal is to celebrate our four months together on the high-altitude summits of Antizana or Cotopaxi. Our circle by now will have summited the challenges and joys of extended, rigorous expedition and true community life. With full hearts, strong bodies and minds alight with possibility and promise, we turn towards home.

"We live in a state of boundless excitement. Every day we learn something new and get better at things we learned previously." —STUDENT



KROKA WINTER SEMESTER

Our journey begins in January at the Krokaw farm and village in Marlow, New Hampshire, where we come together as a new community and prepare for our expedition. We learn Nordic, backcountry and telemark skiing. We make several essential pieces of equipment and practice navigation. Bodies and minds shift into readiness for making the wild winter world our home..

In early February, we depart on a four-month, 700-kilometer expedition. Skiing north we traverse the length of Green Mountains of Vermont on the famous Catamount Ski Trail, camping every night in a shelter of our home-made expedition tent kept cozy by a warmth of a portable wood stove. Living outside through the season we develop a new appreciation for winter and learn traditional, indigenous and modern winter living techniques, discovering that the environment we may have assumed was harsh and unwelcoming holds unexpected gifts for us. We become competent backcountry skiers as we carve turns in the mountain terrain below and above the tree line, falling, coasting, laughing, triumphing in a landscape that holds us with unfathomable beauty

On alternate years we turn north, heading for the Chic-Choc mountains and the vast wilderness of Park National de la Gaspesie finishing the season in the remote Uapishke Mountains on the Quebec/Labrador border. Crossing the Gulf of St. Lawrence on an icebreaker ferry, we set out for the boreal forest as it gives way to the arctic tundra. Here, we will traverse the massif on a self-sustaining ski expedition, experiencing life in the far north where snow depths routinely exceed 15 feet.

Soon, we will say a reluctant say goodbye to the winter and head south into Maine. As the air begins to taste of spring, we craft brown-ash pack baskets and paddles with our friends at the Koviashuvik Local Living School. We then begin our return home first on the turbulent snowmelt of the spring runoff via white water canoes, then down the stunning Lake Champlain by the wooden rowboat and finally on the twisting mountain trails over the Green Mountains and back home to New Hampshire by mountain bike.

The trees are wearing their May green, and with gratitude and newly forged awareness of what the world can hold for us, we embark on a week of student projects, making a real-life contribution to the local community. In preparation for our imminent parting, we honor all that we have passed through with a theater performance that serves as a closing symbol of our long journey. And then we return home, the same but different, illuminated by a new light and a new awareness of who we are—and who we are capable of becoming.

"The wind, snow and sun are our companions as we move northward. The skies forecast the weather and tell us the time. The earth warms us from beneath as we sleep at night. We breathe the clean air deeply and smell the hemlocks and spruce. We take in this life in hopes of handing down our learning when we leave here." —STUDENT



KROKA WINTER SEMESTER

January through June

700 kilometers by backcountry ski, whitewater canoe,
wooden row boat and mountain bike.





"Kroka provides truly holistic outdoor experiences in which participants not only gain incredible confidence and skills, but more importantly, learn how to be in the right relationship with each other and the earth."

—TOM WESSELS, author of *Reading the Forested Landscape*

Each semester presents an integrated course of study organized into four experiential curriculum blocks. Our learning is practical, place-based and combines adventure travel with academic disciplines. This means that core subjects of science, language arts cultural studies rather than being presented as separate classes are integrated into the expedition. Students receive four high school or eight college credits; it is also possible to receive dual credits for both.

C O U R S E S :

Mountains Within: *expedition leadership, wilderness skills, adventure sports, craftsmanship and homestead skills, wilderness medicine*

Humans and Nature: *cultural studies and language*

Living on Earth: *earth systems, ecology and permaculture*

Finding our Place: *literature, writing, and speech*

- ⦿ Kroka education is rooted in patient observation of nature. It aims to mobilize all senses and engage student's thinking, feeling and willing.
- ⦿ Kroka education is cooperative: students and leaders work in small and large groups learning how to best utilize the power of community.

As an example of this process, whitewater canoe skills are introduced on the river itself with only the most basic of instructions. Through trial and error through frustration with themselves and their boat partner, through experiencing the water element students develop questions and interest in the subject. The next day they are ready to absorb much of the complex learning that white water canoeing involves. As we paddle, the elements of learning from our curriculum are naturally woven in as they arise: the hydrological cycle at work, the aquatic flora and fauna, the cultural landscape that surrounds the river and its effects on water quality. We practice our value for connecting with people along the way and stories, interviews and life experiences are offered and received. We read about the place, journal, sketch, dialogue at the end of the day. Thus the study of river ecology, hydrology and history compliment our river expedition and river expedition informs the academic learning. We believe that when students live their education fully there is no place for disengagement and boredom and the education has a lasting effect on the future of the student.

*Kroka Semester Programs are accredited by Association for Experiential Education (AEE)
and are offered in partnership with Nahual Expediciones and Wheelock College.*



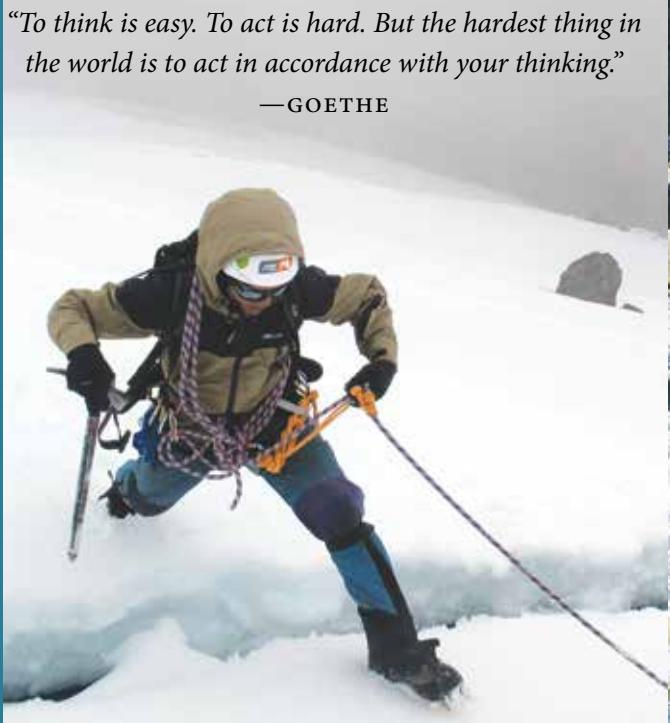
WHEELOCK
COLLEGE

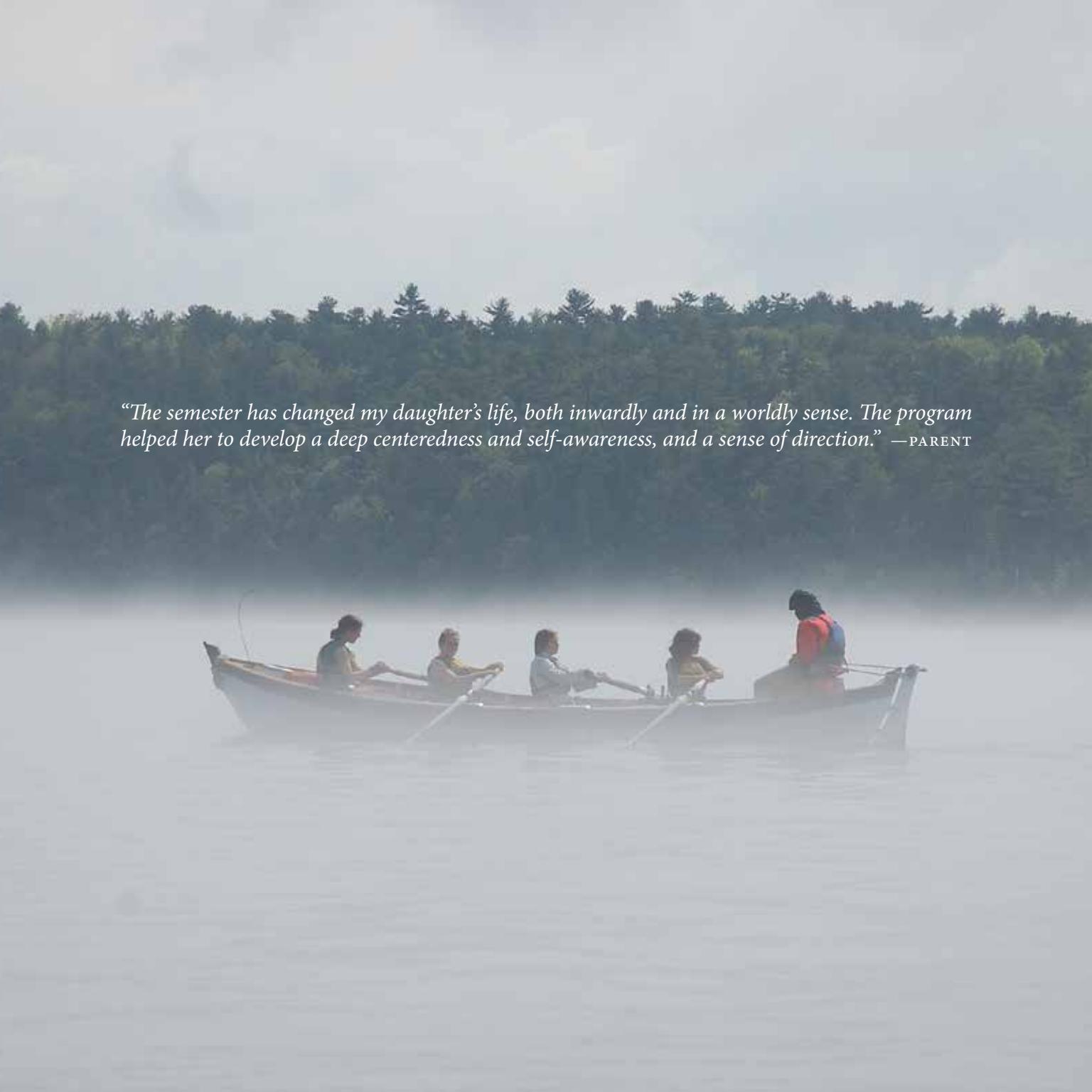




"To think is easy. To act is hard. But the hardest thing in the world is to act in accordance with your thinking."

—GOETHE



A photograph showing five people in a long wooden rowboat on a body of water. The boat is moving from left to right, creating a wake. The people are wearing life jackets and are rowing. The water is very hazy or misty, and in the background, there is a dense forest line under a bright sky.

“The semester has changed my daughter’s life, both inwardly and in a worldly sense. The program helped her to develop a deep centeredness and self-awareness, and a sense of direction.” —PARENT

THE GIFTS OF SEMESTER

The call to leave the ordinary world and venture into the unknown is an ancient one for peoples of all cultures. Kroka semester programs are an answer to that call.

On semester, we spend long periods of time on self-sufficient expedition, discovering the world and ourselves in ways that we may not have experienced until now. We learn to become at home with our own inner landscape as come home to the wild one. We begin to know ourselves as belonging to nature, as nature belongs to us.

We experience the beauty of what the Norwegians call *friluftsliv*, roughly translated as *free life in nature*, moving with sureness and ease over the land, learning the old skills not to “survive” but to celebrate our ability to find home outdoors.

A sense of intimacy with a friendly wilderness becomes natural. One semester student said, *when the pressure drops, I can taste it in my mouth, and I know it will rain.*

Many of the layers we carry, built up by the pace of modern life, fall away. Our true selves are given a chance to emerge. If we can meet this opportunity with the courage it calls out in us, we step more fully into the light of who we are and can become. Worlds open to us.

We work with our hands to make many of the things we need. This is what we were made to do, tapping into the ancient knowing of how to make, do, and care for ourselves.

We sing, at meals, at work, on the trail. Singing is health, celebration, giving thanks, and literally harmonizing with one another and all that is around us.

We hold serious responsibility for the group. The extent of our commitment is made immediately clear: if firewood isn’t gathered, the dinner goes uncooked. If the navigator is sloppy with her map, the destination will be unreached. Our ideas about personal contribution begin to shift.

These experiences are an essential aspect of the ability to serve not only ourselves, but the common good and a just and peaceful world. This is something that we can’t unlearn, and it can be taken forward into whatever kind of adult life a young person may choose.

“Kroka hosts some of the most meaningful work on the planet these days! Children emerge from these programs radiant with confidence, constructive skills and a deep experience of community. They will be the ones creating a future I’d like to see.”

—CAMILLA ROCKWELL, director of Mother Nature’s Child



A close-up photograph of two young women laughing and smiling. They are wearing outdoor gear, including grey knit hats and bright green jackets. The woman on the left has a visible nose piercing. The woman on the right has a dark headband with small dots. A colorful tassel hangs from the top left.

*"It's like being in a family of eleven people . . . you get to understand each other,
and when you get to understand each other, you get to love one another."* —VIA THE VERMONT HERALD

KROKA SEMESTER STUDENTS

- ⌚ Ages 17 to 19; 54% male and 46% female
- ⌚ 60% come from public schools, 25% from Waldorf schools, 10% from other independent schools and 5% are homeschooled
- ⌚ 100% of Kroka students are here because they dared to leave daily life behind and find out more about who they are, what they are capable of and what it is to live in deep relationship with the natural world and one another.



To me, the good life is a life of choice, dedication, and openness in whatever form that takes. On this journey, many tools I need to bring about this beauty are tools I am collecting here: life skills, philosophies, and traditions. As I collect perspective and life experience I hope that something will lead me to the good life, where community, work, and the individual can live alongside with conscious simplicity.” —STUDENT



“The students say living this way of life deepens their connection to the world around them.”

—VIA VERMONT PUBLIC RADIO

KROKA ALUMNI

Semester alumni re-enter the world with pride, purpose and clarity. They become catalysts of social change and environmental justice and are consistently sought out by universities and organizations because of their long-held reputation for leadership, insight and ability.

A partial listing of colleges attended by recent Kroka alumni:

- College of the Atlantic
- Evergreen College
- Fosen Folkschool, Norway
- Middlebury College
- Marlboro College
- Prescott College
- St Lawrence University
- Sterling College
- Thompson Rivers University
- University of Vermont
- Warren Wilson College
- Quest University

KROKA LEADERSHIP TEAM



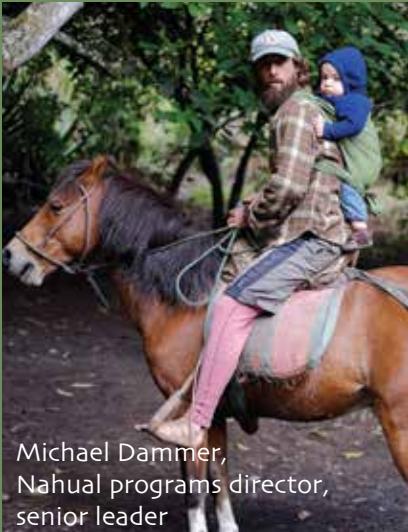
Misha Goldman, founding director, senior leader



Lynne Boudreau, founding director, farm programs



Marcela Restrepo, senior leader, theater instructor



Michael Dammer, Nahual programs director, senior leader



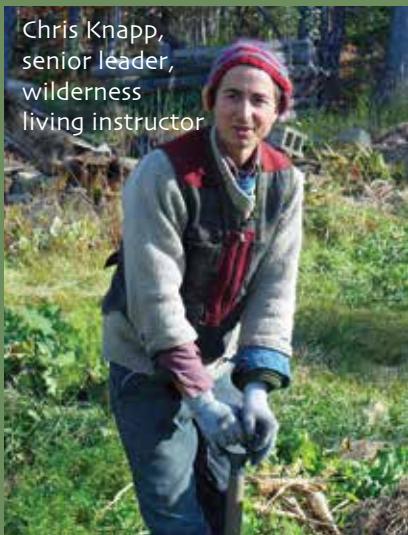
Marcea MacInnis, senior leader



Thomas Damer , senior leader

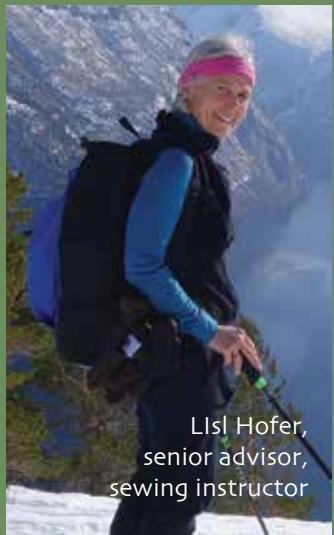


Hanah LaBarre, expedition leader, food programs

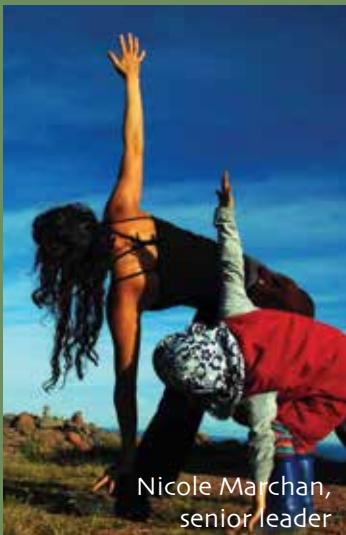


Chris Knapp, senior leader, wilderness living instructor

Our core teaching community shares two values:
We live what we teach and deep mastery in our respective crafts is our standard.



Lisl Hofer,
senior advisor,
sewing instructor



Nicole Marchan,
senior leader



Laurel Iselin, expedition
leader, arts, crafts and
singing instructor



Mathias Dammer,
senior leader



David Silva Alvarez,
expedition leader,
climbing specialist



Nathan Lyczak,
systems manager,
navigation instructor



Pasha Belenky,
science, art and white
water specialist



Hannah Billian, semester
programs coordinator

*“What an amazing young man you sent back home!
He is now living what he experienced and learned in his daily life in the world around him.
He treats the Earth and its people with respect. He also has more patience and compassion.
I am so grateful for your vision and uncompromising way you move into the future.” —PARENT*



MORE ABOUT... KROKA FARM, MARLOW NEW HAMPSHIRE

Kroka Village lies nestled in the high country of southwestern New Hampshire between the Ashuelot and Cold Rivers, on 120 acres of forests, fields, cliffs and streams adjacent to a large wilderness area. Here we bring intention, connection and simplicity to the work that we do.

FOOD

Much of the food at Kroka comes from our own biodynamic farm. We enjoy delicious eggs from our free-range hens, fresh vegetables from garden and greenhouse, berries and apples from our fields, and raw milk, yogurt, cheese and meat from our cows. The food we serve is produced locally as often as possible, and its mindful cultivation, harvest and preparation are a celebrated part of our curriculum and community.

ENERGY

We are proud of our wood-fired and solar-powered camp village, as well as our cooking and administrative facilities, which bring us closer to becoming a “carbon-neutral” organization. Through living and working with these systems, students learn that energy sustainability can be possible within the scale of a small interdependent community. All structures on campus are built with local materials by staff and students working together with local materials. With the exception of the administrative building, Kroka village is internet and cell phone-free.

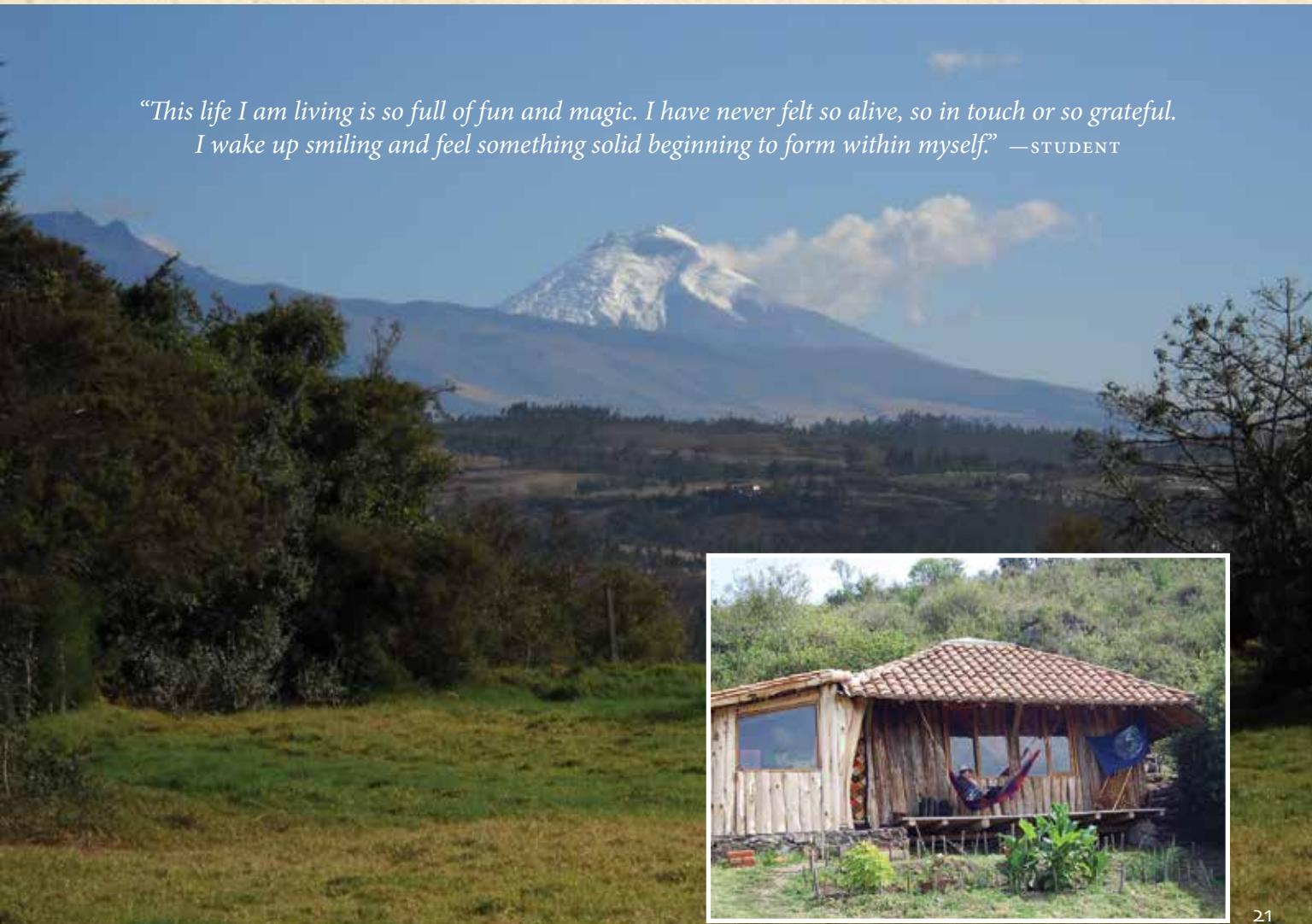
GATHERING

Our life and work at Kroka seeks to expand and deepen the web of our community. Our farm products are sold throughout the Monadnock Region, and we enjoy rich collaborations and active engagement in serving our local community.

MORE ABOUT... PALUGO FARM, PIFO, ECUADOR

Surrounded by snow-capped volcanoes, Palugo Farm is situated at 8,000 ft. of elevation in the village of Pifo, 25 kilometers east of Ecuador's capital, Quito, and is home to our sister school Nahual Expediciones. Palugo's 240 acres are on the site of a 16th century monastery and today sustains a community of both Western and indigenous working together to farm a year-round organic CSA for local families. Palugo architecture echoes values for beauty, simplicity, and sustainability, combining traditional materials and building methods with efficient energy use and community-oriented design.

"This life I am living is so full of fun and magic. I have never felt so alive, so in touch or so grateful. I wake up smiling and feel something solid beginning to form within myself." —STUDENT



WE ALSO OFFER SCHOOL AND SUMMER PROGRAMS



SUMMER PROGRAMS

Kroka students ages 7 – 18 grow from childhood to adolescence through sequential progression of one-week to four-week courses offered in seven disciplines:

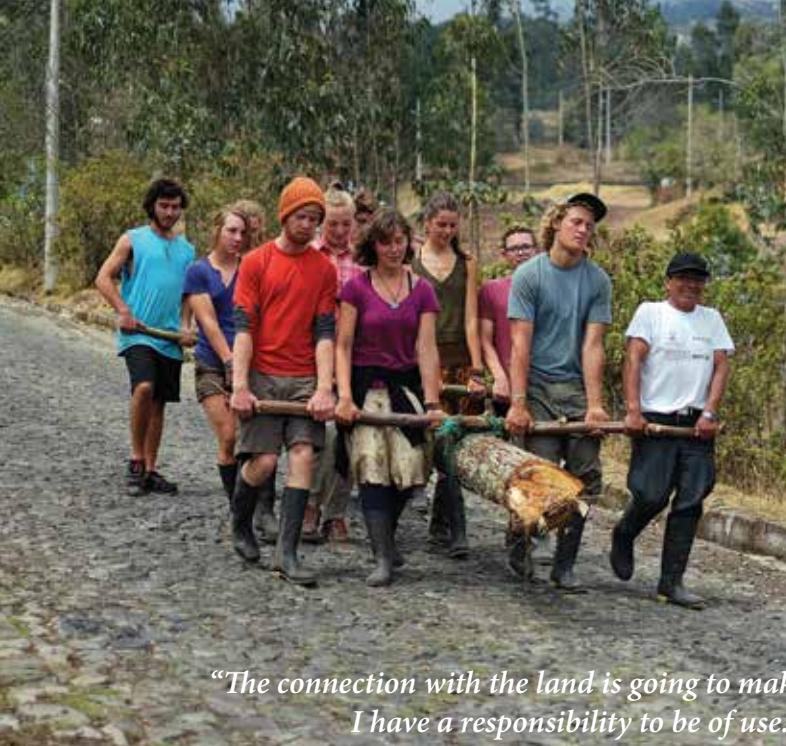
- Introductory programs in the village and on the farm
- White water paddling
- Climbing and caving
- Mountain biking
- Open water paddling and sailing
- Wilderness skills and crafts
- Rites of passage

SCHOOL PROGRAMS

School classes from all over the country partner with Kroka for unique custom programs with a focus on:

- Wilderness expeditions
- Sustainability
- Farm education
- Expedition integrated language arts, social studies and science

"There are no accidents. The Kroka brochure fell into my hand and it opened the door for my son to find his way into his future. Words cannot express what I feel ... I am inspired to be a better person myself, to be strong in my resolve and follow my ideals." —PARENT



*"The connection with the land is going to make me want to do something when I leave...
I have a responsibility to be of use."* —VIA VERMONT PUBLIC RADIO





- ⌚ Kroka Expeditions is an accredited semester program for high school and gap year students ages 17-19.
- ⌚ We encourage participation by everyone regardless of income through sliding scale and scholarship.
- ⌚ Applications are accepted on a rolling basis. The program is limited to fourteen students per semester.
- ⌚ Ecuador Semester takes place late August through mid-December; Winter Semester, mid-January through mid-June.
- ⌚ Students are encouraged to enroll in both semesters but are welcome to enroll in just one.
- ⌚ College credits are offered through Wheelock College.
- ⌚ For more information and to apply please visit our website: www.kroka.org

Kroka Semester Programs are accredited by Association for Experiential Education (AEE).

Semester programs are offered in partnership with Nahual Expediciones, Wheelock College, Koviashuvik Local Living School, Mahoosuc Guide Services, Wilderness Medical Associates, Lake Champlain Maritime Museum, Heartbeet Lifesharing and the Northwoods Stewardship Center.



Our programs are sponsored by W.S. Badger Company, and ZelGear.



We are members of the Catamount Trail Association, Vermont Outdoor Guides Association, Maine Wilderness Guides Organization, Maine Island Trail Association, Maine Coastal Heritage Trust, Pinnacle Trail Association, Vermont Cavers Association, Northern Forest Canoe Trail, Lake Champlain Committee and Biodynamic Farming Association.



Graphic design by Dede Cummings of Dcdesign with editorial support from Kathleen Duich. All photos and illustrations by Kroka staff members and students.

Enviro 100 Satin Cover and Text is only matte coated paper made in North America with 100% recycled fiber and 60% post consumer waste and bleached without the use of chlorine compounds. This brochure was also printed locally in Vermont by SPC Integrated, using soy-based ink.



Walking barefoot is prohibited encouraged!



Sustainable practices are incorporated into every aspect of our organization.



Every staff member spends a minimum of six days every year in service outside Kroka.



We eat organic, local and mindfully-produced food.



We re-use, re-pair, re-cycle, and re-member our interconnectedness with natural systems.



*"We sense that 'normal'
isn't coming back, that we
are being born into a new
normal: a new kind of
society, a new relationship to
the earth, a new experience
of being human."*

—CHARLES EISENSTEIN

KROKA

EXPEDITIONS

767 Forest Road Marlow, NH 03456
semester@kroka.org | www.kroka.org

NON-PROFIT ORG
US POSTAGE
PAID
PERMIT NO.1
MARLOW, NH

