

High Mountain Institute Apprentice Handbook



A Professional Residency in Traditional and Outdoor Education

*What nobler employment than that of the man who instructs
the rising generation. ~Marcus Tullius Cicero*

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Welcome to HMI

During your twenty weeks at HMI, you will have the opportunity to work with some amazingly talented teachers and experienced outdoor instructors. You will have a huge impact on the lives of the young people who spend the semester with you. You will have the chance to see how a small school runs and you may help set in motion innovative systems and new ideas. You bring fresh energy to the faculty and provide a link to the students. Some days are guaranteed to be busy and, at times, downright crazy and you will get as much out of your time with this program as you put into it.

The Apprentice Program was part of HMI's vision since its inception. Because HMI's original motto was "an apprenticeship with nature," it only seemed appropriate that we provide opportunities for people interested in exploring education. Your skills, interests, and the needs of the semester will all shape your experience. Each apprentice, however, determines his or her exact role on campus, in the field, and in the lives of students. No two apprentices will ever have exactly the same experience.

To ensure that you get the most from your experience, make sure you quickly address any questions, doubts, or uncertainties about your role, the right course of action, or HMI policy. This handbook is designed to answer preemptively some of your questions, define HMI standards, and direct you to the people who can best answer any other questions that arise while you're here.

Apprentices are an incredible asset to HMI. You add tremendous energy, a wide range of talents, and new perspectives. In the field, you are tasked with responsibilities associated with the students' well being and comfort. As cabin heads, you will come to know as much, or more about your semester than faculty. In the classroom, you add new perspective and creativity. We depend on apprentice's talents, energy, observations and impressions.

The High Mountain Institute

Christopher and Molly Barnes founded HMI in 1995 and the first semester began in 1998. They created the High Mountain Institute in order to share two passions: intellectual curiosity and the natural world. All the programs at HMI are guided by the idea that the best efforts are "simple in means, rich in ends" (Arne Naess). The HMI Semester is a four month experience for academically motivated high school juniors. The curriculum focuses on students' connections to the natural world, rigorous academics, community and leadership skills. We return to a simpler lifestyle, chopping the wood that warms us, learning about our ecosystems as we travel through them with only our backpacks. Members of the faculty serve as mentors and guides. When semester students are away from campus, HMI offers a variety of short-term programs that include avalanche courses, and wilderness medical training.

The Chain of Command

Here at the HMI semester, responsibilities are distributed as follows:

Danny O'Brien is our Acting Head of School. He oversees HMI as a whole: taking care of the facilities, fundraising, admissions, and the budget.

Andrew Cole will be our new Assistant Head of School and Academic Dean of the HMI Semester and also teaches P&P. Andrew oversees the day-to-day on campus operations of the Semester and works with students, advisors and teaching faculty in the ongoing endeavor to provide a positive and rigorous academic experience during the semester.

Becca Katz is the Dean of Students and teaches P&P. She works closely with Andrew to oversee the residential life portion of the HMI Semester.

Carrie Mallozzi is the Dean of the Apprentice Program. She is responsible for all aspects of the Apprentice Program. She coordinates everything from enrollment, program design, mentoring apprentices, and teaches the Apprentice Seminar class.

Justin Talbot is the Director of Wilderness Programs and Risk Management. His primary job is to plan and prepare for all of the expeditions throughout the year.

In addition to the individuals listed above, there are seven faculty members and nine administrators and staff that allow HMI to effectively function. Next year in addition to the apprentices, we will be welcoming one new face to the HMI community: Math Faculty. Biographies about returning faculty/administrators/staff can be found on our website.

Address & Phone Numbers

While you are here, your USPS address is:

Your Name
c/o HMI
P.O. Box 970
Leadville, CO 80461

Your shipping address (for UPS, FedEx, etc) is:

Your Name
c/o High Mountain Institute
531 County Rd. 5A
Leadville, CO 80461

The HMI phone number is 719-486-8200 and the Apprentice Office extension is 210. Most cell phones will have service on campus, though some carriers work better than others.

Terms of Apprenticeship

HMI expects that each apprenticeship be designed around the specific skills, qualifications, and interests of the individual. It is essential that each apprentice carefully evaluate their role at HMI and work within the parameters set by the Dean of the Apprentice Program and mentoring faculty. When in doubt, we encourage the apprentice to ask questions and seek clarification or instruction.

Ongoing feedback and evaluation will be an important component of the apprenticeship position. After each evaluation, there may be opportunities for the individual's responsibilities to expand.

Apprentices are students at HMI. They are not HMI employees, and as a result, no health, workers' compensation or other employee benefits are available to them. Though Apprentices are not employees, they are expected to read the Employee Guidelines, as it is a useful resource for understanding expectations.

Discipline & Discharge

If an apprentice's performance falls short of HMI standards and/or expectations, or problems arise, HMI faculty and administration take action that, in their opinion, seems appropriate.

Disciplinary actions can range from a formal discussion with the apprentice about the matter to immediate dismissal. Actions taken by the administration in an individual case should not be assumed to establish a precedent in other circumstances. Please see the Apprentice Enrollment Agreement for further details.

Cancellation & Voluntary Leave-taking

All apprentices are expected to honor any planned work schedule. HMI understands that emergencies can arise. It is the apprentice's responsibility to inform the Dean of the Apprentice Program immediately when such situations occur.

Drugs, Alcohol & Tobacco Use

Alcohol and drugs, including marijuana and tobacco, have absolutely no place on the HMI campus. At no time should a person be under the influence of alcohol or drugs while in contact with students. Anyone suspected of possessing drugs or alcohol on the HMI campus or being under the influence of alcohol or drugs while in contact with students (on or off campus) can expect to be disciplined, dismissed, or terminated. Address any questions to the Dean of the Apprentice Program or the Head of School.

Apprentice Code of Conduct

Apprentices are expected to uphold a modified version of the student major rules (see below on page 11). The following are prohibited for Apprentices:

- Plagiarizing, cheating, or lying
- Stealing or borrowing without permission
- Destruction of property
- Use or possession of drugs
- Inappropriate use of alcohol
- Harassment, bullying, hateful or negative speech of any kind
- Inappropriate Relationships
- Inappropriate use of tobacco products

Dress Code

We ask that the faculty, apprentices, and students set a standard that respects the learning environment. Considering that students will always dress one step down from community grown-ups, we ask that faculty and apprentices wear slacks or skirts and collared or nice shirts/sweaters in the classroom. T-shirts, jeans, work clothes and sneakers are fine for chopping wood, working in the kitchen, activities, weekends and so forth. Every semester there are a few occasions for semi-formal attire—parents' weekend, formal dinners—for those evenings, HMI employees and apprentices should wear skirts, ties, or nice sweaters.

Feedback

Ongoing feedback and evaluation is an important component of the High Mountain Institute, including the Apprentice Program. As part of our focus on communication and peer relationships, apprentices should be prepared both to give and to receive feedback regularly, to and from students and faculty. Written and verbal evaluations occur both in the backcountry and on campus. HMI expects that its faculty, staff, and apprentices will welcome constructive comments from others, will solicit comments about their performances, and will maturely address misunderstandings. Since we coach our students through a communication curriculum, it's critical that we model good communication ourselves.

Apprenticeship Responsibilities

By far, the most important apprentice responsibility is to conscientiously develop strong, trusting relationships with students. Apprentices act as friends, teachers, role models, and disciplinarians. No apprentice will connect equally well with every student. We do expect, however, that each apprentice expend a good faith effort to build a good rapport with all students.

Apprentices are typically closer in age to the students than the faculty. Apprentices also occupy an awkward middle ground between faculty and students. Navigating this middle ground is challenging. At HMI, we strive to consistently work together as a team. A unified front in the eyes of the students is vital. Undermining leadership of co-workers is extremely detrimental. To avoid being trapped in the middle of student/faculty misunderstandings, we expect the apprentices to encourage students to give faculty direct feedback if they are unhappy. Additionally, we depend on each apprentice to fairly represent the faculty to students, and to support faculty decisions when students challenge them.

Supervision of Students

The tone HMI faculty and apprentices set for the students is of utmost importance. Community standards are set early and we expect students to uphold these. We begin with an extraordinary amount of vigilance while simultaneously coaching the students towards success. As students learn skills and demonstrate leadership, they take on more responsibility.

The High Mountain Institute builds its foundation on trust, and we start from a position of trust with the students. In other words, we assume innocence and act on that assumption until we learn otherwise. In turn, students must continue to maintain our trust through honesty, integrity, personal responsibility, and commitment to the program.

Cabin Head Responsibilities

Each apprentice acts as "Cabin Head" for one student cabin. As head, apprentices help their cabin members build community, resolve conflict, and maintain their cabin. Each cabin will elect a Student Representative part way through the semester. The apprentice should help that

student conduct cabin meetings and articulate cabin members' concerns during faculty meetings.

During the first week on campus, Cabin Heads spend time making sure everyone has what they need and that students are comfortable. During the first 72 hours, students are ready to absorb the standards, expectations and guidelines that HMI upholds. This is the time to spend extra time with cabin members, to set a clear tone of respect, communication, initiative, and cleanliness. This early investment will pay huge dividends all semester. HMI expects that apprentices spend the night in their cabins every night the first week on campus, and one night each subsequent week.

During the semester, the Cabin Head should check in with their cabin members on a regular basis. Sit with them during lunch, run with them during activities. A Cabin Head is like an advisor; he or she is there to be supportive, listen and have fun, but not necessarily to solve all of life's problems. Cabin meetings, which occur once a week should be used to discuss topics of importance and interest. The Student Representatives will bring issues from faculty meetings to their cabins every week.

Finally, Cabin Heads are the designated guardians of cabin neatness and of fire code compliance. Fire code mandates are as follows:

- ♦ Nothing may sit in the wood stove corner except the ash bucket.
- ♦ No decorative material may completely cover windows or doorways (no tapestries over doors, etc).
- ♦ Nothing may hang on the two common room walls above or near the wood stove.
- ♦ Nothing may completely obscure the window in the front door.
- ♦ No cloth "tapestries" can hang on the ceiling or partially on the ceiling
- ♦ All wood must be split outdoors, including kindling.
- ♦ No incense, oil lamps, candles, candle lanterns or any other open flame may burn in the cabins.
- ♦ Wood stoves need to be regularly cleared of ashes.
- ♦ Excessive messiness—a critical mass of clutter on floors that would prevent quick evacuation in the dark—violates fire code.

Confidentiality

By nature of their position, apprentices may be exposed to confidential information. If an apprentice *is* party to information that, in his or her judgment, represents a real threat to life, limb or long-term mental or physical health, pregnancy, or represents a violation of major school rules, then he or she should break the confidentiality and seek assistance from the Dean of the Apprentice Program, Assistant Head of School, or Dean of Students. In such cases, or if an apprentice has questions about the boundaries of confidentiality, they should approach the Head of School directly. In addition, if an apprentice becomes aware of any situations of physical, mental, or sexual abuse, he/she must contact the Assistant Head of School, or Dean of Students immediately.

AOD Responsibilities

Every day students are on campus, one **F**aculty member **o**n **D**uty (FOD, pronounced "FODD") and one **A**pprentice **o**n **D**uty (AOD, pronounced "A-ODD") share responsibility for the day's proceedings. Between the two of them they, prepare meals, answer the telephone, handle student medical needs, monitor study hall, and keep track of student locations all day. AOD duties begin at 6:30 am with breakfast prep and end the following morning after having monitored chores. A typical AOD day may look like the following:

- 6:30 prepare breakfast
- 9:00 attend class
- 10:30 answer phone while FOD is teaching
- 12:00 eat lunch
- 1:30 take a student to the Dr's
- 2:30 organize a soccer game for activities period
- 4:00 tell FOD you're going on a walk for an hour
- 6:00 eat dinner
- 7:00 monitor study hall and read drafts of student essays due tomorrow
- 9:15 organize a quick game of cards to fill some free time and engage the students
- 9:45 help FOD corral the students and get them headed to cabins
- 10:00 join your cabin of students for late night hangout time and sleep
- 11:00 put an end to late night hangout so you can get catch some zzzzzz...

- 8:00 eat breakfast
- 8:30 monitor chores
- 9:00 off duty

All on-duty attention should be toward the students. Apprentices and faculty on duty need to put aside, as much as possible, personal phone calls, and errands. If an AOD finds themselves idle, they should help students with their homework, start a conversation, volunteer in the kitchen, or ask the FOD how he or she can help.

After classes on Saturdays, AOD's rotate with students between wood chopping and town-time. Saturday evenings the FOD and AOD design and facilitate an activity such as bowling, skating, a movie or games. The faculty organizes Sunday activities such as the hot springs, skiing, the climbing gym, or a college visit.

Because of apprentices' status as students, they cannot, in most cases, be the only adult on campus. That circumstance means that the AOD usually runs any necessary off-campus errands in a day. FODs spend the night on campus. AODs spend the night in their student cabins. If students have any problems during the night, they will find the AOD and/or FOD. Under all circumstances, the AOD should contact the FOD when awoken by a student during the night.

The Kitchen

Whether you enter as a novice or a gourmet, by the end of a semester each apprentice will be a capable chef. During the week, apprentices prepare breakfasts for the whole community. While student cook crews are always on hand for clean up and at breakfast preparation, it is the faculty and apprentice who orchestrate the meal that will fuel the students and staff. Leading a meal crew involves following the menu, encouraging students to learn to cook, to use leftovers wisely, to enjoy themselves in the kitchen, and to clean up well when the meal is over. All areas of the kitchen are labeled, the clean-up regimen is clearly spelled out, and health-code regulations are explained during the first week of the semester.

The Telephones

AOD responsibilities include fielding telephone calls. Instructions, a list of extensions and voice mail box numbers are posted several places in the Main Building. Everyone will hang up on some callers early in the semester but by mid-semester you will grow to understand the phone system.

Student Medical Concerns

The Dean of Students will orient apprentices and other faculty to the students' medical files during the first week of the semester. HMI has a designated physician in town, Dr. Lisa Zwerdinger, who reviews all the student medical forms before they arrive. Through the semester, apprentices may be asked to take students to the doctor or ER.

Driving

Prior to the students' arrival, apprentices participate in a driver training seminar to familiarize them with HMI driving protocols. The following guidelines apply to all apprentices and employees driving HMI vehicles, personal vehicles on HMI business.

Vehicles must be signed in & out of the vehicle log (located in the copier room). Keys should always be returned immediately.

The employee must have a current, valid driver's license in his/her possession.

Before driving an HMI vehicle or transporting students or participants for the first time, apprentices are required to participate in driver training classes.

The driver must inform passengers that seat belts must be worn when the vehicle is in motion. The driver and passengers must wear seat belts when in a moving vehicle.

No passengers may travel in the back of a pickup truck.

Drivers must observe posted speed limits, traffic signs, and legal rules of the road. Loaded vans should not exceed 65 mph, even when the posted speed limit is greater.

When operating a motor vehicle, apprentices are encouraged to check tire pressure, tire wear, the oil, lights, spare tire, jack, fluid levels, and belts on a regular basis. Report any problems or irregularities to the Director or Wilderness Programs and Risk Management.

Driving in an unsafe manner is unacceptable.

Picking up hitchhikers is prohibited. This is not meant to limit helping others in distress. Individuals who are not employees or students should not be transported without permission from a supervisor, except under emergency situations.

Drivers may not be behind the wheel for more than 8 hours, or work in any combination of other duties and driving in excess of 15 hours in any 24-hour period. This includes transporting students, driving empty vehicles, delivering re-supplies, and anytime an employee is driving any vehicle (personal or HMI owned) on HMI business. HMI encourages all drivers to rest when fatigued.

At no time should alcohol or drugs be consumed while operating a motor vehicle. If a person has consumed alcohol or drugs, they must wait a minimum of 8 hours before operating motor vehicles.

Drivers should not use cell phones while driving. If making or receiving a call is necessary, either a passenger should use the phone, or the driver should pull over to a safe stopping place.

HMI is not responsible for any traffic or parking tickets received while driving HMI vehicles or personal vehicles on HMI business.

Apprentices are not permitted to drive students in their personal vehicles.

Activities

Each week a few periods are set aside for activities. Apprentices design and facilitate an activity once a week. Some examples include; a frisbee game, art project, a cross country ski, knitting, yoga, community service, or sledding. Apprentices will be asked to submit their activity a week in advance.

On-Campus Log

Like other HMI forms or documentation, the campus log serves, in part, as an important legal document. In it, we record each day's events, visitors, medical concerns, student issues, and notes about campus facilities. Students do not know about the log. It is a space for objective information about each day's proceedings. During orientation, all new faculty and apprentices will receive a more thorough introduction to the log.

Apprentice Housing

Apprentices live in the West Building, completed in the spring of 2011. The second floor is community space with a small kitchen, a lounge, a mud room, and bathrooms. The third floor is comprised of two large communal rooms separated by a door. Each apprentice will have a twin bed, a dresser, and some shelving for personal use. All fire code regulations that pertain to student cabins are true in the apprentice housing as well. This is the apprentices' space to relax and enjoy one another's company; please bring, bedding, photos, trunks etc that make you feel at home. Unfortunately we do not allow apprentices to have pets during their stay at HMI.

Time Off

Throughout the semester, apprentices will have chunks of time in which they are not in class, leading activities, on duty, or otherwise involved in HMI programming. You are encouraged to leave campus during this time to explore Leadville, catch up with friends, take care of personal business, and spend some time alone. All apprentices need to guard their free time, there is always something going on at school. The apprentices, who have been the most successful, and the most content, have been able to balance their time on and off campus. The semester demands enormous amounts of energy; no one can work as well the last day of the semester as the first without taking time periodically to recharge.

Here are a few points to consider during your time off:

- ♦ "Time off" includes virtually anytime you are not involved in HMI programming. Examples include going into town for the evening, hiking, driving to the coffee shop, running, rock climbing, etc.
- ♦ You take full responsibility for what you choose to do and for your actions during your time off.
- ♦ Consider telling a friend where you are going and when you will be back.
- ♦ In many situations HMI staff will act in good faith to help you (acting as a friend and not as an employee of HMI). If you break down near town and need a ride, hurt yourself, get lost while hiking, or need other assistance feel free to attempt to call an HMI employee. However, in these situations HMI employees have no obligation to assist you.
- ♦ HMI land use permits, Risk Management Plan and other systems do not apply during your time off.
- ♦ In some situations you may use an HMI vehicle during your time off (you must get clearance from the Assistant Head of School). When using an HMI vehicle all HMI Vehicle Guidelines apply including emergency response systems. Once you have arrived at your destination, HMI is not responsible for the actions or activities conducted.
- ♦ You are representing HMI even in your time off. Leadville is a small town; if you are irresponsible either in town or in the backcountry and the police, search and rescue, or even local residents become involved, you are jeopardizing HMI's reputation.

Academic Life

Mentor—Apprentice Relationships

The relationship that apprentices develop with their faculty mentors can be a great source of learning and enjoyment, but they must be clearly crafted to meet the needs of both the apprentice and the faculty mentor. To take full advantage of your time working with a faculty member, be persistent in the pursuit of your goals; if you are not getting what you hope to get from your apprenticeship, address your mentor with that concern so that you leave HMI satisfied.

Before the students arrive at the start of the semester, the Dean of the Apprentice Program will arrange a meeting with your mentor. Be sure to share interests, strengths and weaknesses, fears and excitements, as well as your goals in the classroom, on campus, and in the field. Outline a progression of steps you will take to reach apprenticeship goals. You and your mentor should plan regular check-ins.

Typically, apprentices fill an "observer" role in the classroom for the first week. As the class progresses you move into a more active role in classes. It is up to the apprentice and mentor to design a progression that might build toward more curricular responsibility. If you have specific areas of interest and knowledge, try to fit those in the curriculum. Many apprentices have found it rewarding to lead entire classes, or small units on their own. It is critical that you assert yourself if you are dissatisfied with your role in the classroom. Usually, simple communication can dispel frustrations that might linger if they are not addressed.

Student Evaluation

Most students come from independent high schools with fairly well established reputations in the college admissions world.

The HMI faculty grants letter grades attached to percentages (90-93% = A-, etc.) Although grading rubrics vary from teacher to teacher, we avoid grade inflation. Average work earns C grades, better than average earns B grades, and excellent work earns A grades.

Student Contracts

If a certain student is struggling academically or in the community some other way, HMI employs independent learning contracts. Contracts are, in part, an alternative to suspension or some other consequence that might take students away from the semester. The advisor, other involved faculty, and the student sign them, the Assistant Head of School and/or the Dean of Students needs to read and approve them, and they are noted in the log, as well.

Campus Rules

HMI has developed nine major school rules, community, facility, and cabin expectations to help guide students' good behavior.

Major School Rules

The nine major rules for community living at HMI, the code of conduct, are the rules that, if broken, will most likely result in the rule-breaker's suspension or expulsion. The following are prohibited for HMI students:

- Plagiarizing, cheating or lying
- Stealing or borrowing without permission
- Destruction of property

Use or possession of alcohol or drugs
Harassment, bullying, hateful or negative speech of any kind
Unknown locations
Exclusive relationships
Sexual activity, specifically intercourse
Use or possession of tobacco products

Students see these nine rules in their application material, in the brochure, in their enrollment packet, and are reminded of them the first day on campus and numerous other times throughout the semester. Early in the semester, apprentices should remind the students in their cabins of all the rules and specifically that they can get sent home for being out of their cabins at night.

Community Expectations

We want each student to learn how to be a great participant in the HMI community. For this reason, in the first community meeting of the semester, we create a list Community Expectations to guide our behaviors throughout the semester. Part of the learning experience for the students is to help them understand how their behaviors impact the community. The list that we create will help guide student choices and represents what we, and they, hope people will choose to do at HMI. We use these principles as a way to frame a conversation with the student about changing their behavior. The goal is to help the student make a choice that will ultimately help create a better community overall. Though the list is ultimately student driven, we strive to incorporate the following principles in some capacity:

- Respect S, G, T, & E (self, group, tools, environment)
- Role model Integrity
- Apply the Leave No Trace principles to all that you do
- Participate fully
- Remember that HMI is a home and a workplace

Facility Expectations

In addition to the major school rules and community expectations, there are certain guidelines that all students at HMI are expected to follow:-

- No food in the Library (and only closed drink containers)-
- Ask a faculty member or apprentice for permission to use and help with HMI equipment (copier, projectors, etc)-
- Hooks in the foyer are for guests

Cabin Expectations

In addition to the major school rules, community expectations, and facility expectations, we tell students that we want each cabin group to develop their own cabin expectations in addition to these that are non-negotiable:-

- No food in the cabins-
- No computers in the cabins after check in
- One person per bed and beds must remain separate
- Follow the fire code

When students are not upholding any of the above expectations, the person who notices should guide the student(s) through a conversation about it. When the Major School Rules are in question, the faculty member, staff member or apprentice should bring it to the attention of the Dean of Students and/or the Assistant Head of School right away.

Wilderness Program

Apprentices can expect to participate in four wilderness expeditions throughout the semester.

Apprentice roles in the Wilderness Program and the responsibilities that Expedition Leaders (ELs) assign will vary widely based on each apprentice's previous experience.

Apprentices have a good deal of room to take on responsibility during wilderness expeditions. Depending on experience, apprentices may lead a small hiking groups on their own, teach classes, or lead academic curriculum in the field. Apprentices should be up front about their abilities, should express clearly their goals for expeditions, and should expect that the lessons they bring to expeditions are valued enormously by the faculty in charge.

Equipment Use

HMI has sufficient equipment to outfit our expeditions. We give priority for equipment rental to scholarship students, HMI students, and then apprentices are welcome to use equipment free of rental charges. If an apprentice needs equipment for an expedition or otherwise, he or she should check with the Director of Wilderness Programs and properly sign out the equipment. It is the apprentices' responsibility to return the equipment clean and in good working order. All damaged equipment is the apprentice's sole responsibility to repair or replace.

Risk Management

HMI places a strong emphasis on realistic management of risks. HMI has a Risk Management Plan, which is the authoritative document on this subject. Apprentices should familiarize themselves with this plan soon after arriving on campus.

Life in Leadville

When Colorado received statehood, Leadville was considered along with Denver as the possible site for the new state capitol. While Leadville's population of 7,000 is no longer keeping pace with growth on the Front Range, it is a fascinating, and changing town. Once home to a booming mining industry, the Climax mine stopped production in the late 1980's but has recently began extracting Molybdenum again boosting Leadville's economy slowly and still retains much of its old mining character. Additionally, in less than two hours, "culture" can be found in Vail, Denver, Boulder, Salida, or Summit County.

Banks

If you choose to open an account in Leadville, HMI exists because a small, independent local bank was willing to finance the school. Most HMI folk use People's Bank out of gratitude and habit. They also have darn good free cookies and popcorn in the lobby.

Bars

Sometimes referred to as Leadville's pastime, there are plenty of places to get a beer in town. HMI faculty favors the Silver Dollar Irish pub for its old time décor and shuffleboard. The Scarlet has pool tables, free ping-pong, karaoke, and cheap pints of decent beer, and Doc's has great whiskey drinks.

Coffee

City on a Hill is a popular spot for apprentices, faculty and students (on their town day). They have yummy baked goods, sandwiches, good coffee and a quaint atmosphere.

Food

For Mexican it has to be the Grill, plenty of cheese for those post-ski meals, and great margarita's. Manuelitas is lighter, authentic Mexican (great fish tacos). High Mountain Pies has big carryout pizzas. If you eat meat, Quincy's serves one dish, seven days a week –your choice, 6, 9, 12, or 15oz steak – a true experience for less than \$10. Tennessee Pass Café offers a fusion of food from all over the world.

Laundry

There is one laundry mat by the Safeway on 24. The day after expeditions, we bring students to the laundry-mat so they can wash their expedition clothes. During the rest of the semester, students have a specific day of the week that they use the three washing machines in the West Building. Apprentices use the washing machine in the main building at their leisure.

Movies

If you want to see a recently released film, head to Silverthorne (35min). HMI has a large collection of G, PG, and PG-13 movies you are welcome to use.

Play

You can go big and ski at Copper. You can go small and ski at Ski Cooper. You can nordic ski on the groomed trails at Colorado Mountain College, The Mineral Belt Trail, Turquoise Lake or the Mount Massive Golf Course (in HMI's back yard). There is an abundance of backcountry terrain in the area. You can run "the 6-mi loop" in front of HMI, and when the snow melts, any of the trails nearby. There is a Frisbee golf course on campus and at CMC. Altitudes, a gym in town, has weights and good cardio machines and sells memberships by the month. You can climb outside in Buena Vista or inside on the roped CMC wall or our bouldering wall. You can bike—either flavor—anywhere. Exploration is endless; look at a map or ask the faculty for their own favorites. Remember that your recreation, adventure and free-time pursuits are your responsibility and are undertaken at your own risk.

Visitors

Visitors are welcome, absolutely. Please inform the Dean of the Apprentice Program, FOD, the cook, and your fellow apprentices (if they will be overnights). Be sure to introduce your guests to everybody and in return introduce yourself to any visitor you see on campus. Longer-term guests should also expect to pitch-in the HMI way and follow our standards.

A warning: Life on campus is fast paced. We look to the apprentices for help everyday. If you need a few days off to hang out with a visiting friend, arrange it ahead of time. Switch days with other apprentices. Otherwise, we expect you to participate as fully as you would otherwise. Realize that this is a small community and every added member has an influence or effect. Please try to limit the number of visitors you have over a semester and carefully consider the effect that the length of their stay is going to have on your work performance and the community.

There is a small guest room with a bunk bed in the West Building that apprentices may reserve for their guests as long as it is not needed for HMI guests (faculty candidates, board members, alumni). Other options for lodging include:

Lodging

B & B's / Suites/ Resort

McGinnis Cottage, Bed and Breakfast: Charming B&B in the heart of Leadville.
719-486-3110 www.mcginniscottage.com

The Governor's Mansion, Guest Suites: A historic Victorian home, one half block off the main avenue. Just right for a small family. Complete kitchens. 719-486-1865.
www.governorsmansion.net

Grand West Village Resort: In the woods just 4 miles north of HMI and NW of downtown Leadville. Clean, modern, comfortable cabins with fireplaces (1 to 6 bedrooms).
800-691-3999 or 719-486-0702 www.grandwest.com

Hotel

Columbine Inn & Suites: A newer, two-story motel on the north edge of town and very clean. Breakfast comes with your room. 800-954-1110, 719-486-5650 www.columbineinn.com

Leadville Hostel: Recognized as one of the Top Ten hostels in North America, it is well located on the east side of town. Inexpensive private rooms with private bathrooms or dorms with shared bathrooms. 719-486-9334 www.leadvillehostel.com

Advice from Apprentices Past

The saying "you get out what you put in" certainly applies.

Avoid the Grin and Bear it technique – if you are having any problems or feeling overworked, talk to someone.

Ask questions.

If you have an idea for an activity or a project, JUST DO IT!

When you have time off, take it. Get off Campus. You will come back refreshed and everyone will love you all the more.

Get to know the students outside of class. That's why we are all here.

Ski or play Frisbee golf on the CMC trails/course.

Spend time in the kitchen – food brings communities together.

Use your resources and don't be afraid to ask for help.

Travel outside of Leadville. (Denver is only 2 hours away by car and many other amazing places are also nearby).

Climb Elbert, Massive, or Mount Sherman.

Get to know some locals.

Take time to laugh with the students – and at them.

Go to the Princeton hot springs.

Bike or ski around Turquoise Lake.

Climb on the HMI bouldering wall – you will never again live so close to a climbing wall.

Observe each teacher at least once.

Teaching is hard.

Bike or run trails outside Buena Vista.

Play shuffleboard at the Silver Dollar and sing karaoke at the Scarlet.

Go climbing around Independence Pass.

Don't plan on quitting coffee here.

Bring your "flare".

Learn from students.

Ski the Leadville Loppet.

Have theme days.

Take students to the pool.

Watch for concerts within a 60-mile radius.

Don't save any energy for the drive away from this place.