



University of Rochester

Orientation and New Student Programs



FIRST-YEAR ORIENTATION OUTING TREKS (FOOT)

TREK LEADER

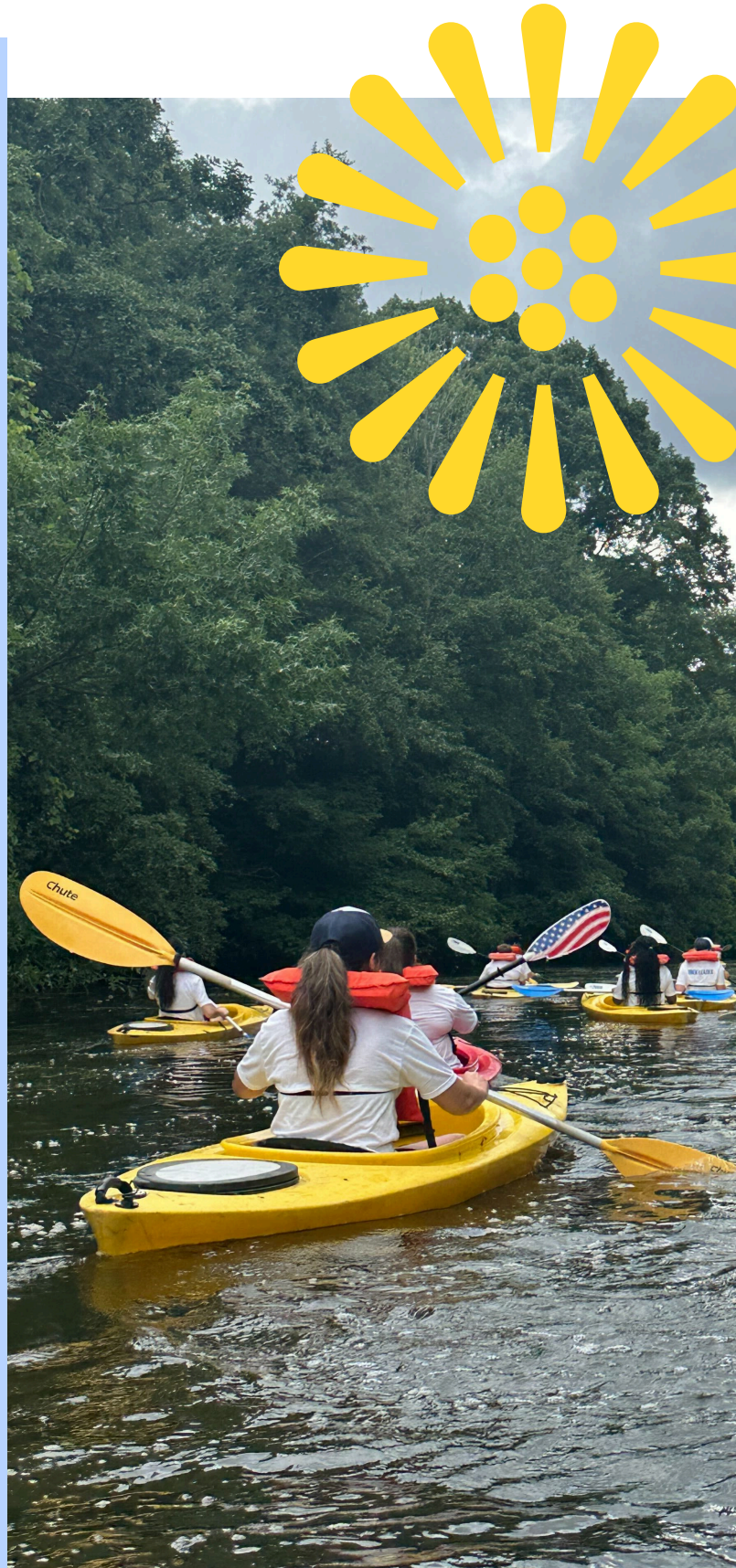
2026 POSITION DESCRIPTION

WHAT IS A TREK LEADER?

Trek Leaders play a vital role in welcoming new students to the University of Rochester through the **First-Year Orientation Outing Treks (FOOT) program**, a multi-day, pre-Welcome Week experience for incoming first-year students to build meaningful connections while exploring the natural beauty of Western New York. Trek Leaders serve as mentors, facilitators, and role models for a small group of these students (who we refer to as trekees) in various activities, including hiking, kayaking, indoor rock climbing, structured reflection, and community-building.

RESPONSIBILITIES

- Foster a welcoming, inclusive, and supportive environment that promotes belonging and connection among trekees
- Serve as a positive role model and mentor for trekees throughout the program
- Facilitate group discussions, reflection activities, and community-building games
- Lead and support trekees during outdoor activities, including hiking, kayaking, and rock climbing, while following all safety protocols
- Assist with trekee move-in, program logistics, and transitions between activities
- Monitor the physical and emotional wellbeing of trekees and respond appropriately to concerns
- Uphold University policies, risk management procedures, and emergency response protocols
- Communicate effectively with co-leaders, program staff, and University contacts using radios and other provided tools
- Support a smooth transition from the FOOT program into Fall Welcome Week and the broader University experience



APPLICANT QUALIFICATIONS

- Must be a currently enrolled first-year, sophomore, or junior undergraduate student at the University of Rochester in the Hajim School of Engineering & Applied Sciences, the School of Arts & Sciences, and/or the Simon School of Business
- Ability to commit fully to required training and program dates
- Strong communication, teamwork, and interpersonal skills
- Willingness to work outdoors in varying weather conditions
- Ability to support students from diverse backgrounds with empathy and respect
- Previous participation in FOOT as a trekee or Trek Leader preferred, but not required
- Experience in student leadership, orientation programs, mentoring, or outdoor recreation preferred, but not required
- Interest in leadership development, community engagement, or outdoor education preferred, but not required

No prior outdoor expertise is required—training and support are provided.



APPLY ONLINE
BY FRIDAY, MARCH 13

OFFICE CONTACT

Orientation and New Student Programs
585.275.4414
orientation@rochester.edu



TRAINING & COMMITMENTS

Trek Leader training includes sessions on leadership development, facilitation skills, emergency procedures, and activity-specific preparation, and will provide you Adult First Aid, CPR, and AED certification (if needed).

Dates pertaining to Trek Leader commitments are still being finalized. Applicants should be aware of the following tentative dates:

PRE-PROGRAM TRAINING SESSIONS

Late March/early April 2026
(exact dates to be announced)

CPR TRAINING

April 2026 *(exact date to be announced)*

MOVE-IN

Friday, August 21, 2026
Please note: This is the only move-in day for Trek Leaders. You cannot move in before or after this date.

FOOT PROGRAM

Saturday, August 22-Monday, August 24, 2026