

2020 Interim Experiences and Trips

Monday, March 9-Thursday, March 12, 2020

(NOTE: “Big Trips” will last longer than “Interim Week”)

Mission Statement of Interim: Interim is a week-long experience for our upper school students to serve in the community, explore the world, work in professional settings, or learn a craft. This week is experiential learning at its finest, as FRA faculty accompany our students in pursuing their passions and/or extending their learning out of the classroom.

NOTE: Interim is an integral part of the school year, and so attendance follows the same policy as the other days of the school year. Absences may only be excused for illness or family emergencies. Please do not make Spring Break plans before the end of Interim. Interim is a graduation requirement. To earn credit for Interim, students must complete the experience and fulfill the requirements.

“Big Trips” – International and Domestic (Will be longer than the 4-day timeframe)

Chicago STEM Trip

Cost: \$1265-2130 (depending on trip numbers)

Chaperones: Sonia Brady, Brent Berkompas

Purpose: Students will explore the city with STEM colored glasses, seeing everything from museums, to the Bean, to an architectural tour, all while taking into consideration the cultural landscape that has shaped the city. Cultural experiences will include highlights such as dumpling making and a Blue Man Group show. This trip will leave early Monday morning and return late Thursday night.

Hannibal’s Footsteps (Spain, France, Italy)

Cost: \$4415

Chaperones: Caitlin Maguire, Kris Climer

Purpose: Students will retrace the footsteps of one of the world’s greatest generals, Hannibal, who left his home in north Africa and set out on a mission to invade Rome by land. We will start our 11-day adventure in Barcelona, travel across the south of France, and cross the Alps into Italy where we’ll end in Rome. This trip will bring to life the history and culture of the ancient Romans and their neighbors. Students will better understand the interconnectedness and diversity of the ancient world as they experience changing terrain, climates, and languages, and will examine history not just from the perspective of the victors.

Marine Biology: A Scuba Experience (Cayman Islands)

Cost: \$2370 + airfare

Chaperones: Stephanie Feyes, Bill Whittemore

Purpose: Students will become scuba-certified and learn how to use professional underwater photography equipment in this all-inclusive hands-on marine biology learning experience in the Cayman Islands with the help of Professional Association of Diving Instructors (PADI). Trip highlights will include a visit to Cayman Turtle Center, swimming with southern stingrays at Stingray City, and multiple chances to scuba dive. The Cayman Turtle Center is the only

institution in the world that successfully breeds green sea turtles and releases captive-bred sea turtles into the wild.

Mission Trip (Jamaica)

Cost: \$2800-3000 (\$100 due with application)

Chaperones: Brandon Albright, Claire Wilkins

Purpose: Students will grow in their faith and see what God is doing in the world by partnering and serving with organizations and ministries across the world. In the context of this trip, to allow students to see what God is doing through American Caribbean Experience and in the lives of Jamaicans in the parish of St. Mary.

Photography Goes West (Arizona)

Cost: \$1400

Chaperones: Ross Bolen, Kelly Huddleston

Purpose: Students will explore the West and develop their craft in photography while embracing both human enterprise and the natural wonders of Arizona. Highlights will include the opportunity to photograph mountains, nature, zoo animals, sporting events, and the Grand Canyon.

Speaking in Spain

Cost: \$4210

Chaperones: Cecilia Moix, Bill Zepeda

Purpose: Students will explore Spain in a unique and exciting way, experiencing the culture with Senora Moix and Mr. Zepeda. The group will travel from Barcelona to Madrid, making stops in between, and visiting hotspots. The group will speak Spanish, try new foods and practices, and even try flamenco dancing.

Sports Business in Spring Training (Florida)

Cost: \$1100

Chaperones: Eric Adams, Leah Davis Glenn

Purpose: Students will be working directly with MLB teams, learning more about the world of sports business at Spring Training. Spending time in Orlando, Tampa Bay, and a few spots in between, students will experience the Grapefruit League and how teams use it to prepare for the regular season. Students will be spending time with a combination of the Astros, Nationals, Braves, Yankees or Phillies. The group will also be able to sneak in some beach time to relax!

Regional Trips (Will remain in the 4-day timeframe, but will stay away overnight)

Arts Trip from Nashville to Memphis

Cost: \$685-785

Chaperones: Bob Chandler, Brenda Jewell

Purpose: Students will have a deeper connection to the history of rock, country, and soul music at the completion of the Nashville to Memphis Music and Arts travel experience. With visits to the Musicians Hall of Fame, the National Civil Rights Museum, Sun Records, Stax Records Museum, Graceland, and the Grand Ole Opry House, students will make connections to classic music and how this music reflects our history.

Fly Fishing and Camping (Boys ONLY)

Cost: \$600-700

Chaperones: James Weeks, David Dawson, Zachary Virgin

Purpose: Students will explore the art of fly fishing in Middle and Eastern Tennessee. All levels of fishermen are welcome. This trip is only available to a limited number of male applicants due to the need for safety and guides. This experience will provide a great chance to enjoy the great outdoors, enjoy some fellowship, and learn fly fishing on some of Tennessee's great rivers.

FRAmily Vacation (Girls ONLY)

Cost: \$200

Chaperones: Natalie Scruggs, Kaylee Shackelford

Purpose: Students will be staying in a cabin within two hours of Nashville and will enjoy activities such as hiking, board games, movie nights, bonfires, s'mores, prayer time, Bible discussion, and much, much more! The FRAmily Vacation, a girls-only getaway, will offer students a chance to escape the day-to-day hustle-and-bustle in order to connect with each other and grow their faith.

Namaste in Asheville (Girls ONLY)

Cost: \$600-700

Chaperones: Allison Hammat, Lisa Zenner

Purpose: Students will (re)connect with one another, with themselves, and with nature in a fun, outdoor yoga + hiking + meditation experience. Students will experience the additional health benefits of outdoor yoga along with increased awareness and happiness.

Local Experiences (Within the 4-day timeframe and will return to FRA each day)

Cooking and Culinary Adventures

Cost: \$120

Chaperones: Meaghan Berry, Jenny Pitts

Purpose: Students will gain an understanding of several aspects of the local food economy through visits to several types of food producers, such as farms, restaurants, bakeries and farmer's markets. Additionally, they will learn about food insecurity and provide service to a local food security non-profit. The week will culminate with a cooking class and/or chef demo in which we make our own lunch.

Criminal Minds

Cost: \$75

Chaperones: Jeff Wisner, Jay Salato

Purpose: Students will explore the inner workings of a criminal trial, not only observing parts of a criminal trial at the Davidson County Courthouse, but also meeting with a prosecutor, defense attorney and a Criminal Court Judge. Furthermore, students will visit the Davidson County Jail, the Nashville Police Academy, the Nashville Crime Lab and a paint ball exercise at Royal Range. The goal is for each student to gain a new perspective of the Criminal Justice System and an appreciation for the challenges of law enforcement.

Driver's Ed (Brentwood Driver Training, at FRA)

Cost: \$450

Chaperones: Clifton Kaiser, TBD

Purpose: Students will expedite the process of getting a learner's permit and/or driver's license. Brentwood Driver Training (BDT) offers a convenient, affordable option for students of all ages to receive classroom training, driving simulation, and insurance benefits. BDT will also help schedule on-the-road driving and make sure students are prepared for driving tests.

HIKE TN

Cost: \$25 (plus lunch money each day)

Chaperones: Andrew Stacy, John Pierce

Purpose: Students will explore some of Middle Tennessee's finest hiking trails from the Highland Rim to the Cumberland Plateau and other regional destinations of note to gain a deeper appreciation of this area's geography. Daily, the hikers will discover unique characteristics of Middle Tennessee and experience locally-sourced meals. If a tree falls in the woods, this group will be the first ones to hear it. Bring your hiking shoes, appetites, and a good sense of humor.

Interior Design

Cost: \$300

Chaperones: Kelli Wisthoff, TBD

Purpose: Students will work with Nashville-based interior designer Hannah Crowell, founder of Crowell + Co. Interiors. They'll learn about Hannah's design process, discover the basics of interior design, identify their personal design style, and work on a hands-on design project.

Job Shadowing

Cost: FREE

Chaperones: Naomi Jaynes, Matt Bartha, TBD

Purpose: Students will shadow a professional in the local community. Students may choose to job shadow almost any profession, provided that the professional does not work at FRA and is not a family member. Students will fill out paperwork, and FRA faculty members will check in on each shadow placement throughout the week. This experience will start with a SAGE-sponsored breakfast at FRA for all participants with a welcome speech by a community professional.

Local Missions: Non-Profit World

Cost: FREE (Only money need is for daily lunches)

Chaperones: Josh Flegel, Jon Wilson

Purpose: This experience will expose students to the growing and diverse non-profit sector in Nashville. Students will learn about the economics of the non-profit world and the challenges non-profits face in a growing, competitive market. Students will also visit local non-profits and hear from successful social entrepreneurs. This experience will open students' eyes to the need and solutions happening here in Nashville and show students ways in which they can be part of a social solution. Daily service and volunteering will be incorporated at FRA partner agencies.

Local Missions: Refugees

Cost: \$75-100

Chaperones: Caroline Hinton, Kierstyn Freeman

Purpose: Students will serve people who have fled their own countries due to persecution. Hundreds of refugees are placed in Nashville without any family connections, job, fluency in

English, cultural understanding and more. This interim experience will allow students to hear the stories of these people in our own community, and care for them through the Nations Ministry Center for refugees.

Music: Songwriting and Recording in Nashville

Cost: \$150-200

Chaperones: Whitney Wiley, Aaron Howard

Purpose: Students will spend the week exploring songwriting, recording, and the Nashville music scene. We will meet and learn from successful musical artists, visit record companies, publishing companies, write songs, and lay down tracks in a recording studio. This experience will suit all levels of musical ability, as long as students are interested in the world of music!

Women's Self Defense (Girls ONLY)

Cost: \$250

Chaperones: Jodi Troutt, Rachel Slotterback

Purpose: Students will learn reality-based self-defense designed to empower women in a safe and comfortable environment. The goal is to foster a sense of community among female students while striving to give those students the knowledge to protect themselves. This experience will include de-escalation and prevention techniques along with Krav Maga and Grappling training.