

WINTERIM COURSES

Saturday, February 19 - Saturday, March 5, 2022

Winterim Philosophy

All Forman students and faculty participate in Winterim, the centerpiece of Forman School's commitment to experiential education. Winterim is an exploration of subjects and ideas not taught in a traditional classroom setting, allowing for examination of important issues and the pursuit of new endeavors. Because students with different learning styles tend to excel as innovators, entrepreneurs, creators and leaders, Winterim is designed to give students experience in and opportunity for applying skills that lay a foundation for their talents.

Winterim is more than a timely and educational break in the academic routine. It is an intentional program designed for students to discover and develop their individual interests and talents.

The prices quoted are estimates. Registrations usually determine final costs and parents will be notified of the actual cost when permission forms are signed, schedules are finalized and itineraries are produced.

Winterim Course Selection

Winterim classes are graded and earn a .5 credit that is reported on transcripts. Parents should take an active and early role in helping their children select a Winterim project that will be engaging and beneficial. Students make their Winterim selections during the Course Sign-Up Process in the spring with input from the Director of Studies and their family.

It is important for students to carefully consider their first and second choices, as they may not get their first choice. Students may not enroll in the same course twice during their time at Forman School. Changing a Winterim selection after deadline will result in parents being financially responsible for both choices. Winterim deposits are non-refundable.

Academic Credit

Winterim is a graduation requirement for each year that a student attends Forman. If a student does not earn credit for a Winterim course, he or she will be required to make up the missing requirement during the following summer. To make up this obligation, students must work with the School to find an appropriate summer course for credit.

Students must understand that all School rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim for both on- and off-campus Winterim projects. Any violations will result in disciplinary action and could also result in the loss of Winterim credit, which will need to be made up.

Absences

Given the short, intensive nature of the program, students are not permitted to miss class days. Any absences may result in the loss of Winterim credit and will require summer makeup. Legitimate illnesses and emergencies will be dealt with on an individual basis, but there may come a time when too much of the course has been missed. Early departure for vacation may result in automatic loss of credit.

Behavior Considerations

Students need to be in good standing to participate in a Winterim that involves more than three days of off-campus travel. At the time of their Winterim selection, or at the time of the Winterim in March, students must not have been on social probation during the past 6 months. Students wishing to appeal this consideration need the permission of both the Dean of Students and Director of Studies.

Travel Considerations

Any Winterim involving three or more days of off-campus requires a non-refundable deposit. Travel in the United States requires a deposit of \$1,000.00 upon receipt of invoice and commitment contract, and international travel requires a non-refundable deposit of \$1500. Failure to provide a deposit will result in the student being placed on a waitlist and the possibility of having to pick a different Winterim. Some Winterim trips may also require a visa or visas. It is the responsibility of the student and their family to obtain a valid passport and any necessary visas. The number of days listed as off-campus are approximate at this writing; as more details of the itinerary are secured, parents will be notified of a specific itinerary.

Health Advisory Considerations

Winterim courses involving travel have additional health and safety considerations that both students and parents need to be aware of when selecting a Winterim. Parents need to make the Health Center aware of any allergies, food restrictions, serious medical conditions, and medication requirements. As some Winterim trips are far from medical services, the Health Center may restrict travel for students with certain medical issues. Parents should follow the CDC guidelines regarding travel outside the United States and be aware of all requirements and recommendations for the countries their child will visit. Parents should consult with their physician and/or a travel clinic on these considerations. It is strongly recommended that students have an annual flu vaccine.

Financial Risk and Insurance

Once a student has enrolled in a Winterim, the School begins to make financial commitments based on the expectation of the student's participation in that course. For this reason, the family is responsible for the cost of the Winterim even if the student drops the course, regardless of the reason; if a student needs to enroll in another course, the family is also obligated to pay for the cost of the new course. Parents will receive a Winterim Commitment Contract, an Assumption of Risk waiver, a Medical Decision Authorization form, and more Winterim project details throughout the fall. We advise the purchase of travel insurance for courses that require air travel from Allianz Travel, or another travel insurance company of your choosing. If your student is enrolled in a travel trip, you will receive further information about Allianz Travel.

Winterim Class Times

The Winterim program runs Monday through Saturday for two weeks. Monday through Friday class times are from 9:00-3:00, and 9:00-11:45 on Saturday. Students are required to be present every day during the entire Winterim period and are graded for this course, earning a .5 credit that is reported on transcripts. Early departure for vacation may result in automatic loss of credit. Legitimate illnesses and emergencies will be addressed on an individual basis.

Students who are not in a traveling Winterim and are participating in an on-campus Winterim must attend their daily sports commitment.

There are several on-campus venues open during the evening hours for students from 6:30-9:30 pm. In-town shuttles and frequent trips to the movies, the mall, etc. will also be offered.

Important Points to Think About When Choosing a Winterim Course For Parents and Students

Parents should actively help their children choose the courses that are best for them and affordable.

Students should follow their own interests when choosing courses. Courses popular with their friends may not truly match their own interests.

Read course travel advisories carefully. They provide necessary information about health and skill requirements.

Select all Winterim course choices carefully, as you may be placed in any of them, not necessarily your first choice.

Once students are placed in a course, families become responsible for the course tuition, even if students later want to switch courses, or for discipline reasons, must change courses. Again, consider course choices carefully.

Students choose Winterim courses when they sign up for all of their next year's courses with the Director of Studies in the Spring.

Absences of any length may result in losing Winterim credit and will require summer make-up work. Legitimate illnesses and emergencies will be dealt with on an individual basis.

Winterim credit is a requirement for graduation. If a student does not earn credit for a Winterim course, he/she will be required to make up the missing requirement during the following summer, according to specific program guidelines, and approved by the School.

Winterim Internships or Passion Projects

Available only to Seniors and PG Students

Internship proposals, in lieu of a Winterim course, must be presented to the Director of Studies and the Head of School by November 1st, to make sure they meet specific guidelines. There is a separate program to follow if a student chooses a Winterim Internship.

A presentation at an assigned Morning Assembly is required in the spring. Communication between the internship contact and Director of Studies takes place to be sure a thorough evaluation is completed and sent to the School for the student to receive a Winterim credit.

Students should understand that all School rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim, (both on and off-campus). Violations will result in disciplinary action and could result in the loss of Winterim credit, or other disciplinary consequences.

ON-CAMPUS/DAY-TRIP WINTERIM COURSES

ART AND INSPIRATION ACROSS NEW ENGLAND

Estimated Cost Per Student: \$200-300

Total Days Off-Campus: 4-5 (Day Trips)

Locations Off-Campus: Boston and New York

Total # of Students: 10

This Winterim will focus on the process of artistic inspiration, asking: *What can we learn from other artists? and How can our own work be inspired by what others have created?* Based at Forman, we will take day trips to visit major museums and concert halls in Boston and New York. During and after each of these visits, students will be asked to consider what they learned and then to create their own art pieces in response to something they heard, saw, or experienced. These pieces could include poetry, fiction, analysis, painting, drawing, sculpture, and music. Students will also be encouraged to share with each other, further exploring the ways in which art varies tremendously between different artists while also inextricably connecting them. Students will be assessed on how thoughtfully they respond to the sources they encounter and the places they visit. At the end, we will create our own gallery and use that process as another opportunity to think about and reflect on our visits to world-famous museums.

ART GALORE 2022

Estimated Cost Per Student: \$500-600

Days Off-Campus: 5-8 days of off-campus workshops (Day Trips)

Off-Campus Locations: New Milford, Litchfield, Granby, New Haven; etc.

Number Of Students: 10

The nooks and crannies of the Connecticut Northwest Hills are home to an abundance of artists of many mediums. In this Winterim, students will learn about a variety of art and craft forms including glass blowing and stained glass, metal sculpting, printmaking, ceramics and painting. Artists will generally visit us on campus for one- or two-day workshops that will consist of a presentation by the artist, followed by a hands-on workshop so students can try the craft for themselves and create a finished piece to take away. Several workshops will be held off-campus at the artist's studio. The main focus of this Winterim is to explore many different mediums of craft and creativity. The activities that will be offered will be due to the availability of each craftsperson/artist at the time of Winterim. This Winterim will also include several on-campus mini-workshops that include collaging and creating a dreamcatcher. Students do not need to have experience in specific skills such as drawing. The student that enrolls in Art Galore should be interested in the history and exploration of the arts and crafts movement and be invested in the development of his/her own creative process. Each student will need to have an iPad or laptop.

ATYPICAL INVESTMENTS AND RESELLER MARKETS

Estimated Cost Per Student: \$100 or less

Total Days Off-Campus: 1-2 (Day Trips)

Locations Off-Campus: Local businesses

Total # of Students: 10

One of the outcomes from the current pandemic is that some people ended up saving additional money or began the process of investing for the first time.. This course will explore the many money-making opportunities that became popular during this time period. We will research and explore new markets like the Facebook marketplace, the Robinhood app, and cryptocurrency. Atypical investments are like typical stock investments that entail risk vs. reward, but often they involve even higher risk and reward, sometimes promising overnight riches. Additional areas that became popular were reselling markets. Many hit all-time highs on items previously considered common. They turned items that previously held more personal than monetary value into objects of desire and potential wealth. This Winterim course will seek to answer these questions: *What are alternative investments? Which are to be avoided? What will the next big thing be to invest in? What are the implications of investing post-pandemic?*

BAKE FOR GOOD

Estimated Cost Per Student: \$100 or less

Total Days Off-Campus: 5 (Day Trips)

Locations Off-Campus: Torrington, Winsted, and other local towns/cities

Total # of Students:10

Students will learn, bake and share. Students will learn how to make baked goods from scratch. Students practice their skills and use ingredients to bake. Students then share within the community and give part of their baked goods to those in need. (Students keep some to enjoy too!) Math + science + reading + baking = something delicious! Students will also have the opportunity to go out into different communities and volunteer.

Course Considerations:

Students will not be receiving community service hours for this Winterim.

CHARACTERS OF THE WIZARDING WORLD

Estimated Cost Per Student: \$50 or less

Total Days Off-Campus: 0

Locations Off-Campus: 0

Total # of Students: 15

The course will begin with workshops on how to create characters and analyze their various traits. The students will learn about characterization and how it is important to literature and films. Using various websites that include quizzes/surveys endorsed by the author, students will categorize themselves and utilize the information to pick a character. The students must choose a character who is a part of all eight “Harry Potter” films. Throughout the two weeks, students will watch and engage in activities that help them map the character’s development throughout the eight movies. Along with daily notes, students will produce a visual of their character’s development throughout the series. Students will also have the opportunity to create foods seen throughout the series, in order to engage them in the films and connect with the other students in the course.

Course Considerations:

Students should be prepared for extensive walking.

CHILDREN’S BOOK SERIES

Estimated Cost Per Student: \$50 or less

Total Days Off-Campus: 0

Locations Off-Campus: 0

Total # of Students: 7

Each student will create a children’s book that focuses on acceptance and understanding. This is an opportunity for students to teach children at a young age about the importance of kindness, acceptance, and inclusion. The topics can be (but are not limited to) the following: Learning Differences, Mental Health, LBGTQ+, Racial Equality, Self Esteem, Body Image, Healthy Eating, Social Issues, Bullying, and more. The goal is to create a variety of children’s books that we can make into a series for children to foster empathy, acceptance and to enjoy! Each book will be created using an online Book Creator app so matters of illustration and design will be professionally addressed. All students must have a reliable computer and be able to complete research independently and be able to work on the computer in order to create their book.

A CINEMATIC EXPERIENCE OF WORLD WAR II

Estimated Cost Per Student: \$250-500

Total Days Off-Campus: 2-4 (Day Trips)

Locations Off-Campus: NYC, New Haven, and other CT towns

Total # of Students:12

The students will view films about World War II and the post-war era in order to gain a deeper understanding of the conflict and its aftermath. The selected films (“Unbroken,” “The Tuskegee Airmen,” “Saving Private Ryan,” and other films) will depict the Allied view, the Axis view, and the experience of returning veterans. Classroom learning will be enhanced through visits to local museums so that students may gain an in-person understanding of what our soldiers went through during the war. Students will discuss the films screened in class as well as respond in writing to prompts that will be featured on the Winterim blog. The concluding assessment will be a presentation in which students will give a visual and oral presentation on the films watched and why they were impactful.

Course Considerations:

Students should be prepared for extensive walking.

COLLEGE TOURS OF THE NORTHEAST

This course is only available for juniors.

Estimated Cost Per Student: \$250-500

Total Days Off-Campus: Traveling to colleges in nearby locations, these will be day trips. No over nights.

Locations Off-Campus: CT, NY, MA

Total # of Students: 12

What type of college is the best “fit” for me? What type of college will give me the best education and jump-start on life? What are the different types of colleges? What if I choose the wrong college? What characteristics should I be looking for in a college? This Winterim will attempt to answer these questions and more for students. Students will develop a solid understanding and foundation of the many different options that are available to them at the collegiate level. By visiting a variety of different colleges the students will gain the knowledge necessary to make educated decisions regarding their post-secondary options. The goal of this Winterim is to help students see that having a college that fits their needs is far more important than having a college with a popular name. This Winterim is only available for **juniors**.

Course Considerations:

Students should be prepared for extensive walking.

CRYPTOGRAPHY AND CODEBREAKING

Estimated Cost Per Student: \$500 or less

Total Days Off-Campus: One Day Off-Campus

Locations Off-Campus: National Cryptologic Museum – Annapolis Junction, MD

Total # of Students: 8

Secret Messages. Codebreaking. Cryptography. Throughout history, people have been devoted to protecting secret information. In this Winterim, students will be introduced to various ciphers, the basics of number theory, and public key exchange systems. During the early part of the course, we will explore primitive ciphers, such as the scytale cipher, the Caesar cipher, the Playfair Cipher, and the ADFGX cipher, which were used from the time of Ancient Greece up to the First World War. More advanced ciphers, such as multiplicative ciphers, affine ciphers, and the Enigma machine, will also be investigated. Toward the midpoint of the course, an emphasis will be placed on Algebraic Number Theory, which is the backbone of Cryptography. Our final set of discussions and activities will focus on Public Key Cryptography, which is the mathematical model for the condition whereby two people are able to publicly exchange

important information to exchange a cipher's key. Students will participate in an Escape Room designed by the instructor. Students will also present on a topic relating to Cryptography, and participate in a Cryptographic Scavenger Hunt. We will conclude the Winterim by visiting the National Cryptologic Museum in Annapolis Junction, MD.

Course Considerations:

Students should be prepared for extensive walking.

CULINARY BOOT CAMP

Estimated Cost Per Student: \$100 or less
Total Days Off Campus: 1 day (Day Trip)
Locations Off Campus: New York City
Total # of Students: 10

How well do you work with others in the kitchen? What valuable life skills do you develop while cooking with other people? In this Winterim students will put their culinary skills to the test. We will begin by discussing the value of teamwork and then students will be broken up into two groups. Each group will design menus and create meals for breakfast, lunch, and dinner, with an emphasis on cleanliness, sanitation and safety using proper techniques. Students will also learn about nutrition, including calorie counting, portion size, and daily requirements. Students will learn frying, baking, sautéing, and preparing foods in various cooking methods. Sampling of prepared food is part of this course. Students will also be assessed on their menus, ability to collaborate with others, and their understanding of cooking techniques. At the end of the course students will prepare a final meal and presentation on the cooking process. Let's get cooking Forman!

EARLY CHILDHOOD EDUCATION

Expected Cost to Students/Parents: \$50 or less
Total Days Off Campus: 10 days (Day Trips)
Locations Off Campus: Head Start in Torrington, Litchfield Montessori School in Litchfield, Room-to-Grow in Litchfield, and Kids Play in Torrington, CT
Total # of Students:10

In Early Childhood Education, students learn about the developmental stages from birth to age five, concentrating on pre-school ages. They then apply that knowledge by volunteering at Head Start in Torrington for eight days as a teacher's assistant. Students will learn about the many techniques Head Start teachers use to establish a positive and caring learning environment for the children, and discover the values of being a teaching professional. Students will develop communication and teamwork skills over the course of the Winterim. These skills are essential

on three levels: in supporting pre-school children in the classroom, when assisting the needs of the primary care teachers, and working in collaboration with fellow classmates and Winterim advisors. Students need to anticipate issues that might arise when working with the pre-school children and know how to troubleshoot challenging situations. The teachers at Head Start and the Forman Winterim instructors will evaluate how effectively the students worked in the classroom.

Course Considerations:

Students must have the patience and desire to work with preschool children for three consecutive hours each morning. The course will be interesting to students looking to work with young children and to get a sense of parenting as well. Yearly flu vaccine is mandatory for all students, as well as DPT shot for this course.

FORMAN MAKES A *MINI*-MOVIE

Estimated Cost Per Student: Less than \$100

Total Days Off Campus: possibly 1 or 2 (Day Trips)

Locations Off Campus: Local

Total # of Students: 20

The younger sibling of Forman Makes A Movie, this Winterim course is for the student who wants to be part of a unique opportunity to create a short film from start to finish; screenplay, costumes, scenery, filming and editing. Forman Makes a *Mini*-Movie provides students with a series of filmmaking prompts to help develop their ability to think creatively and work under a weekly deadline. At the beginning of week one, the students will decide on their genre (silent film, music video, horror film, news broadcast, action film, romantic comedy). Week one will be spent developing characters and storyline, deciding on locations, and generating props and costume lists. Week two will be spent filming and editing to a finished product.

FASHION & EMPOWERMENT

Expected Cost to Students/Parents: \$100-200

Total Days Off Campus: 0

Locations Off Campus: 0

Total # of Students: 6 maximum

Fashion & Self-Empowerment is designed as a bridge between the craft of garment-making with the art of self-expression, to pave the way for powerful self-discovery through fashion expressions. This two-week program includes the study of European fashion history, an introduction to color response and textile characteristics, as well as basic hand stitches and machine sewing techniques. As part of our exploration of the interplay between fashion aesthetics and personal identity, students will conduct research on their designer of choice with a focus on the connections between the design elements and personal beliefs that contribute to the designer's authenticity and influences. Based on self-analysis and individual preferences, students will also work on a sewing project emblematic of an aspect of their self-identity, whether it being a repurposed piece of clothing, a textile accessory, or an item made from a commercial pattern. For the culminating event, students will wear their handcrafted products to our creative space of "Fashion Cafe" and share their personal statements about how their item of choice serves as a symbol of self-empowerment.

Course Considerations:

While skills in operating a sewing machine are not required, each student must bring their own sewing machine--unless their project of choice requires only hand-stitches. Sewing machine rentals may be available.

FORMAN MURAL PROJECT

Estimated Cost Per Student: \$50-100

Total Days Off Campus: 2 (Day Trips)

Locations Off Campus: New London and Hartford

Total # of Students: 10

Students will have the opportunity to be a part of a large-scale painting project that demonstrates Forman's creative values. Having a piece of public art that students have participated in making, encourages a shared experience and excitement about the arts. Students will be helping to develop this project through all of its stages - conception, design, creation and construction, and presentation. Participation in these aspects of the project also encourage a development of professional skills that are inherent in the working world today, and students will come out of their comfort zones to be a part of such an important cultural piece on campus. Included with the design of the mural, there will be two days of travel that introduces students to different murals and artwork throughout the state of Connecticut. Students will engage at each destination with cultural responses to the arts and allow them to connect these ideals with their assignment within their own community of Forman. Dedication to the craft is a must, and while this is a difficult

undertaking within a short time period, students will come away with an rewarding experience and product that will reach not only students and faculty, but the world beyond Forman.

Course Considerations:

Students will be on ladders, and utilizing tools such as paint rollers, possibly power drills, and other such artistic items. Students might be outside for long periods of time. Students should be prepared for extensive walking. Students must be engaged with the arts and must be prepared to participate in a large-scale project that will be physically and mentally taxing. Students must also be willing to work well with others.

INDUSTRIAL FURNITURE: A Combination of Wood and Steel

Estimated Cost Per Student: \$400-500

Total Days Off Campus: 0

Total # of Students: 9

Students in this course will create functional furniture using a combination of metal and wood. Students will learn the basics of welding, plasma cutting (cutting metal), grinding, basic woodworking skills, and design. This Winterim will take place on campus in the Ingenuity Lab. Students will visit local lumber and steel yards to handpick their own supplies. They will gain knowledge and experience with welding and metal design. Each student will handcraft a piece of functional furniture such as an end table, nightstand, coffee table, or chair, using a combination of steel and hardwoods.

Course Considerations:

Students must follow directions using power tools and safety requirements.

FITNESS AND FOOD: Live Your Best Life

Estimated Cost Per Student: \$50-100

Total Days Off Campus: 10-12 (Day Trips)

Locations Off Campus: Local Area

Total # of Students: 10

Do you aspire to exercise and eat right but you don't know where to start? Whether the goal is to have more energy, become an elite athlete, manage weight, or reduce stress, students will discover optimal exercise and nutrition regimens to improve their individual wellness.

During the first week, students will brainstorm, research, and collaborate to learn about their specific physiological needs. During the second week, students will take action by experimenting with different workouts and creating new easy recipes that meet their nutritional needs. The culminating project will be a comprehensive SMART (measurable specific, measurable, attainable, relevant, and time bound) goal that identifies action items, potential barriers to success, and a support network.

Course Considerations: Students should be prepared for intensive exercise routines.

MONUMENTS AND MEMORY

Estimated Cost Per Student: \$200-300

Total Days Off Campus: 8-10 (Day Trips)

Locations Off Campus: Litchfield Green, The Lourdes Shrine, Mt Tom, other local 'monument' sites

Total # of Students: 10

Who or what is deserving of a monument? Who decides on the design and location of a monument? What defines a monument versus a shrine or statue? Over the course of two weeks, after learning about the history of famous monuments, visiting local sites, and examining failed designs for proposed monuments, students will create their own monument proposal. Students will need to select a person or event to commemorate, create a design, suggest a location, and justify the need or benefit for having the monument in their selected community.

Course Considerations:

Students should be prepared for extensive walking.

SPORTS ANALYTICS

Estimated Cost Per Student: \$300-400

Total Days Off Campus: 8-10 (Day Trips)

Locations Off Campus: Massachusetts, Connecticut, New York

Total # of Students: 10

This course will teach students how to evaluate athletes and teams from various popular sports (American football, baseball, basketball, hockey, etc.) from a quantitative perspective. The students will learn a few sport-specific key metrics that help us understand the productivity of a player. We will then identify additional factors that can help us predict future performance such as age, contract year, and surrounding players. Students will also learn how to record and monitor statistics through attending high level sporting events like Division 1 college basketball games and visiting various Hall of Fames (Baseball, Basketball, and Volleyball). During our Hall of Fame visits, we will also closely explore how numbers shape our understanding of how “greatness” is identified in each sport. These various will smoothly transition into the students’ projects for the J-Term Fair. Each student will analyze performance of a player of interest that they researched either in the Hall of Fames or online using statistics that we learned and practiced during the course.

Course Considerations:

Each student will need an iPad or laptop. Highly recommended for students to have an intellectual curiosity for learning about various sports. No background knowledge needed.

UKULELE, LET’S PLAY

Estimated Cost Per Student: \$300-400

Total Days Off-Campus: 3 (Day Trips)

Locations Off-Campus: day trips to Sheffield, MA & Northfield, CT

Total # of Students: 10

Students with an interest in learning how to play the ukulele or deepen their current knowledge will be immersed in the instrument for two weeks during Ukulele, Let’s Play. They will learn the parts of the instrument and basic skills for getting started playing songs, if they are beginners. More advanced students will progress from their current level. Students will research the history of the instrument and become familiar with famous ukulele musicians. There will be time for independent study, practice and collaboration with each other. Players will have guided lessons both online and in person with visiting artists. We will take a couple of day trips off campus to visit the Magic Fluke, an instrument design & building studio, in Sheffield, MA, as well as On Deck Studios, a local recording studio in Northfield, CT, where students will experience music production as they record themselves playing the ukulele songs they have mastered. Students will need to own a ukulele or purchase one that arrives before we begin. A limited number of ukuleles are available to borrow through the Forman music department.

Course Considerations:

Students must have a genuine interest in learning the ukulele and be willing to practice every day independently. Some of their learning will be self-directed, so interest and motivation is very important.

WILDERNESS FIRST RESPONDER COURSE

Estimated Cost Per Student: \$500-750

Total Days Off Campus: 0

Total Max # of Students: 12

Students must be 16 yrs. or older

Since 1975, SOLO (Stonehearth Open Learning Opportunities) has taught wilderness/extended care emergency medical courses, from basic to very advanced. SOLO's Wilderness First Responder (WFR) course is the recognized industry standard for wilderness medical training for those who work as backcountry trip leaders, camp counselors, mountain guides, river guides, and ski patrollers. The WFR course is the perfect certification for anyone working in a position of leadership in an outdoor setting or for individuals who want a high level of wilderness medical training for extended personal backcountry trips or expeditions. The WFR is 72+ hours long (8 to 10 days), and is a comprehensive and in-depth look at the standards and skills of dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. A SOLO instructor will come to Forman's campus to teach the course. There will be both classroom work and hands-on practical exercises that will take place both in the classroom and throughout the Forman School property. Students must be at least 16 years of age to obtain the Wilderness First Responder certification at the end of the course. More information about the course can be found at <https://soloschools.com>.

Course Considerations:

Students must be 16 yrs. or older Students should be prepared for extensive walking. Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

TRAVEL WINTERIM COURSES

Price estimates for travel Winterim courses have been especially hard to predict this year due to Covid-19. The travel industry was significantly impacted by the pandemic and even the most savvy travel professionals are finding it difficult to predict costs and pricing. We have made every effort to develop estimates that are accurate. We will make every effort to secure better pricing when we finalize the travel portions of the Winterim, but be aware that costs may also be higher than our estimates.

AMERICA'S FIRST CUISINE: THE CAROLINA RICE KITCHEN

Estimated Cost Per Student:: \$5000-6,000

Total Days Off Campus: 14

Locations Off Campus: Charleston, S.C. & Savannah Georgia

Total # of Students: 10

We will start off our adventures in Charleston, S.C. then make our way down to Savannah, Georgia. These two cities will give us an opportunity to step back into time and allow us to experience how America's first cuisine was created, "The Carolina Rice Kitchen". While on our journey we will be able to go deep into the story of the importance of African slaves, the true patriarchs of what we consider "Southern / Low Country Cuisine" and how they brought with them their seeds, farming and cooking techniques. While in Charleston we will be able to learn from and dine in Gullah - Geechee restaurants and also visit many other plantations and farms to get a true experience of what life was like back then. We will also visit with Glenn Roberts and the rest of the team at Anson Mills to learn more about how they were the first to save and repatriate the original grains - "Carolina Gold Rice" - back into farming production in South Carolina and Savannah. We will see how businesses like Anson Mills and restaurants in Charleston and Savannah are not just bringing back the old heirloom seed varieties and dishes but how they are working with regenerative agricultural farms evolving them for future generations for a healthier and more delicious planet.

Course Considerations:

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

All medical conditions must be disclosed, confirmed with the Student Health Center and reviewed by the trip leader in order to maintain safety for all individuals. If a student is determined to have a complex medical condition that potentially requires management above the scope of practice of the course leader, that individual may be excluded from the trip.

Any student who does not meet the CDC guidelines for travel, at the time of travel, to a specific region or country may not be allowed to go on the trip. Students with chronic and/or complex medical conditions that require immediate access to medical care should a problem arise are excluded from this trip.

THE AMERICAN WEST: WHOSE LAND?

Estimated Cost Per Student: \$4000-5000

Total Days Off Campus: 10 nights

Locations Off Campus: Utah, Arizona

Total # of Students: 10

In this 10 day off-campus experience, students will learn about those who once inhabited or still occupy popular preserved lands in the American West. The trip will expose students to some of the most prized national parks in the United States including Arches, Canyonlands, and Zion. The American National Parks System is a successful example of a more democratic use of land with an emphasis on public access and accompanying Native American education initiatives. While exploring the beauty of the vast desert landscape we discuss the driving question of *how does the meaning of place change through time?* We will gain an understanding of who lived in these lands before they were identified as national parks. We will learn from national park guides and museum guides about the history of the national parks both from a geological and human history point of view.

We will utilize journals for on-site reflection in an effort to make connections between national park informational sites, museums and the landscape of the parks. Nightly discussions will add to the daily observations. The project for the course will address the place of the national park in American life. Students will create a documentary that features live footage from parks alongside recorded anecdotes to capture their broadened awareness of the importance of parks and native peoples in the American West.

Course Considerations:

Students will need a smartphone capable of capturing film footage. Each student will need an iPad or laptop. Students should be ready to participate in easy to moderate level hikes. Students should be prepared for extensive walking.

In an effort to ensure a rewarding learning experience at field sites, students should be enthusiastic about outdoor exploration. There is inherent risk in visiting national parks with

canyons and ridges.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

All medical conditions must be disclosed, confirmed with the Student Health Center and reviewed by the trip leader in order to maintain safety for all individuals. If a student is determined to have a complex medical condition that potentially requires management above the scope of practice of the course leader, that individual may be excluded from the trip.

FLORIDA KEYS: ECOLOGY AND HISTORY

Estimated Cost Per Student: \$2500- 3500

Total Days Off Campus: 5 days

Locations Off Campus: Newfound Harbor Marine Institute at Seacamp, Big Pine Key, FL

Total # of Students: 10

One of the largest marine sanctuaries is located in the Florida Keys. In this Winterim, students will learn the history of Henry Flagler's Railroad and his true vision: an overseas railroad connecting the continental United States to the Dry Tortugas. It was through this vision that the Florida Keys developed into one of the best vacation spots, with world-class fly fishing and bonefishing, but at what cost to the environment? Students will learn about the various ecosystems, and the geology and natural history of the Florida Keys. Students will choose which ecosystem they want to study and they will become experts in that particular area of study. Students will not only learn about their ecosystem, including the flora and fauna, but the students must demonstrate how humans are impacting that environment. What is meant by the phrase "We are loving our ecosystems to death"?

Once the research process is completed, students will then prepare to create a video clip showcasing their topic of choice. Students will learn how to write a script, and complete a storyboard in order to plan their movie. Once they have completed the work, we will travel to Seacamp, Newfound Harbor Marine Institute, on Big Pine Key, FL to learn more about the different ecosystems and shoot their video as the students become the naturalist; teaching their audience about their topic. Once back in Connecticut, students will take the raw footage and create a three-minute documentary. Their clip will be put together with all of the other clips to

create a 30-minute movie, to be showcased during a morning meeting.

Course Considerations:

Swimming, snorkeling, kayaking, and other vigorous exercises will be an integral part of this Winterim. Students should have strong swimming skills.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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FLY FISHING THE TENNESSEE VALLEY: MATCH THE HATCH

Estimated Cost Per Student: \$3500-4500

Total Days Off Campus: 8

Locations Off Campus: South Holston River Lodge, Tennessee

Total # of Students: 8

Students will learn the life cycle of trout, gain an understanding of how stocking works and benefits the stream ecosystem and cold-water conservation, gain a better understanding of Sportsman etiquette, learn fly-fishing techniques and implement their knowledge of the trout lifecycle to choose flies that are effective for catching trout by “matching the hatch”.

We will begin our Winterim with a trip to the Burlington Trout Hatchery in Connecticut. Classroom sessions will cover trout ecosystems, gear set-up and basic fly-fishing techniques. Casting sessions will be arranged to hone our skills before heading to the Orvis-endorsed South Holston River Lodge in Bristol, TN to put our knowledge of trout and fly-fishing to work. Several days will be spent fishing the South Holston and Watauga Rivers, wading to find pools and runs or in drift boats with local guides in search of Rainbow and Brown Trout. Upon return, students will create researched-based presentations in the form of website design, public service

announcements, or brochures to educate the public.

Course Considerations:

Must be outdoors several hours of the day, in good physical condition.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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GREAT AMERICAN MUSIC TOUR-NASHVILLE, MEMPHIS, AND CLARKSDALE

Estimated Cost Per Student: \$3500-4500

Total Days Off Campus: 10

Locations Off Campus: Nashville, Memphis TN and Clarksdale, MS

Total Max # of Students: 10

This Winterim is highly recommended for serious musicians and those interested in taking a deeper look at American history through music. The trip's focus will be a cultural study of music in America and the exploration of cities that have had a major impact on popular music in the US and abroad. Students will explore the significance of Blues on contemporary music, both in concept and musical theory (scale usage, tone, call and response, etc). The overnight visit to Clarksdale, Mississippi will feature stops at the Blues Museum, and the location mentioned in Robert Johnson's most famous song, "Crossroads."

The majority of the class will focus on music beyond the Blues, such as early Rock n' Roll. Students will visit important sites in that music's history in Memphis, including Sun Studios, where Elvis cut his first demo, and the Stax Museum, the home of Memphis Soul. A visit to the Civil Rights Museum will inspire students to think more deeply about the movements of the

1960's and how music played a role. The Gibson guitar factory tour will give insight to the significance of an instrument in contemporary music history.

The focus in Nashville will be not only be country music history, but also songwriting. While the city is known for its legendary studios, many of which the students will visit, it is also home to a thriving songwriting scene and features some of the greatest music collaborators in the world. The city features many in-depth museums to get to know artists more deeply (Johnny Cash and Patsy Cline to name a few) and see some historic venues. Students will also have the opportunity to take part in a Nashville songwriting session, no matter their previous experience.

Course Considerations:

Students should be prepared for extensive walking.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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NEW MEXICO - LAND OF ENCHANTMENT

Estimated Cost Per Student: \$3500-4500

Total Days Off Campus: 10

Locations Off Campus: Santa Fe, Taos, and Albuquerque, NM.

Total # of Students: 10

Students will learn the history and culture of Northern New Mexico as they explore the Native American pueblos, visit historic monuments, and delve into varied communities and traditions. In this geographical region, adobe pueblos built by ancestral peoples still stand, elegant Spanish colonial plazas serve as meeting places as they have for four centuries and beautiful museums display the work of artist-pilgrims who gathered here to find inspiration in the land. Students will examine Albuquerque, Santa Fe, and Taos through the eyes of those who have called them home and discover not only what they share, but also what sets each apart. Particular emphasis will be

placed on Pueblo culture and history. Through professionally guided tours as well as visits to cultural heritage locations led by, we will delve into the following questions: *What can we learn about ourselves by exploring the culture and traditions of those that came before us? How does culture change and evolve over time while retaining its fundamental values? What can archaeology teach us about past cultures and ways of life?*

Students will analyze relationships between humans and their environment by examining natural resource use, human migration patterns, and cultural change within Northern New Mexico. Additionally, they will make comparisons between their own lives and those of the Pueblo people by studying the impact of human migration on the environment. Ultimately, they will explore how the ways of life in Northern New Mexico today still hold true to the values and beliefs of the past.

Course Considerations:

Due to the many forms of transportation (airplane, lengthy bus rides, train) students with motion sickness should make leaders aware of any potential problems. Students must be able and willing to participate in significant amounts of walking/sightseeing in rugged terrain and varied weather conditions. A significant time will be spent outdoors.

Each student will need to have an i-pad and/or laptop and digital camera if possible. Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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I AM NEW ZEALAND

Estimated Cost Per Student: \$5500-6500

Total Days Off Campus: 14-17

Locations Off Campus: New Zealand

Total # of Students: 10

Nikon recently sponsored a competition asking professional and amateur photographers what their vision of New Zealand was. A vast number of photographers submitted images. They ranged from shots of inner city streets to starry night skies over impressive mountain ranges and traffic jams caused by sheep. Each image was clearly a personal statement, but collectively they presented a rich and varied experience of New Zealand.

The goal of this Winterim is to replicate that experience. Students will travel to New Zealand, traveling the countryside while learning the fundamentals of landscape and nature photography. Students who have never picked up a camera before to advanced photographers are welcome to join this winterim. Skill instruction will be tailored to the experience and skills of each student.

Due to the pandemic, it may be impossible to travel to New Zealand for logistical or financial reasons. In that event, this Winterim may relocate to another country to complete the course.

Students will need a 35mm digital camera that can be set on manual mode. Rentals can be arranged. Students will learn about the technical aspects of making photographs, including such things aperture, shutter speed, ISO, lenses, and the use of lightroom for editing photographs. Students will also learn about the ideas of composition, color theory, framing and the specific qualities of landscape and nature photography.

Course Considerations:

Students will need a 35mm digital camera that can be set on manual mode plus a laptop or iPad for digital editing. Rentals can be arranged. Students should be prepared for extensive walking. Due to the long travel distance to New Zealand this course will cut into the first days of Spring Break.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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scope of practice of the course leader, that individual may be excluded from the trip. Any student who does not meet the CDC guidelines for travel, at the time of travel, to a specific region or country may not be allowed to go on the trip.

THE SCOTTISH LANDSCAPE

Estimated Cost Per Student: \$5000-6000

Total Days Off Campus: 12-13

Locations Off Campus: Scotland (Edinburgh, western coast, Highlands, eastern coast)

Total # of Students: 10

Scotland is a nation of impressive landscapes and vast, wild beauty. It is also culturally rich, has a fantastic culinary scene and a strong history of independent thinkers. The goal of this course is to engage students in two courses of study; one, an in-depth look at the rugged beauty of Scotland, and two, tracking either the history of independence or the emergence of Scotland's food scene (students choose one or the other based on their personal interest).

Locations to visit include Edinburgh, Oban and the western coast, Glencoe and Ballachulish, the Isle of Skye, Inverness and the Highlands, and St. Andrews and the Kingdom of Fife on the eastern coast. Guides would be hired to lead tours, but we would also hire a professional photography guide for the Highlands/Isle of Skye.

By the end of this two-week course, students will understand:

-understand scale and photo composition in landscape photography

-understand lighting in landscape photography

-understand depth of field in landscape photography

-understand key events in Scottish history regarding their independence from England

-understand important aspects of Scottish cuisine, such as sourcing and sustainability

The final project will be a photo blog with short paragraph captions; grade will be based on photos taken, captions, guest blog post, overall engagement and participation.

Course Considerations

Students will need to have a 35mm digital camera and a laptop computer. A significant amount of walking (both city and country) Some walks or hikes at dawn/dusk, so a headlamp is required

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center.

Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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Any student who does not meet the CDC guidelines for travel, at the time of travel, to a specific region or country may not be allowed to go on the trip.

A JOURNEY TO VANCOUVER: A GREENER FUTURE

Estimated Cost Per Student: \$4000-5000

Total Days Off Campus: 11 days

Locations Off Campus: Vancouver, British Columbia

Total # of Students: 12

Vancouver, British Columbia, is situated just 51 miles north of the Canada-US border and boasts the lowest per capita greenhouse gas emissions of any major city in North America. Thanks in part to its commitment to hydroelectric power, the city of Vancouver runs on 90% renewable energy and has a goal of becoming the “greenest city in the world.” To achieve this goal, the city of Vancouver has invested in infrastructure for safe cycling and walking, has worked to expand its reliable mass transportation network, and has put together a “Greenest City Action Plan” which includes recommendations for green buildings, carbon pricing, and renewable energy.

Students in this course will be exploring the city of Vancouver through the lens of sustainability. We will be utilizing the city’s many public transportation options and exploring on foot, when weather allows. On the itinerary: Prince of Whales Whale Watching, Whistler and Sea to Sky Gondola Tour, Science World Museum, Grouse Mountain sustainability in motion, Botanical Garden, Lynn Ecology Centre, Beaty Biodiversity Museum & Pacific Museum of Earth, a Vancouver-Canucks hockey game.

Upon our return to campus, each student will work to further explore one aspect of Vancouver’s commitment to sustainability and will present those findings to the school in hopes of making our own campus more sustainable for generations to come.

Course Considerations:

Students should be physically able to walk and/or bike reasonable distances

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

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HIKING NEW ENGLAND PEAK TO COAST

Estimated Cost Per Student: \$750-1500

Total Days Off-Campus: 8-10 (A mix of day and overnight trips)

Locations Off-Campus: New England

Total # of Students: 10

This two-week winterim offering will expose students to stunning New England scenery and encourage deep reflection about their place in the natural world. The term opens with an orientation to the practice of hiking—generally and in New England—and a review of those who pioneered outdoor exploration. Couched in the humanities, students will read and write about their engagement with nature and important literature associated with field sites. From early Puritan writers to contemporary conservationist authors such as Anne Bradstreet and Bill McKibben, respectively, students will learn to invoke an ecocritical lens when thinking about the experience of hiking. Some readings, such as excerpts from Henry David Thoreau’s *Walden*, will be accompanied by hikes in the respective site (e.g., Walden Pond in Concord, MA). In an effort to squeeze as much out of the site visits, we will also visit museums and look for depictions of the natural world in art. Students will utilize Moleskine Journals to reflect on-site and in response to structured afternoon or evening writing periods. The arc of the winterim will emphasize our place in time and space, hence the multidisciplinary humanities-recreation approach. Students will produce 3-5 minute podcasts or video-based blogs (“vlogs”) daily. Structured discussions

will open and close each day. The podcasts or vlogs will finally be stitched and produced to showcase students two-week engagement with the following question: *How does hiking add depth to the experience of a place?*

Course Considerations:

Students should be prepared for extensive hiking

Weather in New England at this time of year can vary dramatically and students should be prepared for a range of outdoor conditions

Overnight accommodations may be in cabins, rustic lodges, and/or hotels depending upon the location

FORMAN RAINFOREST PROJECT 2022

Tropical Ecology Seminar Class Students Only

Estimated Cost Per Student: \$2500-3500

Total Days Off Campus: 12 days

Locations Off Campus: Costa Rica

Total # of Students: Determined by course enrollment

Students enrolled in this class will go to the Costa Rican Rainforest during Winterim time period. The Forman School Rainforest Project is a program dedicated to rainforest education through scientific research with young adults from Forman school. The philosophy of our program is contributing to science as well as needed information on endangered species. The Rainforest Project started in 1992 as an exploration to the tropics. Since its inception, there have been great strides to gather pertinent information in a professional way for universities and conservation organizations.

Students in our program are chosen based on their problem-solving capabilities, community awareness and dedication to the planet's health. They participate in a seven month Tropical Ecology Seminar class before leaving on the expedition to Costa Rica. Goals of the Rainforest Project include teaching students confidence and global awareness, developing field research skills, finding new information on endangered species, finding alternative wage-making enterprises for cattle ranchers who care about rainforest land, and implementing strategies (such as legal agreements) to protect people and resources in Central America from exploitation.

All reserves have hosted the Forman Rainforest Project before and 3 stays in different elevations will feature different species, especially migrant birds who travel to Northeast United States. We will spend: 4 days in Tirimbina Reserve (lowland Sarapiquí region, sea level; has WiFi and cellular connection. Road accessibility at reserve). 6 days in SelvaTica (upland Sarapiquí region,

2000' above sea level; has spotty cellular connection but a definite satellite connection). 4 days in Cuerrici Reserve (Talamanca Mtns, 9,000' above seal level; satellite connection).

Course Considerations:

Students should be prepared for extensive walking and hiking.

Yearly Flu Vaccine is mandatory. Covid-19 Vaccine is mandatory. Tetanus immunization must be up to date.

Food allergies must be made known and understood. We need to know exactly how the allergy presents itself. We also need to know exactly what foods the student is allergic to. If the student has used an EpiPen the details of those incidents must be shared with the Student Health Center. Students with serious food allergies that result in anaphylaxis requiring an EpiPen cannot be accommodated on this trip.

All medical conditions must be disclosed, confirmed with the Student Health Center and reviewed by the trip leader in order to maintain safety for all individuals. If a student is determined to have a complex medical condition that potentially requires management above the scope of practice of the course leader, that individual may be excluded from the trip.

Students with chronic and/or complex medical conditions that require immediate access to medical care should a problem arise are excluded from this trip.

Any student who does not meet the CDC guidelines for travel, at the time of travel, to a specific region or country may not be allowed to go on the trip.