



PREP MARIANAPOLIS

LEAP WEEK

2023

Acadia National Park Adventure

PERSONAL CHALLENGE | FIELD STUDY



Discover Acadia National Park in Maine on this 4 day, 3 night adventure. Acadia National Park protects 50,000 acres of coastline and wilderness in Maine, and its inhabitants. Acadia is home to peregrine falcons, loons, 29 species of fresh water fish, American toads, snapping turtles, moose, red foxes, minks, beavers, and many more! Its stunning variety of ecosystems include woodlands, mountains, rocky shorelines, and wetlands. Students will hike Gorham Mountain, relax at Sand Beach, hike to the summit of Cadillac Mountain, enjoy a harbor cruise while learning about lobster ecology (followed by a lobster dinner!), mountain bike, go sea kayaking, and finally hike out to the historic Bass Harbor Lighthouse.

[Sample Itinerary](#)

Cost: \$1,594

Washington, D.C. Adventure

FIELD STUDY



Explore our nation's capital on this 4 day, 3 night adventure to Washington, DC. Students will visit important landmarks honoring the politicians, activists, servicemen and women who made a difference in this country's history. Students will see the Lincoln Memorial, Vietnam Veterans Memorial, Korean War Veterans Memorial, Jefferson Memorial, FDR Memorial, and MLK, Jr. Memorial at night. During the days, they'll tour the Washington Monument, Arlington National Cemetery, Mount Vernon, and the US Capitol Building. Students will get to choose an area of interest to focus their exploration on: STEM - Air & Space Museum, Museum of Natural History, Building Museum, or an architectural design walking tour; Social Justice - Museum of African American History & Culture, Museum of the American Indian, or the Holocaust Memorial Museum; Civics in Action - Museum of American History, Supreme Court, National Archives, and maybe even meet with your local representative!

[Sample Itinerary](#)

Cost: \$1,193

Cape Cod Adventure

FIELD STUDY



With over 500 miles of coastline and teeming with history, Cape Cod has a lot to discover on this 3 day, 2 night trip! Students will learn about early settlers at the Plimouth Pautuzet Museum, visit the Whydah Pirate Museum, go biking on the Cape Cod Rail Trail, explore the Cape Cod National Seashore, go offroading on the dunes at sunset, cruise the Vineyard Sound, and meet with marine biologists and researchers at the Woods Hole Oceanographic Institute. All this activity is paired with down time to stroll and shop the towns of Hyannis and Provincetown.

[Sample Itinerary](#)

Cost: \$1,516

Whitewater Rafting and Maine Moose Watching

PERSONAL CHALLENGE | SPECIALIZED SKILL

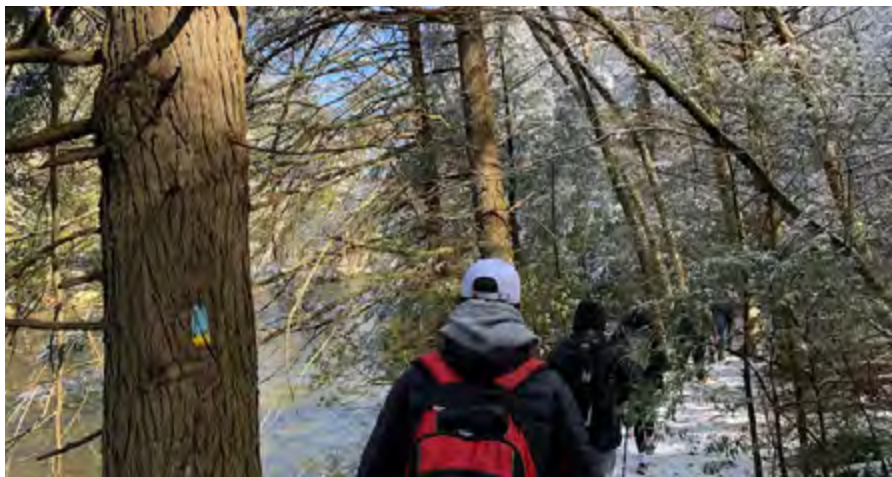


Join Northeast Whitewater for a camping adventure in the North Maine Woods! 3 days and 4 nights of fun, and exciting outdoor adventures! Spend your days on excursions like whitewater rafting, hiking to waterfalls, a moose safari, and more!

Cost: \$715

Tour of the Great Outdoors

PERSONAL CHALLENGE



Hiking is one of the best ways to immerse yourself in nature, learn about your surroundings, and maintain or improve your physical and emotional wellness. This hiking trip will be a tour of the great outdoors of New England. Through a combination of day and overnight trips, students will experience the joys and challenges of the wilderness. We will work together to carry our gear, prepare our meals, learn about flora and fauna, and practice the skills of self-sufficiency and self-reliance. The week has two main goals: a) overcoming the physical and mental challenges of life outside, and b) appreciating the natural world that surrounds us. We hope to cultivate a love of the outdoors, as well as a sense of responsibility for the world at large. Students should expect to cover as many as 10 miles in a day, while carrying up to 40 lbs of gear, and be prepared to spend two nights outside. We will meet to discuss specific equipment needs before the week begins, including but not limited to proper clothing, hiking pack, hiking boots, sleeping bag, and tent (can be shared).

Cost: \$262.50

Conservation of Wildlife and Wild Places

FIELD STUDY | SPECIALIZED SKILL



Do you LOVE animals? Are you fascinated by the workings of zoos and the role they play in the sustainability of endangered species? In this course, held daily at The Roger Williams Park Zoo in Providence Rhode Island, budding zoologists will explore the role of modern-day zoos and aquariums in saving wildlife and wild places and in maintaining the well-being of all animals. Students will engage in educator-led tours of the Zoo, daily meet & greets with the Zoo's animal ambassadors and a lecture and Q&A with the Zoo's Conservation Director. Students will have the opportunity to observe and engage in the Zoo's American burying recovery program by helping to survey the local beetle population.

Cost: \$292

European Passport at the Culinary Underground

SPECIALIZED SKILL | THE ARTS & CULTURE



From Greece to France to Italy to Japan - all in four days. Here is your opportunity! In this four day program, travel off campus daily to The Culinary Underground, a cooking school for home chefs located in Southborough, MA. Learn how to make savory cuisine from each of these areas and embrace each unique culture and flavors. καλή όρεξη, bon appétit, buon appetito, Dōzo omeshiagarikudasai!
Enjoy your Meal!

Cost: \$791

Jewelry Making & Metals

SPECIALIZED SKILL | THE ARTS & CULTURE



In this 4 day workshop, students will learn the basics of jewelry making and craft their own ring in sterling silver. We will go through the steps of learning how to saw, pierce, solder and set a stone that the students will cut into a cabochon themselves. Students will use sterling silver for their finished ring project and will be allowed to select cabochon material from our vast collection of stone slab. Learn the craft of jewelry making and add a little bling to your life.

Cost: \$939.50

Glass Fusing, Screen Printing, and More

SPECIALIZED SKILL | THE ARTS



Learn the fundamentals of an art form that has remained unchanged for over 2,000 years. The Worcester Center for Crafts instructor will guide you through each step of Glass Fusing, Screen Printing, Stained Glass and Needle Felting. Hands-on instruction and individual assistance will support your process. After learning the safety and studio etiquette rules, students will gain practical skills in each art while completing projects that will become their own. No experience is necessary!

Cost: \$839.50

Science & Sailing Experience with NESS

SPECIALIZED SKILL | PERSONAL CHALLENGE



The mission of the New England Science & Sailing Foundation (NESS) is to empower students with a love of learning through ocean-based experiential programs. NESS is the first and only program of its kind to be accredited by the New England Association of Schools and Colleges (NEASC). Their goal is to advance academic opportunities for all students, through unique educational models that empower students with leadership, teamwork, confidence, and problem-solving skills. Their STEM-based curriculum uses marine science, sailing, powerboating, and adventure sports as learning platforms. Students enrolled in this course will be engaged in the following four opportunities.

Sonar Sailing: Climb aboard a Sonar keelboat and identify the simple machines and technology of a sailboat. Work as a team to steer the boat, trim the sails and navigate the waters of Stonington Harbor with a knowledgeable and safe sailing captain.

Science & Sailing Experience with NESS

SPECIALIZED SKILL | PERSONAL CHALLENGE

ROV and Tidepool: Explore the deep as you work as a team to draft, design, and engineer an underwater Remotely Operated Vehicle (ROV). Test your ROV in a “simulation tank” and its ability to operate with the challenges of buoyancy, pressure, and hydrodynamic shapes and sizes. Then rise to the surface and discover the amazing life in the ocean’s tide pools and the crowded animal communities living right around rocky shorelines and our docks. Peer into tide pools while learning about crabs, snails, algae and more. Things cling, stick and slide in these rocky habitats.

Kayaking and Plankton: Get a taste of kayaking in this adventurous program. Learn the basics of how to hold a paddle, how to steer, and how the wind and the waves can affect movement of the boat. Practice paddling within the safety of Stonington Harbor as you explore the watershed. Then collect samples and check out planktonic life found locally using microscopes and find out how they provide the basis of the food web to our oceans. Identify why these creatures are so important to all life on Earth.

Fishing on NESSie and Fish Dissection: Climb aboard a powerboat with an experienced captain and go fishing! Experiment with different types of rods, reels, and lures as you learn the techniques to bring in the catch of the day. Observe local species to learn about external anatomy and the adaptations fish use to best survive in their environment. Dissect a fish to explore the internal functions that aid in survival. Note: dissected organisms are returned to the energy cycle.

Cost: \$522

Dancing Around the World

PERSONAL CHALLENGE | THE ARTS



Shake your “boov” thing — or learn how to! While we won’t be dancing with extraterrestrial beings during this four and a half-day program led by Fred Astaire instructors, the experience will be out of this world! Learn the polka in Poland, the paso doble in Spain, the Argentine tango in Argentina, the waltz in Vienna, the salsa in Colombia, the swing & hustle in the USA, the rumba in Cuba, and the samba in Brazil. Oh my... I find myself unable to stop my body moving!

Cost: \$125

Hole in the Wall Kids for Camp

COMMUNITY SERVICE



The Hole in the Wall Gang Camp, located in Ashford Connecticut, provides “a different kind of healing” to seriously ill children and their families, free of charge! This amazing Camp was founded in 1988 by Paul Newman with one single premise in mind: that every child, no matter their illness, could experience the transformational spirit and friendship that go hand-in-hand with camp.

The Hole in the Wall: Kids for Camp LEAP program is developed to encourage our students to make a difference. Knowing that every small act creates a larger than life impact, students will give back to the community and these children through a variety of community service activities. This course will begin on Saturday, May 20th with volunteerism at the Camp’s 5k Run/Walk. You will either be a part of a team or help support the event. Students will then attend the camp’s Donor Day on Sunday, May 21st. This afternoon will provide an opportunity to learn more about The Hole in the Wall Gang Camp with a variety of other volunteers and donor

Hole in the Wall Kids for Camp

COMMUNITY SERVICE

organizations. On May 22nd, we will return on site to assist with their camp wide clean up in preparation for the coming season. Our work does not end there. For the remaining days, May 23-25, our group will create a plan to conduct our very own fundraiser. Our work together through hands-on service and successful fundraising will directly benefit the children of the Hole in the Wall Gang Camp.

* Please note that this LEAP experience begins on Saturday, May 20 and runs through to Thursday, May 25th. This is longer than other experiences. Saturday is an optional experience but we hope that we can represent with part, if not all of our group as either runners, walkers, or volunteers. It is required to be a part of the donor day on May 21st and will serve as the kick off to our LEAP experience. Note that the course will end one day earlier than others due to this early start. If you have any questions about these dates and your participation, please reach out to Mrs. Tata.

Cost: \$0

Women in Film

THE ARTS



Films are a form of entertainment that fulfill an audience's desire to make emotional connections with characters and learn more about the world. Of the top 250 films in the last decade female filmmakers made up only 7 percent of directors. Many key roles in film-making, such as directors and cinematographers, were for many decades dominated almost entirely by men, and women did not have enough power to make demands in the film industry. In this LEAP course, you will have the opportunity to further study the art of film, specifically films written and directed by women, or movies with predominantly female casts. The culmination of the project would be a video essay highlighting the importance of representation in film.

Cost: \$0

No Train No Gain

PERSONAL CHALLENGE | SPECIALIZED SKILL



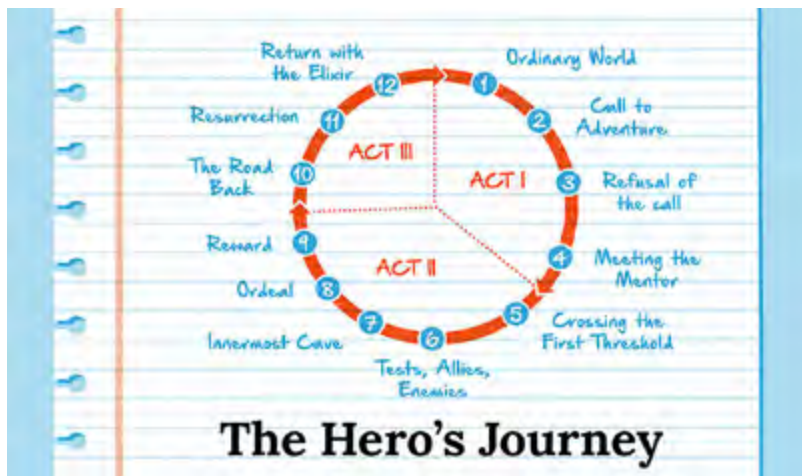
A week-long course designed to educate students in the conception and execution of a fitness and health plan. Students will learn some of the basics of exercise science and fitness best-practices, will learn about the process of writing different types of S&C programs, and will learn about macronutrient tracking and foundational nutrition. Students will produce their own plan, based on their own levels and goals, for consideration and evaluation by the end of the course, with an opportunity to execute their plan in the following weeks. Participants will be given support to track progress with a variety of basic metrics both at the beginning of the course and at the end of the year, should they choose to follow their plan through the spring.

Cost: \$80

Roll for Heroism:

The Hero's Journey in Collaborative Storytelling

THE ARTS | SPECIALIZED SKILL



A week-long course that invites students to both collectively and independently craft narratives that align with the monomyth. Students will use the TTRPG Dungeons and Dragons (5e) to roleplay a brief campaign in which they control the actions of their protagonist, who has set out on an adventure with the rest of the intrepid band. In addition to practicing improvisational acting skills and character-building, students will each write the story of the group's adventure from their character's perspective; these stories will be compiled (with a brief foreword) into a collection that may be bound and preserved for posterity. All students will also receive a copy of their work.

Cost: \$95

Everybody's a Critic

THE ARTS | SPECIALIZED SKILL



Students learn the basics of film technique and analysis, pairing a developing understanding of sound design, mise-en-scene, and cinematography with existing knowledge of close textual analysis. They then watch a trio of films together, with each student writing a critical review (article) of each. Students then come together as a panel to decide upon the most fitting original "awards" to bestow upon each film.

Cost: \$25

American Sign Language

SPECIALIZED SKILL | PERSONAL CHALLENGE



Did you know that American Sign Language is the fourth most used language in the United States? In 1984, a 13-year-old foster child who was deaf was placed with Manuel Martin and his wife. During their year together, when Manuel tried and failed to find a class to learn sign language, he turned his disappointment into inspiration. He eventually became a full time interpreter and founded the American Sign Language (ASL) Academy. During this LEAP experience, participants will travel daily to the ASL Academy to learn the history and culture of the Deaf community, while mastering Level 1 and part of Level 2 American Sign Language.

Cost: \$223.50

Woodworking

SPECIALIZED SKILL | PERSONAL CHALLENGE



Join local woodworker Tim Rainville in his shop, The Looking Glass, in Woodstock, CT. Tim handcrafts custom furniture with painstaking attention to detail, using beautifully figured hardwoods. As a one- person shop, Tim develops designs with clients and builds pieces from start to finish. In addition to woodworking, learn about shop safety and electricity. By the end of the week, you will even have created your own lamp!

Cost: \$487.50

Marine Science and Conservation

SPECIALIZED SKILL | FIELD STUDY



Get up close with African penguins, beluga whales, harbor seals and more! This experiential learning course is designed to continue the development of skills in scientific inquiry, laboratory and field techniques through participation in conservation-based activities at the Aquarium and in the field. This is an ideal class for anyone interested in getting immersed in careers focused on marine biology and environmental conservation! Go behind the scenes of Mystic Aquarium and embrace the opportunity to truly delve (and dive) into science.

Cost: \$593.50

Marine Animal Health & Veterinary Science

SPECIALIZED SKILL | FIELD STUDY



Marine Animal Health and Veterinary Science program will immerse participants in the marine world to learn how Mystic Aquarium staff care for thousands of animals each day. Throughout this program students will be interacting with aquarium animals, aquarium research scientists, veterinarians, animal trainers and animal rescue professionals to understand the science behind their work.

Cost: \$593.50

Behind the Scenes

SPECIALIZED SKILL | THE ARTS



Join us for a week at The Hanover Theatre Conservatory! Learn how different departments like drama, acting, dance, technical theatre, and management work together to make magic happen on stage! Each morning there will be a hands-on STEAM or arts-integration workshop, which combines science, technology, engineering, art, math, ELA, and/or history with dance, technical theatre, or drama. This is a great opportunity to learn what a theatre professional uses from school to excel in the industry! After lunch, workshops will focus on the different artforms to give you a look into how a theatre artist trains or what is needed to break into the theatre business. Possible afternoon workshops include Stage Combat, Comedy Lab, Musical Theatre Dance, a tour of the theatre, Q&A session, observing a day in the life of a theatre technician, and script writing. We look forward to working with you!

Cost: \$589.50

Quilting

SPECIALIZED SKILL



Quilting (and the art of quilting) has a long history, traceable back to ancient Egypt. In Europe, Crusaders wore quilted garments under their armor for comfort, warmth, and protection. Although today we admire quilts for their beauty and consider quilting to be an art form, for much of their long history, quilts were created to be used. In the United States, quilting arrived with early European settlers, keeping homes less drafty and early settlers warm during long winters. In this week-long program, enthusiasts will become familiar with quilting terminology, the qualities of fabric, learn to sew a quarter inch seam allowance, develop rotary cutting skills, learn quick piecing techniques, and more! Each quilter will end the week with their own small quilt!

Cost: \$300

Art & Nature Wellness

THE ARTS | SPECIALIZED SKILL | CULTURAL AWARENESS



Nature offers us a sanctuary, a place where we can find peace, wonder, and inspiration, while the arts teach us that there are multiple ways to see the world and express ourselves. Spend your week exploring the gardens and grounds of New England Botanic Garden at Tower Hill and connect with nature through various art mediums. Learn how horticulturists use color, shape, and form to design our garden spaces and practice basic watercolor techniques in the gardens, explore natural dyes and create your own eco prints, get introduced to the basics of plant care and create a kokedama display and miniature terrarium to bring the benefits of plants indoors, and end your week by connecting with nature through observation, journaling, and yoga in the garden. All classes are taught at an introductory level, no previous art, science, or horticulture background necessary!

Cost: \$392.30

Independent Study



Do you have the passion and dedication to develop your own LEAP experience? Speak with Mrs. Tata to share your Independent Study Proposal prior to the closing of the registration period. All proposals will require formal submission and approval.

Cost: Individual incurs all costs and provides all arrangements

Centers of Excellence Internship



This week is an opportunity for all Class of 2023 COE students to complete their internship requirement. While the internship can be completed at any time of the year, spring and summer are the most popular times. If your internship is coordinated for this spring and you would like to take advantage of this time to expand your experience, speak with Dr. Sembor prior to the closing of LEAP registration.

Cost: Individual incurs all cost and provides all arrangements