

2017-2018 Intensive Descriptions
May 14 – 18, 2018

1. **African-American Film & Culture Festival** *Sponsor: Tiffany Williams* (Mari's Rm 203)
The African-American film festival is a cultural experience focused on the study of the African-American experience throughout the 20th century in the United States. Students will have the opportunity to view a variety of films, listen to music, learn the popular dances, recite poetry, and create art. This interactive session will also include guest speakers, a museum field trip, and a soul food dinner.
(*Approximate Cost -\$20*) 18-25 students

2. **80s Flashback Staycation** *Sponsors: Nancy Floyd Richardson & Ana Smith* (Nancy's Rm 125)
Life was different for students of your parents' generation. Explore the 1980s through popular films, music, art, dance, and field trips to local favorites. Immerse yourself for five days without electronics at your fingertips, and experience what life was like for Generation X. Mornings will begin with The Breakfast Club. Students will arrive at SAIL early to eat breakfast together, and lunch will be eaten on campus or be packed to go. There will be no cost for these two meals each day. With a stronger focus on experiential learning, local students of the 1980s were treated to more field trips, just as you will be for the 80s Flashback Staycation Intensive. Field trip plans include: Maclay Gardens, Skate World, the Florida State Capitol, Lake Ella, The Challenger Learning Center, Mission San Luis, St. Marks Wildlife Refuge, Paint-a-Pot, Crenshaw Lanes, Railroad Square, and the Junior Museum. Additional activities for the week will include 1980s movies, 80s-style crafts with Carly from The Sharing Tree, board and card games, and a few surprises! (*Approximate Cost - \$75*) maximum of 18 students

3. **Bikes & Bees** *Sponsor: Marlow Matherne and Rob Pell* (Rob's Rm 601)
Do you have the drive to stay in shape? Get in shape? If so, come enjoy Tallahassee bike trails and experience the wonderment of fun single-track trails. Biking experience is a must, as well as having the capacity to pedal hard. In the afternoons we play Ultimate Frisbee (no experience necessary) in the upper field. Students must bring their own lunch M-Th. Friday we dine at the Bamboo House buffet. Requirements: a multi-gear mountain bike in working order, a helmet, and a water carrier. (*Approximate Cost -\$40*) 16 students

4. **Deep Dishin' in Chicago** *Sponsors: Peejay Perez de Alejo & Sheri Nilles* (Peejay's Rm 507)
Come explore the sights, sounds and tastes of the famous Windy City! As a group we will choose our own adventure that can include The Field Museum, The Shed Aquarium, Millennium Park, Navy Pier, The Art Institute of Chicago, the Chicago Bulls in action, Music events, Comedy venues, the city's famed architectural tour and many other local flavors. This trip requires students who work well in a group, can maintain a positive mental attitude, are open to a variety of experiences and are capable of walking for large parts of the day! (*Approximate cost - \$900.00*) 10-12 students
Please be aware that accepted students will be required to make an initial deposit of \$425 that will be due with permission forms in order to secure your spot on this intensive.

5. **Country Mouse, City Mouse** *Sponsors: Rosa Cefalu and Charles Robshaw* (Rosa's Rm 1505)
Come join us on this unique intensive which combines the best of the outdoors with best of the city. For the first half of the week we'll be at the FD Roosevelt State Park in Georgia where we'll hike, canoe, sit around the campfire and tent under the stars. Then we'll spend the rest of the week in Atlanta where we'll sample city life by going to the High Art Museum, Georgia Aquarium, CNN Studios, and more. (*Approximate cost -\$400*) 17 students.

6. **Days For Girls:** *Sponsor: Lauren Wade* (Charles' Rm 0121)
Join my team of students to make a difference in the world around you. Spend the week sewing hygiene kits for women in 3rd world countries. Students can earn up to 40 hours of volunteer time. (*Approximate cost -\$75*) 17-20 students

7. **Disc Golf** *Sponsor: Tony DelMonego* (Tony's Rm 0604)
Tracing its roots back to the 70s, disc golf has become one of the most popular outdoor activities in America. With over 5,000 courses in North America and affordable equipment, it has become one of the most accessible sports to pick up and play. Combining the principles of golf with the athletic ability of Frisbee, disc golf enables people of all skill levels to enjoy the outdoors on sprawling courses of varying complexity, beginners and pros alike. This intensive will introduce players to the rules of the game, the skills necessary to develop control, strength, and confidence on the course, and exposure to several of the local disc golf courses. Students will be provided with discs or may provide their own. (*Approximate cost -\$40*) 10 students

8. **Don't Starve!** *Sponsor: Emily Bell* (Ana's Rm 126)
This is a call to everyone who eats, from wannabe-chefs to people who burn water. Learn how to fend for yourself and ensure survival using the ancient art of cooking. This intensive will focus on developing core cooking skills and techniques while creating healthy meals and tasty treats. We will experience the whole process--from meal planning and budgeting, to shopping, and of course, cooking. We will be exploring a wide variety of foods and cooking styles, while learning about meal planning, modifying recipes, and food safety practices. And of course, we will be sitting down to several fine meals together. Bon apétit! (*Approximate cost -\$20*) 16-20 students

9. **Geek Squad** *Sponsor: Mike Wohlgemuth* (Computer Lab 2)
Do you like diving into Linux and batch commands? Want to code all week long? What about taking apart that computer and making it faster? Or finally fixing that computer at home that you just can't get to work? How about finally getting a whole week to work on that application? We will spend the whole week just generally doing productive, creative, fun stuff with computers. Come ready to get your computer geek on!!! (*Approximate Cost: Free + bring your own lunch and computer project*) 24 students

10. **"Me, Myself, and I"** *Sponsor: Susanna Denham* (Hope Rm 903)
A weeklong exploration into what makes you "YOU". Let's go beyond BuzzFeed quizzes to explore Personality types, Universal Archetypes, and the Collective Unconscious as taught by Carl Jung and others. Using Myers-Briggs scales, Enneagram, Ayurveda, and Chakra analysis we will go on a quest to find our truest "self" and our very important place in the world. (*Approximate Cost: \$15.00-tea/snacks/supplies*) accepting 15-20 students

11. SCIENCE ON-DEMAND Sponsor: John Schaller (John's Rm 1104)

This is an Intensive for students who would like to spend a week exploring individual or group science projects of your choosing, watching and discussing science news and documentaries covering a wide range of topics, and investigating current science events and their global implications. We will gather daily, make decisions on what to do, engage in discussion and debate, and even learn a thing or two. (*Approximate Cost: \$25 for group lunch*) 20 students

12. South Florida Tour Sponsors: Marcia Cone, Mari Griffith, Benny Brustad (Marcia's room 204)

The South Florida Intensive will explore the cultural diversity and fabulous beaches of Ft. Lauderdale, Miami and Key West. Students will have the opportunity to learn about the history of South Florida, explore various art, museums, zoos, boat cruise of Star Island, taste the diverse foods, enjoy and experience an NBA game (The Miami Heat), participate in community service and have fun! In addition to all of this we'll explore the New Phillip & Patricia Frost Museum of Science. It includes museum exhibitions, aquarium, live science demonstrations and Frost Planetarium shows. (*Approximate Cost: \$625*) 12-21 students

13. The Great Southwest Sponsors: Doug Currey and Caitlin Starkey (Doug's Rm506)

Fly to the desert metropolis of Phoenix AZ, home of the mighty saguaro cactus (and nearly 5 million humans). After a night in the Valley of the Sun, ride horseback in the mountainous Sonoran Desert. Drive north to harmonically converge in the stunning red rock country around Sedona, where vortexes of electromagnetic energy reportedly occur. The base of operations will be Flagstaff AZ, tucked beneath the snowcapped 12,000 foot+ San Francisco Peaks, sacred to native peoples. In Flagstaff, gaze at the cosmos from the famous Lowell Observatory, where Pluto (*it's a planet!*) was discovered. At Walnut Canyon and Wupatki National Monuments, explore the cliff dwellings and pueblos of ancient native civilizations. Meander through lava flows and peer into the cinder cone of Sunset Crater Volcano, whose eruption exists in the tales of living Hopi and Navajo peoples. At Black Mesa, respectfully visit ancient Hopi Indian villages to learn the traditions of the "peaceful people". Then it's on to the biggest kahuna of them all, the Grand Canyon National Park, for a scramble partway down into this jaw-dropping natural wonder. A seven day trip for the Ages... and who knows, you might even see a *Jackalope!*

TAKE NOTE: participants must be in excellent physical/mental condition and be willing & able to do a lot of hiking at high elevations under difficult, changing conditions (very dry, cold, sunny, hot, windy, &/or wet). (*Approximate Cost: \$1,250 to \$1,350*) 12 students... (*cost depends on number of students, airfare, etc.*)

14. Ukulele Beach House Jam! Sponsors: Lao Alovus and Chris Seepersaud (Music Rm 1401)

Have you always wanted to learn to play an instrument but never had the right opportunity? Perhaps you already play an instrument but want to learn one more? The Ukulele Beach House Jam is your chance!!! The ukulele is a wonderful little instrument that has seen a recent resurgence in popularity and is easy to get started with. Many chords only require holding a single note! On this intensive, we will immerse ourselves in everything ukulele, spending the week living at a private beach house. A ukulele will be provided for you to take home after the trip and tutorials will be held each day covering everything from tuning to chords to strumming patterns and more. This intensive is intended for non-musicians but all are welcome, especially singers! In addition to ukulele tutorials and jam sessions, we will find ample time for activities such as juggling, fishing, swimming, kayaking, skim boarding, Frisbee etc. At the start of this intensive most students will have the same experience playing ukulele as you, NONE! Your payments will cover transportation, beach house rental, food, a finely crafted ukulele, a tuner and an instructional/song book (all yours to keep). So pull up a towel, tune up your uke and get strummin'! Note: Guitar players are welcome but should expect to be playing ukulele for the week. (*Approximate Cost - \$400*) (any remaining funds will be refunded) 12 student max

15. Volunteering At the Elementary School Sponsor: Suzy Saulnier (Caitlin's Rm504)

Volunteer at a local elementary school! We will spend a week helping the teacher with various activities and working directly with elementary students. There will be playground time and lunch in the cafeteria. Come join us, enjoy working with the students and earn some volunteer hours! (*Approximate Cost - \$5*) 6-8 students

16. Life's Aquatic Sponsors: Sierra Service, JaSun Burdick, & Danielle Taylor (Sierra's Rm1303)

It's time to get your feet wet as we take day trips to explore the beautiful natural springs, rivers, lakes, sink holes, and oceans that Tallahassee (and its surrounding areas) have to offer. Come tubing on the Ichetucknee Springs, jump into icy cold sink holes, kayak on the Wacissa River, swim in the deep blue sea and relax lake side. This intensive will have a big focus on wellness, as we will be getting a lot of exercise every day and we will all make a pledge to *drink more water and cut out soda for the week we are together*. In addition to helping yourself become well, we will also be helping the earth by picking up litter at all the watering holes we go to. This is a great time to earn some community service hours! **Requirements: (1) you must know how to swim; (2) water bottle; (3) bagged lunch; (4) bathing suit; (5) adventurous spirit and positive attitude.** (*Approximate cost \$90.00*) 18 students

17. Enrichment Sponsors: Erica Page and Jessie Nesheim (Media Center)

This intensive will provide enriching activities across a broad range of subjects. Some areas of exploration will be art and music; film and food; college and career readiness (with trips to Lively and TCC); physical wellness activities (such as juggling, team sports, and brain breaks); technology advancement; learning strategies and games; and time to work on FLVS and PLATO if you need it. The specific activities may be modified based on the interests of the participating students. **This year the Enrichment intensive is by choice.** (*Approximate Cost: Free, but you must provide your own lunch*) 20-30 Students

18. DIY – Oh the things YOU can do! Sponsor: Shirley Cain (Office)

On your own to VOLUNTEER or JOB SHADOW. YOU make a plan. YOU make the contacts. YOU make it happen. YOU MAKE A DIFFERENCE! (*Cost: Free*) 20 people

19. All Sports Intensive Sponsor: Barry Taylor (Gym)

All that's needed is a great attitude and be ready to have some fun. Games will consist of Basketball, volleyball, kickball, dodgeball and any other games you may want to play. (*Approximate cost: Free*) 40 students

20. Bodacious Outing Of Grand Explorers & R-tists (B.O.O.G.E.R)

Art Explorations Intensive Sponsor: Joel Dion & one other

This is an arts based Intensive focusing on immersing ourselves in art by learning about different mediums, discussing aspects of arts culture & creating works of our own to be showcased in a gallery we arrange to work with. Explorations refers to both diving into new forms of art as well as exploring some local areas by hiking and camping (destination still to be set). The learning aspect will consist of gallery and museum trips as well as talking with local artists about how they sustain their habits. Some artist research for personal projects and attempting new mediums or creation methods will be included. Discussions will be arts related such as Fine art vs applied art/ performing arts, the role of communication of ideals through your work, gallery presentation & installation, future applications of art (how you plan to work it into your life- as a way to

sustain your habits or supplement them) and vocabulary/ speaking about your work. How many topics we cover and how long we spend on each will be decided by the group. Street Art/ Murals/ Stencils, Local Music/ attending a music concert/ Talking with touring musicians & Blacksmithing are the three items that students seem the most excited about- However, topics include and are not limited to: Photography/ long exposure/ landscapes, Figure Drawing, Plein Air Painting, Paper Cutting, Print making, Ceramics, Unconventional or Alternative processes, Wood Working, Building our own frames and stretching canvas for painting and found object & relief sculpture. Time for daily Sketchbook projects will be worked into each day. The pricing of this intensive depends on the choices of topics of the students. Local College & Gallery visits are also an option. Students will be able to eat lunch on campus for the days we are in town. During the camping/ hiking students will have to bring their lunches, we will have food to cook for dinner. On Friday we will enjoy lunch at a local restaurant.

(Cost \$75) 12 students