

MAY PROGRAM DESCRIPTIONS 2017-2018

FULL TWO WEEK PROGRAMS

France (Two-Week Program)

Cost Range: 3,650.00-4,050.00

***No age requirement**

***Language Requirements: none**

Description: This trip will take students to a language school where they will learn French in morning classes and afternoon seminars or field trips and where classes for the very beginners are offered, any student can participate in this trip. The first part of program will consist of seven days in PARIS! As students arrive in Paris, they will learn to navigate the Navigo Découverte pass that will allow us to use the bus, metro and commuter train RER in Paris. Days will be spent discovering, by foot, the Marais. In the Marais, one of the oldest and most beautiful neighborhoods in Paris, students can visit shops selling everything from wonderful pastries, antiques etc. to cutting-edge fashion, the Hotel de Sully (which has excellent art exhibitions throughout the year), and numerous art galleries. Just walking around the Marais is an experience, for it is filled with beautifully maintained historical buildings; one of its most notable spots is the impressive early classic Place des Vosges, a favorite with film directors who want to evoke the atmosphere of 16th- and 17th-century France.

Another highlight is the Village Saint-Paul, a labyrinthine series of interconnected courtyards housing antiques shops. We then tour the Conciergerie, the prison where Queen Marie-Antoinette was detained. -Students have lunch in a restaurant or bistro in the Quartier Latin. -Afternoon: we go on top of the marvelous cathedral of Notre-Dame de Paris to admire its roof and famous gargoyles. Students will have the opportunity to tour the Louvre and its many attractions, including the Mona Lisa and the pyramid designed by the American architect Ieoh Ming Pei. -Students have a late lunch in a restaurant/bistro.

Second part of the trip: seven days in Montpellier, in host families, and touring the Languedoc-Roussillon and Provence! The Institut Linguistique Du Peyrou (ILP, 3 rue Auguste Comte, 34000 Montpellier, France), our partner in France, will arrange the homestay of our students with me. The ILP is an old language school based in Montpellier: it prepares students from all over the world to the challenging European diplomas DALF and DELF (option: French as a Foreign Language) and its different levels (including beginners). Our OS students will get a report, a grade and a diploma after their seminar there (see the description of the seminar sent by the ILP).

Freedom Ride - History of the Civil Rights Movement in America (Two-Week Program)

Cost Range: 2,000.00-2,300.00

***No age requirement**

Description: Students will have an opportunity to learn about our country's rich history of struggle for equality. The girls will trace the events of the Southern Civil Rights movement through visits to important historical sites including the Martin Luther King Center in Atlanta, the 16th Street Baptist Church in Birmingham, the Rosa Parks Museum in Montgomery, Alabama, the famous Edmund Pettis Bridge in Selma, Alabama, the Tuskegee Institute National Historic Center, the famous Central High School of the Little Rock Nine in Little Rock, Arkansas, and the Lorraine Motel in Memphis, Tennessee.

The first three days will be on campus, and the rest of the time we will be traveling to the specified cities. We will do an extensive historical study of the Civil Rights movement before we travel, with movie clips, individual research, written assignments, and peer-evaluated presentations of each of the major events/places/people we will be studying. The girls will write journal entries and have in-depth discussions every night as we investigate, analyze, and reflect on human behavior. We will also visit many museums and exhibits that will allow us to experience the art, food, and music of the South.

S.W.E.A.T: Dance Intensive (Two-Week Program)

Cost Range: 820.00-875.00

***No age requirement**

Description: During the S.W.E.A.T. (Students Working to Execute Advanced Technique) Dance Intensive May program, students will participate in a variety of dance classes and discussions based on the professional world of dance. These classes will run, May 15-May 26, 9-12 AM, and again 1-4 PM. Through 60+ hours of dance, students will increase their knowledge of technique, strengthen their skills, and develop a greater appreciation for the dance profession. There may be an opportunity for dancers to travel off campus for workshops or see performances. Dancers will meet with Mr. Brandon Perry- Russell, a former member of Dance Theater of Harlem and Business Manager for Rasta Thomas' Bad Boys of Dance. Students will learn classical and contemporary ballet, which will culminate in a piece to be performed in their May Sharing presentation. Mr. Russell will also discuss the business end of the dance industry in terms of financing and administration. Dance teacher and community arts activist, Mrs. Angela Koukoui, will give an exciting African dance class and will also do a small question and answer session about integrating the arts into school curriculum and ways to become involved in one's community through dance.

Dancers will learn from Mrs. Anne O'Brien who will deliver a high energy class designed to explore musical theater and jazz technique. Mrs. Winnette McGovern will join us this year. Wyndee is the Artistic Director and owner of Spotlight Studio of Dance in Millersville, MD. Wyndee is a Master Instructor certified by Dance Masters of America in 1995 and is currently a member of The Dance Teachers Association of Virginia, Chapter 45, as well as Dance Educators of America. Early in 2012, Wyndee made her television debut in "Health Matters" discussing a program she developed in partnership with Dr. Alan Sokoloff of the Yalich Clinic and "Doc" for the Baltimore Ravens for dance injury prevention. "The McGovern Method" of conditioning and

injury prevention has been presented in Baltimore County Public Schools as well as MAPHERD Convention for the state of Maryland.

Outdoor experience (Two-Week Program)

Cost Range: 550.00-650.00

***No age requirement**

Description: Outdoor Experience is a two-week program designed to expose the girls to a variety of outdoor adventures. Our ten days will be spent kayaking, hiking, camping, biking, and developing some basic survival skills, such as shelter building and the use of medicinal plants. A day spent earning CPR and basic First Aid Certification will also help prepare the students to become able participants in helping others in emergency situations. In an effort to educate the girls about the fauna in the area we will spend some time with a well-known ornithologist, Mark Johnson as he bands birds and Kathy Woods, a wildlife rescue and raptor rehabilitator.

This course is designed to allow each girl a chance to step beyond her comfort zone while providing a safe yet challenging environment. The girls will be expected to keep a daily journal in which to record their adventures and answer questions specifically designed to test and reinforce their knowledge of new information. This is a course that gives students the opportunity to try new experiences while gaining confidence in themselves and their ability to help others.

Food Science Goes Global (Two-Week Program)

Cost Range: 485.00-500.00

***No age requirement**

Description: Imagine if something you ate caused an adverse reaction in your body. It could be challenging just to find something to eat, especially if you are travelling or living abroad. In fact, there are many alternative ingredients for delicious allergy-free cuisine. A food allergy should not lessen your options for any meal no matter where you are in the world. Join us as we integrate our passion for cooking and the exploration of science.

As food scientists, we will research the various food allergens and alternative food ingredients from the global perspective. Then, we will explore foods from around the world, such as Asia and Europe. We will make culinary creations to share with the entire community. Some of those creations are Cantonese egg tarts, French madeleine cookies, Russian tea cakes, Japanese sushi, and Peruvian empanadas. When not in the kitchen or lab, we will travel off campus to find inspiration at international markets, bakeries, and restaurants. Students will keep daily journals about international cuisine and alternative food options among other expectations.

Ecuador (Two-Week Program)

Cost Range: 1,800.00-2,300.00

***No age requirement**

Description: This journey begins in the Old Town of Quito, considered the most beautiful city in South America, and most notably preserved. Quito is situated on the lower slopes of Pichincha volcano and is at an elevation of about 9,000 feet. We will be visiting the magnificent churches and museums, and seeing some beautiful ancient colonial buildings. As we stroll through the Old Town, we will get to visit the impressive Baroque style churches and see the elaborately carved and gilded interiors, with elaborate paintings and sculpture.

Our journey takes us to one of the most beautiful crystal blue turquoise lagoons in Ecuador. It is a 3 kilometer water-filled caldera and the most western volcano in the Ecuadorian Andes. We will get to experience centuries-old way of life in the surrounding villages and connect with the Kichwa speaking indigenous sweet-natured people. We will get to hike or ride mules the short distance to the lake.

In Banos, we have the opportunity to experience great adrenaline ...with the adventure packed outdoor activities offered in this festive town. To name a few: zip-lining, river rafting, bungee-jumping, canyoning down the Rio Blanco waterfalls, as well as, biking and endless hiking trails. Banos has more than 60 magnificent waterfalls which cascade into the surrounding countryside from the slopes of the volcano. Water is plentiful in Banos! From Banos we journey to the peaceful town of Vilcabamba, known as the “Playground of the Incas” and the “Valley of Longevity.”

Our next stop will be Finca Finca, a Permaculture and organic, biodiverse farm project with a team of 12 Ecuadorians and about 8 – 10 volunteers from around the world that come to stay on the mountain. Sustainable coexistence with communities and nature is a primary goal. The views are magnificent with over 1,000 acres in the south of Ecuador and surrounded by two rivers in the Solanda region.

FIRST WEEK PROGRAMS

Public History in Historical French Canada/Quebec (First Week)

Cost Range: 3,000.00-3,300.00

***No age requirement**

Description: This will be a public history through historical French Canada trip. We will be the researchers and the tour guides. We will research existing tours and museums and evaluate the best practices etc. through the lens of French colonialism before creating our own tour. The end goal is to create a podcast tour we could share with others. Airfare, food (all three meals), museums, hotels overnight security, tips, emergency services, liability insurance are all included in the cost of this trip. Students will travel to Montréal where they will take part in a walking tour of Old Montréal: Old Port, Jacques Cartier Square and the Underground City. Further exploration will take our students to Mount

Royal Park, St. Joseph's Oratory, Place Ville Marie, Notre Dame Basilica Montréal bike tour – Archaeology Museum – Old Montréal, followed by a day spent in Québec City – Biodome – Olympic Park Tower – Travel to Québec City – Guided sightseeing tour of Québec City: Old Town, Rue du Petit-Champlain, National Assembly, Place-Royale etc.

Over the course of this May Program, students will be exploring a different part of history from the American colonialism narrative and evaluating the best practices to impart the most important information to the most people. Daily journals will be part of the academic requirement for this trip.

Lake Placid Olympic Experience (First Week)

Cost Range: 1,125.00-1,250.00

***No age requirement**

Description: IGNITE YOUR INNER OLYMPIAN! This program is designed for student/athletes interested in pushing themselves mentally and physically. Students will get an inside look at what it takes to be an Olympian and experience the challenging lifestyle these athletes endure every day. The girls will have the unique opportunity to live at the Olympic Training Center in Lake Placid, NY alongside elite athletes from multiple sports. Day excursions will include guided tours of winter sport venues used in the 1932 & 1980 Olympics that continue to host international competition to this day. These venues include the bobsled/skeleton/luge track, ski jumping facility, biathlon shooting range, the Olympic museum and more. The girls will also have hands-on lessons of how to push a skeleton sled, ride a luge sled, train in the weight room, run on the newly built track and skate on the famous 1980 "Miracle" ice hockey rink. The possibilities are endless in Lake Placid.

Students will learn about the history of the Olympic Games and how they have evolved over time. Girls will be required to do research on the Olympics (history, participant stories, what it takes to host the Games) prior to the trip. This will provide the foundational understanding of what Olympians strive for. Once in Lake Placid, participating and learning about these sports in such an inspirational environment will serve as a platform to motivate each girl to push the limits of their own passions throughout life. Dedication, motivation, hard work, discovering potential and never giving up on a dream will be discussed regularly. Daily seminars will include topics such as, How to Train Like an Olympian, Sports Medicine-The Art of Recovery and Injury Prevention, Sports Psychology-The Mental Side of Performance & Preparation, and more.

College Boot Camp (One Week)

Cost Range: 70.00-80.00

***Rising Junior Class**

Description: Do you want to have time to finalize your college list, draft your college essay, research scholarship opportunities and complete college applications before summer? Would you like to visit a variety of schools to see what different institutions have to offer? If so, join us for a week of all-things college. Students will have two full days at school to complete much (if not all) of their Common Application and write a solid draft of their college essay. Students will also be able to research scholarship opportunities, complete their student questionnaires for recommendation letters, and finalize building a balanced college list.

Students will also visit a number of colleges within about two hours of Oldfields, ideally visiting two schools per day such as Johns Hopkins and Goucher College, Dickinson and Gettysburg, University of Maryland-College Park and University of Maryland-Baltimore County or Muhlenberg and Lehigh. During this time, students will meet with Admissions Representatives, tour campuses and eat in the college dining facilities. This May Program is open to all Juniors.

World of Yoga (First Week) (Second Week)

Cost Range: 285.00- 315.00

***This program is open to beginners as well as experienced yoga practitioners.**

Description: “Mindfulness” and “self-awareness” have become the 21st Century catch words in our Western society and in education itself. Yet, what do they really entail? What are they based on? This one-week program delves into those terms through the study of the multifaceted aspects of yoga, the “world of yoga”. Each morning, with the guidance of Melody Clark, an experienced and certified yoga instructor, the students will be exposed to the foundational and ethical principles of yoga as written by Patanjali. The students will study his eight limbs of yoga or the Yoga Sutras; **Asana, the practice of physical postures**, is the third limb. The students will also study the Chakra System as it relates to their own mind-body and yoga.

The afternoons will be dedicated to the sister science of yoga, Ayurveda, the 5,000 year-old medical philosophy and practice, now often times considered “alternative medicine”. It is the system of traditional Hindu medicine which is predicated on the idea that we all are made up of different types of energy. This is when we will discuss healthy eating choices depending on our individual mind/body state. We will put some of these learnings into practice with food preparation throughout this one-week journey. One afternoon, we will travel to “Yoga on York” to learn and practice aerial yoga with Jayne Bernasconi to explore a very different variation of asana practice (physical postures/poses). Daily journal writing will play an important role in this week of self-awareness and mindfulness.

Shadows on a Screen: The Movies and Their History (First Week)

Cost Range 30.00-40.00

***No age requirement**

Description: This one-week program will give students a chance to explore the story of film from its birth to today. Students will seek to learn about both the history and artistry of film. They will get the chance to understand how film has been shaped by and, in turn, shaped society. They will develop a vocabulary that is both technical and critical to discuss the films that we see today. This program will stay on campus Monday through Thursday before leaving campus to visit the Charles Theatre in Baltimore to see a contemporary film.

Virtual Japan (First Week)

Cost Range: 100.00-125.00

***No age requirement**

Description: This program is designed to expose the student to the art and culture of Japan. Students will learn to create uchiwa (hand painted fans), ikebana (flower arranging), origami/kirigami (paper sculpture), sumi-e (calligraphic brush painting) and their own ceramic tea bowl. In addition, they will learn about ukiyo-e (Japanese woodblock prints) and other forms of art through a field trip to the Walters Art Gallery in Baltimore. We will also study the tea ceremony and Japanese garden design. For extra fun, we will sample Japanese foods and learn a little about anime film and contemporary Japanese music.

The Journey of (U.S.) (First Week)

Cost Range: 1,075.00-1,300.00

***No age requirement**

Description: From Washington D.C. to Baltimore to New York City, we will embark on a journey to learn and celebrate the different cultures and peoples that have made us, sociologically, the most varied and culturally richest population in the world. Through examination of the history of many groups, we will strive to understand their experience when they came to this country, the lives they have built here and the countless contributions they have made. Not only will we study their history but also their language, customs, food, religion and other aspects of life that make them unique. This will be done through readings, writing exercises and journal entries. Although this may sound dramatic, if we have a better understanding of the immigrant experience of these cultures and peoples, it can go a long way toward making us a more tolerant, understanding and kinder nation.

Imagine: Exploring New York's Visual Arts (First Week)

Cost Range: 1,550.00-1,700.00

***No age requirement**

Description: What role does art play in our lives? What do the things we create and build say about who we are as a people? During this weeklong immersion in the visual arts of New York City, Oldfields travelers will attempt to answer these and other thought provoking questions. We will discover the cultural richness of this bigger-than-life east coast city as we explore its art galleries, museums, architecture, memorials, and green space.

Prior to visiting selected sites, students will research assigned locations and share their findings with their fellow travelers. Each of us will keep a travel journal. The completion of the journal will be one of a number of grading components for this May Program. Each day our group will take time to discuss our observations and to think reflectively in order to build understanding and find meaning in our shared experiences. Daily, we will contribute to our group travel journal, recording what we discovered through our discussion. Students will explore New York City and keep a detailed travel journal in order to find meaning in the cultural and historical elements they encounter.

Flight (First Week)

Cost Range: 300.00-350.00

***This program highlights exciting aspects of math, engineering and physics**

***No age requirement**

Description: This one-week campus based program is designed to introduce to the students the basics of planes. Students will have a deep understanding of some essential questions about aviation. They will also have a chance to apply the theories to practice by doing projects such as paper planes, bottle rockets, and kites. They will also visit Smithsonian Museums for a more interactive learning experience. Most importantly, students get to fly a plane at the regional airport.

SECOND WEEK PROGRAMS

Iceland: Fire and Ice (Second Week)

Cost Range: 3,450.00-3,750.00

***No age requirement**

Description: Join us on an amazing adventure through the picturesque country of Iceland. During this one-week STEM program we will explore the country and its wonders through science and geography. With a focus on volcanology and geothermal science, our trip will take you from the capital city of Reykjavik through to the 'Pompeii of the North.' We'll uncover geysers, glaciers, thermal pools, waterfalls, wildlife, a snorkel trip between two continental plates through Silfra and more as we soak up the Viking history that dominates this awesome place.

***Must be able to swim in order to participate in snorkeling**

Drawing from Nature (Second Week)

Cost Range: 70.00-75.00

***no age requirement**

Description: Did you ever want to capture the beauty of nature all around you and did not know how? In this one week on campus May Program, we will be exploring the natural world from the perspective of the artist, learning the skills necessary to translate what you see into a personal expression of your experience. We will work outdoors in various locations: on campus and at Ladew Gardens, doing landscape drawing as well as creating images indoors where we will learn how to capture the wonders of animals and their personalities. Materials we will work with will include watercolor, marker, watercolor pencil and ink. Along the way, each student will record her experience by drawing, researching and identifying the plant and animal species that are found in the environment by keeping a journal of what she has discovered during this adventure. During the May “preparation” time, each student will make her own personal journal that will be used for the program. In addition to 8 completed drawings, students will complete a personal sketch journal that includes daily reflections on specific questions as well as commentary on one’s artistic process.

Baltimore Writer’s Retreat (Second Week)

Cost Range: 75.00-85.00

***No age requirement**

Description: Have you ever wondered what Baltimore looks like through the eyes of a writer? Join us for a one-week exploration of creative writing, revision and workshops, and local gems of Baltimore. This week-long program will explore what it means to use our surroundings to inspire our writing. While this week’s primary focus will be on poetry, all writers are encouraged to join the group. You might discover a new style or try writing your very first poem!

You will spend time in the classroom reading classic and contemporary poetry, practicing hands-on writing techniques, and workshopping your pieces. Off campus, you will explore settings that will enhance your in-class learning and inspire you to write something new. Students will explore different parts of Baltimore and use them as “launching points” of inspiration. By the conclusion of this program, students will produce at least 6 completed and workshopped poems, each receiving individualized feedback.

Remarkable Robots (Second Week)

Cost Range: 400.00-450.00

***No age requirement**

Description: This is a one-week, on campus and project-based may program. We will use Lego NXT, a programmable model kit, to build different robots. No prior robotic experience is required. Students will have chance to create and command LEGO NXT robots that walk, talk, think and do anything you can imagine with touch sensor, color sensor, infrared sensor and 550+ LEGO Technic elements. Students will work with

Robotic Science Software, hardware, sensors, motors and gain a preview of programming.

Our Beloved City NYC: New York by Neighborhoods (Second Week)

Cost Range: 1,525.00-1,725.00

***No age requirement**

Description: This one-week program will allow students to visit and explore the iconic city of New York and come to know its history and evolution more deeply than with just a superficial visit. By exploring major eras in U.S. History such as the Revolutionary period, the late 19th century with the influx of immigrants, the Harlem Renaissance of the 1920's, through the events of September 11th, we will become more deeply acquainted with this indomitable city and see it through the eyes of many different cultures and historical figures.

Students will spend time reading and learning about the historical background of the city as they get the chance to walk in the footsteps of Americans of yesterday and today. Museum visits may include: the Tenement Museum, Museum of the Chinese American, The Museum of the City of New York, Ellis Island Immigration Station and many others.

The city affords innumerable experiences to explore the arts-notable the Metropolitan Museum as well as MOMA and smaller galleries as well as Lincoln Center, Carnegie Hall and the theaters of Broadway. We will look into attending at least one performance.

The historical aspect of this trip will enable students to understand major political, economic and social aspects of the city's development and, more importantly, to see it through the eyes of the city's wide variety of citizens.

Writing daily journal entries and reading selections on the history/culture of New York will allow students to hone their critical thinking and reading skills. Group discussions at various sites and after trips to the city will allow students to share their ideas and improve

Civic Leadership & International Relations: Washington D.C. (Second Week)

Cost Range: 750.00-825.00

***No age requirement**

Description: This one-week off-campus May Program would be ideal for students interested in learning more about careers in government, international affairs, and social justice. A unique immersive experience drawing on my experience working in international politics in D.C., students will be guided to develop big picture understanding of today's social issues – and interact with young professionals working in diverse ways to address them. For their final project, students will be tasked with identifying a contemporary social or global issue and create a plan to address it.

The Old Dominion Through the Ages (Second Week)

Cost Range: 725.00-800.00

***No age requirement**

Description: This one-week program will allow students to travel through the history of the United States with the Old Dominion of Virginia as their backdrop. As they progress through the week, they will begin with the earliest period of American history in the colonial Tidewater with the Colonial Williamsburg, progress through the Civil War in the Confederate capital of Richmond and then finally finish with the changing face of Virginia today in the so-called “purple” suburbs south of Washington, DC. As students explore this varied history, they will focus particularly on the transformation of politics and the troubled racial history of Virginia as a microcosm of the United States as a whole.

The Beauty of Crafts (Second Week)

Cost Range: 95.00-105.00

***No age requirement**

Description: This one week, on-campus program is a hands-on exposure to stitchery as a possible art form. It will include embroidery, appliqué, piecing, and quilting and the students will create their own piece of art in the form of a personalized journal or pillow cover. As part of the learning process they will create an ornament using detailed embroidery stitches based on Shisha embroidery from India. They will learn a bit about the history of stitchery and how it has developed over the centuries and will finish by creating individual patterns to prove that the fusion of beauty and practicality really is what makes crafts so extraordinary.