

Caribbean Islands 2017  
Itinerary

- Mon, Jan. 2      Fly to St. Thomas, USVI from Boston  
Accommodations: Island Beachcomber Hotel (1 night)
- Tues, Jan. 3      Board the “Roseway” Schooner (4 nights & 5 days).  
Students learn sailing and boating skills  
PE Class for 1 credit  
Reading and journaling assignments while on-board
- Sat, Jan. 7      Boat drops us off at National Park Service wharf on St. John  
Accommodations: Cinnamon Bay Campground, on north side  
of St. John- 6 nights.  
Typical Day:  
    Morning group “wellness activities” every morning from 8-9  
        ~Meditating on the beach  
        ~Quiet Journaling  
        ~Hike  
        ~Tai Chi/Yoga on the beach  
        ~Morning quiet/meditative swim  
        ~Observing and writing about/ drawing nature  
        ~Others  
    9-breakfast together  
    Group meeting to prepare for and discuss the day’s class  
activity/excursion over breakfast

Excursion- theme related. Return by 4.

Class/academic time 4-6pm daily

Dinner 6-7pm/ preparing and cooking dinner in groups

Cleaning up dinner in groups

Homework time after dinner 7-9

Free time till bed 9pm-

Fri, Jan. 13

Move to east side of St. John

Accommodations: Concordia Eco Resort-5 nights

Typical Day- same as above with the addition of:

~ daily morning yoga led by professionals

~a getting back to basics/simple-living/mindfulness

theme (Wellness through less “stuff” and tech-free)

Wed, Jan. 18

Ferry to St. Thomas

Fly back to Boston

Landmark van takes us back to the college

Thur, Jan 19

Class back on campus

~10:00-noon & 1:00-4:00

Fri, Jan. 20

Final presentations to incoming students for New Student Orientation. 2000-level students will have time to complete their final papers. Teacher available as needed on Friday for final work.

### Activity Itineraries:

Our itinerary while on the Roseway includes crew work such as raising and lowering the sails, coiling lines, helping with meal prep and clean-up, cleaning the boat, contributing to the Captain’s Log, boat check, and night watch. Students

will have classes in marine biology, knots, sails, geology of the area. We will also be stopping for brief hikes on the British Virgin Islands, and for snorkeling trips. In addition, while on-board, students will be reading articles and journaling about course themes, as well as boat-themed reflections.

Our itinerary while on St. John will include required morning wellness activities, designed to address stress, and throughout our visit: meditation, swimming, kayaking, hiking, yoga and tai-chi, volunteering for the National Park Service (giving back/altruism is an important wellness theme), quiet journaling, nature appreciation, tech-free experience, and nutrition as we make many of our own meals. Class time will take place every day from 4-6 in the afternoon with direct instruction. Students will also be engaged in class while in the field each day, beginning with wellness activates first thing every morning, and continuing throughout the daily excursion, and into the evening as we learn about healthy nutrition and plan meals and cook together.