

## Verde Valley School

2016 Project Period: Project Offerings

### Required Projects

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*If you are going to Malawi this summer, you must take this project to prepare. This is a single morning project.*

#### **Global Goals Program: Malawi Preparation**

This project will allow students going on the Malawi trip 2016 to prepare mentally and physically for the weeks ahead in Africa. Students will continue their study of Chichewa, learn more about Malawian culture, set personal and group intentions, participate in group bonding initiatives, prepare birthing kits, and pack group and personal gear. Required for all students going to Malawi.

### Double Block Projects

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*If you pick this project, you'll have it **both** in the morning and the afternoon.*

#### **Solitude**

Have you ever wondered what it would be like to spend a night alone in the woods? How about two? Ever feel like you don't have any time to just be by yourself around VVS? Want to challenge yourself in a way you never imagined? Want to better master camp skills? If so, this is the project for you! In this project, you'll study the various traditions around the world that utilize solitary journeys for spiritual and transformative purposes. Each day, students will build upon their practice of being alone in the woods by spending increasing amounts of time alone with a journal and nothing else. The week will culminate in a 48-hour solitude experience in gorgeous Clear Creek Canyon. Students will be appropriately trained, prepared, and supervised (though from afar) to ensure safety and support. While not physically demanding, this project is incredibly challenging as it pushes you to the very edge of yourself. You'll return from Solitude changed.

### Single Block Projects

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*Pick these projects and your Project Period experience will consist of two projects: one in the morning and one in the afternoon. Please note whether projects are offered in the morning or afternoon as you sign up for your preferences.*

### Morning Projects

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## **Mountain Biking Northern Arizona**

Are you a VVS mountain biker? Would you to ride new trails every day for a week? If you answered yes, then this morning project might be for you. We will visit locations not usually accessible for VVS mountain bikers. Possible trails include: Aerie, Coxcomb, Dawa, Rupp, Western Civilization, New Frontier, Chuckwagon, Mescal, the Arizona Trail, Waterline Trail, and others. Our full day adventure will take us up to the San Francisco Peaks near Flagstaff for a 20 or more miles through the aspens. This project is open experienced mountain bikers with skills and fitness (intermediate to advanced) necessary to ride 15 or more miles of difficult trail each day. In order to maximize riding time during the half days, this project meets at 8:30 am and will return at 12:30 pm.

## **Spoken Word & Slam Poetry: From Insecurity to Ally**

In this project you will combine written poetry, spoken word and performance to learn and engage the exciting art form of Slam Poetry: an unpredictable mixture of oratory, soliloquy and rap. We will play with how we can turn insecurities into allies, discovering why and how our biggest fears can also be our greatest friends and growth opportunities. This is a chance to engage in the process of self-advocacy, addressing doubts and fears with an adventurous curiosity, and igniting the spirit of powerful self-expression through slam poetry. Be prepared to share your work at the culminating expo night.

## **Creative Construction... & Pizza!**

This last trimester during work jobs on the farm, we designed and constructed a pizza oven out of stone and mud. This project period we will surround that oven with a straw bale bench and dining table. Students will learn basic construction and masonry techniques as we create an original and functional work of art that will be a part of our community forever. On the long day we will fire up the oven and attempt to serve a slice of pizza to everyone.

## **Agility Challenge Course**

Agility means being mentally and physically quick and graceful. Let's plan, build and challenge ourselves to a hilarious agility challenge. You may be required to: Balance your body on something small (narrow beam/slack line/plastic cups.), juggle 3 household items of different sizes, jump over, under, and around weird obstacles, throw and catch accurately in difficult situations, thread a needle with one hand, serve a candle-lit tea-party while blindfolded, jump through a hula-hoop with a full tray of drinks. You get the idea. Once we decide on the best challenges, we'll build and master the 2016 VVS Agility Course. On Expo night, we'll

demonstrate our agility and challenge others to complete our ridiculous yet agile course.

### **VVS Triathlon**

Have you ever wanted to “tri” a triathlon? Well, here is your chance! During this course students will gain experience on how to properly train for a triathlon, designed specifically for beginners. Students will participate in swimming, cycling, running, and also learn how to transition between each event. Additionally, students will become familiar with the various types of triathlon gear, stretching techniques, and nutrition. At the end of project period, students will participate in a sprint triathlon (750m swim, 20km bike, & 5k run) at Upper Lake Mary in Flagstaff, AZ.

\*All students must be verified that they can ride a bicycle and swim to participate in this project.\*

### **MapIt!**

Do you love the outdoors and want to make exploring the campus surroundings fun and safe for generations of VVS students to come? This project is for you! The “map it!” project will bring students to explore the VVS trail system in order to create a user-friendly map for students and faculty that enjoy our wonderful trail system. The idea will be to hike our trails, map them out and name them, and finally create a usable trail map that our runners, hikers, and mountains bikers will be able to use throughout the year. In addition, our goal will be to add an artistic twist to the map by decorating the map with drawings and images that will bring our to life. Finally, we will discuss throughout this project the importance of LNT principals, and how we must trend lightly when enjoying the wonderful natural playground at our disposal. Map and navigation skills will also be developed. Our final product will be printed in multiple sizes and laminated by a professional printing service. So get your hiking shoes, compasses, pencils and paint brushings and let’s map it!

### **Expressive Dance**

Mixing traditional codified movement with creative, expressive and local twists -we will start by engaging specialized exercises to engage the body and evolve into creative and improvisational movement. Participants will explore dance history, performance frameworks, anatomy, site-specific work, technology, social choreography and even a personal movement journal! This project will play with personal expression, proprioception, kinesthetic empathy, choice, agency, and autonomy as well as social and cultural understandings. Come ready to engage in a

safe yet challenging, openly communicative space, to take risks and expand your perception of self, body and community. Dance inherently asks individuals and communities to be accountable and present. Dance is how we negotiate time and space. Dance is context communicated. Dance is the practice of life.

### **Home Make-Over**

Do you want to learn useful, marketable hands-on skills that will help you get a summer job- skills such as painting, laying flooring, tiling and grout work, or light carpentry? Are you interested in taking a space with serious challenges, finding its secret potential and transforming it into something beautiful? Or maybe you just want to go back to the roots of Project Period and contribute a physical and lasting improvement to the VVS campus that you will be able to remember and revisit for decades to come? Then join the "Rehab Addict: VVS Addition" project, where you will be invited into faculty houses and given the task of overhauling a space, such as a kitchen or bathroom, in a short time with a small budget, DIY style. You will learn some valuable skills and make a big difference in a faculty family's home, and hopefully we'll create an HGTV-style documentary of the process. Be prepared to roll up your sleeves and put in some focus and some muscle- these spaces need some serious help!

### **Garden Expansion**

The garden is growing more and more everyday, so much so that members of the Sedona community are calling on us daily to partner together! Soon, we will be supplying organic veggies to local restaurants and food banks and produce power from the recent solar panel installation. This project will involve anything and everything it takes to run a farm. We will plant seeds, harvest produce, fix fences, work on irrigation and permaculture products, and all of the things it takes to "get 'er done" at the VVS farm. Come be apart of this exciting time!

### **Creative Welding in Recycled Metal**

Students in this project will join the two crafts, metal work and sculpture as they learn the basics of welding. After foraging through the various pieces of recycled metal available, students will envision, plan and execute a unique sculpture made from recycled parts.

## **Afternoon Projects**

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### **Circus Arts**

As a performance art, Aerial Dance and Circus Art provide a unique form of expression capable of leaving a powerful and inspirational impression. Students registering for Circus Arts are asked to keep an open mind and a willingness to participate in strenuous exercise (focusing on core strength, upper body strength, and stamina). Circus Arts will explore methods and modalities of creating choreography through key foundations such as developing storyline, using improvisational movement, and finding themes and patterns. Students will be exposed to (Beginner to Intermediate Level) Aerial Fabric, Lyra, and Harness Dance. Students will be provided the opportunity to experience increases in self confidence, trust in oneself, empowerment through creativity and non-competitive collaborative learning. One the full day, the group will travel to a professional studio for a group lesson. Circus Arts will culminate in a five to ten minute performance piece created throughout the week.

### **Mask Making**

Join us in igniting a creative process to raise awareness and explore how personal inner and outer ways of being are mirrored in various social interactions such as economic, religious, governmental, and other organizational bodies. Representative masks relating to one or more identified issues, will be made of face, body parts, or created on constructed forms that will be painted and decorated. For masks that can be worn, costumes will be made to go along with them. The masks' meaning will be explored further through discussion, writing, movement, and other interactive processes. Masks will be brought to life by finding their representative mannerisms and wearing them in public and/or private venues, to be determined. Ways of communicating the masks' message through actions, activism, and/or public display, will be developed. The intent of the entire process is to create a potentially transformative experience, in which our perspectives and ways of being in the world are examined, questioned, and an opportunity is offered to become an agent of change through fun and creative means.

### **Canyoneering**

Canyoneering is the act of descending canyons. But there is a little more to it than that. It is part hiking, part wading, part scrambling, part swimming, part climbing, part rappelling, part groveling and mostly pretty darn fun. May and June is the perfect time of year for canyoneering – hot, but before the summer monsoon rains cause flash floods. On this project students will learn the skills to safely descend

technical canyons, including rappelling, swimming through cold pools with a pack, and escaping keeper potholes. This project will be strenuous and challenging, but will put the students into some of the wildest and most beautiful terrain they may have ever seen! This is an afternoon project but slightly extended, meaning that we will often leave early and return late. We will be very active during this week and a reasonable level of fitness is required (including hiking and swimming in cold water).

### **Drum Building**

Learn the method of building a wooden hand drum using recycled materials! The art of drum making spans back thousands of years of human history. The drum is often considered to be the first man-made instrument, but can be designed to create a wide spectrum of tones and emotions. Students will learn to design their own custom drum using the guidance of the instructors. Not only will you craft a serious tri tonal, percussion instrument but the culmination of the project will be a “drum circle” performance. Hand drums are one of the few instruments where a group of people with no experience playing together can create powerful, moving rhythms. Making drums is fun but it is also challenging, hard work and students will need to FOCUS on the job at hand to complete this on time. Homework may be required as the rope work is time consuming and can be tedious. When you are done with this you will be able to make a drum out of any hollow bell, tube or cone shape material, I have seen drums made this way from buckets, logs PVC Pipe and even a large wine bottle!. You will learn a roping technique called the “Mali Weave”, how to treat goat skin hide, and how to tune and care for your instrument. Most of all when people ask you “where did you get that?” You can proudly reply “I made it!”

### **Backpacking**

The best way to see the world is on foot, and the best places are often a few miles away from the nearest road. Backpacking is simply hiking, with a backpack, carrying whatever you need for your journey. This project will teach basic backpacking skills such as route finding, cooking, shelter building, water treatment, and navigating challenging terrain. More advanced ultra-light backpacking techniques will be practiced. Every afternoon we will go outside in the beautiful Northern Arizona wilderness, with the potential of an overnight camping trip or maybe two. By the end of this project students will be able to plan and prepare for their own summer multi-day backpacking trip!

### **Food Preservation** *(and Zombie Apocalypse Prep)*

VVS's Global Garden is quickly becoming one of the most important and public aspects of our Sustainability program. But growing and selling fresh food is only one piece of the puzzle. Humans achieved dominance on this planet because we developed technology to store food and protect it from spoilage. However, with advances in transportation and refrigeration — especially in the United States — we have lost touch with our heritage of preservation. In this project we will explore and experiment with a number of different approaches to this vital technology, possibly including but not limited to: jams, jellies, and preserves; dried meats and jerky; dehydrated fruits; vegetable pickling including cucumbers, tomatoes, carrots, and peppers; pickled eggs; sourdough bread; sauerkraut and kimchi; olives; Indian chutneys; homemade yogurt, kombucha, and kefir. You will leave this project with jars of your very own jam/jelly, as well as knowledge that will help you outlive your less prepared neighbors when the power grid goes down and zombies start appearing on the horizon, moaning for the flesh of the living.

### **VVS Recording Studio & Music Video**

Have you ever wanted to write original music record an album in a studio and then post it online for everyone in the world to hear!?!? Now is your chance. This project period we will be writing, recording, and releasing an album of 5-6 songs written, performed, and recorded all here at VVS. What you might not know is that VVS has a semi professional studio and some high quality sound equipment all at our disposal! If you are a musician interested in getting your original songs heard, learning how to play in the studio, or you just love playing music this project period is for you! I'm looking foreword to taking this project seriously and releasing a high quality product that we can all feel proud of.

### **Personal Fitness**

This project aims to educate its participants in a variety of exercise and nutritional models thereby empowering them to build a plan that works for them. Jump start your summer fitness goals! Each day will begin with a fitness class using various pieces of exercise equipment. This equipment will include kettlebells, medicine balls, steps, jump roping, bosu balls, free weights, weight machines and even hula hoops. After an exercise class, the students will then work on coming up with a nutrition plan and an exercise plan designed specifically for their fitness goals.

### **Fiber Clay Ceramics**

Explore creating interesting, exuberant hand-built forms in clay and with clay! Lead by professional - Jean O'neil, construct both unusual and functional ceramic forms.

Processes will include making paper templates, carving solid clay forms, working on the wheel, and creating slab work. Create forms and variations from connecting, altering, stacking, piercing into and re-combining the component parts. Discover new aspects of form, pattern, and texture in creating a rich 3D ceramic piece. This is a class for every level of experience. Exploring individual interests and expression in this intensive workshop present an array of opportunities for expression. Try your hand at expressive sculptures and functional ceramics. Come with your imagination and desire and see what emerges. Previous clay experience is beneficial but not necessary.

### **Film-Making**

Learn all aspects of filmmaking in a hands-on, high-energy, and collaborative approach to the art and process of making a movie. The pace of this project is feverish and fun, and will include classes in film analysis, writing, acting and directing, cinematography, and pre and post production followed by two production teams creating their own 3-minute movie on digital video. Each student will be involved in all areas of production. All movies will be screened at the conclusion of the workshop. Taught by Michael Fallavolita, (Jurassic Park, Schindler's List, The Dark Knight Trilogy, The Hobbit Series, and, String of the Kite) and Paul Amadio, stage and film actor and director.

### **Creative Writing & Self-Publishing**

Do you love to write? Have you ever dreamed of being a published author? With the increased popularity of self-publishing, more authors are able to get their written work out into the world without waiting to be "discovered" by official publishing companies. In this project there will be two phases. In the first part we will learn about the different components of the short story through games, exercises, hikes, and coffee shop eavesdropping, and then funnel our inspiration to write our very own short stories. After each story is workshopped, we will then learn how to publish them in a collected anthology via Amazon's CreateSpace, a self-publishing website that allows you to format and print your own books! Your first step on the way to the best seller list!"

### **Aikido**

Aikido is a Japanese martial art developed by Morihei Ueshiba (known as O-Sensei, or "Great Teacher"), which focuses on blending with the motion of an attack to redirect its force rather than meeting it head-on. Practitioners of aikido learn to defend themselves from physical attack while also protecting their attacker from injury. Though it is sometimes referred to as a "soft" or "defensive" martial art, the

principles of aikido come directly from sword fighting techniques developed on the deadly battlefields of feudal Japan, and therefore retain a life-and-death martial core. However, the O-sensei emphasized aikido as a way of preventing and dissipating conflict and this belief is reflected in the art's deep philosophical and spiritual aspects. If you are interested in studying a fascinating martial art that develops self-defense skills, flexibility, and awareness, then join the aikido project! Anyone can train and become successful regardless of size, shape, age, or gender! VVS is privileged to welcome Al Krever sensei, an accomplished teacher and practitioner for Project Period 2015.

### 2016 PROJECT PERIOD SCHEDULE

Thurs. 6/19	Fri. 6/20	Sat. 6/21	Sun. 6/22	Mon. 6/23	Tues. 6/24	Wed. 6/25	Thurs. 6/26
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**Breakfast: 8:00-8:45am CHECK IN REQUIRED.**

Breakfast Meeting 8:45-9:00				Chapel Meeting 8:45-9:00			Breakfast Meeting 8:45-9:00
Morning Session 9 am -12 pm	Community Day 9am-12pm	Morning Session ALL DAY 9 am -12 pm	Afternoon Session ALL DAY 9 am -12 pm	Morning Session 9 am -12 pm Wrap up & Evals			

**Lunch 12:00-1:00pm**

**Free Time 1:00-2:00pm (except for Community Day)**

Afternoon Session 2 pm – 5 pm	Community Day 1 pm – 5pm	Morning Session ALL DAY 2 pm – 5pm	Afternoon Session ALL DAY 2 pm – 5 pm	Afternoon Session 2 pm – 5 pm Wrap up & Evals			
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**Dinner 5:30-6:30pm**

						Senior/Faculty Dinner 5:30-7 pm	
7pm Special Event TBA	7pm Special Event TBA	7pm Special Event TBA	7pm Special Event TBA	7pm Special Event TBA	7pm Special Event TBA	7pm Special Event TBA	7pm Project Period Exhibition!

**Check-In: 10:30pm**