

PROJECT PERIOD '18 COURSE CATALOG

MORNING PROJECT OFFERINGS:

VVS VAULT: Students will live the life of a VVS Historian, unearthing and writing the stories of our beloved school's 70 year history. Students will scour the VVS archives to discover the interesting personalities, projects, field trips, and courses that have shaped the VVS experience over the years. Students will construct a comprehensive timeline of VVS history and build an online Web Vault of historical stories to connect current students and alumni across the decades to one another and our roots. Students will interview former faculty members, administrators, and alumni to uncover the missing links to the VVS story. Students will research and write original VVS historical stories, as well create photo essays and other creative projects to share our VVS history with the world.

CREATIVE WELDING 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.

MT. BIKE SKILLS COURSE: Students attending this project will use wood, hardware, paint, fasteners, and power tools to make portable obstacles for a mountain bike skills course. Boxes, rails, log roll-overs, and more; all aimed to help beginner bikers acquire the skills necessary for having fun on Sedona's tough trails. While biking is not a focus of this project, attendees will have the opportunity to ride the obstacles we make, and perhaps get out on the trails as well. This project is intended for beginners, but advanced folks can join too. ***Students taking this project should: have interest in mountain biking understand that this project is mostly about building obstacles, with some riding as time permits and be ready to work and ride outdoors in warm to hot conditions.***

FLAMING JAVELINA TRIATHLON: Spend the week learning and practicing extra special triathlon training techniques. Each day we will travel to the gym, the pool or a new trail to swim, bike, and run in order to prepare for and complete in our very own second annual X-Terra-type triathlon!

COLLABORATIVE QUILT: Make a beautiful, large quilt to hang in the Shixi high school office. The quilt will symbolize the friendship between our two schools over the years, showcasing memories of the Shixi experience at VVS with a variety of quilt blocks. Individual quilt blocks might highlight the Sedona scenery, the night sky, East Dorm, the East 8 club, horses, workjobs, or anything that is uniquely VVS. Students can collect memories from Shixi friends and work them into quilt block ideas. Meanwhile, students will learn basic sewing skills, by hand and machine.

MOLDING & CASTING: Join this project for an artistic week getting to know how to sculpt, mold and cast. Each students will sculpt a piece they design, learn about several molding techniques with silicone, mold their sculpture, and produce multiple casts of that sculpture in silicone, chocolate, or soap.

SCREENWRITING 101: Film is the most widely-consumed artistic medium of today's world. Filmed entertainment is America's most desirable export. Knowing how to communicate your ideas, both creatively and persuasively, provides you the opportunity to connect with and influence the greatest numbers of people, both in the entertainment world and in general. This crash course will teach you the basic criteria of a functional screenplay ~ What pieces need to be present in the plot? What genres are you interested in writing for ie Action Blockbuster, Romantic Comedy, Teen, Family, etc? Which topics are the most sought-after and likely to get "picked up"? What does your hero/ine need to do/say/be and how must s/he change? What makes your project stand out, catch someone's attention, get selected by a studio? We will analyze a few feature films to identify significant elements introduced throughout the project such as: structure, plot, character development, relationships, fitting and breaking "the mold". ***Sign up for this course if you are genuinely interested and committed to creative writing, analysis and discussion.***

GLOBAL GOALS PROJECT: MALAWI PREP This project will allow students going on the Malawi trip 2018 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, make birthing kits, and pack group and personal gear. **Required for all students going to Malawi.**

MORNING PROJECT OFFERINGS:

GEOCACHING... IN SPANISH! There are over 400 geocaching locations in our area- let's get out and find them while honing our Spanish skills! Hike daily to beautiful spots (like Boynton Canyon) and visit local towns to seek out hidden treasures while navigating by GPS coordinates and communicating in Spanish. We will develop our practical field vocabulary and oral skills ("¿Dónde está el cache? 200 metros al norte, debajo de un árbol!") along with our technical ones. Then we'll share our findings online with English- and Spanish-speaking geocachers worldwide. Search and Rescue professionals will show us how to read maps and how to use a GPS. On the way, we'll check out a vortex or two ("¿Porqué el enebro está tan retorcido?")

AERIAL 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). We will explore methods and modalities to create 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. On the full day, the group may travel to a professional studio for a group lesson. Aerial Arts will culminate in a five to ten minute performance piece created throughout the week.

INTUITIVE SONGWRITING: Learn how to write professional, memorable songs the same way legendary songwriters do – through the power of their own intuition. Whether you're already a practicing songwriter or curious about where to even begin with music, Intuitive Songwriting will offer a fun and refreshing approach to the songwriting process by showing you how to create your best work intuitively. You'll learn how to spark your best song ideas and master the secrets behind every successful songwriter. Students will get the chance to write songs of their own, then we'll work together to co-write an original song to record at VVS Studios and perform live at Expo Night. You'll walk away with a professional recording of our group song, an arsenal of new song ideas for the future, powerful new skills for inspiring your own creative process, and a liberating new perspective on music and creativity!

MOVIEMAKING: 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.

VVS FARM - Shipping Container Build: Think of the BIG metal boxes that haul supplies on the back of trains, international ships and on the back of semi-trucks. Turns out these big metal boxes, traditionally used to haul goods, are also used for building purposes and more! VVS is procuring a container for our Farm, it will store our growing seed library, act as a work shop, and storage. This project has a lot of detail that and depending on the status of the project in May, students will jump in wherever we are at in the process. This could be anything from building the shelving and benches, welding supports, cutting openings for windows and doors, insulating, painting, building a retaining wall, planting native grasses and wildflowers, moving dirt, landscaping, installing solar, wiring the interior, installing lights, or anything in between. Ultimately the container will be partially buried with a green roof to insulate it, with solar and an awning.

DOUBLE PROJECT (MORNING AND AFTERNOON) OFFERINGS:

HOW TO THROW A MUSIC FESTIVAL: Students will learn the work that goes into organizing a multi-day music festival under the tutelage of past students: Sascha Gutfreund, '07 and Logan Foret, '07. This project will work, prior to Project Period, to assist the production company prepare Neon Desert 2018, a 3-day music festival featuring over 50 artists and held in downtown El Paso, Texas. Students will work in areas including marketing, merchandise, ticketing, artist hospitality, concessions, and more. The group will then travel to El Paso to see all their handwork pay off at the weekend festival, while working the entire time in those same areas listed above during the festival. ***THIS IS A DOUBLE PROJECT ONLY OPEN TO JUNIORS AND SENIORS.*** The group will be off campus for 5 days. Students & parents will sign a detailed behavior expectation contract

AFTERNOON PROJECT OFFERINGS:

VVS KIDS CAMP: Develop and host a VVS Kid's Camp for the faculty children on campus, and their friends. This will be an exciting and engaging process of planning, participating, and playing with campus kids. We'll start by learning some of the psychology behind human development such as: thinking and reasoning skills and social and emotional development. We will discuss age appropriate play and activities and each student will research and plan part of the kid's camp. Some of the activities will include: a water balloon fight, slip n' slide, playing soccer, arts and crafts, and baking.

ADULTING 101: Learn and practice basic life skills such as jumping a car, changing a flat tire, understanding bank accounts and investing, preparing a meal from scratch, applying for a job, understanding insurance, using basic tools, fixing a toilet, flipping a breaker, starting a fire (and putting it out), and saving a life with CPR! Learn from professionals in the community and even regular adults at VVS.

BACKPACKING 101: Into the woods: This course will get you started on the basics of backpacking, outdoor travel, leadership skills, and first aid for the backcountry while going for a new hike each day either around campus or in the Sedona area. While hiking, students will learn how and what to pack for spending the night in the backcountry, how to plan a backpacking trip, LNT principles, how to use maps and navigation skills, and what to do in case of minor injury when adventuring in the wilderness. The final activity will be a one night, *over night* backpack trip that the group will have planned themselves. ***This is an afternoon project but slightly extended, leaving early and returning late.***

CANYONEERING: Canyons criss-cross the Northern Arizona landscape offering life-giving water in an otherwise inhospitable environment and offering blissfully cool and beautiful pockets when the rest of the land bakes. This project explores the canyons of Northern Arizona by getting up close and personal with them – hiking through them, swimming their pools, rappelling down them, climbing their walls and rendering them on canvas and film. ***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 (you must be able to hike and swim).***

BUILD-A-BENCH: Let's build a variety of benches for the VVS community to enjoy for years to come. Students will learn about the basics of wood working, then design and construct their own benches using wood, sealant, paint and other materials from around campus. Students will work in groups and individually to design, build and install, functional and creative, benches, ultimately leaving a legacy behind.

TRANSLATING VVS: Let's celebrate the linguistic diversity of VVS! Through a translation project, we will be brainstorming and creating a visible expression of the different languages spoken here and the places we all come from. Students will explore the relationship between language and culture, delve into some of the principles and challenges of translation, and think about what translation allows us to achieve. We will create and display one or more creative signs on campus with translations into various languages--a lasting reminder of what makes an international campus such a rich environment. This may involve informal linguistic surveys on campus, translating short texts, and/or experimenting with translating unfamiliar languages.

DEVELOPING YOUR CHARACTER: Do you love acting? Do you want to learn more about how to "be someone else"? Do you want to learn more about yourself? In this project we will explore and immerse ourselves in character development. This project will also help to support the actors in the Filmmaking Project Period. The skills we practice will help us develop and fully connect to any character. Activities will include: character games, creative bios, improv exercises, workshops, and more. Several guest teachers may stop in to help create these characters, in different ways!

VVS FARM HANDS: Spend the week as an intern on the VVS Farm. This is a great chance to really peek into how the VVS Farm Team works, makes decisions and all the details that keep us going. Come with a positive energy, ready to work hard and be adaptable to the project on hand. Activities may include planting, irrigation maintenance, invasive species mitigation, landscaping, inventory and working at the local farmers markets.

AFTERNOON PROJECT OFFERINGS:

ADVENTURES IN MINDFULNESS: Mindfulness practices have proven to create far-reaching benefits such as improving your mood, focus, attitude, sleep, and immune function, while lowering anxiety and blood pressure. Best of all, a mindfulness practice can make you happier! In this project we will explore a variety of types of mindfulness practices with specialists in their field, including sound healing, walking meditation karma yoga and more! We will visit local sites such as Buddhist Stupas, vortexes, retreat centers and labyrinths. Journaling will help us to reflect on our experiences and build goals toward personal growth, focusing on the practices and tools that inspire us develop well rounded self-care practices, with the overall goal of leaving the world a better place than we found it . This is an incredibly challenging project, but the potential for life-changing growth is tremendous.

PUBLIC ART MURAL PROJECT: Street art, also known as urban or public art, has exploded onto the art scene since the advent of graffiti in the late 1970s. Considered by some to be the latest art movement, urban art moves work out of galleries and into the streets, where where it can be appreciated by a much larger audience. Urban art is characterized by aerosol, but can also be created a myriad of techniques including but not limited to, bucket paint and rollers, stencils, and wheat-pasting. What differentiates urban art from earlier 20th century murals is the speed with which it is created. Murals that would take weeks or months in Diego Riviera's time take days for a contemporary street artist. This quantum leap in production makes it possible for VVS students and alum, with the guidance of a seasoned street artist, to create a large-scale custom mural in a relatively short amount of time. Its theme will focus on the schools 70th Anniversary and aims to have a contemporary feel that also fits with the striking Sedona landscape. The instructor, Helena Martin, will draw on her years of urban art experience to navigate the project, leading the participants in all stages of production culminating in one or more comprehensive pieces that will inspire, enrich and add all-around good vibes to VVS for years to come.

TREASURE TROVE - Building a Personal Shrine: A "Treasure Trove" is a collection of found, valuable and delightful items. Spend the week collecting objects that represent you, or something significant to you, and build a 'shrine' to present your mixed media offering. A shrine can be religious, political, humorous, satirical or representation of times past. It can be about family, travel, or a collaboration of anything that interests you. We will dive into what is meaningful to you and how do you want to present it. Supplies such as wood, foam board, paint and fiber clay will be available as well as a template, to make a shrine with shelves, doors and a drawer to represent your focus. Personalizing and embellishing your shrine sets each shrine apart as individual pieces of art and structure, ultimately connected.

ALTERNATE PROCESS PHOTOGRAPHY: This course explores various types of photographic processes, including pinhole photography, cyanotype, Van Dyke prints, and creating your own photographic surface using liquid emulsion. Students work on individual projects that examine historical, technical and aesthetic approaches. Explore alternative means of applying photographic images on a variety of surfaces using traditional and innovative darkroom methods. Instruction will include demonstrations, exercises in the darkroom and individual projects. ***Prior darkroom experience is required.***

TEDXVVS ORGANIZING TEAM: Inspired by the impact we felt after TEDxSedona, VVS students have since gained full support to organize a TEDxVVS event here on our campus, within the next year! This will be a day full of diverse, engaging and curated talks each lasting between 5-18 minutes in length. **TED** is an organization that hosts, curates and posts free talks online, as "ideas worth spreading". These talks inspire interest and action, they make us think differently about the world and our relationship to is. A **TEDx** is an independently organized TED event, which works in tandem with the clear framework and expectations TED outlines when approved for a license. As a licensed TEDx organizing team, we must follow strict guidelines which will help us build and produce a true TEDx event, with the ability to ultimately post our own TEDxVVS talks, online. This team will work diligently to organize every aspect of the event from finding great ideas, curating and coaching speakers and soliciting sponsorships, to building a video production process, creating engaging marketing material, delegating tasks to volunteers, and managing the event, day of. *During Project Period we will dive into every detail it will take to pull this off. We will immerse ourselves in the TED nomenclature and explode every role, responsibility, deliverable and associated date in order to stay on task over the summer. Our aim is to build a committed and collaborative team made up of staff, students and community members, who are "all in" from now until the event date. The team will be hierarchical in nature with the goal of providing structure to assure communication, support and accountability throughout. If interested, please fill out the team member application sent by TEDXVVS@VVS.AZ.ORG to share your background and express your level of interest and availability. Thank you for sharing your passion and commitment*