

## **CUBA: History, Culture, Natural Beauty**

*Amanda Cadogan and Jordan Greenwald*

Travel Program Cost: \$3,500

Passport Required



We will partner with Cuba Education Travel (CET), who will help us learn about and explore the island. Our flight takes us through Florida, and then on to Havana, Cuba, a beautiful city full of history, interesting architecture, and classic American cars. Our first few days, we'll explore Havana by car and

by foot, learning about the history, culture, and architecture from local experts. We'll play soccer and chess with locals, visit a boxing gym, hear from hip hop artists, see museums, and eat delicious Cuban food.

After a few days in Havana, we'll travel to Viñales, considered one of the most beautiful regions of the island. We will hike, visit farms and artist studios, and take salsa dancing lessons. On one of the days there, students will be able to choose between a bicycle tour and horseback riding. Another day, we'll explore underwater caves and go swimming.

Cuba is one of the most populous countries in the Caribbean, and one of the few Marxist-Leninist socialist states. The United States has had a trade embargo with Cuba since 1960, and travel has been restricted since approximately 1962. We will be visiting for educational purposes, which will make us eligible for travel visas.

The trip is designed to appeal to a broad range of interests, so bring your curiosity and a willingness to try new things. You can expect a full schedule of activities every day, with a mix of lectures, outdoor adventures, and cultural activities.

**This counts as a major international trip.**

## Footwork Bachata for Beginners

Local Program Cost: \$100

Sandra Pulido



This Special Program is for you if:

You are interested in exploring Afro Latin Dance?

You are wanting to feel more grounded through dance?

Maybe you are already a dancer and want to learn another type of dance, or maybe you already dance bachata and want to review your footwork?

Learning something new is in your bucket list this year?

If you answer “yes” to any of these questions then Footwork Bachata for Beginners is for you.



Here you will learn:

Bachata basics

Footwork sequence

It is beginner friendly

Fun way to exercise

Learn about Afro Latin Dance

You don't need a partner as most of the class will focus on footwork. You don't need to have experience with the dance. And if you do have experience, remember what they say: a good dancer is known not for how many turns and tricks they can do on the dance floor, but how well they perform their basics.

So come ready to dance!

Bring your own lunch. Drinks and snacks will be provided.

## STEM Adventure

Local Program Cost: \$550

*Ada Naiman*

In this program, you will be immersed in math and science while going to a new location for a new exciting activity every day. Join me (Ada) for 2 weeks filled with museum field trips, puzzle-based escape games, zoos and aquariums, building things, lab visits, discussions with scientists, learning, and much more! We'll be embarking on a new adventure every day that will take us all over the Bay Area, and students will record their findings from the program based on the theme or question of their choice. This program might be the right fit for you if you: are curious about the universe, enjoy puzzles and figuring things out, feel comfortable taking public transportation (in a group), and want to explore outside Maybeck while sleeping at home every night. This will be the ultimate learning outside of the classroom experience. This program is for all levels of experience.



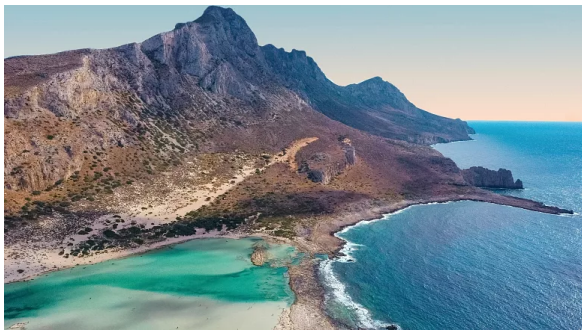
# Greece: an Exploration of Identity, Adaptation, & Sustainability

*Anya Fernandez, Jonathan Wright, & Liz Welton*

Travel Program Cost: \$3,500

Passport required

In considering how to build a more sustainable future, what if we glimpsed into thousands of years of history to find the solutions? There is no better place to do so than Greece, where ancient societies adapted to their environment and preserved their cultural traditions for centuries. In this Special Program, we will travel to Athens and the island of Crete, to learn from local and international non-profits, immerse ourselves in farm life, and apply a historical lens to examining environmental sustainability.



We will fly into Athens, where we will first spend a couple of days exploring the city, sightseeing, and learning about local sustainability initiatives. We will then head to the island of Crete, where we will do a farm stay and learn about local food systems and the rich history of the island. We will also do a cooking lesson and learn

about the production process of staples of the Greek diet. Upon return to Athens, we will climb scenic Lycabytus and conclude our trip by meeting with a few more local experts, before departing for home.

This trip is a fit for you if:

- Like to try new foods and explore new cultures
- Don't mind sleeping in rooms with other students
- Enjoy hikes and being outdoors
- Are interested in sustainability initiatives and history
- Are ready to join in with whatever activity the group decides on, with a positive attitude



**This counts as a major international trip.**

## Monuments of the Bay Area

Jazmine Contreras

Local Program Cost: \$155



Christopher Columbus Statue (Removed)  
San Francisco

Have you ever sat at home contemplating how to define a monument? Ever woken up in a cold sweat wondering why some monuments exist and others don't? Spent a Saturday googling monuments in your area? Well, if so, this Special Program is for you!

During our two weeks, we will delve into the *monumental* by reflecting on what constitutes a monument, the politics surrounding the building of new monuments, and the efforts to remove statutes of criminals and racists. We'll also discuss counter monuments and their role in challenging the monumental form.



Holocaust Monument, San Francisco

After reflecting on our readings and the five monuments we visited across the Bay Area, students will propose and create their own monument. Whether digitally or using physical materials, these monuments will be “presented” on the last day of the special program. By the end of our special program, you'll understand how

monuments are a key aspect of historical memory and shape how we view our past.

## PNW Road Trip

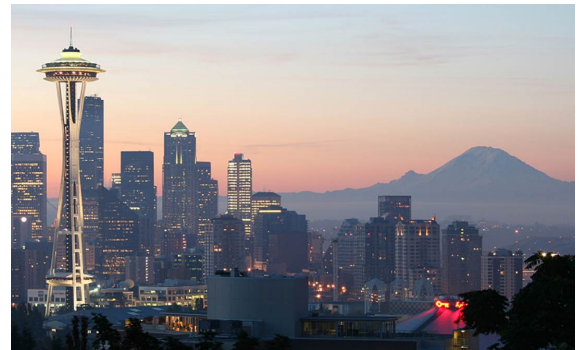
Mario Godoy and Liz Early

Travel Program Cost: \$1,600

Passport Required

When we think of the West Coast, we think of sandy beaches and sunshine. But a magical land of fog and trees exists just to the north. This 10-day travel program will take us road-tripping throughout the beautiful Pacific Northwest AND BEYOND! Major stops along the way include:

- **Portland, Oregon**, the City of Roses – home to Portlandia, hub of indie culture, music, coffee, giant bookstores, and stunning wilderness. Our daily adventures will include finding delicious food spots, learning the history of the area, taking in the sights, exploring nearby hikes and waterfalls, and visiting museums and famous landmarks.
- **Seattle, Washington**, the Emerald City – land of grunge music, more coffee, and the intricate waterways of the Puget Sound. Tucked between the Olympic Mountains and Mount Rainier lies the home of Frasier and Grey’s Anatomy, the birthplace of Microsoft and Jimi Hendrix. We’ll explore the city by foot, car, and ferry, and get a sense of what makes this misty metropolis an exciting and quirky destination.
- **Vancouver, BC**: birthplace of Carly Rae Jepsen, Michael Bublé, and Ryan Reynolds. Known as “Hollywood North,” Vancouver is a stunning mix of architectural wonder and breathtaking natural vistas. We will explore its rich history and traditions, see the sights, and appreciate the cultural wonders of Canada such as the Loonies and Toonies, Mounties, and buying milk in a bag.



If you enjoy (lots of) walking, have a deep sense of curiosity, appreciate arts and culture, and prefer weather on the chilly and damp side, this program is for you! You will need a passport to participate in this program.

**This does NOT count as a major international trip.**

## Bay Area Foodie Fanatics

Arry Kaur and Alicia Dantzker

Travel Program Cost: \$1,300

Are you curious and passionate about food? Do you want to learn how to make new things, from pickles to cheese? Do you dream about charcuterie boards? Do you just love to eat? Come explore the Bay Area food scene! We'll talk to



chefs, bakers, and cheesemakers. We'll learn about spices and pickle things that we find at the farmers' market. We'll make our own cheese. We'll cook delicious things! This program involves 3 nights away from home: 2 nights in Sonoma county with a day at a cheese festival and 1 night **tent camping** at Pie Ranch, a working farm that will also teach us how to make delicious pies. There will also be some physical activity required, likely a moderate **hike** and certainly **lots of walking around town**. We can accommodate some dietary restrictions, but if you know you don't like the foods described above, this may not be the trip for you. No matter



what, you should be ready to be curious, try new foods, sleep away from home in a room with other students and in a tent, and explore what the Bay Area has to offer!



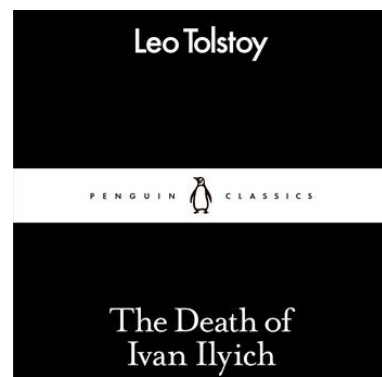
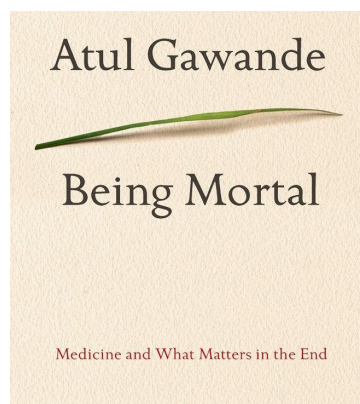
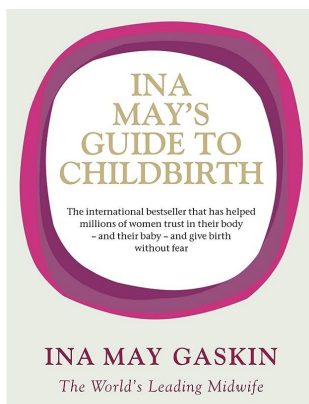
## Birth & Death

Local Program Cost: \$200

Daniel Herman

Whatever our differences, despite the myriad paths our lives – and the lives of the other nine billion people on Earth – can and will take, every one of those lives begin and end the same way: every one of us was born; and every one of us will die. In this (heavy!) Special Program, we will immerse ourselves in those two bookends of the human condition. First, we will study birth: we will educate ourselves about pregnancy and childbirth, and speak to midwives and other experts in the field. Then we will turn to death: we will read literature about death and dying, and speak to grief counselors, hospice workers, and others.

Again, this program will be intense! Please ask yourself if this is the right program for you. My intention is that this is something we'll all carry with us for a long time, and reorient the way we think of ourselves as mortal beings with the opportunity to make the most of what time we have of this precious life.





# Travel Planners Unite! An Exploration of the Bay Area

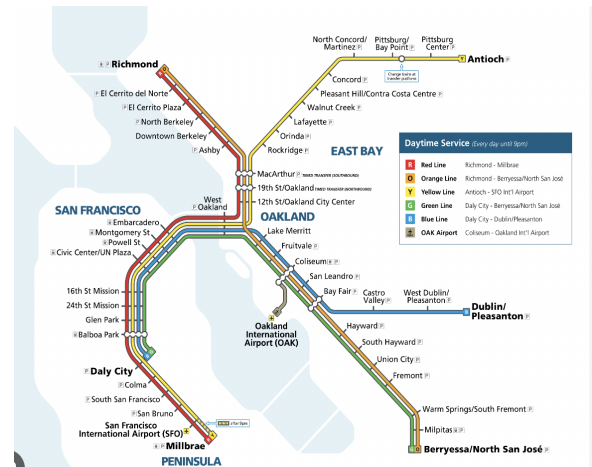
Yesi Sedano

Local Program Cost: \$550

Have you ever wanted to explore the richness the Bay Area has to offer, but you never had the time? Or, have you ever gone on a field trip and wished you could go where you wanted? Did you ever wish you could take charge of the plans? If you answered “yes” to any of these questions, then this may be the program for you!

In this program, we will be travel planners who will explore and experience the Bay Area! We will plan itineraries in groups and take field trips via public transit/BART. I will model a few trips and you will spend a day or two at the school, scoping out thoughtful and creative itineraries. You will research costs, public transit arrivals, departures, and so forth. We will build community while also having fun! The possibilities of where we could go are endless, but we must consider the constraints (e.g., budgets, bathroom access, and time along with other factors).

I'd love for you to show me the beauty and excitement that our community has to offer. Let's build this experience together.



## California Deserts

Annelise Meunier & Trevor Cralle

Travel Program Cost: \$1,200



Pack your enthusiasm for a super fun road trip through the beautiful deserts of California! Together, we will explore the rich and varied landscape of the Mojave Desert via Death Valley National Park, Red Rock Canyon National Park in Nevada, the Upper Mojave Preserve, and Joshua Tree National Park.

After a stop at Manzanar in the Eastern Sierra to learn about the history of the region and the Japanese American incarceration camp, our days will be spent traversing this diverse environment and learning about desert flora and fauna, geology, and history, stargazing and talking around the campfire at night. We will hike in slot canyons and among majestic rock formations, we will climb sand dunes and we will rest our muscles in hot springs and mud baths. This is the primo time of year for the desert and the wildflowers will be in full bloom. We will be tent camping along the way.

Students should bring an open mind, a flexible attitude, an appetite for adventure, and a good sense of humor. If you are looking for a rich and rewarding experience, then a road trip through the deserts of California is the perfect program for you. Veteran desert explorers, Annelise Meunier and Trevor Cralle, will be teaming up to share this extraordinary experience with you. Please join us!

