MAINE COAST SEMESTER at CHEWONKI

Semesters 63 and 64

Student and Family Handbook
EMERGENCIES

ON-CAMPUS EMERGENCY:
In the event of a fire alarm or other emergency, please gather immediately on Orchard Field, located between the Center for Environmental Education and Osprey Circle, with your cabin so that we can count heads. Emergencies are marked by the bell ringing continually, along with a hand-cracked foghorn. Please treat a fire alarm as you would any other emergency.

FOR FAMILIES:
During our regular business hours, please call our main line at 207-882-7323. On rare occasions, there may be a critical reason to reach a faculty member at Chewonki after business hours. For emergencies only from 4:00 p.m. to 8:00 a.m. Monday-Friday and over the weekend, we have a dedicated cell phone carried by an on-duty faculty member. Please keep this phone number handy:

AFTER HOURS EMERGENCIES ONLY:
207-504-3012, ext. 137

In the event of a call that goes to voicemail, please allow fifteen minutes for a response since there are some dead spots on campus and where we travel on field trips. At registration you will receive a complete list of faculty phone extensions.

FACULTY PHONE NUMBERS
For non-emergencies and during business hours, you can reach the following offices at these extensions:

Chewonki Health Center
207-882-7323 ext. 142

Susan Feibelman, Head of Semester School
207-882-7323 ext. 137

Admissions
207-882-7323 ext. 157
Our Mission
“Chewonki inspires transformative growth, teaches appreciation and stewardship of the natural world, and challenges people to build thriving, sustainable communities throughout their lives.”

Welcome!

Contained in this handbook are Maine Coast Semester at Chewonki’s central expectations and rules. This framework expresses our values and beliefs as an intentional community of learners and guides all of our community building practices.

We believe that trust, good communication, patience, honesty, responsibility, integrity, and a willingness to give up a measure of personal freedom are some of the keys to creating a thriving, sustainable community. It is important you remember that you are choosing to live in a markedly different fashion for four months.

By inviting you to join the Maine Coast Semester community, we are expressing confidence in your potential to be enormously successful in our school. We hope that you will embrace the opportunities you are offered and learn from the challenges you encounter along the way.

This handbook also provides numerous logistical details that shape the semester experience. Please read this material thoroughly. The information contained herein has been carefully thought out and reflects the input of students, teachers, families, and sending schools.
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Video and Music
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ABOUT US

Maine Coast Semester at Chewonki is a journey taken by students and teachers together. As unique individuals, we come together on this peninsula for four short months to engage – as colleagues and collaborators – in an extended conversation about our relationship with the natural world and with each other.

By working hard both physically and intellectually, by embracing the struggles and rewards of living in this unique community of learners and workers, we become increasingly self-confident and mature; we learn to live well with others; we learn to clarify our values and sharpen our intellect; and we become better observers of the world around us.

At Maine Coast Semester, teachers believe that communities need to be nurtured and do not achieve their full potential without the care, energy, and good will of all members. Complete honesty and direct communication are essential to the health of our community, as is a passion for fully embracing the spirit and standards of Maine Coast Semester. It is through these paths that trust between all members is achieved.

At its best, our community is joyful, warm, and receptive to new ideas and welcoming to all members. Individually, each of us values hard work; each of us understands that we are responsible for our own actions, and that, together, we can achieve great things. We travel to the Maine coast to live, as Thoreau said, “deliberately.” And when our journey ends, and our community disperses, we leave knowing that we have lived fully and learned deeply.

SEMESTER SCHOOL VISION

At Maine Coast Semester, we choose to approach our rigorous academics, physical work, and everyday living with responsibility and joy. Whether engaging in a spirited classroom discussion, harvesting tomatoes for our table, or planning Saturday night’s activities, we live each day deliberately with an eye toward connecting the individual to a larger community. Our students leave Chewonki with a strengthened ownership for their education, an awareness of their place in nature, and an understanding that they can make a positive difference in their world.
GOALS FOR GRADUATES
These characteristics reflect the faculty’s goals for students who attended Maine Coast Semester.

1. **Intellectual engagement** – taking ownership for their learning, approaching challenging problems with curiosity, critical thinking, and creativity, and integrating their learning into a cohesive whole.

2. **Community involvement** – living a life of integrity and intention, taking initiative to improve their communities through individual and collective action, while understanding that we live in an interconnected world of limited resources.

3. **Articulate expression** – forming intelligent thoughts and incisive questions in verbal and written form as well as mindfully listening to the thoughts of others.

4. **Sense of place** – striving for a deeper understanding of the natural world and their place within it through focused observation of details, patterns and connections.

5. **Sense of self** – possessing a heightened understanding and acceptance of their individual talents and limits.
FALL SEMESTER 2019

August 28, Wednesday  
School opens – Semester 63 begins. Students arrive between 11:00 a.m. & 2:00 p.m.

September 24 - 28, Tuesday - Saturday  
Wilderness Trip

October 19, Saturday  
PSAT (administered on campus)

October 17 – 20, Thursday - Sunday  
Outdoor Leadership Program

October 25 – 27, Friday – Sunday  
Solos on Chewonki Neck

November 22 – 24, Friday - Sunday  
Family Weekend and Celebration Dinner

November 24, Sunday  
Thanksgiving break begins; depart by 10:30 a.m.

December 2, Monday  
Thanksgiving break ends; return by 6:15 p.m.

December 18, Wednesday  
Fall semester ends. Students depart by 10:30 a.m. Final grades and comments mailed in January.
# SPRING SEMESTER 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>January 22, Wednesday</td>
<td>School opens – Semester 64 begins. Students arrive between 11:00 am &amp; 2:00 p.m.</td>
</tr>
<tr>
<td>February 10 - 14, Monday – Friday</td>
<td>Wilderness Trip</td>
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<tr>
<td>March 7, Saturday</td>
<td>Spring break begins; depart by 10:30 a.m.</td>
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<tr>
<td>March 23, Monday</td>
<td>Spring break ends; students return by 6:15 p.m.</td>
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<tr>
<td>March 28 – 31, Saturday - Tuesday</td>
<td>Outdoor Leadership Program</td>
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<tr>
<td>April 3 – 4, Friday - Saturday</td>
<td>College Counseling Weekend</td>
</tr>
<tr>
<td>April 18, Saturday</td>
<td>ACT (Morse High School, Bath ME)</td>
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<tr>
<td>April 24 – 26, Friday - Sunday</td>
<td>Solos on Chewonki Neck</td>
</tr>
<tr>
<td>May 2, Saturday</td>
<td>SAT (Brunswick High School, Brunswick, ME)</td>
</tr>
<tr>
<td>May 4 – 15, Monday - Friday</td>
<td>AP Exams for students who wish to take them (administered on campus)</td>
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<tr>
<td>May 22 – 24, Friday – Sunday</td>
<td>Family Weekend and Celebration Dinner</td>
</tr>
<tr>
<td>May 24, Sunday</td>
<td>Spring semester ends. Students depart by 10:30 am. Final grades and comments mailed in June.</td>
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ESSENTIAL COMMUNITY RULES AND EXPECTATIONS

A student who makes the decision to disobey any of these rules will be held fully accountable, and can expect the school’s response to include, but not be limited to, permanently separating them from the community.

1. No cheating, plagiarism, or dishonesty of any kind: In this school, our intellectual spirit and our integrity are vital. We strictly adhere to an honor code; dishonesty will be cause for dismissal. Truthfulness at all times, no matter what the social pressure, is essential and expected.

2. No use or possession of illegal drugs, alcohol, or tobacco products: This rule should be understandable for legal and health reasons. It is illegal to possess tobacco in the State of Maine if you are under eighteen. Because of our emphasis on wellness and healthy living, we have no tolerance of drug or alcohol use of any kind. Additionally, Chewonki is a non-smoking campus for all faculty and staff.

3. No stealing or the destruction of property. Stealing is incompatible with a healthy community. Our values embrace the belief that we all “own” this place and this community.

4. No harassment of individuals or groups of individuals: Respect for each member of the semester is vital to the success of our community. Harassment of any kind (religious, racial, ethnic, sexual, or sexual orientation) has no place at Chewonki. This includes overt acts of physical assault, as well as unnecessary touching, suggestive remarks, verbal abuse, unwelcome sexual advances, graffiti, epithets, or biased humor.

5. No intimate relationships or sexual activity: This kind of activity indicates a level of exclusiveness that conflicts with our community values. It can also have damaging consequences for the health, safety, and privacy of the community, and will not be tolerated.

6. No being outside of your cabin after check-in without permission: Because of the trust implied by the unique living conditions at Maine Coast Semester, we simply cannot
permit violations of the check-in policy. Students may visit the restrooms within the spirit of this rule: e.g., in the night for a true need. However, leaving your cabin thirty minutes after check-in because you forgot your water bottle does not represent a “true need.” Although it does illustrate how a mature approach to planning ahead is an essential part of being a member of this community.

7. No leaving campus without permission: While you are here, we are responsible for you, so we must know where you are at all times. Students must complete a Check In and Out (CIAO) form and use the sign-out book for any departures from campus.

8. No violating the intellectual spirit of Maine Coast Semester: Failure to attend classes or to complete class work, preventing others from studying, or displaying an attitude toward academic pursuits which negatively affects others indicates that you do not wish to be a part of Maine Coast Semester.

9. No violating the community spirit of Chewonki: Much of what makes Chewonki a unique and powerful learning community is the time we spend together: at meals, in the cabin, working on chores, in the dish room, or on work program. Because our community is so small, it is essential that each student contribute meaningfully and with a spirit of generosity to the group.

These rules apply both on- and off-campus while you are a student at Maine Coast Semester. Families and sending schools may be notified in the event of a disciplinary incident. Our rules and expectations apply to all student visitors as well.

We regard these rules and expectations with the utmost seriousness. If you decide to join this school, you must be willing to be fully invested in it. When you sign the Enrollment Agreement Form, you are making a promise to every other member of the community that you are prepared to follow every rule and expectation outlined in this handbook.

If you have questions or concerns that you will be unable to live up to our community rules and expectations, we urge you to immediately speak with the head of semester school, so that we can better understand your apprehensions and identify appropriate
next steps. If you use tobacco products, now is the time to take the necessary steps to stop. Do not wait until you arrive on campus because this will create unnecessary stress and anxiety for you and our community.

We know that the students who have elected to come to Maine Coast Semester are unique individuals, who are intrinsically motivated; have a deep curiosity about the natural world; and are passionate about creating a sustainable community. You have chosen to enroll in the school because you want something different for yourselves. We hope that you are excited about living in a healthy, chemical-free community that espouses strong values. For our part, we believe in you and we will try to provide the support you need in order to make the most of your Maine Coast Semester experience.

COMMUNITY GUIDELINES

LEAVING CAMPUS
We hope you come to Chewonki prepared to involve yourself fully in the life of this semester experience.

We expect you to remain here on campus and to be fully engaged throughout the semester. Generally, students should only leave for an important family event or an opportunity that allows the pursuit of a serious interest or leadership position. If you do wish to leave for a weekend, you must speak with the head of semester school or their designee and complete a Check In and Out (CIAO) form. In some cases, you will also need to receive family permission. We strongly discourage missing classes or other commitments for off-campus events.

For joggers, bike riders, or walkers who routinely leave campus in pursuit of recreation, there is a sign-out book in the dining hall.

INCLUSIVE RELATIONSHIPS
A guiding principle of our semester school and Chewonki community is that all relationships are inclusive and socially appropriate. We believe the semester offers each student a time when they can be free of the pressures associated with
intimate or exclusive relationships and peer pressure. As a small, intentional community that strives to be inclusive, we strongly discourage socially exclusive relationships of all kinds—whether platonic or romantic in nature. Students are expected to engage thoughtfully and intentionally with each other to ensure that the development of strong connections between individuals does not negatively impact the overall school community or the relationships between individuals and the community.

SAFETY CONCERNS
1. Wear footwear at all times unless you are walking on one of our manicured lawns.
2. In order to protect our forest resource, do not light open fires without supervision from a faculty or staff member.
3. Do not climb trees above body height.
4. Know and follow waterfront rules to safely enjoy our coastal location. (See Appendix for waterfront rules)
5. Always wear protective equipment while biking (helmet) or running (reflective vest at dawn or dusk). Reflective vests are stored in the standing secretary located in Rodman Hall. Biking helmets are stored in the bike shed.

COMMUNITY AGREEMENTS
1. Know and follow the cabin rules (see pg. 39) so that we can all enjoy our time together.
2. Attend all meals on time to promote our community and good health. Please eat only the food served at the meal. If you have specific dietary needs, our kitchen team is eager to work with you in order to support your nutritional health and overall sense of well-being.
3. In order to build school pride and ownership for your campus we all arrive for gather and morning chores on time
4. Study-hours is an agreed upon time of quiet on campus so that you may work, read, and reflect knowing that you are not missing out on a social opportunity. (See pg. 34 for more detailed information about study-hours)
5. Cellular phones may not be used on campus at any time. In the absence of this technology we are able to focus on the people and time you have here.
6. Use the Chewonki wireless network appropriately (no illegal file-sharing or downloading of sexually explicit content).

7. Do not enter buildings that are not used for the semester school (summer camp cabins, yurts, etc.).

8. Ask for permission before inviting guests so we can prepare for visitors at appropriate times. You are expected to complete the visitor notification form and submit it to the dean of student life, who will then follow up with you regarding the details of the visit.

9. All bikes are to be stored in the communal bike rack and only ridden on roadways or trails north of the farm. Helmets are to be worn whenever riding a bike on or off campus.

See the section on residential life (pg. 37) for more details about the above community agreements.

**AUTOMOBILES ON CAMPUS**

Students are not permitted to have cars on campus. Written parent or guardian permission will need to be given to the dean of student life before a student can ride in a car with anyone other than a Chewonki faculty or staff member.
# DAILY SCHEDULE*

Note: This is the Semester 61-62 schedule, which may be subject to modifications for Semesters 63-64

All community events – gather, chores, meals, morning meeting, study time, etc. – are mandatory for all students.

## MONDAY - FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6:45 a.m.</td>
<td>Morning bell</td>
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<tr>
<td>6:55</td>
<td>Gather, followed by morning chores</td>
</tr>
<tr>
<td>7:15</td>
<td>Breakfast</td>
</tr>
<tr>
<td>7:45</td>
<td>Morning meeting</td>
</tr>
<tr>
<td>8:30 - 12:25 p.m.</td>
<td>Classes*</td>
</tr>
<tr>
<td>12:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:45 - 3:45</td>
<td>Work program, science field lab, or classes</td>
</tr>
<tr>
<td>4:00- 5:55</td>
<td>Outdoor skills, science field lab</td>
</tr>
<tr>
<td>6:15</td>
<td>Dinner</td>
</tr>
<tr>
<td>7:30 – 9:30</td>
<td>Study time; speakers or workshops on Friday</td>
</tr>
<tr>
<td>9:45</td>
<td>Evening bell; students return to cabins</td>
</tr>
<tr>
<td>10:00</td>
<td>Check-in; lights out in all common areas, students remain in cabins for the night</td>
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</tbody>
</table>

*Classes meet four times a week, or the equivalent of approximately four hours per week, depending on the subject. Please note that the study period in the evenings is often not enough time to get all of your work done; count on using free periods for additional study time. Students must plan ahead in order to get their studies accomplished since it can sometimes be challenging to study in the cabins.
SATURDAY
Transportation to religious services available

7:15 a.m.  Morning bell
7:30      Breakfast
8:30 - 12:30 p.m.  Sense of Place: Speakers, activities, or field trips
12:30    Lunch
Afternoon Activities and free time
4:00      Dinner preparation by student volunteers and faculty member
6:15      Dinner
Evening  Student-planned activities for the community
11:00    Check-in

SUNDAY
Transportation to religious services available

8:45 a.m.  Brunch preparation by student volunteers and faculty member
10:30     Brunch
Afternoon Free/study time
5:30 p.m.  Dinner
7:30 – 9:30 Study time
10:00    Check-in

Weekend activities are planned by the entire community and will vary each week. Families: Please call ahead if planning a visit to campus.
BEFORE YOU ARRIVE
TRANSPORTATION TO AND FROM THE CHEWONKI CAMPUS

Maine does not have the services you might find in Boston, New York or other major cities. Please be aware that shuttle and taxi services often do not run after 10:00 or 11:00 p.m. (and a taxi ride from Portland to Chewonki costs at least $90). So, as you make travel arrangements (especially return flights after vacations), plan accordingly. If you are planning to use a shuttle service from the airport (see below) you must make reservations in advance and directly with the company. We will arrange two shuttle services to and from the airport at the start and conclusion of vacations, and at the end of the semester. Please remember that you must have a government issued picture I.D. for air travel.

ARRIVAL ON OPENING DAY
Semester students should arrive between 11:00 a.m. and 2:00 p.m. on the opening day of the semester. Registration will be held in the Center for Environmental Education (CEE), adjacent to the visitors parking lot. We will hold a welcome meeting for families at 3:15 p.m. in Chapin Hall in the Center for Environmental Education. This will provide an opportunity for families to meet the faculty and to have their questions answered. Our first school meeting for students will begin shortly thereafter. We ask that families plan to depart at the pre-established time.

DRIVING DIRECTIONS
We are located one hour northeast of Portland. From South Portland, follow I-295N (splits off from I-95) to Exit 28 for Brunswick and Bath. This will put you on Route 1. Follow Route 1 through Brunswick to Bath. About six miles north of the Sagadahoc Bridge in Bath, turn right onto Route 144 (look for “Norm’s Used Cars”), and then right again just past the railroad tracks onto Chewonki Neck Road. Go past the airport and the Chewonki Campgrounds (not connected with us). Continue past our sign, until the road turns to dirt and ends in our visitor parking lot. Signs will direct you to registration.
AIR TRAVEL AND SHUTTLE SERVICE
If you are flying into the Portland Jetport (one hour southwest of Chewonki), there are a couple of transportation choices. The simplest way to get here is to take Country Coach Charters: 207-380-7201 or www.countrycoachcharters.com. Note: You must have an advance reservation.

On departure days (at the start of vacations and at the end of the semester), we will provide shuttles from Chewonki to the Portland Jetport around 8:00 a.m. and 9:30 a.m. On arrival days (at the end of vacations), we will provide shuttles from the Portland airport at 2:00 p.m. and 4:30 p.m.

If you are making flight reservations for a return home, please allow at least three hours between the end of your last class or commitment and the departure of the flight. Please consult the calendar when scheduling travel and call Chewonki with questions.

If you are flying to or from Manchester, NH, which is about two and a half hours from Chewonki, you can use Mermaid Transportation at 800-696-2463 or www.gomermaid.com.

BUS AND TRAIN SERVICE
Greyhound and Concord Coachlines offer bus service from major cities to Portland, ME. Amtrack also offers train service between Boston and Portland. There is no direct bus or train service between Portland and Wiscasset, however the Northbound METRO Breez bus provides service from the Portland Transportation Center to the Brunswick Train Station for $3, about 25 minutes from Wiscasset.
REQUIRED CLOTHING AND EQUIPMENT LIST

At Chewonki, you have an opportunity to simplify your life. One way to achieve this is to limit the “stuff” that you use in your daily life; remember that you will be living in a one-room cabin with five to eight peers. Most of the items you will need are for informal, outdoor living. If you do not own or are unable to borrow any of the items on this list, and purchasing them is not within your budget, please contact the admissions office before you arrive for assistance. Chewonki has items available for loan on wilderness trips including sleeping pads, internal frame backpacks, sleeping bags, and base layers.

As you pack, keep in mind seasonal changes. Students in both semesters will experience temperatures and conditions that range from summer (70° - 80° F ±) to winter (0° - 25° F ±).

Put your name on all your clothes and equipment and bring all of the required items with you at the time of your arrival. We do not bring students off campus to purchase additional clothing or equipment. Although students may receive packages at Maine Coast Semester, we encourage families to plan ahead and avoid ordering additional clothing or equipment after the beginning of the semester. We discourage online shopping during the semester.

Additionally, you will be expected to do your own laundry on campus. Chewonki provides detergent and there is no fee to use the laundry facilities.

CLOTHING EXPECTATIONS

Though we do not have a formal dress code, we do ask that clothing be presentable and respectful of others while in classes or while you are off-campus representing Maine Coast Semester. Our 400-acre campus features an organic farm, forest and woodlot, meadows, marsh, rocky coastline and twelve-miles of hiking trails. Students spend a great deal of time outdoors in all weather conditions, including rain and snow. Students should pack appropriately. Jeans are appropriate for most uses, and for work program, please bring clothes and gloves that can get very dirty. A headlamp is essential for moving around campus in the
early mornings and evenings. Please also bring one nicer outfit for advisee-night-out and field trips.

**STORAGE**

Students live in one-room cabins with five-to eight peers. For storage, each student has two medium-sized bookcases (waist height) with four-six shelves a piece as well as space under your bed. Some students bring a trunk to keep at the foot of their bed or containers to go underneath. Under-bed containers may be on wheels and should be no taller than 11.5 inches. A mesh bag for laundry is also useful.

**REQUIRED OUTERWEAR**

- Warm winter parka (lightweight down- or synthetic-fill “super-layer”)
- Waterproof rain jacket
- Waterproof rain pants
- Work pants (jean or cotton duck)
- Insulated snow pants (required for spring, recommended for fall)
- Warm wool or fleece pants to layer under rain pants (required for spring, recommended for fall)
- Fleece or wool gloves that are flexible enough to write with
- Warm shell mittens that fit over gloves
- Lined leather or canvas work gloves
- Hat with a brim
- Wool or synthetic ski hat
- Balaclava or warm scarf
- Sunglasses and/or ski goggles
- Bandana

**REQUIRED CLOTHING**

- Two weeks’ worth of everyday clothing
- Two heavy wool sweaters or fleece jackets
- Two sets of long underwear (non-cotton), top and bottom
- Long-sleeved work shirts (flannel, wool or denim)
- Several pairs of warm, wool socks
- Swim suit
- One outfit for special events

**REQUIRED FOOTWEAR**

*Although there are boardwalks near the center of campus and some gravel pathways, students should expect to encounter wet, muddy, snowy and*
cold ground conditions on a regular basis. Classes frequently meet on our farm, hiking trails and coastline. During science field lab, students visit rocky and sandy beaches, bogs, brooks and marshes. Students will be outside in all weather conditions, including the snow and rain.

- Sturdy hiking boots that are waterproof or water-resistant
- Tall, rubber boots such as rain boots or insulated bog boots (recommended, however the farm has extra pairs of waterproof boots on hand for farm chores)
- Everyday footwear, such as running shoes, sandals, clogs, etc.
- Insulated winter boots with removable felt lining
- An old pair of sneakers that you don’t mind getting exceptionally wet or dirty
- Slippers for wearing inside your cabin

REQUIRED CABIN AND OUTDOOR ITEMS

- Headlamp and batteries
- Warm, twin-size bedding, linens, blankets pillow and towels
- Two water bottles (approximately 32 oz. each)
- Battery-powered alarm clock
- Wrist-watch
- Pleasure reading books or games
- Toiletries to last two months (natural/biodegradable preferred) and shower caddy
- Sunscreen
- Bug-spray with permethrin
- Backpacking hammock for solos (strongly recommended)
- Crazy creek-style lightweight folding chair for field lab and phenology (strongly recommended)

REQUIRED SCHOOL SUPPLIES

Note: we do not have a school store on campus

- Pens, pencils and highlighters
- Two journals or spiral notebooks
- Five three-ring binders with lined paper
- Graphing calculator
- Durable backpack for on-campus use and science field labs
- Personal laptop or IPad with keyboard (please contact us if you don’t already have access to a personal device)
- School or government issued photo I.D.
ADDITIONAL ITEMS REQUIRED FOR SPRING STUDENTS
• Micro spikes (fit over shoes to provide extra traction in icy conditions)
• Notes from the fall semester classes you will be continuing at Maine Coast Semester, e.g. language, history and math (these will be useful to look over as you learn new material and prepare for any Advanced Placement exams you may be taking)

OPTIONAL/RECOMMENDED CLOTHING AND EQUIPMENT
• 40-50 liter internal-frame backpack.
• Backpacking sleeping bag, rated to 15 or 20° F for fall or 0 or 5°F for spring, that stuffs into a sack. If you are a “cold sleeper,” you may want a synthetic fleece sleeping bag liner.
• Sleeping pad
• Musical instruments (encouraged)
• Recreational and sports equipment (e.g. tennis racket, lacrosse stick, cross-country or downhill skis, snowboard, ice skates, hockey stick, etc.)
• Costumes or dress-up clothes for Saturday evening activities (i.e. skits, coffeehouses, theme dances, etc.)
• Binoculars
• Digital camera
• Bicycle and helmet (Chewonki does not have bicycles for student use)
• Water shoes (old sneakers are acceptable, but crocks and backless sandals are not)

PLEASE DO NOT BRING OR ACQUIRE WHILE ENROLLED IN MAINE COAST SEMESTER
• Cell phone (If needed for travel, we will safely store on campus)
• Television sets, iPod Touch, DVD players, DVDs, or other electronic or digital media
• Hot pots, appliances or electric blankets
• Large stereos (personal, non-internet capable music-listening devices are allowed)
• Tapestries or other cloth wall hangings are considered a fire hazard. Posters and photos are ok.
• Firearms
• Pets
SOURCING ITEMS
Clothing, equipment and footwear that students bring to campus will be well-used, so we recommend bringing durable items that can stand-up to Maine’s rugged landscape and variable weather. Good quality items can be expensive, and several brands now offer gently used and repaired items on their websites. Buying used is both a pragmatic and environmentally friendly approach to outfitting yourself for the semester. Used gear can be found online by searching for Patagonia Worn Wear, REI Co-op Used Gear, The North Face Renewed and Outdoors Geek. You can also try searching websites like ebay or tradesy for popular brands like Blundstone, Carhartt, L.L. Bean, Merrell, Keen, Muck Boots, Bog Boots or Sorel.

STILL HAVE QUESTIONS?
Packing for a four-month semester in an unfamiliar climate can be challenging, so if you feel unsure of what to pack please don’t hesitate to call the admissions office at (207) 882-7323 ext. 140. Maine Coast Semester also maintains a robust flickr account with photos of daily life, work program, farm chores, science field lab and other activities. Some families find these images helpful when deciding what to pack. Scroll to the bottom of mainecoastsemester.com for a link to our flickr page.

PRE-SEMESTER READING
REQUIRED READING
The pre-semester reading assignment will be posted on mainecoastsemester.org/admissions/accepted-students in June, 2019.

OPTIONAL READING
In addition to the required reading, the following list includes books that Chewonki faculty and alumni have found particularly pertinent and illuminating on topics ranging from the history of Maine to current environmental issues. We hope this list is a resource for you both before and after your semester.

Berry, Wendell. Bringing it to the Table: On Farming and Food.
Counterpoint, 2009.


Heinrich, Bernd. *A Year in the Maine Woods.*


Kingsolver, Barbara. *Animal, Vegetable, Miracle.*


McKibben, Bill. *The Age of Missing Information.*

Pollan, Michael. *The Omnivore’s Dilemma.*


Schlosser, Eric. *Fast Food Nation.*


ACADEMIC
LIFE
STANDARDIZED TESTING

For guidance in standardized testing (PSAT, SAT, ACT, AP), you should follow the advice of college counselors at your sending school.

FOR FALL SEMESTER STUDENTS: The PSAT will be administered on campus. We will need your school code so that test scores can be sent to your sending school. Test scores will not be reported to Maine Coast Semester. There is no need to pre-register for this exam.

FOR SPRING SEMESTER STUDENTS: We will provide transportation to the ACT in April and the SAT in May. We do not recommend taking the SAT in May, since it is an extremely busy time during the semester, with the end of academic classes, the Human Ecology Capstone, and APs overlapping. The following is a recommended testing schedule to best complement your Maine Coast Semester experience:

• Take the SAT at home in December OR after the Semester in June.
• Take the ACT at home in June or July.
• Take the SAT Subject Tests at home in December or June.

ADVANCED PLACEMENT EXAMS:
AP exams will be administered on campus in May for students who choose and are prepared to take them. Students are strongly encouraged to consult with a college counselor at their school before they arrive at Chewonki to discuss the AP exams they plan to take. Students will also have the opportunity to meet with their Maine Coast Semester advisor before registering for exams in March.
Although Maine Coast Semester does offer some modest college counseling, we do not wish to replace your school counselor. If you are a spring semester student, please meet with your guidance counselor before you arrive to discuss testing and colleges. In the spring, we will have a workshop on the college admissions process. It is not appropriate to try to visit colleges while you are at Chewonki except during vacations; transportation is difficult and you will be very busy. Because the semester is so short, we cannot let you miss classes or other commitments. However, we are often able to arrange a couple visits to Maine colleges such as Bates, Bowdoin, or Colby.

Over the years, our students have done very well both during the college admissions process and in college. We would expect this to be the case given the caliber of students who attend our school, and given the special personal qualities that lead students to apply to Maine Coast Semester. But we also know that the Semester experience is just one small part of a student’s high school career. We have been told by admissions officers at many of the major selective colleges that students who attend programs like this are very exciting and attractive candidates, and that attending a semester school will not hurt a student’s chance of admission. That being said, attending Maine Coast Semester is not a guarantee of admission to any particular college and it is vital that you are able to articulate how and why our program was important to you, and to demonstrate that you used your time here productively.
We believe in a growth mindset. Everyone can improve their academic performance, and it takes effort and focus to realize this growth. Study-hours are an intentional space when our entire community can dedicate ourselves to improving our intellectual abilities. Given the rigorous nature of our academic program you will need more than the five weekly nights of study-hours (2.25 hours) to complete your assignments, so we encourage you to make productive use of this time.

Study-hours (7:30-9:45 p.m.) is a time of quiet on campus so that you may work, read, and reflect while knowing that you are not missing out on a social opportunity.

**Study hours takes place in:**

- Ellis Room/Library (Low volume work space)
- Art Studio (Low volume work space)
- Science Classroom (Low volume work space)
- The Wallace (Silent work space)
- Fishbowl (Collaborative space)
- Nook (Collaborative space)

1. Study time is to be used for study, homework, and intellectual endeavors. Once you have your laptop and internet access, it is important to understand that study hours are not a time for using social media, on-line entertainment, etc. Laundry may be done during study hours and the laundry room should be considered as **a silent work space** (during study hours, music is not to be played in the laundry room without headphones). Phone calls can be made during study hours on the phones located in the lower Wallace.

2. Respectful silence on campus is expected between 7:30 p.m. and 9:45 p.m. Sunday through Friday. This includes all common areas as well as cabins. Because most studying takes place in common areas (See list above), the quiet study time must be considered sacred by the entire community.

3. Please be conscious of the fact that everyone has a different schedule as well as different study needs. Please do not disturb
others at any time or do things that other students would feel left out of while they are studying. If you are in the habit of listening to music while studying, you should use headphones/earbuds to ensure that no one can hear it.

4. If you need to work with another student, you should do so only in spaces designated as collaborative work spaces (see above list).

5. Academic assignments have priority over other uses of the public computers.

6. If you need to continue studying after 9:45, p.m. you will need to bring your materials with you to your cabin at check-in; if you forget something, you cannot go and get it.

If you want to leave a public study space for the night to go to your cabin, check-out with the faculty on duty.

Before leaving study hours for the night, please be sure to do the following:
• Put up 2-3 chairs in the Wallace.
• Computers must be placed in your computer bay, located in the Allen Center Library.
• All dishes/mugs/glasses need to be put to the dish area.
• Be sure that book bags are hung up in Rodman Hall (use vortex for unclaimed items)
• Bell rings @ 9:45pm. Please get to bathrooms by this time so that you are at your cabins by 9:55pm.

Remember that Cabin check begins at 10 p.m.
LATE WORK POLICY

Maine Coast Semester is based largely on a dynamic intellectual spirit that we hope pervades your entire experience. Teachers assume that work will be done on time and to each student’s best ability. However, we recognize that illness and extenuating circumstances can interfere with timely completion of work. It is ultimately the student’s responsibility to complete work on time and to follow these guidelines:

1. If you foresee a problem submitting work on time, you must ask a teacher in advance for an extension.
2. If work is late, you must notify the teacher and not expect the teacher to discover it later.
3. Late work (without an agreed upon extension) will be penalized for each day overdue, depending upon the assignment and class.
4. In the case of illness, late work will be treated according to the situation as decided by the teacher, health center, and head of semester school.
5. If a student is sick for more than one week, missed work may be excused by agreement of the teacher, health center, and head of semester school.

COMMENTS AND GRADES

GRADING SCALE

Chewonki uses letter grades with the following equivalences: A (94, 95, 96), A- (90, 91, 92, 93), B+ (87, 88, 89), etc. F = 59 (Failing)

At midterm and the end of the semester, you, your families, and your school will receive comments offering observations and reflections on your experience at Maine Coast Semester. These packets include a comment and progress grade from each teacher as well as a detailed letter from your advisor addressing all aspects of academic and residential life. Progress grades given at the midterm are not necessarily an indication of final performance, but do serve as formative feedback for students. An official transcript will be sent at the end of the semester with final comments. If you need additional copies, please contact admissions@chewonki.org.
RESIDENTIAL LIFE
HEALTH AND WELLNESS

By placing a great deal of emphasis on health and safety, we hope to prevent illness or accidents from occurring. In the event of illness, we work closely with local physicians. Mid-Coast Hospital is approximately 20 away from campus. Along with a health care coordinator and registered nurse, there are a number of Wilderness First Responders on the Chewonki staff in the event of an emergency.

It is essential that we have your complete and up-to-date health information. Please return the health forms, signed by a physician and a parent/guardian, by the specified date. Make certain that we have complete information on immunizations, including tetanus (good for 10 years), allergies, physical limitations, mental health issues or concerns past and present, and insurance. Please don’t neglect these important details. They will be kept confidential. Without a signed health form on file, you will not be permitted to participate in the activities that we offer, including off-campus trips.

Based on the advice of our physicians, we recommend that students consider getting a flu shot before attending the spring semester. The impact of losing a week of the semester due to an illness like flu is substantial. There will be a flu clinic offered for students attending the fall semester.

Maine Coast Semester does not provide medical insurance for students. Parents or guardians are responsible for medical expenses. Physicians’ bills and prescriptions are charged directly to your insurance company or your family. Hospital charges are billed to insurance companies.

For legal reasons, students cannot go into a first aid kit or into the health center without faculty supervision. The health center team will work with each student to responsibly administer medications.

If you feel ill in the morning, talk to the nearest faculty member, who will then help you make a judgment as to your next steps. Our general rule of thumb is that you need to report to the health center by 7:15 a.m. for an assessment of your overall health and well-being whenever you are unable to attend Gather and morning chores.
We strongly urge you to get at least 8 hours of sleep each night. Adequate sleep will not only enhance your learning (in fact, it is essential) but also your enjoyment of the semester. We hold students to clear expectations about check-in each night, which we hope lays the foundation for healthy sleeping habits.

**CABIN RULES**

1. Visiting between cabins is permitted between the conclusion of lunch or brunch (on Sunday) and the start of dinner. This allows students to strike a balance between the need for cabins as private space and the desire for cabins as a social space. Permission to visit during visiting hours is not needed from faculty.

   Students are, of course, expected to abide by our major school rules and expectations when visiting each other’s cabins (pg. 8)

   Faculty reserves the right to reconsider and revoke visitation privileges in the case of any rule violations. Out of courtesy, visitors are required to knock before entering any cabin.

2. Check-in is at 10:00 p.m. sharp. After this time, you may not leave your cabin. This is treated very seriously by the faculty and is a major expectation. The trust that we give to you to stay in your cabin after check-in is at the heart of the Semester experience. We will ask you to take this expectation just as seriously.

   Bring study materials with you to your cabin at check-in; if you forget something, you cannot go and get it.

   Use of bathrooms in the night is on an honor system as needed. However, you should not need to visit the bathroom 30 minutes after check-in; use the bathrooms before check-in.

3. Check-in time on Saturday nights is at 11:00 p.m. After this time, you may not leave your cabin. Please do not visit cabins other than your own after dinner.

4. There should be no open flames in any cabin at any time except to light the wood stove. No candles, incense, lighters, etc. Tapestries are a fire hazard and are not permitted. For safety’s sake, the cabins must be kept clean and uncluttered at all times.

5. Formal cabin clean-up occurs twice a week-Sunday and Wednesday after dinner.
As a cabin, you may want to establish additional norms and expectations for yourselves throughout the semester.

**FOOD, MEALS, & THE KITCHEN**

Eating healthy, organic, homegrown, and locally grown foods is very much a part of the Chewonki experience. We hope that you will enjoy the food that is prepared for you and that you will be willing to try new foods in the spirit of experimentation. Eating meals together is an important part of our community; you are expected to attend all meals.

**PLEASE DO**
- Let us know if you have any dietary restrictions or needs.
- Ask permission from the cook or a faculty member if you need to enter the kitchen to get something
- Feel welcome to enjoy your own nut-free snacks in your cabin.

**PLEASE DO NOT**
- Take food out of the kitchen, walk-in refrigerator, freezer, or storeroom without permission.
- Bring outside food or beverages into the dining hall (there will always be community snacks available for your consumption)

**LAUNDRY, PHONES, & MAIL**

**LAUNDRY**

Laundry machines are available for use by all members of the Chewonki community. The machines are free and detergent is provided. In general, students should use the laundry room during the week so that the Outdoor Classroom staff can do their laundry over the weekend when they return from encampments. Please don’t leave your laundry in the machines; it’s easy to forget about and ends up inconveniencing others in the community. Whenever possible, please use outdoor drying lines to conserve energy.

**PHONES**

Students are not permitted to keep cell phones with them at Chewonki. This is one of the opportunities students have to try
something different while here. If a student needs their cell phone for travel during school vacations, please be sure it is stored with us upon arrival.

We have two student landline telephones at Chewonki, both are located below the dining hall in the Wallace Center. Students can make calls on these two phones between 7:30 a.m. and 10:00 p.m. each day.

Once students have access to Wi-Fi on their personal devices (laptops and iPads), they are expected to only make calls using facetime software in the lower Wallace adjacent to the landline phones. Face-timing is strongly discouraged outside this location. If you decide to disregard this expectation you should expect a clear and specific values-based consequence.

MAIL
You will be able to send and receive mail (including packages) as usual while at Maine Coast Semester. Please bring stamps and envelopes with you. You will also be able to charge postal fees to your student account over the course of the semester. We can also help you ship items via UPS or FedEx. Your address while here will be:

(Your name)
Maine Coast Semester
485 Chewonki Neck Rd
Wiscasset, ME 04578

EMAIL
A Chewonki email account will be created for each student to use during their semester for academic and community use. Our IT Help Desk Associate will give instructions on how to access this account after arrival to campus. We ask students to continue to use their home email account for personal use.
OTHER RESIDENTIAL RULES & POLICIES

GUESTS & OVERNIGHT VISITORS
Family is welcome to visit anytime after the first three weeks of the semester when the community is beginning to take shape. Please let us know in advance if your family is planning to visit. (See section on family events.) Students must receive permission from the dean of student life or head of semester school before inviting guests other than parents or guardians, and fill out a visitor notification form (see Appendix). If your guest is driving, you will need permission both from the head of semester school and your parent or guardian before riding in their car.

We allow overnight visitors on Saturday nights only, and reserve the right to limit number of visitors on any given weekend if needed. Guests are invited and expected to take part in all community activities. Semester students are responsible for their guests, who must abide by all of our rules and expectations while on our campus. Please introduce your guests to us so that we can welcome them into the community!

NUT POLICY
Peanuts and tree-nuts are not permitted in the kitchen or dining hall, on wilderness trips or in cabins. This includes peanuts, almonds, Brazil nuts, cashews, chestnuts, hazelnut, lychee nut, macadamia nut, pecan, pine nut, pistachio and walnut, as well as their extracts, nut butters (including nut butter products such as Nutella), candies containing tree nuts, nut oils and nut milks (e.g. almond milk), and other products containing tree nuts. Coconut and nutmeg are allowed as they do not pose the same allergy risk. We ask that families not send care packages with snacks that include nuts.

CAMPING ON CHEWONKI NECK
Overnights on Chewonki Neck must be approved, in advance, by the head of semester school or their designee. Please find the camping form on page 64.
FOOTWEAR POLICY
Because of the busy nature of our campus, for your own safety and well-being you must always wear shoes when outside, unless you are walking on one of our few manicured lawns. Additionally, state health codes require that you must always wear closed-toe shoes when in the kitchen and dining room.

*SWIMMING: You must swim with faculty supervision only. You may not swim alone or after dark. Swimming is permitted only at the waterfront.

*BOATING: Boating is not permitted alone or after dark. Students must have full faculty supervision when using boats. Students must be approved by an appropriate faculty or staff member for proper use of canoes, kayaks, or sailboats. Once permission is given, students must sign out before leaving, and sign in when they have returned. Fully-secured life jackets must be worn at all times. Before boating, a waterfront orientation by the head of semester school, wilderness trip director, or other designated faculty member will be held. Please wear closed-toed shoes while boating.

VIDEO & MUSIC
Music and video are important parts of life for many students and we encourage students to consume both thoughtfully while at Maine Coast Semester. This is especially true in public spaces where we place a premium on direct interaction. We strongly discourage students from watching television shows or videos on their computers while they are with us and request family support in this matter.

Broadcasting music over speakers is not permitted at any time in the library or during study hours in any of the buildings, although the use of headphones is permitted and encouraged. We look forward to thoughtful discussions about the role of technology and media in our lives.

MORNING GATHER & CHORES
We begin each morning at 6:55 a.m. with Morning Gather, a moment for reflection before morning chores. Chores rotate biweekly during the semester, and are essential to the running of this community. Upon arrival at Maine Coast Semester, students will receive more information about chores.

*See Appendix for Waterfront Rules
Chore assignments are posted on the bulletin board in Rodman Hall, which is referred to as “the brain.”

**RELIGIOUS SERVICES**
Transportation to religious services on Friday and Sunday, as well as on major holidays will be provided for any student who wishes to attend. Most faiths are represented in the immediate area.

**DISH CREW**
Each student will be on a five- or six-student dish crew for the semester. Two to three times per week, on a rotating basis, each crew will be responsible for cleaning all of the dishes of a meal and tidying the dish room. During their “on” meal, the crew will eat within 15 minutes and start work before others finish their meal. Faculty members train dish crews, and are available to answer questions. In addition, the Kitchen Manager communicates and holds standards required by State of Maine health codes.

**COMPUTERS & NETWORK USE**
The Semester community values face-to-face contact and hands-on work while also recognizing the value of technology. During the semester we engage in discussions about the role of computers and electronic media in our lives and try to be intentional about our use of technology.

**COMPUTERS**
Although computers are not required, many students bring laptops with them. Either approach is fine; many students have had great success relying only on pens, paper, and our public-use computers (please don’t download software or change settings on these public computers). If you do decide to bring your laptop, please be sure to arrive with a thorough understanding of how to use your own computers and accompanying software. Make sure you know the computer’s administrator login and password and that your computer is equipped with current anti-virus software. Both Macintosh and Windows platforms are welcome, but please note that Chewonki’s IT department cannot support, repair or clean personal computers. We can help students get computers to an authorized repair shop.
COMPUTER-FREE ZONES & TIMES
For the first ten days and the last week of the semester, students will live without their personal computers. This enables us to focus on spending time with one another during these important moments for our community. During those (and all other) times during the semester, a limited number of public computers will be available for basic email communication; and classwork will not require extensive computing. Once personal computers are returned, we will discuss where and when computers can be used on campus. At this time we will set up all computers to interface smoothly with our network and students will choose how to use these tools within the Maine Coast Semester environment. Additionally, throughout the entire semester, we reserve certain times of the week and places on campus as “Walden Zones” aka technology free zones in order to continue this emphasis on face-to-face interaction.

NETWORK USE & PRINTING
Chewonki is wired with an Ethernet network in all of our main-campus buildings. Through this network students may print black and white papers (on Chewonki laser printers) and work or research online. We discourage the use of the network for downloading music or video files because of the many other opportunities here that merit students’ time.
WORK PROGRAM

Work program is a central and required part of Maine Coast Semester. For about four hours per week, each student works on projects essential to our community. Work is typically on the farm or in the woodlot, with our maintenance department, or with another Chewonki program. Each team of students is paired with a faculty or staff member to teach skills and oversee safe operation of tools and machinery. Tasks and projects might include: harvesting produce, splitting wood, changing oil in the Chewonki vans, roofing a cabin, cleaning animal cages with the Traveling Natural History Program, or doing a deep clean of the Wallace Center. Students with specific skills or interests may become work program leaders as well.

SAFETY POLICIES FOR WORK PROGRAM

1. Eye and ear protection should be worn when using machinery, power tools, mowers, and at other appropriate times.
2. Work gloves, long pants, long-sleeved shirts, and work or hiking boots should be worn for work program. Long hair should be tied back and in some cases all jewelry removed.
3. Licenses are required to operate any machinery or vehicle. These are given out as needed to students who have demonstrated competence and responsibility by the head of maintenance or by the farm manager.

WILDERNESS PROGRAM

All Semester students go on a four- or five-day wilderness trip within the first month of the semester. You will be in a group of approximately 10 or fewer students with several leaders including faculty and Chewonki wilderness trip staff. In the fall, the trips offered usually include canoeing, sailing, sea kayaking, and backpacking. In the spring semester, the trips head inland and allow students to explore the northern Maine woods on snowshoes or cross country skis.

Chewonki wilderness trip leaders are a fabulous resource for the semester school. They are highly trained in wilderness leadership, in many cases having attended NOLS, Outward Bound, or similar programs. At Chewonki, they go through our own extensive
wilderness leadership-training course. Additionally, they are trained as lifeguards, wilderness first responders, and Maine State trip leaders. Many are Maine Guides.

OUTDOOR LEADERSHIP PROGRAM
Building upon the skills and dispositions they have developed during their wilderness trip experience, all semester students participate in a four-day, on-campus outdoor leadership program. This next level of outdoor education includes a two-day Wilderness First Aid course, taught by Wilderness Medical Associates International, which certifies each student is trained in the basics of first aid best practices in a wilderness setting. An additional two days are spent in an encampment on our 400 acres, where students hone the skills needed to successfully complete a solo camping experience.

SOLOS
In the second half of the semester every Semester student will spend two days on a “solo” on Chewonki Neck, weather permitting. This is a time for reflection and rest, not an exercise in outdoor survival. You will be fully prepared and trained prior to your solo, and we have also established a series of non-verbal check-ins over the course of the solo weekend to ensure that all students are safe.

SUSTAINABILITY
Chewonki has become a recognized model for sustainable management of natural resources. We put ideas about sustainable living and renewable technologies into practice, and many Semester students have first-time, hands-on experiences that inform a lifetime of behavior.

Here are just a few of the ways sustainable practices are part of every Maine Coast Semester student’s daily life:

CHEWONKI FARM
Our Farm is a small, diversified organic farm that is greatly prized by our community. Its primary mission is to educate students while producing food, wood products, and fiber for the community. The
farm consists of approximately 25 acres of open land and 150 acres of woodlot. One acre is cultivated for vegetable production and the remainder is comprised of pasture, hay fields, buildings, trees, and stone walls. The gardens are carefully planned and intensively managed by three full-time, year-round farm staff. Our gardens produce 10,000-15,000 pounds of vegetables annually for our dining hall. We also raise livestock for milk, meat, and fiber, and timber for firewood and some saw logs.

RENEWABLE ENERGY
Photovoltaic, biomass, passive solar, geothermal, hydro, pedal power, draft horse, solar heat, biodiesel. These are some of the renewable energy sources that Chewonki uses every day and which you will rely on for hot showers, electricity, warmth, and transportation. Students have conducted a carbon footprint inventory of campus, the results of which are being used to inform an emissions reduction strategy for Chewonki in the future.

SUSTAINABILITY SEMINARS:
ENERGY SOLUTIONS & FARM AND FOOD SYSTEMS
Twice a week students gather to listen to members of the Chewonki community speak about a particular facet of food, farming or sustainability topics. These talks will provide you with a context for understanding the wider importance and application of the ways we choose to live here (from why we compost to how photovoltaic panels work) and are also a wonderful opportunity for you to learn from “experts” - people who work every day in these fields and have a tremendous wealth of experience and knowledge to share with the community.
FINANCIAL INFORMATION
TUITION, ROOM, & BOARD

Generally, students will be billed directly for the entire amount of the tuition (minus the $1,000 deposit) with payment due approximately eight weeks before the start of the semester (July 1st for the fall semester and December 1st for the spring semester). Some schools bill the student for the cost of the program, minus the deposit, which is paid ahead of time directly to Chewonki.

Should the student withdraw between the tuition due date and August 1st (fall semester) or January 1st (spring semester), Chewonki will retain one-half of the tuition. No refund of tuition is made within three weeks of the start of the program for any reason. This no-refund policy includes, but is not limited to, the following: voluntary departure, departure as a result of non-compliance with the major expectations of the program as outlined in this handbook, or departure due to a situation caused by non-disclosure of preexisting medical or mental health conditions. At this time, we are not able to offer a tuition insurance option.

STUDENT ACCOUNT

The student account charge of $350 is included in the tuition bill. We try to limit the amount of week-in, week-out expenses. Nevertheless, there will be some things, such as standardized tests (AP, PSAT, SAT, etc.), which are unavoidable. Some miscellaneous items, such as spending cash or Chewonki swag, will also be charged to the store account.

FINAL ACCOUNTING

Within eight weeks of the end of the semester you will receive a final accounting of the store account, along with a refund owed or balance due, from our business manager.
VISITING CHEWONKI
VISITING

Families are welcome to visit anytime after the first three weeks of the semester when the community is beginning to take shape. Please let us know in advance if your family is planning to visit. If a family member visits on a weekday, we invite them to get involved in the life of the program by attending classes, work program, etc. Places to stay are included below. We typically cannot accommodate families overnight on campus, however if staying off campus poses a significant financial hardship please reach out to the head of school to see if we can arrange an option on campus. Each semester we will have an event when families are invited to join us on campus for a celebration of your Semester experience. There are a few weekends when we will be off campus (wilderness trips, solos, etc.), so it’s wise for families to consult with the head of semester school or dean of residential life before making plans to stop by. (See documents in Appendix – Note: add visitor notification form)

FALL FAMILY EVENT

In the fall, families are invited to our Family Weekend and Celebration Dinner, Friday, November 22nd to Sunday, November 24th. Families are encouraged to travel to the mid-coast area on Friday evening to be present for a full day of events beginning on Saturday morning. There will be an informal reception from 7:30-9:00 p.m. in the Wallace Center on Friday evening for families who can attend. Please be aware that most area businesses close by 9:00 p.m., so those planning to eat dinner or check-in to a hotel should do so before coming to campus on Friday.

On Saturday morning, there will be a suite of student-organized events that start at 9:00 a.m. (unless you choose to join the polar bear dip in Montsweag Brook at 7:00 a.m.!) Lunch will be provided on campus and then there will be free time until 3:00 p.m., when students and faculty meet to prepare for the evening program. At that time, families will join the head of semester school and other Chewonki staff members for a natural history presentation by our Traveling Natural History Program staff (involving wild, non-releasable animals). There will be a parent/guardian meeting about supporting your child’s transition home at 4:00 p.m.
In the evening, there will be a community art show, Celebration Dinner, and evening program organized by students. Plan to stay until shortly after 9:30 p.m. Also, please plan so that students can spend this last night on campus with their classmates before departure for Thanksgiving Break on Sunday morning. Campus is closed for the week of Thanksgiving.

**SPRING FAMILY EVENT**

In the spring, families are invited to our Family Weekend and Celebration Dinner, Friday, May 22nd to Sunday, May 24th. Families are encouraged to travel to the mid-coast area on Friday evening to be present for a full day of events beginning on Saturday morning. There will be an informal reception from 7:30-9:00 p.m. in the Wallace Center on Friday evening for families who can attend. Please be aware that most area businesses close by 9:00 p.m., so those planning to eat dinner or check-in to a hotel should do so before coming to campus on Friday.

On Saturday, all families are invited to join an afternoon and evening Family Day and Celebration Dinner. There will be a suite of student-organized events that start at 9:00 a.m. (unless you choose to join the polar bear dip in Montsweag Brook at 7:00 a.m.!) Lunch will be provided on campus and then there will be free time until 3:00 p.m., when students and faculty meet to prepare for the evening program. At that time, families will join the head of school and other Chewonki staff members for a natural history presentation by our Traveling Natural History Program staff (involving wild, non-releasable animals). There will be a parent/guardian meeting about supporting your child’s transition home at 4:00 p.m.

In the evening, there will be a community art show, Celebration Dinner, and evening program organized by students. Plan to stay until shortly after 9:30 p.m. All students will spend this last night on campus with their classmates before departure on Sunday morning.
PLACES TO STAY IN THE AREA

(*Indicates seasonal establishment)

*The Snow Squall Inn, Wiscasset
207-882-6892
snowsquallinn.com
10% discount offered to Chewonki families

*Wiscasset Woods Lodge, Wiscasset
207-882-7137
wiscassetwoods.com

Cod Cove Inn, Edgecomb
800-882-9586, 207-882-9586
codcoveinn.com
10% discount offered to Chewonki families

Sheepscot Harbour Village Resort, Edgecomb
207-579-1800 or 866-587-7320
midcoasthvr.com
10% discount offered to Chewonki families

*The Squire Tarbox Inn, Westport Island
207-882-7693
squiretarboxinn.com
10% discount offered to Chewonki families

Hampton Inn, Bath
207-386-1310, 855-213-0582
hamptoninn3.hilton.com

The Inn At Bath
800-423-0964 or 207-443-4294
innatbath.com

Grey Havens, Georgetown
207-371-2616 or 855-473-9428
greyhavens.com

The Brunswick Inn, Brunswick
207-792-4914, 800-299-4914
brunswickbnb.com

The Harraseeket Inn, Freeport
207-865-9377, 800-342-6423
harraseeketinn.com

Salt Water Farm House, Cushing
blum@blumsday.com, vrbo.com/800532
10% discount offered to Chewonki families
RECOMMENDED LOCAL RESTAURANTS

Little Village Bistro, Wiscasset
207-687-8232

The Montsweag Roadhouse, Woolwich
207-443-6563

Sarah’s Pizza & Cafe, Wiscasset
207-882-7504

Treats, Wiscasset
207-882-6192

Mae’s Cafe and Bakery, Bath
207-442-8577

Beale St. Barbecue & Grill, Bath
207-442-9514

Solo Bistro, Bath
207-443-3373

Frontier Cafe + Cinema + Gallery, Brunswick
207-725-5222

Gelato Fiasco, Brunswick
207-607-4262

Newcastle Publick House, Newcastle
207-563-3434

Damariscotta River Grill, Damariscotta
207-563-2992

The Harraseeket Inn & Broad Arrow Tavern, Freeport
207-865-1085

Many great restaurants are located in the midcoast area, Chewonki faculty and staff are happy to point you in the direction of their favorite culinary destination!
The Chewonki Waterfront is a wonderful resource and we encourage all staff and students to take advantage of the swimming and boating opportunities that it provides. The Waterfront also needs to be used with respect to ensure the safety of all participants. With that in mind the following guidelines have been developed and must be followed by all who use the waterfront while Maine Coast Semester is in session.

**SWIMMING**

For the purpose of this guideline swimming is defined as being in the water when feet are no longer in contact with the bottom.

**POLAR BEAR DIP**

Polar bear dip is defined as going in the water from the shoreline to a standing water depth no greater than should height.

**SWIMMING AT THE WATERFRONT REQUIRES**

- Supervision by a minimum of two certified lifeguards who are out of the water and equipped with rescue tubes. The ratio of Lifeguards to swimmers is 1 to 7.
- There are two exceptions to the Lifeguard Policy. One is when a Polar Bear Dip takes place. A Polar Bear Dip requires that two Staff/Faculty trained in the use of the Waterfront supervise the activity and both should remain on shore with rescue tubes. At least one of the Staff/Faculty should have a minimum of current Wilderness Advanced First Aid Certification.
- The other exception to the Lifeguard rule is when participants swim wearing PFD’s. At this time staff that has been trained to use the Chewonki Waterfront may supervise swimming when all other waterfront guidelines are followed.

*See the document “Chewonki Waterfront Primer” for complete Waterfront Guidelines*

- All Semester School Students and Faculty must take a swim test
prior to any swimming for the first time.

- The Swim Test will include at least a 20-yard swim followed by one minute of treading water. A check list will be kept documenting the individuals who take the swim test. Each student will be evaluated as pass/fail. In the event that a student does not pass the swim test they should wear a PFD while swimming.

- Swim Test: with two lifeguards present on the swim dock, participants jump two at a time into the water and swim from Swim Dock to Boat Dock, then swim back to the front of the Swim Dock and tread water for one minute.

- No member of the Maine Coast Semester community may swim, Polar Bear Dip, or boat alone.

- No swimming, Polar Bear dipping or boating after dark.

There may be conditions under which Polar Bear Swims or Dips may not take place; including when the waterfront is iced over or at other times when local conditions do not allow for safe supervision of the Dip.

**BOATING**

For boating, the combined air and water temperature must be more than 100 degrees Fahrenheit. If this minimum temperature requirement is not met, permission is required of the President or his/her designee, for any boating activity to take place and all boaters should wear appropriate clothing for the conditions, this may include, but is not limited to, wearing a wet suit, dry suit or paddle jacket and waterproof pants.

- A minimum of two boats is required for all boating.

- PFD’s, sized and fastened properly, must be worn at all times in boats of any sort. The only exception to the PFD rule will be for the use of rowing shells and then only with permission given by the President or his or her designee.

- Students wishing to go out in canoes or kayaks must be accompanied on the water by a staff member with experience in the craft and trained in T-rescues or they must abide by the following guidelines:
  - A staff member trained in motorboat use must be on
the Boat Dock

- Boaters cannot go north of Hoyt’s Point or south of Club Point
- Boaters must stay within sight of the swim dock for their entire trip
- Groups of boaters must stay together – within three boat lengths of another boat
- Boaters must return to the dock immediately if asked to do so by the supervising staff
- Students may not go beyond Club Point or Hoyt’s Point in canoes or kayaks unless accompanied by a faculty or staff member.
- Closed-toed shoes must be worn while in all kayaks. Tevas or other sandals are not permitted in kayaks, but are permitted (securely fastened) in other boats except when boating on moving water.
- Staff and Students who have not been checked out on kayak rescues may not wear spray skirts.

FOR WATERFRONT EQUIPMENT, THE FOLLOWING GUIDELINES APPLY:

- Rinse PFDs (life jackets) in fresh water, hang to dry, and return to boathouse.
- If canoes or kayaks are muddy, wash with the hose before returning to rack or stack.
- Students should use only plastic sea kayaks (no fiberglass boats). Be especially careful with these boats, especially the rudders and skegs. All kayaks should be cleaned and returned to the rack by the boathouse, placed on their side or upside down. Under no circumstances should kayaks be left on the ground in the sun. All kayaks should be tied to the rack.
- Paddles should be rinsed, if muddy, and then returned to the boathouse.
- Let Equipment and Logistics Coordinator (Packout) know if any equipment is lost or is in need of repair.
- Canoes and kayaks should not be launched from the swim float.
The central point is twofold: Make sure that you do all the work that is expected of you in any given course, and make sure you give credit to everyone who influenced you in doing a particular piece of work. At the extremes things are pretty clear: It is appropriate and legitimate to hand in something that is entirely your own, and sign your name to it; it is entirely inappropriate and a clear case of plagiarism to hand in someone else’s writing in an effort to defraud people into thinking it is yours. Between these extremes lies a continuum that includes accurate footnotes, parenthetical acknowledgment, careful paraphrasing, unrecognized borrowing of ideas, inadvertent omission of citations, inaccurate or incomplete citations, and excessive use of others’ writing. It is often difficult to discern when we have crossed the line from what is acceptable to what is ethically questionable, and from the ethically questionable to that which is academically dishonest.

**SOME RULES OF THUMB MAY HELP:**

1. When in doubt, give explicit, complete credit. You can do this with footnotes or endnotes, or through citations within the text [Arthur, p. 23]. Which of these you do depends on the nature of the assignment, but you should be consistent within any single piece of writing which convention you use.

2. If you use more than three of someone else’s words in a row, put them in quotation marks and offer a citation.

3. If you use a specialized term in a way an author does you should offer the author’s definition and note that the author uses the term in this way. [E.g., Bill Clinton said “What I mean by ‘is’ is the following…”]

4. If you closely paraphrase what someone else has said, or you purposely mimic their writing style, give credit.

5. If you are heavily influenced by someone’s idea or persuasive argument, give credit. You can do this formally with a footnote\(^1\) or informally through an acknowledgment at an appropriate and

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stylistically acceptable place. [I am grateful to Amy Rogers for helping me to understand and articulate this point.]

There are other possible breaches of academic integrity that revolve around merely appearing to put in the appropriate effort. One obvious example of this is failing to do your share of a group project. Another example is relying too much on another student’s help to finish your assignment, or using another student’s words, rather than your own, after working together. In a different vein it is problematic when a student very often has an excuse, however understandable, for failing to turn something in, or for turning it in late. Excuses don’t always excuse – often they merely explain.

There remain some difficult gray areas. For example, it verges on a breach of academic integrity (albeit not dishonesty, per se) to write a paper by stringing together a series of quotations of other people’s work, even if you give appropriate credit. The helpful reminder here is that quotations and paraphrases of others’ work should be used to illustrate and support your ideas; they should not constitute the bulk of the paper’s content. Liberal quoting is sometimes called for, but be sure you do the important work of explaining the relevance of quoted passages, rather than expecting the quoted material to do the work for you.

Further, it’s worth thinking a bit about how and when you use secondary sources – where others have written about something you are studying. The most obvious examples are Spark Notes, Cliff Notes, and their web equivalents. In general we would discourage you from consulting secondary sources in your classes. You will work closely with secondary sources during college, but it is important at this point in your educational career to develop your own ability to glean meaning, identify images, notice allusions to historical events or other writing (e.g. Biblical references), and recognize particular writing techniques. If you rely on secondary sources to tip you off about what you’ll find in your readings you will deny yourself the opportunity to develop your own sensitivities and analytical abilities.

If you do consult secondary sources you must give credit to them in your writing, even if you don’t directly quote them. You can do this through an informal footnote or endnote.

What about online encyclopedias such as Wikipedia or Encyclopedia Britannica? Both are useful tools for a quick
introduction to a topic, and both have suffered recent criticisms for inaccuracy. For our purposes you should use these resources sparingly, if at all, mostly because we want you to apply your thought and your analysis during your Semester. The information in resources such as these is meant already to be distillations from a variety of sources. We would rather have you consult the original resources, draw the information together, glean what is most noteworthy for your project, discern patterns, highlight interesting interpretations, and weigh all of this for yourself. This is the work we hope you will do in conducting research. And if you must consult secondary sources, of course, cite them.

Finally, each of your Maine Coast Semester teachers may have specific additional expectations. For example, foreign language instructors will have things to say about translation software and dictionaries. It is your responsibility to make sure you understand and follow all these expectations and guidelines.
Maine Coast Semester Rules for camping out on Chewonki Neck

- Camping out can occur only on Friday or Saturday evening.
- Our risk management policy dictates no more than two, self-contained student groups can camp out at any given time.
- Three students minimum and up to 10 students maximum, of any gender, can camp out independent of direct faculty supervision (a maximum of 20 students in total are permitted to camp out at any given time).
- Camping out on Chewonki Neck is restricted to the following locations: Water Front, Hoyts, and Club.
- To camp out, students must complete the “Camping Out on Chewonki Neck Planning Form” and meet with a weekend on duty faculty person, by Friday lunch (12:30 p.m.) to review plans and receive approval from head of school.
- No fires (unless a Semester School faculty member is spending the night with the group).
- All school rules apply (including no climbing trees, no contact with the water, must wear shoes at all times, etc.).
- Every student camping out must bring flashlights and know the way back to campus.
- If a student(s) needs to return to campus before sun-up, they must be accompanied by a minimum of one other student. The remaining group must have at least three people at the site.
- Students must return and be on time for their first commitment (farm chores, breakfast, brunch, etc.) the following morning.
- Students must use their own (or borrowed) camping gear; Pack Out gear is not available to Semester students for weekend camping on the Neck.
- Leaving the campsite for any reason other than an emergency is a breach of check-in. This includes non-emergency inclement weather.

Sleep out date _______________________________

Circle your camp location: Water Front Hoyts Club

Campfire: YES/NO (circle one)

Name of faculty supervisor who will be present at the campsite (if YES)

________________________________________

Faculty Member’s Signature: ________________________________

Student Names

1. __________________________________________ 6. __________________________________________
2. __________________________________________ 7. __________________________________________
3. __________________________________________ 8. __________________________________________
4. __________________________________________ 9. __________________________________________
5. __________________________________________ 10. __________________________________________

Additional information:

On-duty Faculty Member Approval: __________________________ Date: ______________

Head of School Approval: __________________________ Date: ______________
CIAO
Campus In-and-Out Form

Date:

Student Name______________________________________________________________

Name of Person(s) with whom you will be leaving campus

Name: Relationship to student: Cell Phone:

________________________________________________________

________________________________________________________

If the student is not leaving with a parent/guardian, has written parent/guardian permission for the student to leave campus been received by the Dean of Residential Life or Head of School?

Yes / No

Destination:

Mode of transportation:

Approved by:

Cabin parent signature: __________________________ Date: __________

Dean of Residential Life signature: __________________________ Date: ______
Visitor Notification Form

*Requests need to be submitted at least 5 days in advance of visit.*

Student Name: ___________________________ Date: ______________

Visitor Information

Visitor(s): __________________________________________________________

Relationship to Student: ______________________________________________

Date of Visit: ___________________ Overnight: Yes / No

Time/Duration of Visit: ________________

Parents are welcome to visit anytime after Wilderness trips. Please let the Dean of Student Life know in advance if your parents are planning to visit.

Students must get permission from the Dean of Student Life before inviting visitors other than parents. If your visitor is driving, you will need permission both from the Head of Semester School and your parent/guardian before riding in their car.

We allow overnight visitors on Saturday nights only, and reserve the right to limit the number of visitors on any given weekend if needed.

Visitors are invited and expected to take part in all community activities. Semester students are responsible for their visitors, who must abide by all of our rules and expectations while on our campus. Please introduce your guests to us so that we can welcome them into the community.

Upon approval, all visitors are required to complete Maine Coast Semester at Chewonki’s Visitor Agreement and Release form. Visitors under the age of 18 must have this agreement co-signed by their parent or guardian.

Approved: ______________________________ Date: ______________

SAMPLE FORM