Note: Bowdoin Science Experience and Pre-Orientation trips occur at the same time and students may only sign up for one.

History of Pre-Orientation Trips

The first Pre-Orientation Trips went out late in the summer of 1982, when a small group of Bowdoin first-year students and a biology professor travelled to the Bowdoin Scientific Station on Kent Island in the Bay of Fundy. The students studied local ecology for several days before returning to Bowdoin for the start of their college orientation. Due to the enthusiastic reports of their experiences and their smooth transition into college life, Bowdoin established the Pre-Orientation Trip program, which has evolved into a proud college tradition.

The Pre-Orientation Trip Program at the Outing Club has expanded since its inception. In 2003, the Joseph McKeen Center for the Common Good created Community Immersion Pre-Orientation trips that introduce first year students to the Midcoast Maine area through service and interaction with the local community.

The nature of the trips has remained constant through the years: upperclass students lead groups of eight to ten first-year students through some of the most beautiful areas of Maine. The trips provide an informal atmosphere for first years to meet other students and members of the Bowdoin community.

General Information

Dates: Students must be on campus by 4:00 pm on Tuesday, August 23rd, 2011.
Reservations: Space is available on a first come, first serve basis.
*Trip registration forms will not be accepted without health forms!*

Questions?

BOC Trip Coordinator: Sarah Liu, at 207-798-4268 or bocpreo@bowdoin.edu
Community Immersion Fellow: Erin St. Peter, at 207-798-4194 or est@bowdoin.edu
For additional information or duplicate copies visit: http://www.bowdoin.edu/outing

Itinerary

Students should plan to arrive on campus by 4:00 pm on Tuesday, August 23rd, 2011. (We realize that students travelling from the West Coast may be on flights that arrive after 4:00 pm. This will not be a problem.) Students will be allowed to drop off their belongings in their dorm room, which will then be locked until trips return. All trip participants will spend Tuesday night together in Farley Field House. Trips will depart on Wednesday morning and return to Bowdoin on Saturday, August 27th for the beginning of Orientation.

Financial aid is available
Please indicate on Trip Registration if you would like to apply
Objectives of the Pre-Orientation Trip Program

* To assist with the transition into Bowdoin life by providing an inclusive and welcoming small-group experience for incoming students, facilitated by members of the Bowdoin community.

* To provide an experience that encourages incoming students to challenge themselves in a manner which reinforces and builds self-confidence and social interaction.

* To offer a selection of trips which allow incoming students to explore existing or emerging interests that they may continue to pursue throughout their time at Bowdoin.

* To heighten awareness of the wide range of activities available through the Bowdoin Outing Club and McKeen Center for the Common Good.

* To expose incoming students to the various outdoor recreational and community service opportunities available in the state of Maine.

* To promote respect for the natural and human environment and foster relationships with those communities.

* To offer a leadership opportunity for current undergraduates by providing them with the training and resources necessary to successfully lead trips.
Welcome to the Bowdoin Outing Club!

The Bowdoin Outing Club (BOC) is the largest student organization on campus, with over 400 members. Student officers and leaders work with a director and two assistant directors to offer trips, programs, and classes throughout the academic year. These trips cover a wide variety of educational and recreational outdoor activities, and they are for students of all skill levels. We operate out of the Schwartz Outdoor Leadership Center and, in addition to our wilderness trips, offer a variety of classes, a Wilderness First Responder certification program, and three seven-week long Leadership Training courses. Our Leadership Training course, taught by BOC staff and veteran leaders, teaches students the skills necessary to become BOC trip leaders. In addition to Leadership Training, we run advanced seminars in sea kayaking, rock climbing, winter camping and whitewater to allow student leaders to learn more specialized trip leading skills. Our trip leaders are the backbone of the BOC and throughout the year they are responsible for leading the Club’s many excursions including hiking, canoeing, rafting, whitewater kayaking, sea kayaking, road biking, mountaineering, winter camping, cross-country skiing, telemark skiing, and snowshoeing. The lengths of these trips vary from afternoon adventures to week-long expeditions, and are open to people of all abilities and experience levels. There are also classes on using chainsaws, orienteering, stove repair, fly tying, and other useful outdoor activities. The BOC is also proud to own and maintain both a rustic cabin located on 30 acres bordering the Appalachian Trail near Monson, Maine, and Merritt Island, a 28 acre island located near the mouth of the New Meadows River in Casco Bay. Over the past two years, we have maintained an amazing, 40-foot climbing wall in the Buck Health & Fitness Center.

Yearly club dues of $45 entitle any student, faculty, or staff member to BOC membership. With membership comes eligibility for any and all BOC activities, use of our extensive selection of outdoor equipment, and instruction in a number of outdoor skills. Throughout the year the Outing Club offers the Bowdoin Community the opportunity to learn more about the outdoor world through guest speakers and multimedia presentations. The BOC provides an outdoor classroom that allows students to experience and appreciate the natural beauty of Maine. We invite you to join the Bowdoin Outing Club!

In the past, approximately 75% of the incoming class has participated in the Pre-Orientation Trip Program. Because the Pre-Orientation Trips are the first activity of the academic year, they provide a great chance for first-year students to meet classmates, upper-class student leaders, and faculty and administrative staff members in a relaxed and informal setting. In addition to exploring the beautiful rivers, mountains, and coast of Maine, it is also an exciting and fun way to start your first year of college.

Financial aid is available for students to participate in the Pre-Orientation Trip Program. If you would like to apply for financial aid, please indicate so on the enclosed registration form. We hope that you will take this opportunity to be involved in the Pre-Orientation Trips, and we look forward to meeting you in August!

Emma Nathaniel ’12
BOC Co-President

Miguel Reyes-Zaragoza ’12
BOC Co-President
**THALHEIMER WELLNESS**
Interested in seeing the Maine coast and exploring the health and wellness practices of yoga, t’ai chi, and meditation? Join this group camping at Bowdoin’s Coastal Studies Center on Orr’s Island in neighboring Harpswell, Maine. Spend your days along the local coastline, canoeing along the shore, learning about the coastal ecology of Maine, and exploring the mind-body connection with guest instructors each day. No previous experience necessary, but bring an enthusiastic and open mind!

**SEA KAYAKING**
The picturesque rocky Maine coast is the ideal playground for gulls, seals, and sea kayakers. Both the Chewonki and Casco Bay trips will explore the unique coastal waterways that lie just out Bowdoin’s backdoor. Students will set their schedule by the ebb and flow of the tide, paddle past rocky cliffs, navigate narrow channels, and settle on a new island campsite each night. *Comfort in the water is a must for members of this trip.*

**KENT ISLAND**
This trip will venture far north to the Bowdoin Scientific Station on Kent Island, located in the Bay of Fundy, off the coast of New Brunswick, Canada. To complete their journey, students will cross open water first by ferry, then lobster boat before wading ashore. Once on Kent Island, trip members will observe and participate in research of the sea birds that use the island as breeding and feeding ground. This is a great island experience for students with an interest in birds or biological field studies. *A legal passport is required for this trip.*

**AROOSTOOK SERVICE**
Students in Aroostook, the northernmost county in Maine, will interact with the Monticello Fish and Game Club and community to explore the North Maine Woods. Working with Allen DeLong, Director of the Student Union, students will participate in service projects around the county, as well as exploring the area, hiking and going swimming. This trip is oriented towards students seeking a more community based experience.

**MILKWEED FARM**
Find out more about how local food is produced in the midcoast Maine area, with daily chores and tours on a number of small local farms. Camping at Milkweed Farm, just three miles from campus, the group will spend mornings on the farm and afternoons exploring local beaches, and canoeing along the coast. Enjoy waking with the roosters, collecting eggs for breakfast, and milking the cow; this will be a true farm stay experience. The trip will culminate with a stop at the local farmers’ market before returning to campus.
BACKPACKING
Unlimited possibilities for backpacking can be found in the rugged mountains of Maine and New Hampshire. In our most challenging trips, groups tackle the Saddleback and Mahoosuc sections of the Appalachian Trail, or the Pemigewasset range in New Hampshire, home of the Presidential mountains. For those looking for spectacular scenery at a more moderate pace, we also offer backpacking trips over more forgiving terrain. Travelling on foot is one of the most rewarding ways to experience the landscape of Maine. Please be sure to note the specifications of the type of trip you feel comfortable with on your trip registration form. Proper hiking boots are required for these trips.

DAY HIKING
Enjoy hiking in the breathtaking beauty of Baxter State Park, Maine’s largest state park, without carrying a fully loaded pack on your back. These trips will set up base camp and determine each day’s itinerary according to the ambition of the group. Options include hiking to fresh mountain lakes for swimming, summiting Katahdin, the highest point in Maine, or traversing the infamous “Knife’s Edge”. The four days will provide challenging hiking and spectacular vistas.

SURFING
Students will explore the beaches and waves of Maine, while learning to surf or improving their skills. The trip will camp on Merrit Island, a beautiful, 28-acre island located in the New Meadows River owned by the Bowdoin Outing Club. Students will enjoy campfires, jam sessions, s'mores and more on the island and experience the thrill of surfing on the coast of Maine. If the waves are too small or too big, students will swim at the beach and go for day hikes in the surrounding area. No surfing experience is necessary, but participants should be very comfortable in deep, open water and must be able to swim in ocean swells.

MERRITT ISLAND
Merritt Island, owned by the Bowdoin Outing Club, is a beautiful, 28-acre island located in the New Meadows River. After spending several days hiking in nearby state parks, this trip will have a chance to give something back to the state of Maine. Students on Merritt Island will have the opportunity to participate in the process of woodlot management, or participate in other restoration and improvement projects on the island and in surrounding communities.

CABIN TRIP
In the summer of 1990, under the direction of BOC director emeritus Jim Lentz, a group of Bowdoin students and alumni designed and built a cabin in Monson, Maine. This outpost of the BOC is situated along the Appalachian Trail with easy access to a wide range of hiking trails. This section of the AT is the start of the Hundred Mile Wilderness, known for its rugged beauty and remoteness. Participants on this trip will take advantage of the many day hikes and become familiar with the local swimming holes, returning at night to the shelter of our rustic mountain cabin.
AZISCOHOS VALLEY
Camping beside the Magalloway River, canoeing, hiking, paddling inflatable kayaks, campfires and s'mores sound like fun? All these activities and more will be part of the schedule for this trip. Located in the north-west corner of Maine, the Aziscohos Valley is known for its fly-fishing, moose, and cool evenings. A perfect place to spend a few fun and relaxing days camping with other groups, actively exploring during the day and socializing around the campfire in the evening.

CANOE TRIPPING
Maine is home to many spectacular rivers ideal for canoe tripping. Some groups will have the opportunity to spend several days on Flagstaff Lake, while others will explore the Debiscnec Lakes in the shadow of Mt. Katahdin, and a third group will traverse from island to island on Merrymeeting Bay, the largest tidal estuary in Maine. Each trip has a unique view of Maine’s serene waters and varied wildlife, with a good chance of encountering deer, moose and bald eagles! Comfort on the water is a must for members of these trips.

CYCLING
Maine has an abundance of beautiful country roads ripe for cycling. We offer two biking experiences; a self-supported trip will explore the Dresden, Maine area, leaving directly from the Bowdoin Campus, and a van-supported trip will adventure along the rugged coast, visiting local beaches. Participants will traverse the rolling hills and ride along the sparkling rivers of the area during the day and enjoy relaxing under the stars next to a campfire at night. Participants of self-supported trips must have previous road biking experience, and must provide their own functioning road bike with rear bike rack and a helmet. Participants of the van-supported trips must provide their own functioning bike and a helmet. Bike rentals are available for an additional fee.

SAILING
This unique nautical adventure will set sail from the Chewonki Foundation of Wiscasset, Maine. With camping gear packed into their small sail boats, this trip will island hop through the jutting rocky features of Maine’s coastal waters. If the sun is out, students can expect to see packs of seals sunning themselves on various rock shelves. With luck, mother nature will power these sailors with wind; if not, participants should be prepared to break out the oars and use their arms!

WHITEWATER RAFTING
Raft and paddle inflatable kayaks on Maine’s beautiful Kennebec River on the whitewater rafting trip. Participants will begin their adventure on the Kennebec paddling in rafts with experienced guides, but will learn skills needed to guide their own rafts by the end of the trip! No experience is necessary, but students should be adventurous and prepared to experience the thrill of class II-IV whitewater! Students must be good swimmers and comfortable in moving water.

WHITEWATER KAYAKING
Our whitewater kayak trip provides introductory courses to this fun and exciting sport. No experience is necessary, but students will need an adventurous attitude! Days will be spent on the water, starting on the calm waters of a pond and progressing on to class II-III whitewater on the Upper Androscoggin Rivers. Trippers will work on paddling techniques, safety, and river-running strategies. Students need to be good swimmers and comfortable in the water.
Welcome to the Joseph McKeen Center for the Common Good!

At the opening of the College in 1802, Bowdoin President Joseph McKeen declared that, “...literary institutions are founded and endowed for the common good, and not for the private advantage of those who resort to them for education.”

The Joseph McKeen Center for the Common Good helps students interpret this mission by providing opportunities to discover the ways in which their talents, passions, and academic pursuits can be used for the benefit of society through public engagement.

As you find your place at Bowdoin, also take the time to think about the community of Brunswick, Maine that you are now a part of. Below are examples of programs offered through the McKeen Center that provide opportunities for connections.

- **Community Immersion pre-orientation** trips focus on a variety of topics including the island community of North Haven or sustainability, hunger and homelessness, as well as immigrants and refugees in Maine.

- **Student-run service groups** provide volunteer opportunities with local shelters and food pantries, organize campus blood drives, build affordable homes with Habitat for Humanity, and more!

- **Community based courses** connect classroom concepts to community needs in order to enhance learning, promote active citizenship, and foster mutually beneficial ties between the campus and community.

- **Mentor a local child** to help develop his/her confidence, character, and aspirations to attend college.

- **Alternative Break Trips** serve communities in Maine and around the world to address issues such as disaster relief, sustainability, immigrant and refugee resources, and urban or rural education.

Visit the McKeen Center to learn more about ways that you can build on your personal interests and make meaningful community connections. We are located in Banister Hall, which is a part of the Chapel, located right in the center of campus.

Our annual Volunteer Fair will take place Friday, September 2nd and we encourage you to stop by to meet our student leaders. More information will be available in your orientation packet.
Community Immersion
Pre-Orientation Trips

Community Immersion pre-orientation trips are an intensive four days of hands-on work tackling the social, economic, and environmental issues facing Midcoast Maine. Participants will sleep indoors, participate in daily service projects, visit local sites of interest, and connect with one another through shared community engagement.

This pre-orientation opportunity brings together a group of first-year students who want to serve and enrich their Bowdoin experience through connections with the greater Brunswick community. Join us as we discover how Community Immersion is a great way to experience all that coastal Maine has to offer.

MIDCOAST CONNECTIONS
Participants will explore various communities surrounding Bowdoin College — including Portland — while engaging in service activities that focus on sustainability, hunger and homelessness, as well as immigrant and refugee resources. Participants will also have the opportunity to visit the Giant Steps coastal rock formation, state parks, and beaches.

NORTH HAVEN ISLAND COMMUNITY
Participants will stay in North Haven, one of the local island communities in Penobscot Bay, which holds a rich fishing and lobstering history. Possible projects and field trips may include volunteering with local youth, doing trail work, a lobster boat excursion, and a beach barbecue with community members.

Scholarships are available for students with financial need to cover partial or full program costs for these trips. Be sure to check the box on your registration form indicating your interest in financial aid.

For more information about these pre-orientation trips, contact Eric St. Peter, Community Immersion Pre-O Fellow, at (207) 798-4194 or est@bowdoin.edu.