



Intercept Boundary Waters Expedition

Family Seminar Information

OVERVIEW, TRAVEL, ACCOMMODATION, AND DIRECTIONS

The Outward Bound Intercept Family Seminar is as much for you as for your child. We strongly encourage all parents or guardians who live with the student to attend the Family Conference, but only one parent/guardian is required to attend. This document includes an overview of the Seminar, general reminders, travel information, directions, and accommodation suggestions. Please read this document thoroughly and contact your Course Advisor if you have any questions.

The Seminar will focus on how your family can best support one another as your child finishes their Outward Bound course and transitions home. The seminar is crucial to the success of the Intercept Program, and your choice to participate demonstrates a strong commitment to that success. Thank you for your involvement, and we look forward to meeting you at the end of the program.

FAMILY SEMINAR OVERVIEW - The Family Seminar accounts for the last three days of your child's Outward Bound course and will include a series of interactive workshops, activities, presentations and discussions. It will culminate with a family conference facilitated by Outward Bound staff and a graduation with the student group. The objectives of the Family Seminar are to:

- Provide you with a mini Outward Bound experience so you can better understand your child's experience.
- Connect with other parents, guardians, and families.
- Share specific information about your child's experience and stories from their expedition.
- Share tools, techniques and lessons that instructors employed during the expedition. We will also discuss how your family can employ the same or similar tools at home.
- Begin a plan for your child's transition home.

Note: You will not see your child until the second day of the Seminar as they will be engaged in volunteer service projects. Also, during the seminar your child will spend each night with their group. Students are not permitted to leave the Seminar to go to hotels, restaurants, etc. You will travel home with your child on the final day of the Seminar following graduation.

Day 1: During the first day of the Family Seminar you will meet your child's instructors and the parents of the other students. You will participate in lectures, interactive lessons and activities in the morning and afternoon. In the evening you will have one hour to engage in an in-depth conversation with one of your child's Outward Bound Instructors. This meeting is intended to update you on your child's experience and help prepare for the reunion and family conference the following day. The purpose of the first day is to equip parents with a better understanding of their child's Outward Bound experience, where they struggled and thrived, what progress they made, and what struggles they may face while transitioning home. By the end of the day you will have learned the same communication, decision making, and anger management lessons that the Instructors taught your child during the expedition, giving you a common vocabulary to use the following day when you reunite with your child.



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Day 2: This is the day you will reunite with your child! This day your child and their group will give a short presentation about their experience. You will have the opportunity to participate in some activities together with your child and with the other families. Individual family conferences are scheduled throughout the afternoon. You will have one-and-a-half hours scheduled to have a conversation with your child that will be facilitated by one of their Instructors. This conversation will touch on some of the issues from the past, but is intended to retain a focus on the future. It aims to be the beginning of a conversation that you and your child will continue in the days and weeks to come. It will allow you to reconnect and to begin making a plan for your child’s transition home.

Day 3: On the final day, we will begin with conversations and course closure with the large group of parents. Then there will be a graduation ceremony for your child and their group. The graduation ceremony is an important part of your child’s course as it provides recognition of their accomplishments at Outward Bound and acknowledges the transition and challenges ahead. You will travel home together with your child on this day.

Day 1		Day 2		Day 3	
7:30am	Breakfast.	7:30am	Breakfast	7:30am	Breakfast
8:00-11:00am	Lectures, activities, discussions.	8:00-11:30am	Reunion, activities, and student presentation	8:00am	Course closure with parent group
11:30-12:30pm	Lunch	11:30am	“Trail” Lunch	9:30am	Graduation
12:30-2:45pm	Lectures, activities, discussions (cont).	11:30-6:15pm	1.5-hour scheduled conference with your child and an instructor. Other activities scheduled throughout the afternoon.	10:30am	Final group circle
3:00-8:15pm*	1-hour scheduled conference with an instructor *Dinner is on your own this evening.	6:30pm	Dinner with parents, students, and staff	11:00am	Outward Bound

WHAT TO BRING - It is important that you arrive prepared with:

- Workbook:** This must be completed and printed. You will receive a link to the workbook the first day your child is away. This workbook is your daily “homework” while your child is away. It provides you a parallel experience to that of your child’s Outward Bound course and is intended to keep you connected with the experience as well as prepare you for the Family Seminar.
- Letter to your child:** You will find guidelines for crafting this letter in the “Week 3” section of the workbook (For the Semester course you will find guidelines in the “Week 7” section).
- Narrative Request Form:** The Narrative is a written account of your child’s Outward Bound course written by their instructors. This document can be provided to parents, schools, bosses, therapists, colleges etc. Click the link above to confirm the email addresses to which you would like us to send the narrative.



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Note: Please do not bring gifts, treats, mail, or electronics for your child. After an extended period in the wilderness these items have a great influence on students and can greatly distract from the overall goals of the Seminar. Please hold these items until after Graduation.

WHAT TO WEAR - Please dress in whatever is comfortable for you. Activities at the seminar are non-strenuous and primarily indoors. We recommend casual, comfortable clothes and shoes. Please note that Northern Minnesota can have very unpredictable weather. Bring clothing for chilly and rainy weather (sweatshirt, sweater, raincoat or jacket), as well as lightweight clothing for warmer weather.

Travel to/from the Family Seminar:

Please make no travel arrangements until your child has been medically approved for the course.

SEMINAR LOCATION

**College of St. Scholastica
Somers Residence Hall - Lounge
1200 Kenwood Avenue. Duluth, MN**

[Somers Residence Hall Lounge](#)

PARKING - Parking in lot 7, 13, or 5 on [this map](#) are all good options. Unless a spot is specifically marked as reserved you can park there (no permit is needed).

DATES

Course Number(s):	Family Seminar Dates:
VMIC-2561	Saturday, July 5 - Monday, July 7
VMIC-2562	Saturday, August 2 - Monday, August 4
VMIC-2564 and VMSF-2541	Saturday, August 9 - Monday, August 11

TRAVELING TO DULUTH, MN - Duluth International Airport serves Duluth, MN and is very close to the Seminar Location. Minneapolis/St. Paul International Airport (160 miles and 2.5 hours south of Duluth, MN) is another option, but requires more travel. Car rental is available at both airports.

TRAVELING TO THE FAMILY SEMINAR - Please arrive in Duluth on **Friday** (the day before the Seminar begins) so you are ready to begin early on **Saturday**. After driving in the main St. Scholastica entrance, please follow the signs for Mitchell Auditorium, Tower Hall, and the Burns Wellness Center. The Burns Wellness Commons will be on your right. Look for the Outward Bound



sign, park in the lot in front of the Commons, and our staff will be outside to greet you. Click on the link below or see pages 5-6 of this document for more specific directions.

[Directions to Somers Residence Hall Lounge](#)

TRAVELING HOME FROM THE FAMILY SEMINAR - The Family Seminar ends no later than 11:00 AM on the last day of the course. We cannot guarantee you will make any flights before 12:45 PM out of Duluth and 3:45 PM out of Minneapolis/St-Paul. Please plan your itinerary accordingly.

TRANSPORTATION - All hotels and the Duluth airport are within twenty minutes of St. Scholastica. Although taxis are available, you may find it easiest, and in some ways more economical, to rent a car. Major car rental companies are available at the Duluth International Airport.

Accommodation during the Family Seminar:

Do NOT make travel arrangements until your child has been medically approved for the course.

However, once your child has been approved, book accommodation as soon as possible. Duluth is a popular summer vacation destination and hotels fill very quickly during summer weekends.

Duluth, Minnesota is located on the shore of Lake Superior, the world largest freshwater lake. Visit <http://www.visitduluth.com> for more information about this unique city. Below are a few specific accommodation ideas, but there are many places to stay in Duluth in a variety of price ranges and locations. Please search around to find an option that is best for your family.

College of St. Scholastic Residence Hall*

<https://www3.css.edu/RESLife/ccg/>

Somers Hall. 1200 Kenwood Avenue. Duluth, MN 55811

College of St. Scholastica Duluth Campus (same as the Family Seminar location)

****This option is only available for the July Seminars (NOT available for August Seminar) and there are a limited number of rooms available.***

- Reservations are done online. Select the “Voyageur Outward Bound School” dates that correspond to your course from the drop-down menu. Then fill out the necessary information.
- Use the drop-down menu to select “Outward Bound Session I or Session II” for the weekend of your Seminar.
- For additional information contact the office of residential life at: reslife@css.edu
- A variety of simple rooms are available. Rates range from \$105-185.
- Availability is dependent upon the college’s current availability.

Radisson Duluth—Harborview <http://www.radisson.com/duluth-hotel-mn-55802/duluth>
5th Ave W and Superior Street. Duluth, MN 55802. (800-333-3333)



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Downtown Duluth. 3 miles from the seminar. 6.5 miles from the airport.
No discounted rates. Contact Radisson directly for current prices.

The Inn on Lake Superior* <https://www.theinnonlakesuperior.com/>

350 Canal Park Drive. Duluth, MN 55802 (888-668-4352)

Historic Canal Park. On Lake Superior. 3 miles to the seminar. 7 miles to the airport.

**There are many great options in this historic part of town. Search for "Canal Park" accommodation. Book early.*

Hostel du Nord <https://hosteldunord.com/about2>

217 West 1st St. Duluth, MN 55802 (218-940-0742)

Downtown Duluth - this is a cheaper option that is still in the city/near the lake. Read up if you are interested - it is a hostel and the rooms are shared.

OTHER ACCOMMODATION OPTIONS/IDEAS:

Airport/Mall: There are several simple accommodation options near the Duluth International Airport and Miller Hill Mall. Options in this area tend to be more economical but are removed from Lake Superior. One option in this area is **Days Inn Duluth**. 909 Cottonwood Ave. 218-727-3110.

Scenic Highway 61: There are a variety of cottages and cabins available northeast of Duluth on Scenic Highway 61. This can be a good option for families coming early or staying late to experience a little more of Lake Superior. ***Check the driving time from the lodging to the Seminar as some of these options are far away.***

<http://www.northshorevisitor.com/lodging/resorts-hotels-motels/scenic-61/>

Superior, Wisconsin: Superior is across the harbor from Duluth. Although it is not the ideal location because of the distance to the Seminar it can be a good place to look if you are booking late and having trouble finding rooms in Duluth.



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Directions to the College of Saint Scholastica

[Somers Residence Hall Lounge](#). 1200 Kenwood Avenue. Duluth, MN

From I-35 or South Highway 53:

Follow I-35 north to EXIT 258 on 21st Avenue East exit (not 21st Ave. West).
Follow 21st Avenue East to Woodland Avenue.
Turn right onto Woodland Avenue and follow it three blocks to College Street.
Turn left onto College Street and follow it to The College of St. Scholastica.

From North Highway 53:

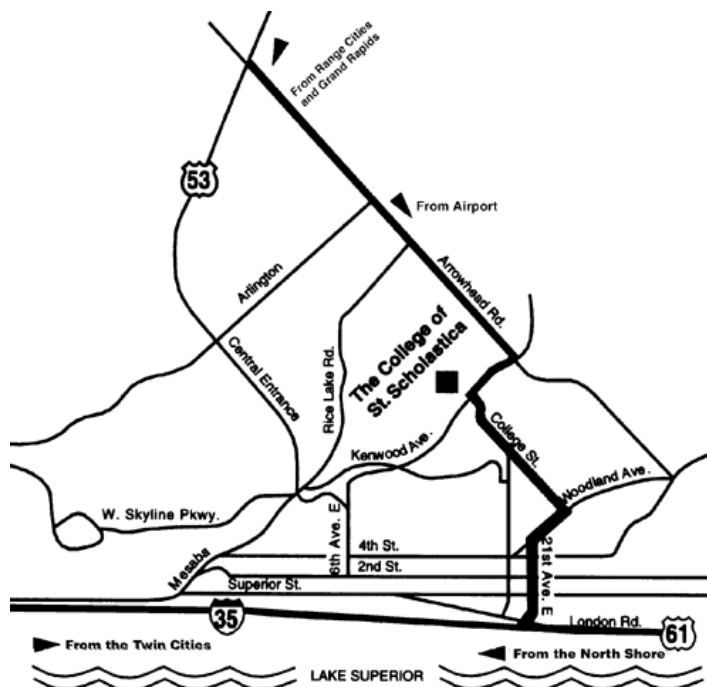
Follow Highway 53 south to Arrowhead Road.
Turn left onto Arrowhead Road.
Follow Arrowhead Road to Kenwood Avenue.
Turn right onto Kenwood Avenue and follow it to The College of St. Scholastica.

From Highway 61:

Follow Highway 61 south to 21st Avenue East.
Turn right to 21st Avenue East to Woodland Avenue.
Turn right onto Woodland Avenue and follow it three blocks to College Street.
Turn left onto College Street and follow it to The College of St. Scholastica.

From Duluth International Airport:

Follow the Airport Exit to Haines Road.
Take a right onto Haines Road. Follow Haines Road to West Arrowhead Road.
Turn left onto West Arrowhead Road. Follow Arrowhead Road to Kenwood Avenue.
Turn right onto Kenwood Avenue and follow it to The College of St. Scholastica





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Campus Map

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