



## Intercept Boundary Waters Canoeing Expedition

### Family Seminar Information:

#### OVERVIEW AND SCHEDULE

DUE TO SAFETY CONCERNS RELATED TO THE CORONAVIRUS PANDEMIC, THE PARENTS WILL PARTICIPATE IN THE SEMINAR VIRTUALLY WHILE THE STUDENTS CONCLUDE THE COURSE.

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 participate in the Family Conference, but only one parent/guardian is required to attend. This document includes an overview of the Seminar, general reminders, and a schedule. 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 with you virtually at the end of the program.

**FAMILY SEMINAR OVERVIEW** - The Family Seminar occurs over the course of two and a half days and will include a series of interactive workshops, activities, presentations and discussions. It will include a family conference facilitated by Outward Bound staff. 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.

### **NOTES ABOUT TRAVEL AND FAMILY SEMINAR PARTICIPATION**

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

For those who plan to travel to pick up their child, we recommend looking for flights on the Friday afternoon/evening of the Seminar weekend, and spending the weekend in Duluth participating in the Seminar (and exploring Duluth during Saturday and Sunday afternoons when you aren't participating in conferences). Ideally all the parents/guardians are available during the entire weekend. If you need to make travel arrangements during the Seminar weekend, please let your Course Advisor know so they can help you understand the schedule of the weekend and find other available windows for travel.



**Day 1:**

**Plan on being available with Internet access from 9:30 am - 2:45 pm CDT and a one-hour time slot between 3:00-8:00 pm CDT that will be scheduled towards the end of the course.**

During the first day of the Family Seminar you will meet your child’s instructors and the parents of the other students via Zoom. 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 interact with your child.

**Day 2:**

**Plan on being available with Internet access from 9:30 am - 12:00 pm CDT, a one-and-a-half-hour time slot between 12:00-6:45 pm CDT that will be scheduled towards the end of the course. Additionally, the expedition pictures slideshow will be shared this evening via Zoom starting at 7:45 pm CDT.**

This is the day you will see your child again (albeit virtually)! This day your child and their group will give a short presentation about their experience. 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. At the end of the day there will be an expedition slideshow.

**Day 3:**

**Plan on being available with Internet access from 8:30 -10:00 am CDT.**

On the final day of the Seminar, we will have a morning session focused on transference with the large group of parents while the students travel to Duluth. The students will arrive no later than 11:00 AM. Please plan your itinerary accordingly.

## DATES

Course Number(s):	Family Seminar Dates:
VMIC-161	<b>July 3-5, 2021</b>
VMIC-162 & 163	<b>July 10-12, 2021</b>
VMIC-166 & 167	<b>August 14-16, 2021</b>
VMIC-168	<b>August 21-23, 2021</b>



VOYAGEUR  
OUTWARD BOUND SCHOOL

Day 1 - Saturday	Day 2 - Sunday	Day 3 - Monday
<b>*All times below are in Central Daylight Time, and sessions will be held via Zoom.</b>		
9:30-10:45 am Introductions & Overview of Intercept Program	<i>Optional:</i> 8:30-9:30 am Coffee/tea with other parents—unstructured time to connect	8:30-10:00am Course closure with parent group
11:00-12:30pm Course Overview with Instructors	9:30-10:45am Parent Session to prepare for reunion & conferences	11:00 am Students arrive in Duluth
12:30-1:00 pm Lunch	10:45-11:45am Reunion & student-led expedition presentation	
1:00-2:45pm Course Overview continued: Intro to course tools and lessons	12:00-6:45pm 1.5-hour scheduled conference with your child and an instructor.	
3:00-8:30pm 1-hour scheduled conference with an instructor	<i>Optional:</i> 4:30-5:30 pm Unstructured time to connect with other parents	
<i>Optional:</i> 5:15-6:00 pm Unstructured time to connect with other parents	7:45-8:15 pm Expedition pictures slideshow	

**WHAT TO PREPARE** - It is important that before the Family Seminar you send the Course Director:

1. **Workbook:** This must be completed and emailed. 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.
2. **Letter to your child:** You will find guidelines for crafting this letter in the “Week 3” section of the workbook. Scan and email this to the Course Director.
3. **[Narrative request Google Form](#):** The narrative is a written account of your child's Outward Bound course. The instructors will be writing it next week after the course ends. It can be provided to parents, schools, bosses, probation officers, etc. Please use this form to confirm your email and any other email addresses to which you would like us to send your child’s narrative.