



FORMAN SCHOOL
2026-2027
WINTERIM COURSES

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Winterim Philosophy

All Forman students and faculty are required to participate in Winterim, the centerpiece of Forman School's commitment to experiential education. Winterim is an exploration of subjects and ideas not typically taught in a traditional classroom, allowing for the examination of important issues and the pursuit of new endeavors. Because students with different learning styles tend to excel as innovators, entrepreneurs, creators, and leaders, Winterim is designed to give students experience in and an opportunity to apply skills that lay a foundation for their talents.

Winterim is more than a timely educational break in the academic routine. It is an intentional program designed to help students discover and develop their individual interests and talents.

The prices quoted are estimates. Registrations usually determine final costs, and parents will be notified of the actual cost when permission forms are signed, schedules are finalized, and itineraries are produced. In addition, as travel can be greatly disrupted due to economic and political unpredictability, providing accurate pricing far in advance of the actual trip is difficult, and the final cost may differ from the estimate provided for travel Winterims.

Winterim courses are graded and earn 1.5 credits that are reported on transcripts. Parents should take an active and early role in helping their children select a Winterim project that is engaging and beneficial. Students make their Winterim selections during the course sign-up process in the spring, with input from the Director of Studies and their family.

Selection and Finances

It is important for students to carefully consider choices, as they may not get their first choice. Students may not enroll in the same course twice during their time at Forman School. Changing a Winterim selection after the deadline will result in parents being financially responsible for both choices. Winterim deposits are non-refundable, and final payments are non-refundable after November 20th, 2026. All financial deadlines and stipulations are laid out in the Winterim Commitment Contract.

Winterim Application Process

Beginning in the 2026-2027 academic year, all students will submit a Winterim application as part of the Winterim selection process. The Winterim application focuses on providing students with a platform to discuss their reasoning for their selection, reflect on how they would best engage with their selection, and share goals for growing and learning as part of this opportunity, rooted in the purpose of an experiential learning program.

Academic Credit

Winterim is a graduation requirement for each year that a student attends Forman. If a student does not earn credit for a Winterim course, they will be required to make up the missing requirement during the following summer. To fulfill this obligation, students must work with the school to find an appropriate summer course for credit. Students must understand that all school rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim for both on- and off-campus courses. Any violations will result in disciplinary action and may lead to the loss of Winterim credit, which must be made up.

Absences

Given the program's short, intensive nature, students are not permitted to miss any class days. Any absences may result in the loss of Winterim credit and will require summer makeup. Legitimate illnesses and emergencies will be dealt with on an individual basis, but there may come a time when too much of the course has been missed. Early departure for vacation may result in automatic loss of credit.

Behavior Considerations

Students need to be in good standing to participate in a Winterim that involves more than three days of off-campus travel. At any point, a student navigating discipline may be ineligible for travel.

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Travel Considerations

Any Winterim involving three or more days off-campus requires a non-refundable deposit. Travel in the United States requires a \$1,000 deposit upon receipt of the invoice and commitment contract, and international travel requires a non-refundable \$1,500 deposit.

Failure to provide payments by the indicated deadlines will result in the student being placed on a waitlist and the possibility of having to pick a different Winterim. Some Winterim programs may also require a visa or visas. It is the responsibility of the student and their family to obtain a valid passport by the deadline.

Health Advisory Considerations

Winterim courses involving travel have additional health and safety considerations that both students and parents need to be aware of when selecting a Winterim. Parents need to make the Student Health Center aware of any allergies, food restrictions, serious medical conditions, and medication requirements. As some Winterim programs are far from medical services, the Student Health Center may restrict travel for students with certain medical needs. Parents should follow the CDC guidelines regarding travel outside the United States and be aware of all requirements and recommendations for the countries their child will visit. Parents should consult with their physician and/or a travel clinic on these considerations. Students traveling off-campus for more than three days are required to have an annual flu vaccine and abide by any entry requirements of those countries visited.

Financial Risk and Insurance

Once a student has enrolled in a Winterim, Forman begins to make financial commitments based on the expectation of the student's participation in that course. For this reason, the family is responsible for the cost of the Winterim even if the student drops the course, regardless of the reason. If a student needs to enroll in another course, the family is also obligated to pay for the cost of the new course. Parents will receive a Winterim Commitment Contract and additional Winterim project details throughout the fall, clearly outlining all financial obligations, responsibilities, and deadlines. We advise the purchase of travel insurance for courses that require air travel from Allianz Travel or another travel insurance company of your choosing.

Winterim Class Times

The Winterim program runs Monday through Friday for two weeks. Standard class times are 9:00 a.m.-3:00 p.m., but individual Winterims may have different schedules based on the needs of their program. Students are required to be present every day during the entire Winterim period and are graded for this course, earning 1.5 credits that are reported on their Forman transcript.

Students who are not in a traveling Winterim and are participating in an on-campus Winterim must attend their daily athletics commitment.

There are several on-campus venues open during the evening hours for students from 6:30 p.m.-9:30 p.m. In-town shuttles and frequent trips to the movies, the mall, etc., will also be offered.

Important Points to Think about When Choosing a Winterim Course

Parents should actively help their student choose the courses that are best for them and affordable. Students should choose courses based on their own interests. Courses popular with their friends may not truly match their own interests. Read course travel advisories carefully. They provide necessary information about health and skill requirements. Select all Winterim course choices carefully, as you may be placed in any of them, not necessarily your first choice.

Winterim Internships

Available only to Seniors and PG students

Initial internship proposals, in lieu of a Winterim course, must be presented to the Director of Studies by May 20th, 2026, to ensure they meet specific guidelines. There is a separate program to follow if a student chooses a Winterim Internship. Full and final internship details must be presented to the Director of Studies by November 20th, 2026.

A presentation at an assigned assembly is required in the spring. Communication between the internship contact and the Director of Studies ensures a thorough evaluation is completed and sent to the school for the student to receive Winterim credit.

OFF-CAMPUS OPTIONS

Sustainability, Systems, and the Future of Our Planet

Iceland

Cost: \$6,500-\$7,000

12-15 Students

Travel to Iceland, one of the world's most innovative leaders in renewable energy and environmental stewardship, to explore what sustainable living looks like in action. Through immersive, field-based experiences, students will investigate geothermal and hydroelectric systems, examine the impact of climate change on glaciers and ecosystems, and engage with local experts working at the intersection of science, policy, and community. This program emphasizes curiosity, adaptability, and independence, asking students to apply their learning in real-world contexts while navigating the challenges and rewards of travel. Students will build skills in observation, reflection, and collaboration as they consider their role in shaping a more sustainable future.

Travel & Program Advisory Considerations:

- Students must have a valid passport by October 31st, 2026, that does not have an expiration date within a year of program travel dates.
- Students must abide by all border entry requirements at the time of entry for all locations.
- Students should expect a significant amount of walking.
- Students should have an openness to all kinds of culinary experiences and an understanding that the team will be focused on experiencing local food.
- Forman recommends that students inquire with their medical provider about any travel-related vaccination recommendations.

Digital Footprints Across Greece

Greece

Cost: \$7,000

12-15 Students

What if you could explore ancient ruins while learning how digital identities influence the world around us? By exploring iconic sites such as the Acropolis, Delphi, and Knossos, students will gain a deeper understanding of how civilizations recorded identity and legacy long before the digital age.

The trip focuses on how students identify themselves and create their digital footprints, while comparing how members of ancient civilizations communicated their identities. We will ask students to evaluate what "legacy" means for both a society and an individual.

Through creative, hands-on projects and daily reflections, students will also critically examine how privacy, responsibility, and the permanence of online actions impact their world today, and how the creation of identity and legacy may have impacted people and cultures at various stages of history.

Students will explore how storytelling shapes the way individuals and organizations are perceived during Ancient Greece, the Byzantine Empire, and Modern Greece. Students will be divided into groups and asked to create a digital presence for their assigned period in Greek history, utilizing storytelling and marketing strategies to represent that era effectively. Each group will present its epoch's digital footprint in a final presentation. Throughout the course, students will actively apply what they learn in meaningful and creative ways as they represent the people, events, and practices of their assigned era.

The inclusion of island travel and a boat cruise adds excitement while reinforcing lessons about global citizenship in an interconnected world. This course is ideal for students who have a passion for ancient history and want to better understand the impact of their own digital presence.

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OFF-CAMPUS OPTIONS

Match the Hatch: Fly Fishing in the Tennessee Valley

Tennessee

Cost: \$4,000-\$4500

10-15 Students

Match the Hatch: Fly Fishing the Tennessee Valley immerses students in the world of fly fishing while exploring the trout lifecycle, cold-water ecosystems, and the conservation practices that sustain healthy streams in the Tennessee Valley. Through a balance of classroom learning and field experience, students build an understanding of trout ecology, hatchery and stocking operations, sportsman etiquette, and the technical skills required to match flies to natural hatches. The program includes an educational visit to the Burlington Trout Hatchery, casting and skill-building sessions, and multiple days of fishing the South Holston and Watauga Rivers, where students will stay at the South Holston River Lodge and learn while wading and drifting with experienced local guides. To conclude the program, students will reflect on their experiences through a culminating project that allows them to demonstrate their learning and appreciation for conservation, sustainable angling, and environmental stewardship.

Travel & Program Advisory Considerations:

- Forman recommends that students inquire with their medical provider about any travel-related medical recommendations.

Camp Construction: Building the Future

Chattanooga, Tennessee

Cost: \$4,000-\$4,500

MAX 10 Students

Camp Construction is a hands-on Winterim course designed for students interested in exploring careers in the construction industry. During the first week on campus, students will meet with local professionals across a range of trades and disciplines to build foundational knowledge of how projects move from concept to completion. Through site visits, guest speakers, and introductory activities, students will gain insight into the many pathways within the construction field.

The second week takes students to Chattanooga, Tennessee, where they will participate in a five-day immersive camp at the Construction Career Center. This experience is designed to mirror real-world industry training, giving students direct exposure to the construction field through a structured, hands-on program.

Students will engage with industry professionals, including architects, developers, and skilled tradespeople, while participating in daily, hands-on projects. The camp includes experiences in carpentry, welding, masonry, electrical work, and more, along with job site visits and safety training. Students will also explore key roles in the industry, such as construction management, estimating, and general contracting.

This course is ideal for students who enjoy working with their hands, problem-solving, and exploring real-world applications of design and engineering.

Travel Advisory Considerations:

- Forman recommends that students inquire with their medical provider about any travel-related medical recommendations.

OFF-CAMPUS OPTIONS

Hawaii: The Art of Living Well: Somatic Wisdom & Island Stewardship

Hawaii

Cost: \$7,000-7,250

10-15 Students

Elevate your physical and mental resilience in this immersive two-week journey toward holistic well-being. The experience begins on campus with an intensive "Foundations of Resilience" week. Students will engage in expert-led training in movement, mindfulness, and stress regulation, utilizing strength conditioning, yoga, somatic awareness, and breathwork to build a personal toolkit for health and recovery.

During the second week, the classroom shifts to the lush North Shore of Kauai. In this tropical setting, students will put their practices into motion—balancing time on the yoga mat with the physical challenge of learning to surf the Pacific waves. Beyond personal growth, this Winterim emphasizes environmental activism and community connection. Through two dedicated service-learning partnerships, students will engage in land and ocean stewardship, giving back to the ecosystem that sustains our retreat. Join us to find your flow, strengthen your body, and leave a positive footprint on the Garden Isle.

Travel & Program Advisory Considerations:

- The student must be over the age of 16 to participate
- Students should expect lots of walking, hiking, and outdoor activities
- Forman recommends that students inquire with their medical provider about any travel-related vaccination recommendations.

Utah: Exploring Utah's Land and Sky

Utah

Cost: \$4,000-\$4,500

10-12 Students

Imagine learning science the way real field scientists do — hiking through ancient canyons, exploring natural wonders that feel truly out of this world, and falling asleep beneath skies filled with more stars than most people ever see. On this unforgettable expedition through Utah's National Parks, students won't just read about geology and astronomy — they'll experience them firsthand through guided hikes, hands-on field journals, stargazing, and night-sky photography as we visit breathtaking locations like Arches, Bryce Canyon, and Zion. Along the way, students will take part in once-in-a-lifetime adventures such as ziplining above red rock cliffs, off-road exploration, and ranger-led programs that mirror the daily work of scientists and park professionals.

Throughout the program, students will be immersed in expeditionary living by spending their nights in campgrounds, helping to prepare meals for the group, and enjoying time together in the outdoors. With jaw-dropping views of some of the most beautiful landscapes on Earth, this trip blends academic discovery, adventure, and independence into an experience students will never forget.

Travel & Program Advisory Considerations:

- Students should expect lots of walking, hiking, and outdoor activities in potentially cooler temperatures.
- Forman recommends that students inquire with their medical provider about any travel-related vaccination recommendations.

OFF-CAMPUS OPTIONS

France: Identity & Ingredients: A Deep Dive into French-Asian Fusion

France

Cost: \$6,500-\$7,000

12-15 Students

Embark on a unique journey through France, uncovering the deep and often hidden ties between the Mediterranean and the Mekong. From the political halls of Paris and the bustling "Little Vietnam" districts to the sun-drenched rice fields of the Camargue and the historic docks of Marseille, students will trace the lasting legacy of French colonialism in Vietnam, Laos, and Cambodia through a lens of cultural fusion and historical inquiry. By exploring the CAFI refugee barracks in the Southwest, analyzing primary colonial records in Aix-en-Provence, and engaging with vibrant diaspora communities, students will move beyond postcards to understand the complexities of migration, resilience, and the "collision" of identities found in everything from ancient Buddhist pagodas to the flavors of a Bánh Mì.

This immersive course fosters critical thinking and intercultural communication, challenging students to navigate the lasting impacts of conflict and colonization while gaining a sophisticated, global perspective on how history continues to shape the modern world.

Travel & Program Advisory Considerations:

- Students must have a valid passport by October 1st, 2026, which does not have an expiration date within a year of program travel dates.
- Students must abide by all EU entry requirements at the time of entry.
- Students should expect lots of walking, hiking, and outdoor activities in potentially cooler temperatures.
- Forman recommends that students inquire with their medical provider about any travel-related vaccination recommendations.

Costa Rica: The Forman Rainforest Project

Costa Rica

Cost: \$4,000 - \$4,500

10-12 Students (By Interview Only)

Students enrolled in this Winterim must also enroll in the Tropical Ecology Seminar course during the regular academic year.

High adventure with a conservation mission. Have you ever wanted to be in the jungle and study one type of animal? How about helping to save that animal? In order to accomplish this goal, we need information based on collecting species or species pictures. We need well-trained students who can live in a rustic situation with some rain and be in the field collecting data. The data you collect goes to University data banks, which help keep track of species populations. This class and expedition are a once-in-a-lifetime event. It is a scientific mission while having a great time.

Travel & Program Advisory Considerations:

- Students must have a valid passport by October 1st, 2026, which does not have an expiration date within a year of program travel dates.
- Students must abide by all Costa Rican entry requirements at the time of entry.
- Forman recommends that students inquire with their medical provider about any travel-related vaccination recommendations.
- Students should be prepared for extensive walking and hiking, as well as lodging in rustic accommodations.
- Students must also enroll in a year-long Tropical Ecology Seminar during the regular academic year.

ON-CAMPUS OPTIONS

The Future of Food

Cost: \$500-600

10 Students

The Future of Food aims to explore how modern agriculture sustains the demands of our growing population to ensure food security. Students will study the efforts of Nobel Peace Prize Laureate Norman Borlaug on the Crops Revolution through select readings of his biography, in addition to taking five to six off-campus day trips to local farms and food banks for educational tours and volunteer work. Students will also conduct research and synthesize data to culminate in a mock summit on the social, political, and environmental issues related to developing our productivity and efficiency around food sustainability. Informed by research and supported with facts, students will articulate their learning on the topics of Agricultural Markets and Free Trade Policies, Scientific Research and Technology Development, Water Use and Efficiency, Education and Training, Sustainable Agricultural Practices, and Infrastructure Development, to address how modern agriculture can be applied to sustainably accommodate Earth's growing population through future development efforts.

College Tours of the Northeast

Cost: \$500

10-12 Students (Restricted to Juniors Only)

Finding the right college fit is a critical step in preparing for post-secondary success. Colleges and universities offer a wide range of academic programs, campus cultures, and learning environments, making it essential for students to understand the options available to them. Through visits to a variety of colleges, students will gain firsthand exposure to different institutional types and develop the skills necessary to evaluate and compare post-secondary opportunities. By participating in this Winterim, students will build a foundational understanding of college selection and make informed decisions regarding their future educational pathways.

Travel and Visit Scope: Most college visits will take place within a two-hour travel radius. When feasible and subject to scheduling and approval, the program may include one overnight trip to visit colleges located beyond this radius. This experience is intended to provide students with broader exposure to campus environments and residential college life.

Built to Last: How New England Shaped America

Cost: \$1,000

10-12 Students

History is best experienced in person. In this Winterim, students explore New England's remarkable role in shaping early America, from the founding colonies through the Gilded Age, through immersive, on-site experiences. Day trips to historic towns like Mystic and Old Sturbridge Village, cultural landmarks like the Mark Twain House and Harriet Beecher Stowe House, and grand estates like the Vanderbilt family's The Breakers bring the past to life in ways no textbook can. Readings, films, and lively discussions round out the experience. Students will wrap up the course with a visual and oral presentation on a New England topic of their choosing, and a much richer sense of how this region helped make America what it is.

ON-CAMPUS OPTIONS

Exploring the Metal Vessel

Cost: \$850

10 Students

In this hands-on Winterim, students will explore the ancient process of creating metal vessels from a single sheet of metal. In the metals classroom, students will spend two weeks learning the basics of sheet metal forming and angle raising to create a simple bowl and a complete metal cup with a handle. Students will learn to form the body of their cup, forge the handle, apply a chosen surface finish, and apply a food-safe lining to the inside of their cup. Students will also take an instructor-led tour of the Metropolitan Museum of Art, focusing on examining objects that were created using the same techniques that students are learning in the metals classroom. The course will conclude with a showcase of the students' learned skills.

Fantastical Fiber Arts

Cost: \$500

10 Students

Fantastical Fiber Arts is a transformative Winterim that combines the timeless techniques of embroidery, knitting, or crochet with the joy of creative crafting. Throughout the Winterim, students will explore fiber art styles and other mediums, while learning how to infuse their work with personal meaning and artistic expression. Beyond developing technical skills, students will embark on a journey of self-discovery while reading *Atlas of the Heart* by Brené Brown. Through the meditative process of stitching, students will reflect on their emotions, experiences, and identity. Whether you're a beginner or experienced crafter, this Winterim invites you to unlock your creativity, build confidence, and connect with the therapeutic power of making.

Forged in Forman

Cost: \$1,300

10-12 Students

In this project- and philosophy-based Winterim, students work with professional and award-winning blacksmiths to learn the art of bladesmithing. Students will travel off campus to a local forge to learn, using low-carbon steel to learn the basics at first. Then, students will craft their own high-carbon steel everyday carry knives to take home. The course will also include blade safety, historically accurate self-defense, and how to get involved in international living history community events. The course will conclude with a showcase of students' learned skills and projects related to the art of the blade.

Masters of the Sky: North American Raptors

Cost: \$500

10 Students

Masters of the Sky: North American Raptors offers students a unique and engaging Winterim experience that blends science, observation, and real-world exploration. Students will learn about hawks, eagles, falcons, owls, and vultures through hands-on activities, outdoor observations, creative projects, and discussions that do not require a strong science background. The course includes opportunities to observe raptors in their natural habitats, a potential early-morning eagle observation trip, and a visit to a local nature conservancy with raptor exhibits. Designed for curious learners of all interests, this course emphasizes discovery, environmental awareness, and meaningful connection to the natural world—making it an enriching and memorable Winterim option.

ON-CAMPUS OPTIONS

Stained and Fused Glass

Cost: \$2000

Max 10 Students

Have you ever dreamed of creating a stained glass window? This Winterim session will allow you to do so. We will explore stained glass as viewers, designers, and creators. There will be opportunities to explore stained glass within the region and meet with local makers. We will take what we learn and apply it to our own designs. Through cutting, grinding, and assembling glass, our designs will come to life most spectacularly once the light shines through. This Winterim will utilize workshop spaces on and off campus to expose students to the variety of ways in which glass is turned into beautiful works of art.

Stronger Together: Forman Fitness

Cost: \$900

10-12 Students

The primary goal of our students' two-week fitness program is to enhance overall well-being by promoting physical health, mental resilience, and sustainable lifestyle habits. Embark on a transformative journey towards holistic well-being, focusing on reflection, recalibration, and growth. Discover the perfect balance between physical vitality and mental resilience as you engage in dynamic workouts, tailored to suit busy schedules. Elevate your energy levels, boost cognitive performance, and foster healthy habits that extend beyond the program's duration. Join a supportive community committed to your wellness journey, and experience the synergy of personalized fitness plans, expert guidance, and a vibrant social atmosphere. Unleash your full potential. It's not just a fitness program; it's a lifestyle revolution. Embrace the best version of yourself with our unique approach to integrated wellness.