Trinity College Bantam Beginnings Pre-Orientation Program Descriptions Fall 2015

Amazing Race Hartford
Participants in this two-day program will get an exciting introduction to Hartford by competing with classmates in the Amazing Race Hartford on day one followed by a faculty and staff led bus tour of Hartford’s diverse neighborhoods on day two. Teams will navigate the city searching for clues that provide them opportunities to meet local leaders and learn about the city’s rich arts scene, its long rich history, state and city government, career opportunities and vibrant nightlife. Hartford is a great place to live and this program will give you an exciting experiential orientation to it. To provide a general background for students to get most out of this program, students will read a recently published book on Hartford.

Community Service Program
Participants will have the opportunity to work on service projects organized with a number of our community partners. In so doing, participants will not only provide assistance on community-identified projects, but also meet some of the people who work every day to make Hartford a great place. Last year’s program included projects that touched on issues of food insecurity, arts, community gardens, housing, and neighborhood development.

The program will be led by students from JELLO (January Experience for Living, Learning, and Outreach), which, among other activities, organizes a week-long January service project, weekly volunteering at a food pantry, biweekly work at an AIDS residence, and about a half-dozen Saturday service projects each semester.

Hartford by Bike
Hartford is a small city, easily traversed by bicycle, and hence the best way to begin getting a sense of Hartford’s geography and size in a manner achievable neither by automobile nor by walking. In addition, bicycles are inextricably linked to Hartford history, as Hartford was known in the late 19th and early 20th centuries as the "bicycle capital of the world." Through bicycling, program participants will not only be learning about Hartford but also living one of Hartford’s great legacies.

The first day will take participants through Hartford to visit and become familiar with most of Hartford’s neighborhoods and parks, as well as numerous points of historic, architectural, cultural, social, and commercial interest. The second day, participants will ride to the Metropolitan District Commission (MDC) Reservoir in West Hartford where they will have the chance to ride around and get to know this great natural resource just outside of Hartford.

If you choose this option, please keep in mind that it will still take place in the rain, unless there is a downpour, so please have appropriate attire.

The Skill of Observation and Communication in Art and Medicine
This program will engage the students in an evaluation of their observation and communication skills through an experiential evaluation of various forms of art at local art museums and medical images such as CAT scans, X-rays, and MRIs as presented by local physicians. Students will develop the ability to recognize personal biases and inferences that can distort the “true” interpretation of a work of art or a clinical image. Students will interact in small groups and serve as communicators, listeners, and evaluators for each other. The trips to local venues will familiarize the students with the area.
**Hartford Highlights**

Excitement and adventure await participants in this program! We will explore highlights of the city of Hartford, including the historic and famous Mark Twain House and the Harriett Beecher Stowe house next door. Both are said to be haunted! The Wadsworth Athenaeum, the oldest art museum in the country, is on our list, plus the beautiful and historic State Capitol building. We will sample Hartford’s tastiest southern and Cajun cooking at Black Eyed Sally’s while enjoying jazz, and explore the historic Cedar Hill Cemetery, the resting place of Katherine Hepburn, JP Morgan and many other famed persons. There will be free shopping time plus yoga to relax after a day of Hartford experiences.

**Natural and Culinary History of Hartford**

Immigration, industry and prosperity – over almost four hundred years each of these influences has left its mark on the city, from the first-in-the-nation municipal parks system to diverse culinary offerings. In this program students will experience the rich natural history of Hartford and explore the city’s environmental legacies from the shores of the Connecticut River to the Metacomet Ridge and the storied urban parks in between. Along the way students will be introduced to the delicious culinary traditions of Hartford’s immigrant past, from carne asada in nearby Frog Hollow to cannolis on Franklin Avenue.

**Spirit of the City**

Get to know Hartford by visiting sacred spaces and encountering diverse cultural communities. Visit one of the oldest Congregational churches in New England; the historic neo-gothic Trinity College Chapel; the Roman Catholic Cathedral of St. Joseph, noted for its expanse of stained-glass windows and ceramic tile mural; the Berlin Mosque, a center of Muslim life in Connecticut; Hartford’s Glory Chapel International Cathedral; Beth David synagogue in West Hartford; and Dae Yen Sa Buddhist Temple, New Hartford. Join us for a rich and rewarding experience of Hartford and its surrounding communities.