Delaware Valley Friends School

EXPERIENTIAL LEARNING

ABLE | SERVICE | CULTURE

2019-2020
October 2019

This course takes place on the Westtown School campus in West Chester, PA, one day a week for six weeks. During these six visits, the group makes full use of the extensive ropes course facility on site. The course progresses from ground level activities, to low-ropes work, and on to a series of high-ropes elements, encouraging students through the use of Challenge by Choice to allow each participant to do as much as they can without being overwhelmed. Through supporting others, providing for their physical safety, and working together, the group experiences the benefits of teamwork, by doing more than they ever could individually.

**Grades 9-12 | For Course Credit | Cost: none**

**Contact | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org**

For details and to register online: dvfs.org/ABLE-ropes
April 2020

After a series of class meetings to learn the basics, this course starts with a day at the Doylestown Rock Gym, where everyone works on the skills needed to control the safety line (belaying) for the climber. The following five outings take place outdoors, on real rock, at High Rocks Vista in Ralph Stover State Park. Students climb at different locations each day, with increasing height, challenge, and difficulty. The final day takes place on a climb called "Open Face," that is 110 feet from bottom to top. Students choose their level of difficulty, and are encouraged to challenge their limits. This course runs one day a week for six weeks.

Grades 9-12 | For Course Credit | Cost: none
Contact | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org
For details and to register online: dvfs.org/ABLE-rocks
April 2020
This new ABLE offering consists of six full-day rides (one day a week for six weeks) plus a capstone 50-mile ride at the end of the course. The rides are all single day experiences and will be within a short drive from Paoli. Before going anywhere, students will learn to fit their bike and to do basic care and repair such as fixing a flat tire. Once we get on the trails, we will practice good trail etiquette and work on individual stamina. The final challenge will take place on a Saturday to allow for a longer day. Bikes will be provided by the ABLE department unless individuals have their own bike that is suitable.

**Grades 9-12 | For Course Credit | Cost: none**

**Contact** | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org
For details and to register online: dvfs.org/ABLE-bike
October 3-8, 2019

The High Peaks of the Adirondack Mountains near Lake Placid, NY is a “must do” for anyone who enjoys the outdoors and getting to the summit. Our group will hike with full backpacks into Marcy Dam (4-hour hike) and establish a base camp. From here the group will spend four days exploring the area by doing day-hikes of the surrounding peaks with lightweight packs and returning to basecamp for dinner. Fall is the ideal time to visit Adirondack Park with pleasant temperatures, few bugs, and spectacular fall foliage. All necessary equipment will be provided and appropriate clothing can be borrowed from the DVFS ABLE lockers.

**Grades 9-12** | For Course Credit | Cost: *none*

**Contact** | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org

For details and to register online: dvfs.org/ABLE-hike
No prior experience necessary. This course aims to teach the basic skills of traditional cross-country skiing. We spend most days at the Osceola Tug Hill Cross Country Ski Area in upstate New York. Not to be confused with downhill skiing, there are no ski lifts and no manmade snow. When not skiing, we spend time indoors – lunch is at the ski center, and nights are in a fishing lodge. In addition to skiing, participants cook group meals, do the dishes, and keep the lodge clean daily. Ski gear will be provided for all students, and appropriate ski clothing can be borrowed from the DVFS ABLE lockers. There is no need to buy anything extra for this course.

Grades 9-12 | For Course Credit | Cost: none

Contact | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org

For details and to register online: dvfs.org/ABLE-ski
December 26-31, 2019

We fly to Miami and travel by bus to Marathon Key where we board two sailboats. The group lives onboard two 40-foot sailboats: each with four students, a licensed captain, and one DVFS adult. Students learn to raise and lower the sails, haul and set the anchor, steer the helm to stay on course, and find their way from one location to the next looking for the best snorkeling spots. At night the two boats are anchored together, making one big boat, so everyone can cook and eat together before taking time to reflect on the experiences of the day. No experience is necessary; you do not need to know how to swim.

Grades 9-12 | For Course Credit | Cost $2,800
Contact | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org
For details and to register online: dvfs.org/ABLE-sailFL
March 22-27, 2020  New ABLE trip for Spring Break 2020!

We will take a group of students to Moab, Utah for a six-day mountain biking trip. Moab and the Canyonlands National Park is considered to be the center of mountain biking in the United States. The ride will be guided by the staff of Rim Mountain Bike Tours. We fly to Grand Junction, Colorado and then travel another two hours to reach Moab. Mountain biking is not conducive to carrying our camping gear on the bikes, so a support van will meet us each night with the camping gear. Students will do all the camp duties of setting up tents, cooking, and washing dishes. On day five we will be back in Moab getting ready to fly home the following day. Bikes will be rented and the camping gear will come from the ABLE program.

**Grades 9-12 | For Course Credit | Cost $3,200**

**Contact | Ken Sinapius | 610.640.4150 | ken.sinapius@dvfs.org**

For details and to register online: dvfs.org/ABLE-Moab
# ABLE REGISTRATION 2019-20

**Student Name**

**Student Grade Level 2019-20**

- [ ] 9
- [ ] 10
- [ ] 11
- [ ] 12

**Parent Name (first/last)**

**Parent Email (required)**

ABLE courses may be used for PE credit only after completing the ABLE graduation requirement. One ABLE course may not be used to fulfill both the ABLE requirement and a PE credit.

Has the student already completed an ABLE graduation requirement?

- [ ] YES - and student would still like to sign up for an ABLE course
- [ ] NO - student needs this ABLE course for graduation

Choose a first and second choice for ABLE credit for 2019-20

<table>
<thead>
<tr>
<th>ABLE SELECTION first choice</th>
<th>ABLE SELECTION second choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know the Ropes (October 2019)</td>
<td>Know the Ropes (October 2019)</td>
</tr>
<tr>
<td>Rock Climbing (April 2020)</td>
<td>Rock Climbing (April 2020)</td>
</tr>
<tr>
<td>Biking (April 2020)</td>
<td>Biking (April 2020)</td>
</tr>
<tr>
<td>Hiking (October 3-8, 2019)</td>
<td>Hiking (October 3-8, 2019)</td>
</tr>
<tr>
<td>Ski Touring (February 13-18, 2020)</td>
<td>Ski Touring (February 13-18, 2020)</td>
</tr>
<tr>
<td>Biscayne Bay Sailing (December 26-31, 2019)</td>
<td>Biscayne Bay Sailing (December 26-31, 2019)</td>
</tr>
</tbody>
</table>

Send Financial Aid Information (email must be provided above)

Check here to learn about Financial Aid that may be available for ABLE courses and service/cultural travel.

Please detach and return to:

Ken Sinapius  
Delaware Valley Friends School  
19 East Central Ave.  
Paoli, PA 19301
We understand that sometimes, you have to get your hands dirty in order to truly learn. Some of the most profound and memorable learning experiences occur when students are challenged with immersive, hands-on experiences and approaches. We use both direct instruction and experience-based learning in our program because we recognize the importance of both approaches in effective education, particularly for students with learning differences. Providing a variety of opportunities for experiential instruction can reveal strengths and abilities often untapped and unnoticed in more traditionally structured environments. Our ABLE and service programs are examples of experience-based learning, where students discover new areas in which they may excel.

We encourage students to look and think beyond themselves to discover and participate in activities that have a positive impact on the lives of others by promoting social justice, human rights, and addressing equality for all. We invest thought, time, resources, and care in providing school-sponsored service learning opportunities for students to develop global citizenship skills and experiences. We encourage members of the community to share their interests and activities in this area with all of us.

Learn more about the ABLE program and our mission, and register online on our website: dvfs.org/ABLE@DVFS
In a region that has suffered the impact of devastating war and rebuilding, what are the ways that people are working to promote peace and build community? Students will be introduced to the rich culture and history of Cambodia, from the ancient Khmer civilization, with its historic temples and cities, to contemporary Cambodian arts, dance, performance, and silk-making. We will meet with two organizations that are working to educate and create peace in Cambodia. We will learn from members of the Centre for Peace and Conflict Studies in Siem Reap, and we will perform service activities with students at the Toul Ampil Training Center, a small school serving low-income communities in Phnom Penh. There will also be time for exploring the natural beauty of Cambodia, with the opportunity to zipline.

**Grades 9-12 | Service Hours Offered | Does not count for ABLE credit | Cost $3,900**

**Contact** | Elizabeth Kriynovich | 610.640.4150 | elizabeth.kriynovich@dvfs.org
Amman, Jordan | March 2020

DV’s Girls’ and Boys’ Varsity Basketball Teams have been invited by Amman Baccalaureate School and Wings of Hope Society to participate in an international basketball tournament in Amman, the Hashemite Kingdom of Jordan. DVFS Boys team won the tournament in 2011 and placed 4th in 2016. The tournament is a memorial to the beloved son, Ayman, of Nadim and Rania Muasher, whose son Yazan graduated in 2011 from DVFS. At the conclusion of the tournament, we will visit many of Jordan’s historical sites such as Mount Nebo, the Holy Land of Bethany, the baptismal site where John the Baptist lived, the new St. John the Baptist Catholic Church at the River of Jordan, the Dead Sea (including a swim, of course), Petra – the most mystic and glorious of Jordan’s national treasures, and enjoy the beach resort town of Aqaba.

Girls’ and Boys’ Varsity Basketball Players
Does not count for ABLE credit | Cost $3,500