



SEGUINLAND INSTITUTE

21 Guide Board Hill Road | Georgetown ME 04548

THE GOOD LIFE GAP SEMESTER - Spring 2025



THE INFORMATION SHEET

Seguinland Institute is a 501c3 non-profit educational organization.

ABOUT SEGUINLAND INSTITUTE

Seguinland Institute is a non-profit organization founded in 2009 and located in the coastal woodlands of Georgetown, Maine.

Our mission is to create programs that foster deep inquiry into the good life and the great work as a way of guiding our students toward personal and community oriented thriving. We combine academic depth with a retreat-like setting that includes immersion in nature, mindfulness practices, and a back-to-the-land ethos. We provide opportunities for learners to take powerful intellectual risks, to connect meaningfully to their environment, to feed their bodies and souls, and to build the skills necessary to nourish the communities to which they belong.

Our team is comprised of scholars, boat builders, artists, musicians, contemplatives, back-to-the landers, treehouse builders and education-reformers. We aim to influence the direction of higher education, to be a model for a new generation of schools, and to bend our existing institutions toward immersive whole-person programs that foster inquiry into the good life and the great work.

PROGRAM OVERVIEW

Dedicate a semester to envisioning your good life & discovering your great work. Join us on a 60-acre homestead peninsula in the coastal woodlands of Maine where we will slow down, settle in and explore big questions. This immersive, experiential program allows you to live in intentional community with a cohort of fellow students, who like you are setting aside time to think about what counts as a good life. You'll partake of experiences in nature, read good books (one at a time), practice mindfulness, experiment in the creative arts, learn to forage and garden, and gain perspective on what really matters—especially in historic times like these. Along the way you'll complete three college courses for 8-9 credits with award-winning professors who embody the spirit of experiential learning.

PROGRAM DATES: February 2 – April 5, 2025

- Two Pre-arrival Conversations (virtual): late January, Dates TBD
- On-site in Maine: February 2 – April 5, 2025
- Post-departure Conversation (virtual): Date TBD

COLLEGE LEVEL COURSEWORK:

- 8-9 College Credits (at 100-level)
- The credits come through the University of Maine at Farmington (UMF) with which Seguinland Institute has a formal agreement.
- Students at the Good Life Gap Semester will receive a transcript from UMF, which they can use to transfer their credits to the college of their choice.
- Seguinland will help to facilitate the process of transferring credits.

The Good Life Course (3 Credits in Liberal Arts - Philosophy)

+

Wintering: Writing in Fire and Ice (2-3 Credits in English)

+

The Creative Life Course (3 Credits in Art)

ADMISSION & REGISTRATION

We accept applications on a rolling basis. We generally accept 20 students.

1. Ideally, applicants begin the application process by attending one of our live info sessions via Zoom. You can sign up for an info session on our site. Note: attending a live info session is not a requirement. If you feel ready to begin the application, go for it.
2. Applicants should complete: The Good Life Gap Semester - Spring 2025 application, which is linked on the program page of our site. Note: we value authenticity in applications. You don't have to pretend to be perfect.
3. We will review applications within a week. If the applicant seems like a good fit, we move the application to the next level. At this level we reach out to the applicant's references, schedule a one-on-one conversation with the applicant, and ask the applicant to fill out a supplementary application form.
4. Once these steps are complete, the Seguinland team makes a determination on the application. We can usually complete the application process within two weeks.

5. If offered admission, the applicant is then asked to submit a \$500 deposit via PayPal to secure their spot (see schedule below).
6. Upon offer of admission, we can discuss scholarships as well.

TOTAL PROGRAM FEE: \$11,700 (8-9 credits)

- Cost includes everything: tuition, room & board, all fees, outdoor gear, books, journals & unlimited marshmallows.
- Travel to/from Maine NOT included. We can pick up students at the airport in Portland, Maine or at the Brunswick, Maine train/bus stop (near Bowdoin College).

PAYMENT SCHEDULE

Deposit	\$500 deposit due to hold your spot
Full Balance	The full balance is due on a date that will be specified when admission is offered, generally 60 days after offer of admission.

*We are happy to work with families to design a payment plan. Please inquire.

MAKE PAYMENT:

- Once a student has been admitted into a program, our bookkeeper **Sonya Veilleux** will reach out to them with information about methods of payment, invoices, receipts, and payment plans.
- Payment by Paypal (for deposit only): [PayPal.Me/SeguinlandInstitute](https://www.paypal.com/SeguinlandInstitute)
- Payment of the full balance can be completed by sending us a personal check in the mail or asking a fund to send a check in the mail or through an ACH transfer into the Seguinland Bank account. If sending a check...
 - Make check out to Seguinland Institute
 - Mail check to: Seguinland Institute 21 Guide Board Hill Rd. Georgetown ME 04548
- Once payment is received you will receive a receipt by email.

SCHOLARSHIPS:

We have need-based scholarships & scholarships for BIPOC students. Please inquire.

REFUNDS:

We have never had to cancel a program for any reason (except Covid in Spring 2020). A full refund (including deposit) will be issued if a program is unable to run for any reason.

If, due to a pandemic or any other large scale emergency, we must cancel a program part way through, we will prorate a refund at 80% of the remaining daily rate and students will have the option to complete their coursework via distance learning for the full credits.

We offer a full refund of the program fee minus the deposit if requested due to Covid-related health emergency at least three months before the beginning of a program.

All enrolled participants are entitled to a 50% refund on any tuition balance payments up until 3 months prior to the start date of their program, regardless of their reason for cancellation. The deposit is non-refundable.

Participants who withdraw less than three months before the start of the program's start date, including withdrawal from the program early either by choice or by dismissal, forfeit their entire tuition, with some exceptions made on a case-by-case basis at the discretion of Seguinland Institute.

General Policies and Expectations

At Seguinland Institute, we are intentional about creating positive and respectful educational opportunities within a growth-oriented environment. As a student, you can expect the following:

An inclusive learning environment that is free from discrimination or favoritism. You are entitled to freedom from physical or verbal harassment of any shape or form.

Supportive spaces for taking risks. We aim to provide meaningful experiences for all students that are rooted in real challenges, both intellectual and physical. We will do our very best to inform you of anticipated risks and offer trigger warnings for course content that might be emotionally difficult. However, unanticipated situations may arise that we will need to navigate together. To the best of our ability, faculty will prioritize your safety and wellbeing.

Thoughtful, timely, and honest feedback from your teachers and mentors. Faculty and students are co-creators of the Seguinland experience. We are deliberate about how we show up both for ourselves and for one another. You and your peers will begin your journey together by devising community standards unique to your cohort's needs.

As we work together to inspire the best in one another, the following is what is expected of you:

Your full and active participation. You are expected to participate in all activities and expeditions and to show up on time. Showing up is not just about being in the room (or in our case, the forest). It is about bringing a genuine willingness to meet the challenges needed to grow. This may require you to exert yourself physically, to overcome a fear, and/or to be mentally flexible when faced with new situations and ideas. It also means doing your part to contribute to chores, to group discussion, and to leadership decisions. In a cohort of our size, it is imperative that each and every student bring their earnest effort to all things.

Taking care of yourself. Your full participation is only possible if you take responsibility for your health and wellness. You must respect safety rules at all times to prevent injury or illness. We also expect you to consistently prioritize your sleep and nutrition and to refrain from the use of recreational drugs and alcohol (see below). If you are having trouble taking care of your wellbeing for any reason, we want you to speak with your mentor and strategize a plan for doing so.

Taking care of others. The full participation of your peers is dependent upon your treatment of others. You are expected to bring an attitude of respect and care to your relationships. We represent a multitude of different personalities and diverse backgrounds, beliefs, and opinions. We expect you to take inclusivity very seriously as well as consent when it comes to physical touch and the sharing of people's confidential information. As we learn to dialogue effectively and wholeheartedly as a group, you are encouraged to be open about your questions and thoughts while also being mindful and conscientious of the complexities of identity and the diversity of our learning community. This extends to those beyond your faculty and peers as you interact with members of the local community.

Dialing in by unplugging. Our programs provide you with a rare opportunity to be fully present in the world without unnecessary distractions. While on site, you are expected to actively take steps to dial in to the experience by unplugging yourself from digital technology. Your cohort may decide to establish a system for holding one another accountable in this regard. We expect you to opt for activities that encourage contemplation especially at the beginning and end of the day such as reading, journaling, walking, stargazing, music making, or simply resting. At the very least, you are expected to leave your digital devices (only cell phones permitted on campus) in your cabin unless needed for specified reasons.

Adopting a Beginner's Mind. Lastly, we ask that you bring a beginner's mind to your experiences. This means leaving your preconceived notions behind. It means viewing people, your coursework, and situations you may encounter with fresh eyes and a willingness to learn in unexpected ways.

We encourage you to think about what you *can do* to be an active and valued contributor to the Seguinland community rather than what you cannot do. However, there are some behaviors that are *never allowed*.

The following is prohibited at Seguinland Institute and is grounds for dismissal:

Dangerous Behavior & Violence: Disobeying safety rules, reckless and dangerous behavior that places yourself or others in harm's way, using violence or the threat of violence to harm yourself or others.

Abusive Language/Bullying/Cyberbullying: Causing physical or emotional harm or the threat of physical or emotional harm to another person and/or damaging their personal belongings. Creating a hostile environment, including by use of hostile language or hate speech (regardless of intent). Sharing private information without consent including online. Using technology to impersonate or intimidate others. Using threats, intimidation, defamation, coercion, or retaliation in any shape or form.

Sexual Misconduct: Sexual harassment, any unwanted, non-consensual sexual activity by one person against another which may or may not involve direct physical contact. This includes: sexual assault, sexual exploitation, gender-based stalking, and relationship violence.

The Possession, Use, or Distribution of Drugs or Alcohol

We present these student policies as a way of enhancing our collective learning experience.

Essential Eligibility Criteria

Attending a program at Seguinland Institute involves stepping away from your everyday life, which can be both liberating and challenging at the same time. Some of your usual creature comforts and support people will not be as directly available, but neither will some of your usual sources of stress, anxiety, and monkey mindedness.

At Seguinland Institute we try to create a retreat-like environment, which includes immersion in nature, academic work and mindfulness practice. We are not a hardcore wilderness adventure program. We emphasize being immersed in nature as a source of grounding, insight and contemplation. You don't have to be a naturally "outdoorsy type" to join our programs. We love welcoming a diverse group of students and helping all to find ways to reconnect with the natural world.

That being said, certain parts of our programs will involve a level of physical challenge that may be beyond what some students are accustomed to. We provide plenty of instruction, guidance and support to make sure that even the more physically challenging parts of the program are as achievable as possible.

Please review the following essential requirements to make sure you are prepared for the physical, academic and interpersonal challenges of our programs.

You must be prepared to:

- 1) Work effectively as a member of a team. This will require problem solving on an interpersonal or group level as well as a willingness to accept differences.
- 2) Contribute to a safe learning environment. No verbal or physical inappropriate behavior of others is tolerated for any reason.
- 3) Effectively communicate ideas and concerns on an individual and group level.
- 4) At minimum, be able to hike over and negotiate through varied terrain with a 10 lb backpack, which requires average strength, endurance and basic balance and agility.
- 5) Be able to hike in conditions which may include but are not limited to: rough, rugged, uneven steep and sloping terrain. Travel can occur during periods of inclement weather.
- 6) Be able to hike distances ranging from less than one mile to four miles in one day. We will take plenty of breaks along the way.
- 7) Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for ascending or descending slopes.
- 8) We will teach all participants canoe and kayak techniques, including how to paddle and steer. You must possess the basic physical ability to control a paddle and pull it through the water in order to steer and propel a canoe, kayak or rowboat forward.
- 9) We will teach methods of communicating with your boat partner. You must be able to perceive, understand and respond to audible commands given by a boating partner or communicate such commands to boating partners in order to maneuver a boat to maintain proper heading or avoid obstacles.
- 10) Be able to tread water for 3 minutes and swim 50 yards unassisted at any pace (this is not a race).
- 11) We will teach you basic boat safety and what to do in case of an emergency. In the unlikely event that your boats tips over, you must be able to exit the boat, fend for self while in the water away from the boat, exit out of the water to shore,

grab onto another boat or rope for rescue purposes, and/or cooperate with assisted rescue.

12) The student must possess the ability to read and comprehend in the language in which the courses are taught, which is English.

NOTE: Adapted from NOLS Student Essential Eligibility Criteria.

Questions: email philip.francis@seguinlandinstitute.org

Website: <http://www.seguinlandinstitute.org>

Seguinland Institute is a 501c3 non-profit educational organization.