Lives of Commitment
SAMPLE Pre-Orientation Retreat Schedule

Day One

9-4:30 Students check in the Davis Court in Markim Hall
Hospitality space and refreshments available in Markim Hall. A pizza lunch will be provided at noon for those on campus needing food.

4:30 p.m. Opening dinner at the Alumni House, 1644 Summit Ave.
Prepared by Everest on Grand, a Tibetan and Nepali Restaurant
Bring your luggage for the retreat

6:00-6:45 Check in at the Carondelet Center, 1890 Randolph Ave., St. Paul

7:00 – 9:30 Welcome and ice breakers
Creating a trustful environment
Overview of LOC and retreat
Journeys to Macalester
Garrison Keillor and vocation

9:30 Games/Explore Highland Park
Shuttles back to campus for leadership team
Overnight at Carondelet Center

Day Two

8:00 – 8:45am Breakfast

9:00 Centering Exercise with Associate Chaplain KP Hong

9:10 – 12 pm Object Sharing

Noon-1:00 pm Lunch and Free time

1:00 Bus tour of Lake Street with Paul Schadewald, Associate Director of the Civic Engagement Center.

1:45-2:15 Site visit to Grace Trinity Tutoring Program

2:15 Explore Uptown or Lake of the Isles (back on bus by 3:15)

3:30-4:30 Visit the English Learning Center and Somali Mall

4:45-5:15 Visit Kaleidoscope Place and hear from Executive Director and alum Quendy Raymond ’99

5:30 Dinner and presentation at Common Roots, an environmentally and socially responsible Café owned by Macalester alum Danny Schwartzman ’05

7:00 Explore Nicollet
Options: Explore Loring Park and Sculpture Garden
Walk Lake Calhoun and explore Uptown

9:00 Pick up in Minneapolis and head back to the Carondelet Center.
Day Three

8:00 – 8:45 am  Breakfast

9:00  Overview of day
Map game exploring the Twin Cities

9:15-10:30  Art project exploring motivations behind our commitments

10:30-11  Share mugs

11-12  Conversation with Karin Trail Johnson, Director of the Civic Engagement Center, on civic engagement and partnering with community.

12:00  Retrieve gear and check out of rooms

12:30  Pizza lunch in Center for Religious and Spiritual Life

1:30  Load bus

2:00  Visit Foundation for Immigrant Resources and Education in downtown St. Paul

3:00  Introduction to the West Side with Carolos Garcia-Velasco, Lead Organizer at West Side Citizens Organization

3:30-5:00  Site Presentations and Neighborhood House tour
  3:45-4  Building Blocks
  4-4:15  Guadalupe Alternative Program presentation
  4:15  Jane Addams
  4:30-5  Neighborhood House and tour

5:00 – 7:00  Dinner in Castillo Park with Mexican cuisine from El Taquito

6:00- 7  Shuttle back to campus

Evening Options:
- Walk to River/ice cream
- Lawn games on the green (croquet, badminton and bocce ball.)

Day Four

Morning  Free time (breakfast at Café Mac between 7:30-9)

11:30 am  Lunch at Café Mac. Rank sites and write evaluations.

1:00 pm  “The Paradox of Place” a presentation by American Studies Professor Karin Aguilar San Juan.

Those wanting to tutor children
2:00-3  “Understanding second and third graders” -- Tutoring strategies with Kristin Green, former Executive Director of Grace Trinity Tutoring Program.

Those planning on working with adults
2:00-3  “What makes a good ESL teacher?” -- Conversation with current English learners from Neighborhood House.

3:00-3:30  Boundaries conversation

3:30-4:30  Closing discussion, gratitude circle, Mac orientation review.