



### ***Residential Farm Program***

Thank you for considering The FARM Institute as your next field trip experience. Our programs are designed for students between the ages 10 and 18 years old from both public and private schools. Primarily our visiting students have limited opportunity for outdoor exploration and working and learning on a farm. Upon completion of the Residential Farm Program students will leave with an increased understanding and experience in cooperation, teamwork, respect for the environment and our community, farming, land preservation, nutritional awareness, food cultivation, and the culture and history of agricultural traditions.

### ***Guiding Principles***

At The FARM Institute, we strive to positively shape the lives of our students and our community using the following guiding principles for education:

- To model a dynamic learning process by providing place-based experiential learning that fosters enduring connections with the land
- To teach sustainability and the interconnectedness of all living things through modeling good practices in the production, preparation and consumption of food grown on an organic farm
- To provide our students with learning experiences that positively shape their understanding of nutrition, natural resources, and the value of teamwork and responsibility
- To provide the knowledge and tools for students to make strong, wise choices for the health and future of their community and the environment
- To nurture students by honoring achievement, unique learning styles and individual problem solving
- To support special needs and multi-generational involvement

The benefits of spending time on a farm are numerous. A farm brings people together. When a child or an adult comes to The FARM Institute they leave with an understanding of:

- The value of teamwork and personal responsibility
- The cycles of food production from planting to harvesting
- Healthy food choices
- Humane livestock management
- Land preservation and conservation ethics
- The culture and history of agriculture

### ***Planned Activities for the Residential Program***

The ratio of FARM Institute staff to students will be 8 to 1. Each class is expected to be accompanied by chaperones at a 1 to 10 ratio to assist with meals and in completion of evaluations. Additionally, chaperones will be responsible for all post dinner time spent at the youth hostel.

The following chart provides a general overview of activities that will be included during a typical three-day session. Each class can specifically tailor their time at the farm to match the outcomes and experiences you are seeking.



<b>Monday</b>	<b>Getting to Know The FARM!</b>
1:00	Welcome and arrive at the farm
1:15	FARM Tour
<b>Monday</b>	<b>Continued,</b>
2:00	Farm work-Group I Farm ; Group II Garden ; Group III Other
4:30	Chore Introductions
4:45	Group I-Chores; Group II-Dinner Prep
5:45	Journaling/Reflections
6:30	Dinner and clean-up
7:30	Farm Movie
9:00	Return to Hostel for bed

<b>Tuesday</b>	<b>What is a Farmer?</b>
7:00	Wake-up/get ready
7:30	Take vans to The FARM
8:00	Breakfast/clean-up
8:30	Chores in 2 groups
9:30	Farm Work-Rotation of Groups I, II and III
11:30	Explore the Corn Maze!
12:00	Lunch and clean-up
1:00	Workshop/Lesson
2:30	Farm work options
4:00	Snack/Free time
4:30	Group II-Chores; Group I-Dinner Prep
5:30	Dinner/ Clean-up
6:30	Question and answer period/Journaling
7:00	Barn Dance!
8:30	Return to hostel for bed

<b>Wednesday</b>	<b>Farmers Now!</b>
7:00	Wake-up/get ready
7:30	Vans to The FARM
8:00	Breakfast/clean-up
8:30	Farm Work-Rotation of Groups I, II and III
10:00	All group work project
11:30	Farewell and Depart for the ferry and home

***More details explained:***

What is at the farm: On our 162 acre farm we raise: cattle, sheep, poultry, pigs, goats. We grow: all types of produce from Asparagus to Zucchini. What else: 3 greenhouses, 2 working barns, lots and lots of pasture, hay fields and fences. Please visit our website <http://www.farminstitute.org/> for more information, photos, videos and more.

Arrival: All you need to do is get to the Wood's Hole ferry terminal <http://www.steamshipauthority.com/ssa/downloads/ch.cfm> in time for the 12:00 boat to Martha's Vineyard on either Monday or Wednesday, depending on what program you have selected. We will have ferry tickets for you at the terminal when you arrive.

Departure: Your boat leaving the island is at 12:00 the following Wednesday or Friday, again depending on when you arrived.

Please note: arrival and departure times can be flexible to accommodate your groups needs.

The FARM Institute  
Phone: 508.627.7007

Martha's Vineyard, MA  
Fax: 508.627.7719

[www.farminstitute.org](http://www.farminstitute.org)  
Email: [matthew@farminstitute.org](mailto:matthew@farminstitute.org)



Housing on the island: Your group will be sleeping at the MV Youth Hostel <http://www.hihostels.com/dba/hostels-HI---Martha-s-Vineyard-060011.en.htm> about 5 miles from the farm. All bedding will be provided. They ask that you bring towels.

Meals: All meals will be prepared and served at the farm. Food will be a mix of farm fresh and purchased at the store. There are no additional food costs as they are built into the total cost. If any of your students have special food restrictions please let us know so we can plan ahead of time.

Transportation: You do not need to bring any vehicles on the ferry. We will provide transportation to and from the farm via local passenger vans.

What to bring: Close-toed shoes, clothes to get dirty in and work on the farm, a journal or something to write in, towel, general toiletries. Lots and lots of energy.

Costs: Our base fee for public schools is \$160 per student. We have scholarships available and will work with you to price accordingly based on % of students on free and reduced lunch.

If you have any questions or would like to discuss designing a program for your students please contact:

Matthew Goldfarb  
Executive Director, The FARM Institute  
508.627.7007 ex.102  
[matthew@farminstitute.org](mailto:matthew@farminstitute.org)