

# APOGEE ADVENTURES

## 2024 Maine Coast College Essay Summarized Itinerary

**Trip Begins:** Brunswick, Maine (flights into Portland, ME)  
**Trip Ends:** Brunswick, Maine (flights out of Portland, ME)

- Day 1:** Our group will meet in Brunswick, Maine, early this afternoon. After everyone has arrived, we will make the short trip up to our dorm-style accommodations for the next week. Our first afternoon and evening will be spent getting to know one another, playing games, and sharing our initial thoughts about the college application process.
- Day 2:** On our first morning together, we'll meet our head writing instructor. Over the course of the week, our instructor will be working with us in group and one-on-one settings to help us craft stellar essays. This afternoon, we'll also meet with an admissions team member at Bowdoin College. The admissions staff will explain what colleges look for in applicant essays and discuss those topics that students should try to avoid. By the evening, we'll be ready to work on topic development and essay construction. We'll enjoy Maine's summertime beauty while walking, talking, and brainstorming. With our bellies full post-dinner, we'll spend the evening discuss our interests, passions, and even our quirks – all great material for our essays.
- Days 3-6:** For the next several days, we'll work to achieve a distinctive voice while creating outlines and essays that reflect who we are and what we care about. Working closely with our leaders, our writing instructor will provide guidance and one-on-one support. We'll have several breaks from the writing time, including one afternoon with professional sea kayaking guides. With our guides, we'll receive paddling instruction and explore the beautiful, protected waters of Harpswell Sound. Additionally, we'll give back to Maine's coastal communities while working on a service project with a local non-profit in Boothbay Harbor, Maine. Our evenings will be filled with good meals, laughter, sharing, peer editing, and readings of our essays.
- Day 7:** On our last full day together, we'll enjoy a morning hike and reflect on our week's accomplishments before putting the finishing touches on our essays. We'll find a beautiful coastal spot to share our finished essays before making our way over to Portland's Old Port for a final celebratory dinner at a local restaurant – a great ending to a great week.
- Day 8:** We will spend our final morning packing up and saying goodbye to new friends, promising to stay in touch and continue the support through the college application process!

*Please note that all itineraries are subject to change.*

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