



Checklist

Please do not be overwhelmed by all that you need to do. If you have questions or concerns, please feel free to contact Sheri Cerise (719-486-8200 #106), or any other staff member you know.

Things to do

- Physical Exam (Exam must have been completed within 12 months of the **start** of the HMI Semester)
- Carefully read the assorted forms, sign them, and return to HMI (see below)
- Make Travel Plans (please review the Arrival and Travel sections)
- Review the packing lists and make a list of items that you need
- Shopping (please review the equipment information carefully)
- Get in Shape! (Start by reading the Pre-Semester Physical Fitness page)
- Pack!

Paperwork for the HMI Semester

The following paperwork needs to be sent to Sheri Cerise, the Administrative Assistant for the HMI Semester.

All the paperwork is due before **June 1 for Fall Semester** students and before **October 1 for Spring Semester** students. We appreciate receiving your paperwork as soon as possible.

Paperwork included in this packet:

- Final Course Sign Up
- Special Information
- Advisor Questionnaire
- College Counseling Form
- CMC Library Minor Borrower Registration Form
- Health Insurance Information
- Contact Information
- Acknowledgment and Assumption of Risks & Release and Indemnity Agreement
- HMI Medical Form
- Spanish Questionnaire (if applicable)
- Spanish Placement Test (if applicable and only for fall semester students)
- French Questionnaire (if applicable)

Paperwork to complete online: <http://www.hminet.org/semester/accepted-students>

- Equipment Rental & Purchase Reservations
- Mathematics Questionnaire

Paperwork we will mail to you later:

- Travel Information Sheet (Due on August 1 for Fall and January 15 for Spring)
- Final Tuition Invoice (payment due on July 15 for Fall and November 1 for Spring)
- Invoice for \$1100 deposit into student account for Fall and \$1500 for Spring (deposit due on July 15 for Fall and November 1 for Spring)



Notes & Lists



Mail & Shipping Information

All mail can be sent to the students at the following address:

Student's Name
c/o HMI
PO Box 970
Leadville, CO 80461-0970

Tel 719-486-8200
Fax 719-486-8201

If you would like to send packages or boxes via UPS or Federal Express, please use our physical address. If you are planning to ship some items before the start of the semester (we highly recommend you ship 1 box with bedding. If you own a backpack, bring it on the plane, filled with all of the items that you might need for the first expedition), please do not send them until after August 1 for the Fall Semester, or after January 1 for the Spring Semester. The shipping address is:

Student's Name
c/o HMI
531 County Road 5A
Leadville, CO 80461
Tel 719-486-8200

PHONE CALLS

Students are welcome to receive phone calls during the days that we are on campus. During study hall (7-9:15 PM), students may not use the phone. When a student is unavailable, callers may leave a message with the faculty member who answers.

Phone lines in rural Colorado are very expensive; hence, HMI has only 6 lines for voice and fax use. At times, it is very difficult to call in—we apologize for any inconvenience.

Students share three phones; one in the student mud room (extension 203), one outside the mudroom (ext 204) and one right outside the front door (ext 202.). There are times when all three of those lines are busy, but callers will be able to get through to the faculty on duty (the operator) who will take a message.

Students may bring their cell phones for use on travel days and vacations. The rest of the time, they are kept in the administrative office. We do this entirely because we want students to be focused on the HMI Semester experience and all that we offer during the semester.

E-mail & Internet Information

Students have access to the Internet via several HMI computers and may use any of the assorted e-mail services on the Internet. If you do not already have an email account that can be accessed via the Internet on other computers, we recommend you set up an account prior to coming to HMI. Some suggested services are: hotmail.com, yahoo.com, msn.com, or gmail.com

Internet Access on Personal Laptops

Students may access the Internet on personal laptops via HMI's wi-fi network.



Arrival Information

You should plan to arrive at the High Mountain Institute for the Fall Semester on Monday, August 22 or for the Spring Semester on Wednesday, January 25.

DRIVING

If you choose to be dropped off by your parents, please refer to the directions posted on our website at <http://www.hminet.org/page.php?pname=about/directions>. You should plan to arrive at HMI sometime between 12 noon and 5 PM.

FLYING

If you choose to fly, we will be glad to meet you at the **Denver International Airport (DEN)**. We will be meeting flights that are scheduled to arrive between **10 AM and 2 PM only** on Monday August 22 (Fall Semester) or between **10 AM and 2 PM only** on Wednesday, January 25 (Spring Semester). At 2 PM on each of these days, we will load the HMI vans and depart for Leadville.

The Denver International Airport consists of three separate concourses and the main terminal. All concourses are serviced by an easy-access, underground rail system that takes passengers from their arriving concourse to the terminal. The train is free and departs every 2 minutes. The train trip from the furthest concourse (Concourse C) to the terminal takes approximately 5 minutes.

When you get off the plane, follow signs to the train that will take you to the Main Terminal and Baggage Claim. Exit the train at the terminal, and take the escalator up one flight to the atrium of the terminal. This is the Ground Transportation and Baggage Claim level. HMI Semester Faculty members will be waiting for you in the center of the Great Hall by the very large, obvious fountain. From there, we will check you in and help you gather your baggage (please meet us **before** looking for your luggage). Once the final flights arrive, we will board our vans for the 2 ½ hour drive to the HMI campus.

If you cannot arrive at Denver International between 10 AM and 2 PM on August 22 (Fall Semester) or January 25 (Spring Semester), you will need to arrange for ground transportation to HMI. Please refer to the Shuttle Information Page for more details.

IMPORTANT INFORMATION TO HAVE WITH YOU

You will want to carry a calling card number or a cell phone and a few telephone numbers with you on the day you travel:

High Mountain Institute office	719-486-8200 (press 0 to get the faculty on duty)
Denver International Airport Information	303-342-2000
Denver International Airport paging	303-342-2300

If you are having trouble finding the HMI faculty at the airport, please call the High Mountain Institute office first before trying anything else.



Travel Information (Side One)

ARRIVAL

Please refer to the Arrival Information page in this packet.

SPECIAL TRAVEL ARRANGEMENTS

There may be times during the semester when you need to get to the airport. For example, we have had students attend family weddings or other events. At these times, you must arrange for ground transportation from HMI to the airport and back. For detailed information, please refer to the Shuttle Information page in this packet.

VACATION TRAVEL

For the **Fall Semester**, students have a long weekend after Parents' Weekend and a one-week Thanksgiving Break. In October, students may leave campus with their parents after the Parents' Weekend slideshow on Saturday night, October 22. Students are welcome to remain on campus, but there are no required activities on Sunday or Monday. Students will need to return from the long weekend no later than 6:30 PM (having already eaten dinner, or by 5:30 pm if they want to eat dinner on campus) on Monday night, October 24.

For **Thanksgiving Break**, students are free to leave campus on Saturday, November 19. Thanksgiving Break officially begins at noon on Saturday, November 19 when the campus will be closed until students return on Saturday, November 26. They must be back on campus by 6:30 PM.

If air travel is involved for Thanksgiving Break, we will provide transportation to the Denver International Airport on Saturday morning, November 19. Students should schedule flights that depart no earlier than 11:30 AM. We will also pick up students whose flights are scheduled to arrive at the Denver airport before 2 PM on Saturday, November 26.

For the **Spring Semester**, students have a Spring Break. Students must leave campus on Sunday, April 1, and must return to campus on Monday, April 9 by 6:30 PM. The campus will be closed between these dates. We encourage you to plan to stay in Leadville on Saturday night, March 31. It is the final night of Parents' Weekend. We will have a big dinner here, followed by a slideshow that will highlight some of the off-campus adventures. This is one of the highlights of Parents' Weekend, not to be missed! If you come to Parents' Weekend, your son or daughter can leave with you after the slideshow on Saturday night. We suggest that you plan to stay in Leadville Saturday night and fly out of Denver after 11:30 AM on Sunday, as you want to leave Leadville four hours before your scheduled departure time in order to be able to return a rental car etc..

If air travel is involved for Spring Break, we will provide transportation to the Denver International Airport on Sunday morning, April 1. Students should schedule flights no earlier than 11:30 AM. We will also pick up students whose flights are scheduled to arrive at the Denver airport before 2 PM on Monday, April 9.



Travel Information (Side Two)

END OF THE SEMESTER DEPARTURE

At the end of each semester, we celebrate our accomplishments with closing ceremonies in the evening and a series of events that are geared toward the students. We would encourage family members to attend Parents' Weekend instead of the final day as the closing ceremonies are designed for the High Mountain Institute community alone. These ceremonies will be held during the afternoon and evening of Saturday, December 17 for the Fall Semester, and during the afternoon and evening of Sunday, May 27 for the Spring Semester. If you plan to drive or be picked up by your parents, you will want to leave in the early morning on Sunday, December 18 or Monday, May 28 because the bus to the airport leaves by 7 am. You would be welcome to be on campus until noon on those days.

For the Fall Semester, we will deliver students to the Denver International Airport on Sunday, December 18. Flights should be scheduled to depart Denver no earlier than 11:30 AM.

For the Spring Semester, we will deliver students to the Denver International Airport on Monday, May 28. Flights should be scheduled to depart no earlier than 11:30 AM.

TRAVEL INFORMATION SHEET

In July (for Fall Semester students) or November (for Spring Semester students), we will send you a travel information sheet. We will ask you to fill out the details of your arrival at HMI or the Denver International Airport so that we may plan accordingly. This form is due back to us by August 1 (Fall Semester) or January 15 (Spring Semester). In the meantime, if you have any questions, please do not hesitate to call us or email the Administrative Assistant for the HMI Semester, Sheri Cerise at scerise@hminet.org or 719-486-8200 ext 106.

If you remember nothing else, please remember that if we are going to pick you up at Denver International Airport on a designated arrival day, your flight must be scheduled to **arrive before 2 PM**. On departure days, your flight must be scheduled to **depart after 11:30 AM**.



Shuttle Information

THE DEE HIVE 719-486-2339 (TOLL FREE 888-266-2339)
DEEHIVETOURS@YAHOO.COM

This is a local service that will take you between HMI and the Frisco Transportation Center. Because they cannot fill their van, Dee Hive rides to or from the airport are very expensive (\$150 or more). Instead, we recommend using The Dee Hive as a way to get to the Frisco Transportation Center, which is a convenient drop-off and pick-up point for people using Colorado Mountain Express to go to/from the airport.

The Dee Hive will take you to/from HMI and to/from the Frisco Transportation Center for \$45.

You will need to make a reservation with them *at least* 24 hours in advance, although more notice is better for them. Once you have a reservation, please let Sheri Cerise or the student's faculty advisor at HMI (advisors will be assigned when the students arrive on campus) know your travel plans.

COLORADO MOUNTAIN EXPRESS 970-926-9800 or 800-525-6363
www.ridecme.com

This is a shuttle service that runs between the Frisco Transportation Center and Denver International Airport. It does not deliver passengers all the way to Leadville.

For \$58 (CME says prices are subject to change), Colorado Mountain Express will take you to/from the Frisco Transportation Center and the Airport.

When you retrieve your luggage, you can find the Colorado Mountain Express Check-In Counter near the Hertz rental car desk. Be sure you tell them to take you to the Frisco Transportation Center. If you are going to the airport, a well-labeled Colorado Mountain Express van will meet you at the Frisco Transportation Center.

Please note that this information is intended for student travel when it is not during our standard travel times. During our standard travel times, HMI will deliver students to or pick them up from the airport. This information is also not intended to help you plan for Parents' Weekend. HMI is about 5 miles from the town of Leadville. There is no public transportation between Leadville and HMI, so you would have a difficult time without a rental car.



Pre-Semester Physical Fitness

The HMI Semester does not require any previous backcountry experience. However, it is required that you arrive at HMI in good physical condition. Shortly after students arrive, we head out on our first expedition. You will not have time to "get into shape" at HMI before we leave on the first expedition.

The vast majority of injuries that happen, especially in the first three weeks of the semester, are direct results of individuals not being in good physical condition. The likelihood of sprains and strains is dramatically increased by poor fitness. In addition, the HMI campus is at 10,000 feet above sea level. Poor physical fitness increases the chance that an individual will experience the deleterious effects of high altitude. Again, good basic fitness can decrease the likelihood of injury and assist in acclimatization.

There are two important aspects to physical fitness. The first is cardiopulmonary efficiency. This simply requires that you be physically active for extended periods of time (30-45 min) **4 or more times per week**, for several months. This level of activity will greatly improve your general endurance. If you are not currently active, you should begin slowly and gradually increase the intensity of exercise. A good rule of thumb for endurance training is that you should be able to talk freely as you exercise (bring a friend to talk with).

The second part of physical fitness is task specific strength. Most of the activity during the HMI Semester centers on walking, hiking, and cross-country skiing. Swimming will help to increase your cardiopulmonary efficiency, but will not strengthen your legs appropriately for carrying a backpack. At least half of your training should be task related; i.e.- training that uses your legs over uneven terrain. The ideal is to go for fast paced hikes on trails carrying a daypack (with lots of water!) 2-3 times per week for 30-45 minutes. If trails are unavailable near your home, use a combination of roads and athletic fields.

Your fitness training should **begin at least 10-12 weeks before attending the HMI Semester**. If you are playing a sport, that may help your cardiopulmonary efficiency but you will also need to get out and do task specific activities several times a week. Remember that trail hiking is a great way to break in your hiking boots!

Our expectations of physical fitness are not intended to scare you. We simply want you to know that physical training before your arrival will greatly increase your enjoyment of the beginning of the HMI Semester in particular. It is much easier to enjoy the view or study the map carefully if you are not gasping for breath. If you have questions or would like assistance creating a training plan, please call us anytime (719) 486-8200 or contact our Physician Advisor, Dr. Lisa Zwerdinger at (719) 486-0500.



A Note on AP® United States History During the HMI Semester

We have two history courses at HMI; the difference between AP® and non-AP® sections here is not a distinction between more and less talented history students. Instead, the honors class approaches American history from the perspective of our western setting and surroundings. The AP course offers a traditional, chronological approach to American history, and is tailored to prepare students for that examination. Those who want to take the AP® test should enroll in the AP® course. Those who do not plan to take the AP® exam *should not* register for the AP® section, since that course focuses so exclusively on preparation for the test.

The High Mountain Institute Semester is a full semester! It is packed with classes, field trips, meal preparations, wood splitting, community chores, and other daily activities. Because we spend so much time together in non-academic learning, our classroom time is limited. It is challenging to fit all the detailed chronological facts of American history into our classroom time at the HMI Semester. Therefore, students in the AP® section commit to a considerable reading load. This is not to discourage HMI students from planning to take the AP® test. It is entirely possible to attend the HMI Semester and do well on that examination; most students have. Success in AP® history requires dedication to history study, and the self-discipline to find the time in the week for extra reading. Several students each semester come to HMI with independent study classes from their sending schools that require self-direction and extra reading; so committed AP® students are in good company.

Before registering for classes at HMI, students should learn what their sending schools require. Do they need to take the AP® test to receive full American history credits? Will sending schools accept students changing mid-year to or from an Advanced Placement course? Clear communication with the faculty of both the sending school and the High Mountain Institute will help each student decide which class best fits his or her academic plans.



Standardized Tests

AP Exams

For spring students, when you arrive in January, you will meet with the person who oversees the AP Exams. He or she will ask you which exams you plan to take so that we can order enough copies of the proper exams. Your student account will be charged for the cost of the exam. During the AP Exam weeks in May, you will take the exams at the same time as everyone else in the country.

PSATs

PSATs can be taken during the fall semester. HMI will register all students for the PSAT and either take students to take the test at the local public high school or administer it on the HMI campus. If you qualify for extra time through the College Board please see the Extra Time/ Special Accommodations section below.

SATs

This section only applies to spring HMI students, as the only opportunity to take the SATs during the High Mountain Institute Semester is in May. **Prior to the start of the spring semester, you should register for the May exam.** You will want to register online to take the exam at the Salida High School in Salida, Colorado. Their test site code is **06290**. It is essential that you sign up to take the SATs for the May date only and only in Salida. At the end of the on-line registration, don't forget to print out the entry ticket. You will need to bring this ticket with you to the High Mountain Institute in January. We will collect your registration tickets for safe keeping until May and to be sure that you are registered for the proper test site.

Please note that when registering for the SATs, the College Board asks for two school codes. For the five digit test side code, use the Salida High School code (06290). For the six digit school code, you will want to use the school code for the high school that you regularly attend. You will need to get this code from the guidance office or college counseling office at your school.

You will also be able to take SATs at home in June. If you want to take the SAT subject tests, we recommend you do so at home in June.

Extra Time/Special Accommodations

If you qualify for extra time on any of the standardized tests, we will need to have a copy of your SSD letter and corresponding SSD number from the College Board. Without this, you will be unable to have extended time on any of the above mentioned exams.

If you have any questions about the standardized tests, we encourage you first to speak with your advisor or college counselor at your home school and then to contact us with questions that specifically relate to taking the exams here.