

# INDEPENDENT LIVING IMMERSION



## 4-DAY RESIDENTIAL PROGRAM

July 13 - 17, 2025

📍 Burlington, VT

Make friends, learn about yourself, and try out the LEAP lifestyle! Participants build community and practice essential life skills in a supportive environment.

- **Live on campus:** Live in a St. Michael's College residential hall for 3 nights & 4 days, eat in the dining hall, and explore the campus.
- **Serve your community:** In past years, participants have volunteered at community gardens, reuse stores, food pantries, and more.
- **Work daily with LEAP facilitator:** Learn how to use transportation apps, strategize mobility, use accommodations on campus and in the community.
- **Practice transportation:** Take public bus to volunteer sites and activities; work daily with a COMS.
- **Practice daily living skills:** Independently complete daily living skills, including hygiene routines, managing medication, waking up on time, learning to cook, and more; work daily with CVRT.
- **Have fun!:** Connect with peers, go sailing and biking, swim at the beach, watch movies; play board games, and more during afternoon adventures.

