

High School NSTI 2023

Friday July 7th	Saturday July 8th	Sunday July 9th	Monday July 10th	Tuesday July 11th	Wednesday July 12th	Thursday July 13th	Friday July 14th
6:30 AM	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30	Rise & Shine 6:30-7:30
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM	Ouch! Training VTrans Intro	Boat Building	VR Intro	Travel to VT Flight Academy	Travel to VTrans	Amazing Race	Traffic Safety/Public Transit/Materials
9:30 AM			Field Research Macros in Stream, Wireless Sensing	Aviation Activities Fly! Flight Simulator Navigation	VTrans Day		
10:30 AM	Rail Randolph to WRJ Lunch WRJ Bus to bridge & back to VTC	Dining Room Lunch	Dining Room Lunch <sup>1</sup>	Bag Lunch/Heritage	Lunch	Dining Room Lunch <sup>2</sup>	Who job visit/shadow?
11:30 AM		Boat Test	Field Research Macros in Stream, Wireless Sensing	Aviation Activities Beta Technologies	Construction Site Visit	Hydro/Drones/JH	Down time
12:30 PM		Pool/Down Time					Travel
1:30 PM	Down time	Bridge Finishing Touches & Testing	Pool/Gym/Down Time <sup>4</sup> 4:15-5:10	Travel to VTC	Travel to VTC	Environmental	Presentations & Graduation Ceremony
2:30 PM	Intro Structures Team Truss Bridge Design						
3:30 PM	Welcome/Check In Hard Hat Decoration	Bridge Building	DEI-SJ/Career Assessment	Fire Science Activities	Heavy Equipment/ Interview skills	Vtransparency/Intervie w/Invasive	Movie with popcorn
4:30 PM	Team Building						
5:30 PM	Dinner	Bridge Building	DEI-SJ/Career Assessment	Fire Science Activities	Heavy Equipment/ Interview skills	Vtransparency/Intervie w/Invasive	Movie with popcorn
6:30 PM	Dinner & Ice cream						
7:30 PM	Campus Tour	Bridge Building	DEI-SJ/Career Assessment	Fire Science Activities	Heavy Equipment/ Interview skills	Vtransparency/Intervie w/Invasive	Movie with popcorn
8:30 PM	Gym/Courts						
9:30 PM	Free Time Settling In	Free Time Dorm	Free Time Dorm	Free Time Dorm	Free Time Dorm	Free Time Dorm	Free Time Dorm

In rooms by 10 pm

1. Learn about VTSU Orientation!
2. VSAC/College Admissions
3. VTSU Programs
4. VR Headsets available