

**VERMONT
WILDERNESS
SCHOOL**

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Greetings and welcome!

Thank you for registering for Vermont Wilderness School's Art of Mentoring workshop! AoM will take place this year from August 29 – September 3, at Indian Brook Camp, a part of [Farm & Wilderness](#), near Plymouth, VT. We look forward to seeing you there and spending a powerful week together.

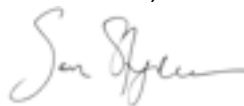
Every year the Art of Mentoring grows and evolves. Over the past few years, other Art of Mentoring workshops have been offered in Scotland, Ontario, California, Washington State, Idaho, Texas, and North Carolina. Many of our core staff helped to organize and lead these programs, gathering cross-cultural learnings to share and apply at the Art of Mentoring here in Vermont. We have over 50 staff members, coming from Indiana, North Carolina, Texas, Saint Croix, and the UK, as well as from throughout our Northeast U.S. network.

This packet contains important information for making your travel plans and preparing for the program. Please read through it carefully.

PLEASE BE SURE TO COMPLETE A MEDICAL FORM FOR YOURSELF AND EACH MEMBER OF YOUR FAMILY: www.vermontwildernessschool.org/art-mentoring-medical-forms/ THE DEADLINE FOR FORMS IS AUGUST 15.

If you have any questions, please contact us at 802-257-8570 or office@vermontwildernessschool.org. We're looking forward to meeting many new participants and welcoming returning friends back again. Safe travels to everyone!

In connection,



Sam Stegeman
Director, Vermont Wilderness School

2016 AOM LEAD STAFF:

Adult Program Presenters

Miriam Dror
Amy Hyatt
Walker Korby
Connor Stedman
Saskia Vanderhoop

Kitchen Head Cook

Mary Stewart

Program Coordinators

Becca Martenson (Staff)
Walker Korby (Staff)
Karianna Rosenberg (Village)
Monique Philpot (Teens)
Dan Yacobellis (Youth 4-11)
Amy Beam (Youth 0-3)
Connor Stedman (Ring 2)
Mira Nussbaum (Kitchen)
Debbie Lyons (Acorn)
Miriam Dror (Elders)

Adult Program - Logistics

***** If you are a returning participant, you will note that we are starting EARLIER this year. (Monday mid-day instead of late afternoon) Please adjust your travels plans accordingly!*****

Monday, August 29

12:00 – 1:30 pm

Arrive, sign in, and set up your accommodations

Please plan for a relaxed arrival, but do not arrive before 12:00 pm. The first meal served will be Monday dinner; please arrive having eaten lunch and/or bring an easy-to-carry lunch or snack.

2:00 pm

Afternoon Program begins

5:30 pm

Dinner

7:00 pm

Evening Program

Saturday, September 3

12:00 pm

Program Ends

Where: The program is being held at the beautiful **Indian Brook Camp**, part of [Farm & Wilderness](#) in Plymouth, Vermont. Travel information and address is on the last page of this document.

The emergency number for loved ones to call at Farm & Wilderness is **802-422-3448** (Indian Brook Kitchen). If it's a middle-of-the-night emergency, you can page a F&W staff member at 1-888-622-3276 and ask them to page "Retreat." Leave a brief message & a call back number.

Please also note that there is typically no cell phone reception at Indian Brook Camp. Calls may be placed out from the kitchen phone in extenuating circumstances only. Come prepared for an "unplugged" week!

Accommodations: You can choose to camp (bring your own tent), or to stay in a cabin.

- Cabins are summer camp-style. Each bunk has a single-size mattress, so bring a sleeping bag and whatever other bedding will allow you to create a cozy nest for nights that can dip into the low 50s. Hot showers and composting toilets are in nearby buildings.
- Cabins have only 3 walls. Mosquitos are not typically a problem this late in the season, but some people do bring insect netting.
- You are likely to be sharing your cabin with other participants. Some people have brought a sheet to hang, for creating more privacy.
- Bring a flashlight or headlamp – although the main building has electricity, there is no electricity in the cabins.
- As part of participating in the workshop, everyone is asked to spend the entire time at Indian Brook Camp.

Weather: It can be rainy and cold in the low 50s and as warm as the high 80s in late August / early September in the Green Mountains. The average high temperature is between 65-75 degrees, while the average low is around 50 degrees. Plan for being outside in the worst of it, and you'll be fine.

Food: All meals are provided, starting with dinner on Monday, and finishing with breakfast on Saturday. You will supply us with information about any dietary restrictions in the medical form. Expect basic, delicious, and healthy food. Tea, coffee, and other snacks are available throughout the day. Meals are served buffet-style, with vegetarian, vegan, and gluten-free options at all meals. We strive to provide food from local/regional, organic, and non-GMO sources whenever possible. Meals take place in a large dining room. Children (with the exception of the teens when they are out on the Rendezvous), Adult Participants, Staff, and Volunteers all eat together.

Adult Program - Packing List

We recommend that you bring the following personal gear and items with you to the Art of Mentoring. They will help you be all the more comfortable during the program. Be aware that you might choose to spend at least one night of the program sleeping outside.

- Prepare for the weather – we will be both in and out of doors throughout the week!
- Please bring layers, a warm hat, and rain gear.
- Appropriate outdoor clothing (you may get dirty)
- Appropriate footwear, including a pair to go in dirt, mud and water
- Sleeping bag and/or linens & blankets, pillow. Be prepared for 45-50 degree nights.
- Thin ground pad and/or small tarp for outdoor overnight
- Towel & swimming gear
- Toiletries
- Flashlight** (no lights or electricity in cabins)
- Extra batteries**
- Travel clock or digital watch (with alarm for wakeup)**
- Water Bottle
- Notebook and pens/pencils
- Journal(s) (personal or for nature/tracking studies)
- Musical Instrument
- Tape measure or ruler
- Any personal medication you take
- Day pack for excursions and outdoor overnight.

Optional:

- Camera
- Audio recording device
- Small portable chair or seat cushion
- Insulated cup
- Insect netting or equivalent for nighttime
- Special dietary snacks/food as necessary
- Nature mysteries (interesting objects or questions you've found in nature)
- Craft or skill projects to work on and share

Important Note #1: *All Vermont Wilderness School programs are drug- and alcohol-free. We ask that you leave alcohol and illegal drugs at home. If you are found in possession or under the influence, you will be asked to leave the program without a refund. In addition, the entire Farm & Wilderness property is a no smoking camp.*

Important Note #2: *When you arrive and Farm & Wilderness, you will be directed to park down the road from Indian Brook camp, and then shuttled with your belongings up to Indian Brook. Please pack with this in mind. Several larger bags will make the transfer go more smoothly than many small bags or loose items.*

Travel Information

Indian Brook Camp is a part of [Farm & Wilderness](#), at [263 Farm & Wilderness Rd, Plymouth, VT 05056](#). The site has 600 acres including a reservoir lake, extensive forests and field openings.

Driving Directions:

From Boston (NH, northern VT): Interstate 93 to Interstate 89. Take Vermont Exit 1 - Woodstock/Rutland/US Rt. 4. West on Rt. 4 to Rt. 100 South in West Bridgewater. 1.9 miles South on Rt. 100. Left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

From New York City, New Haven, Hartford, southeastern VT: Interstate 91 to Rt. 103, (Exit 6 - Ludlow/Rutland) North on Rt. 103 to Rt. 100 North. 12.3 miles North on Rt. 100. Right on Farm & Wilderness Rd. Follow the signs to Indian Brook Camp.

From Western & Upstate New York areas: Interstate 87 to Exit 20 (Fort Ann) to 149 East. From 149 E take US 4 North to VT. Follow Route 4 East through Rutland and Killington, then take Rt. 100 south in West Bridgewater. Drive 1.9 miles and turn left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

Travel by Bus & Train:

Bus service via the Dartmouth Coach (www.dartmouthcoach.com)

Bus service via Greyhound/VT (www.greyhound.com) (1-800-231-2222)

Train Service via Amtrak (www.amtrak.com)

Van Service from Manchester Airport via Upper Valley Shuttle (<http://www.uvshuttle.com/>)

Working with these different transit systems, please arrange to arrive in Rutland or White River Junction, VT by 3pm on Monday September 7th. Tickets for leaving from Rutland or White River Junction at the end should be no earlier than 2:30pm on Saturday September 12th. Both cities are approximately 35 -40 minutes from Indian Brook Camp.

Travel by Air:

If part of your travel includes air travel, consider one of the following airports:

LEB - Hanover (Lebanon), NH

*MHT - Manchester, NH

RUT - Rutland, VT

*BDL - Hartford (Bradley), CT

*BOS - Boston (Logan), MA

*BVT - Burlington, VT

If you fly into one of these airports, a bus, such as the [Dartmouth Coach](#), [Greyhound](#), or [Upper Valley Shuttle](#) can get you to Rutland, VT or White River Junction, VT. From there each of those towns, shuttle service (30-40 min) is available to Indian Brook (see below).

Shuttle Service from/to Rutland or White River Junction:

We are able to organize shuttles from Rutland and White River Junction to Indian Brook Camp. There is a \$30 fee for shuttle use each direction. (To take advantage of this option, you will need to arrive in Rutland or White River Junction by 11am on Monday, and depart from those locations at 2:30pm or later on Saturday.) **To reserve shuttle service, please contact the VWS office – 802-257-8570 or office@vermontwildernessschool.org before August 15.**