

**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 27 – September 1, at Indian Brook Camp, a part of [Farm & Wilderness](#), near Plymouth, VT. We look forward to welcoming you along with 150 other participants and 85 staff members. This will be the biggest and best AoM yet!

Every year AoM grows and evolves. This year the Vermont Art of Mentoring is one of only **two** AoM's being offered in North America, and as a result we've seen a huge interest. Ring 1 and the youth programs are full, and these programs will be bigger than we've seen before.

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/

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 anticipation,

Sam Stegeman
Director, Vermont Wilderness School

2018 AOM STAFF:

Adult Program Lead Instructors

Aviva Argote
Deborah Benham
Clint Corley
Miriam Dror
Bob Etzweiler
Trevanna Grenfell
Amy Hyatt
Michael Ismerio
Walker Korby
Julie Kulik
Becca Martenson

Mai McNamara
Tyler McNamara
Mark Morey
Mira Nussbaum
Karianna Rosenberg
Connor Stedman
Mary Stewart
Kate Yeomans

Youth Program Lead Instructors

Arlene Slocombe (Youth 0-3)
Dan Yacobellis (Youth 4-11)
Neill Bovaird (Teens)

Adult Program - Logistics

Monday, August 27

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 1

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.

Communications: There is typically no cell phone reception at Indian Brook Camp. Calls may be placed out from the office land line in extenuating circumstances only. There is internet service at Farm & Wilderness, but **we request that participants come prepared for a fully “unplugged” week.** In the case of an urgent need to get online, please ask a staff member how to get connected.

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, they should page a F&W staff member at 1-888-622-3276 and ask them to page “Retreat.” Leave a brief message and a call back number.

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)
- Any personal medication you take
- Day pack for excursions and outdoor overnight.

Optional:

- Musical Instrument
- Camera
- Audio recording device
- Small portable chair or seat cushion
- Insulated mug/thermos for tea & coffee
- 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 at 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/>)

Busses and trains can be taken to regional transport centers Rutland and White River Junctions. To get a ride from there to Farm & Wilderness you can sign up on the [carpooling website](#).

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. To get a ride from there to Farm & Wilderness you can sign up on the [carpooling website](#).

Carpooling:

We're trying something out this year: both to ease transportation coordination and save some gas you can now sign up on our [Group Carpool Webpage](#). This allows people who need rides to match themselves with folks who can offer them.