



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 26 – 31, at [Farm & Wilderness](#), in Plymouth, VT.

We look forward to welcoming you along with 150 other participants and 85 staff members!

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

PLEASE BE SURE YOU HAVE COMPLETED 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
Executive Director, Vermont Wilderness School

2019 AoM LEAD STAFF

First Time Adults Program:

Aviva Argote
Deborah Benham
Kristi Dranginis
Miriam Dror
Bob Etzweiler
Rafe Halsey
Amy Hyatt
Michael Ismerio
Walker Korby
Maiya
Connor Stedman

2nd & 3rd Year Adults Program:

Kevin Aderer
Stephanie Dimitrovas
Trevanna Grenfell
Michaela Himelfarb
Alejandro Levins
Rob Rimán
Atiya Wells

Youth Programs:

Arlene Slocombe (Youth 0-3)
Jeannie McGartland (Youth 4-12)
Kai Thompson (Teens)

Additional Lead Staff:

Iya Tahira Abubakr
Becca Allen
Mira Nussbaum
Sangoma Oludoye
Karianna Rosenberg
Sam Stegeman
Mary Stewart
Dan Yacobellis

Adult Program - Logistics

Monday, August 26

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, August 31

12:00 pm

Program Ends

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

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 Farm & Wilderness.

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. **It is important that you supply us with any dietary information in the medical form.** The whole village (with the exception of teens on the land) share meals and stories together in the large dining room where meals are served buffet style, with vegetarian, vegan, animal protein and gluten-free options. Tea and coffee are available at meal time and during breaks. Meals are abundant, so we do not provide snacks for adults between meals. We suggest you bring a supply to meet your specific needs. All youth and teens receive a morning and afternoon snack during their programming. Whenever possible we provide food from local/regional, organic, and non-GMO sources, and always prepared with gratitude and joy.

Special Request (Optional!) from Mary Stewart, head cook: *The Art of Mentoring helps us to reconnect to the land we live in and are a part of. For many of us this includes the plants, animals and local food networks that feed us. We hope to feed our village in part from the abundant local sources some of you may know. If you are the grower of food or have a relationship with a local farm or orchard and would be interested in bringing a large amount of something to AOM, we'd love to coordinate with you to make that possible. Send us a list of what you might have available and pricing by August 15th and we'll be in communication with you! Send offers to storymary@gmail.com. Thanks!*

Communications & Technology: Please come prepared for a fully “unplugged” week. In addition to the obvious benefit of helping all of us be more present, there are a few practical reasons for this:

- We are creating a wifi- and cellphone- free environment to support the health needs of EMF-sensitive participants. This includes at least one person who will become gravely ill in proximity to connected electronic devices. Please turn off cellphones and other wireless devices upon arrival (or at a minimum put in Airplane mode)
- There is one land line, located in the office, which can be used in extenuating circumstances only. This phone is not ideal for long or private conversations.
- There is typically no cell phone reception at Indian Brook Camp because we are on the side of a mountain. Some people are able to get cell service by walking about ½ mile off the campus to the main road.
- There is wired internet service at Farm & Wilderness, but **there is no wi-fi**. This means you could only connect via an ethernet connection to a computer (it won't work to connect via your cell phone in wifi mode). In the case of an urgent need to get online, please ask a staff member how to get connected via the staff computer.
- Photo releases. We anticipate having a few staff who will occasionally be taking videos & pictures. These images & videos may be used in Vermont Wilderness School outreach materials (such as our website or eNewsletter). If you know that you do not want any images of someone in your family to appear in outreach materials please let us know (we asked about images on your registration form but we figure it can't hurt to give you another opportunity to voice your preferences).

We ask that you refrain from using cellphones or other digital devices during the week. We recognize that these devices are increasingly used for “non-connected purposes” (e.g as cameras, music players, alarm clocks, for notetaking, etc.). We encourage you to take a complete break from screened devices for the week. You'll be glad you did!

The emergency number for loved ones to call at Farm & Wilderness is **802-422-2067**. (Indian Brook Office). If there is no answer, they should also 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.

Adult Program - Packing List

These items 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
- Day pack for excursions and outdoor overnight.
- Towel & swimming gear
- Toiletries
- Flashlight* (no lights or electricity in cabins)
- Extra batteries*
- Alarm clock or watch with alarm (non-cellphone please)*
- Water Bottle
- Notebook and pens/pencils
- Any personal medication you take

Optional:

- Insulated mug/thermos for tea & coffee
- Small portable chair or seat cushion
- Small cloth napkin/hand-towel for small food messes
- Musical Instrument
- Camera (non-cellphone please)
- Audio recording device (non-cellphone please)
- 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: *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!***

Important Note #2: *All Vermont Wilderness School programs are drug- and alcohol-free. Please 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.***

Travel Information

[Farm & Wilderness](#) is located at [263 Farm & Wilderness Rd, Plymouth, VT 05056](#). The site has 600 acres including a reservoir lake, extensive forests and field openings. The part of Farm & Wilderness where AoM is held is referred to by the camp as "Indian Brook Camp."

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.

Carpooling:

To ease transportation coordination and save some gas, you can now sign up on our Group Carpool Webpage (<http://www.groupcarpool.com/t/n2kz57>). This allows people who need rides to match themselves with folks who can offer them.

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 (<http://www.groupcarpool.com/t/n2kz57>).

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 (<http://www.groupcarpool.com/t/n2kz57>).