



Vermont Wilderness School

P.O. Box 2585
Brattleboro
Vermont 05303

802-257-8570

Dear Teens and Parents/Guardians,

Welcome to the 2019 Teen Rendezvous! This is a special gathering of young people from many different communities throughout the Northeast who practice awareness of nature and skills for living with the earth. We are in our 17th year of offering the Rendezvous, and it has become an integral component of the Vermont Art of Mentoring. This year, as every year, the Art of Mentoring will grow, evolve and emerge. What is constant and consistent is that our experienced staff from around the region will create a strong culture of learning for everyone.

The Rendezvous is a unique opportunity for young people to challenge themselves in the context of this larger community of peers and mentors. We push their edges, help them meet their needs, and create a safe space for them to come more fully into themselves. And they are met with a strong web of support: elders and program leaders overseeing their experience, seasoned mentors guiding them in the field, and the entire “village” of participants and staff welcoming them back as changed people.

We recommend (but don't require) that parents also participate in the Art of Mentoring adult workshop. **Parents who are not participating in the Adult Program are welcome to stay for the teen send off on Monday evening, and/or come for their return from the wild on Friday afternoon** (see schedule on Page 2). If you are interested in doing this, please contact our office to work out details.

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 IF YOU HAVE NOT YET:

www.vermontwildernessschool.org/art-mentoring-medical-forms/

If you have any questions, please contact us at 802-257-8570 or office@vermontwildernessschool.org. We look forward to seeing you on Monday, August 26th!

Sincerely,
Kai Thomson, Teen Rendezvous Director
Sam Stegeman, Vermont Wilderness School Executive Director

2019 AoM TEEN RENDEZVOUS PROGRAM STAFF

Colin Bradley
Erica Martenson
Dave Muska
Kai Thomson
Grey Tyson

Teen Rendezvous - 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

Program begins.

Evening (approx. 7pm)

Teen Send-Off (Parents invited to join)

Friday, August 30

Afternoon (approx. 4pm)

Teen Return (Parents invited to join)

Saturday, August 31

12:00 pm

Teen Program Ends

Parents & Friends visiting AoM: Parents & Guardians who are not attending AoM are invited to join for the teen send-off Monday and/or the teen return Friday, including staying for meal and/or overnight. Typically the return has been the more popular of these two, but you are welcome at both. Other friends and family members than parents are welcome too, but we don't encourage you bringing a large group. **If you plan to visit as a guest, please complete the online Guest Registration Form (<https://goo.gl/forms/E6N2OwM8EHMbu3EO2>) in advance!**

Where: The program is being held at the beautiful Farm & Wilderness Camp near Plymouth, Vermont. Travel information and address is on the next page. For more information about Farm & Wilderness, go to www.FarmandWilderness.org.

Accommodations: Teen Rendezvous participants will sleep outdoors in the woods from Monday night to Friday night, in wilderness camps which they create with guidance and support of the Teen Rendezvous staff.

Weather: It can be rainy and cold in the low 50s and as warm as the high 80s in late August in the Green Mountains. 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 have already supplied us with information about your dietary restrictions (in the registration form). Expect basic, delicious, and healthy food. We strive to provide food from local/regional, organic, and non-GMO sources whenever possible.

Communications & Technology: Teens should 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 with wifi and Bluetooth set to “off.”)
- 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.

We ask that teens AND guests/visiting parents 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!

Contact: 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.

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).

Teen Rendezvous - Packing List

We don't have the option of going inside, so our clothing needs to keep us warm. It is essential to have good raingear, waterproof boots, a warm hat, and non-cotton insulating layers to avoid being cold and uncomfortable and to prevent dangerous chilling (hypothermia). **Remember that cotton loses all insulating value when wet!**

Clothing

Bring (earth-toned if possible) clothing that you don't mind getting dirty!

Note: wool or synthetic is preferred over cotton or 50/50.

Make sure two layers can fit over each other.

- Long underwear tops and bottoms (synthetic, wool or silk is preferred)
- Warm Pants (wool or fleece. cotton with water proof or water-resistant rain pants will do)
- Layers for torso (wool or fleece sweater, shirt, etc.)
- Warm hat (wool or synthetic)
- Jacket (warm jacket, down coat, etc.)
- Underwear (enough for a 5-night program & some extra)
- Rain gear (rain jacket or poncho)

Footwear

- Socks (at least four pairs of medium to heavy weight wool or synthetic)
- Hiking boots (waterproof & ankle high- sneakers are a poor 2nd choice)

Sleeping Gear

- Sleeping bag (rated to at least 30°F)
- Small pillow (optional)

Packs

- Backpack or duffel (to organize your gear)
- Day pack (for excursions)

Miscellaneous

- Flashlight (one flashlight w/extra batteries per person)
- Knife (3" t o 4" sheathed or locking blade)
- Water bottle (quart sized for longer excursions from camp)
- Toiletries (towel, toothbrush & toothpaste (+ whatever else you need)
- Pencil or pen w/blue or black ink
- Small notebook or pocket journal
- Food container (w/sealable lid labeled in waterproof ink w/camper's name and any dietary restrictions)
- Camp cutlery (knife, fork and spoon)
- Any crafts you'd like to use or share

Please label your gear – every year things get left behind!

****What NOT to bring:** cell phones, electronics, candy/sweets, cigarettes or other tobacco products, alcohol, illegal drugs. **Any teen participant found in use of, possession of, or under the influence of alcohol, illegal drugs, or tobacco products will be required to leave the program.****

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>).