



# Vermont Wilderness School

*building healthy relationships with self, community and nature  
through long-term mentoring*

September 2006

Dear:

## **GREETINGS and WELCOME!**

Thank you for registering for the Vermont Wilderness School's Art of Mentoring Workshop on October 15-21, 2006 being held near Brattleboro, Vermont. This letter is to confirm your registration for the program scheduled to begin with dinner on **Sunday October 15<sup>th</sup> at 6:00pm** and ending with take home lunch at **11am on Saturday, October 21<sup>st</sup>**. This is going to be a powerful program with more involvement from the regional community. The workshop will be held at **Camp Neringa**, in the beautiful hills just outside Brattleboro, Vermont. Directions are included with this letter.

Your payment of \$\_\_\_\_\_ has been received. Your remaining balance is \$\_\_\_\_\_. Your deposit is NON-REFUNDABLE, but transferable with a \$50 administrative fee in the event of a cancellation. You must pay the remaining balance of your account either before the program begins with our office or in-person when you check in with the VWS staff on the first day of the program (cash, check, money order, or Visa or MC are acceptable). **It is helpful to us if you can pay the balance before the program begins. You can do this by mailing a check or money order with your forms or calling the office with credit card information.**

Included in this packet is all of the information that you will need to make your travel plans and prepare for this program. Please read through it carefully. **As soon as you receive this**, fill out the **medical and waiver form** as well as answer the **profiling questions**. **Please send them to:**

**Vermont Wilderness School: PO Box 2585, Brattleboro, VT 05303.**

We have begun to accommodate families who would like to be together during this AOM instead of spending a week apart. This is an ongoing process of learning how to integrate the family dynamic into an adult workshop setting. Our goal is to meet everyone's need in this complex weave of temporary community and yet we also must work with the limitations of this setting. See details enclosed.

If you have any further questions regarding registration, children's programs, facility, or special food needs, please contact Vermont Wilderness School at 802-257-8570. We are looking forward to meeting all of you new folks and also working with familiar faces again. Safe travels to you all.

On the trail,  
The Vermont Wilderness School Staff

## ~The Art of Mentoring~

**When:** We will be starting with dinner at 6pm on Sunday evening, October 15<sup>th</sup> with lecture following. Please arrive between 4:00 – 6:00 pm in the afternoon for registration and to set up your accommodations. Dinner will be served at 6:00pm sharp. Lecture starts at approx. 7:30pm. Plan your travel time so as to allow for a relaxed arrival.

**Please do not arrive before 4:00 pm Sunday.**

**Where:** The program is being held at the beautiful **Camp Neringa**, a summer camp for youth, in the town of Marlboro, Vermont. A map with specific directions is included with this packet. **The number for loved ones to call at Neringa is 802-254-9819.**

### **How to Get There:**

If you are flying, the nearest and most convenient airport is Hartford/Springfield – Bradley International. (approx 1.5hrs away) From there, you can rent a car or pay for a shuttle. To reserve a shuttle, call Thomas Transportation 877-526-8143. You should plan your airport arrival time for 1:30pm the latest on Sunday the 15<sup>th</sup>; and departure time for no earlier than 3:30pm on Saturday the 21<sup>st</sup> if at all possible.

**Facilities: Accommodations are unheated cabins (9 max per cabin).** The cabins are furnished with mattresses, but you will need to bring your own blankets, linens, pillows, towels, and/or sleeping bag. Limited shower use is available. If you feel the need for privacy a tent is recommended. As part of participating in the workshop, everyone is asked to spend the entire time at Camp Neringa.

**Weather:** It can be rainy or even snowy and cold in the 30's and 40's and as warm as 70's in October. The average high temperature is in the upper fifties while the average low is in the mid thirties. Plan for sitting outside in the worst of it and you'll be fine. The nights are cool and a temporary dip into the upper 20's would not be uncommon.

**Food:** Meals are provided starting with dinner on Sunday the 15<sup>th</sup>, and finishing with breakfast on Saturday the 21<sup>st</sup> with take home food available after the workshop finishes. Expect delicious and healthy food. If you have any dietary needs (including vegetarian), allergies or special food concerns, please call us ASAP at 802-257-8570 to see if we are able to accommodate and so our kitchen crew can plan accordingly. If you have any truly bizarre, unique and/or unusual diet that only a few people on the planet enjoy, please bring your own supplements (i.e. a strict oyster diet).

## **Recommended Gear List**

We recommend that you bring the following personal equipment and supplies with you to the program. They will help you be all the more comfortable during the program.

- Prepare for the weather – we will be in and out of doors
  - Please bring layers, a warm hat, and rain gear and boots
  - Appropriate outdoor clothing (you may get dirty)
  - Appropriate footwear, including a pair to tromp in dirt and mud
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- Sleeping bag and/or linens, blankets, pillow
  - Towel
  - Toiletries
  - Flashlight
  - Water Bottle
  - Notebook and pen/pencil
  - Journals (personal or for nature/tracking studies)
  - Tape measure or ruler

### **Optional:**

Any personal medication you take  
Camera  
Tape recorders and tapes  
Crazy Creek chair or seat cushion  
Insulated cup  
Special dietary snacks/food as necessary

## Directions to Camp Neringa: (802-254-9819)

Brattleboro, Vermont is located in beautiful southeastern Vermont along the Interstate 91 corridor. Camp Neringa is in the town of Marlboro approximately 7 miles west along Route 9.

### From I-91 Northbound or Southbound

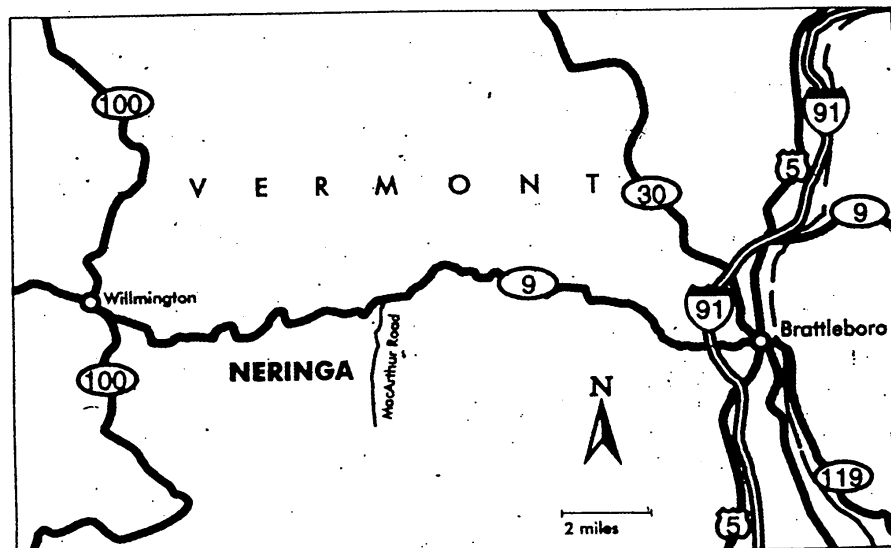
- ❑ Take Exit 2
- ❑ Right at the end of the ramp onto route 9 west.
- ❑ Head west into the foothills of the Green Mountains on Route 9 for about 7 miles.
- ❑ On the north (right) side of the road, you will see a sign for Camp Neringa. Soon after this sign turn left onto MacArthur road.
- ❑ Go 1/2 mile, turn right at the sign for Camp Neringa. This road dead-ends at the camp.

### From New Paltz, NY area

- ❑ I-87 north to exit 21A
- ❑ I-90 east to Mass Pike exit 4
- ❑ I-91 north to Vermont exit 2 (about 8 miles from the border).
- ❑ Right at the end of the ramp onto route 9 west.
- ❑ Head west into the foothills of the Green Mountains on Route 9 for about 7 miles.
- ❑ On the north (right) side of the road, you will see a sign for Camp Neringa. Soon after this sign turn left onto MacArthur road.
- ❑ Go 1/2 mile, turn right at the sign for Camp Neringa. This road dead-ends at the camp.

### From Albany, NY and points west

- ❑ I-87 north to exit 23, I-787.
- ❑ Follow 787 north for about 8 miles to exit 9E, NY Route 7 east (Troy, Bennington).
- ❑ Follow Route 7 east to the Vermont Border
- ❑ Route 7 becomes Vermont route 9. Continue on route 9 through Bennington, VT, and Wilmington, VT. **Do not** turn onto U.S. route 7 in downtown Bennington!
- ❑ About 12 miles past Wilmington, you will see a sign for Camp Neringa on the south (right) side of the road. Turn right on MacArthur road about 100 yards from the sign. There is an Exxon Station (Sweet Briar Store) on the left about 1 mile before the sign.
- ❑ Go 1/4 mile to the top of the hill and turn right at the sign for Camp Neringa. This road dead ends at the camp.



### **Teens attending the Vermont Wilderness School Fall Rendezvous**

We will be running a program for youth 12-17 years old. The format will be the same as an overnight summer camp. The instructors have years of experience applying these mentoring principles in their own communities and are willing to come to this national venue to share them with the youth.

The **boys** Rendezvous includes survival and scout challenges that bring them closer to the earth. It serves as a setting for teachings of how to conduct themselves as they grow into adulthood. It is highly recommended that the boys applying have some experience in naturalist and nature adventure experiences before coming on the program. If you are a returning Art of Mentoring participant and have been applying these techniques in local nature programs, the teens you work with might be a good fit for this program.

The all female **girls Rendezvous** staff is preparing the ground for an intensive mentoring experience with girls ages 12-16. There are no prerequisites for this program at this time other than a strong interest in exploring the love of nature and teachings that prepare girls for adulthood. This will also be an overnight camping experience with primitive conditions.

During the week teens and staff may join the adults once or twice during the workshop to share experiences and participate in specific activities designed to help them have a village experience of being seen as an important emerging member of society. Some guidelines and price structure:

1. We require a brief phone interview with first-time Rendezvous applicants and their parents before applying. This allows us to decide together if the Rendezvous is a good next step for your child. We make final decisions about whether to accept a teen into the program after reviewing their application.
2. The cost of the program is \$400. We purposely keep the program cost low to make it possible for parents and youth to attend. A limited number partial of scholarships are available. Please call or visit our website for a scholarship application.

### **Youth Program for children 7-11 years old**

We are organizing a small program for the children of participants allowing the whole family to attend the Art of Mentoring. The format is similar to a day camp. The fee is \$150-\$275, sliding scale. Guidelines:

1. Parents must be with their children at all meal times.
2. Parents must provide supervision for their own children during the early evening and Bed-time, separate from adult activities, which may be resuming at that time.

**Pre-registration is mandatory. Please call us at 802-257-8570 to receive an application.**

### **Preschool Program for children 4-6 years old**

We have a very limited number of spots available for young children 4-6 years old. The logistics are identical to the youth program, except for the price which is \$125-\$250, sliding scale.

**Pre-registration is mandatory. Please call us at 802-257-8570 to receive an application.**

### **Children Under 4, Scholarships and Family Discounts**

It is possible for families with children under 4 to attend if two adults are present. One adult participates in the workshop while the other cares for the children. While the adult caregiver will not be able to participate in most lectures, there will be chance to be a part of the community at meal times, and, depending on the child's needs, some of the group gatherings and celebrations during the week. Cost for the adult caregiver is \$225 to cover food and lodging. There is no charge for the child. The adult caregiver must fill out the waiver, medical form and diet information on the profiling questionnaire.

**If you have multiple children attending and the price is getting beyond your means**, please fill out a scholarship application (available from our website). The Art of Mentoring is all about family and community. We will do our best to offer you a scholarship that will allow your whole family to attend.