



# WILDERNESS AWARENESS SCHOOL

## **GREETINGS and WELCOME!**

Thank you for registering for the **Art of Mentoring** with Wilderness Awareness School in Duvall, Washington. We have been running the Art of Mentoring since 1995, and are looking forward to another rich and transformative experience. We are excited to meet you at Linne Doran, Wilderness Awareness School's 40-acre property!

If you did not pay in full at the time of registration, your balance will be due May 15, 2016. Please see our website for detailed information about our cancellation and transfer policy.

This packet contains information that you will need to make your travel plans and prepare for this program. **Please read it thoroughly.**

If you have any questions regarding your registration, please contact Wilderness Awareness School at (425) 788-1301; our office hours are 8:00-4:00, Monday through Friday. If you need to contact us while on your way to the program, *please call the School's Land at 425-844-1281.*

We are looking forward to a fabulous week together exploring the depths of the Wilderness Awareness mentoring model. Safe travels!

Sincerely,

Mike Prince  
Summer Programs Director  
Wilderness Awareness School

## ~The Art of Mentoring~

**When:** Art of Mentoring runs from **4:30pm on Sunday, August 7, 2016 until 12:00 noon on Saturday, August 13, 2016. Please arrive between 3:30 and 4:00** so that you have time to set up your tent, sign in, and shake off the road dust from your travels before we start. We will officially start the program after everyone has settled in, around 4:30. Please know that staff will be preparing for your arrival until 3:30 and may not be able to offer any attention until that time.

**Where:** Linne Doran is located about fifteen minutes outside of Duvall, Washington in the foothills of the Cascade Mountains.

Driving – You can find a map and driving directions on our website:  
<http://wildernessawareness.org/resources/maps>

Airline / Train / Bus Travelers - If you are arriving from out of town we run a shuttle from the SEATAC airport for an additional fee. Please sign up for the shuttle via our online registration site or by calling or emailing our office if you need this service.

WAS Shuttle departs the airport at 2:00 PM on Sunday

WAS Shuttle returns to the airport by 1:30 PM on Saturday

Our land address is: **20410 320th Ave NE, Duvall, WA 98019**

### **What to Expect:**

We will be spending time outside in the woods as well as in our indoor classroom spaces, which range from rustic to modern. Be prepared to dress in layers so that you can adjust easily. Expect that you may get muddy and dirty – perhaps more so than you have since you were a child (or ever)!

While this class is often serious and focused, it will also be very enjoyable. Please come prepared to have fun and participate fully ☺. We will cover many topics, including the Medicine Wheel, the Natural Learning Cycle, 8 Shields Curriculum, mentoring of different age groups, nature connection, and so much more. This class will balance theory with hands-on practice. We will do our best to create a safe learning environment, while at the same time pushing your edges for maximizing growth!

Summer in western Washington can be sunny and warm, with temperatures in the 70's to 80's, and it can also rain, with nighttime temperatures dropping significantly. We will be spending substantial time outside regardless of the weather.

We recommend that participants be as present (physically and mentally) as possible during this course. Please do not plan to leave the workshop or make phone calls unless it is essential. Cell phone reception at Linne Doran is variable. There is no computer/internet access. We want you to make the most of this experience!

**Facilities:** Tent space is available for everyone at Linne Doran. Please bring camping gear that will enable you to be comfortable. We *do not* have space for RV's or for campers that are larger than a pickup.

Personal facilities for your use include an indoor toilet and sink, several port-a-potties and two outdoor showers. Further, we are on a well that sometimes runs very low during the summer. ***It is possible that we will need to eliminate showers altogether in order to have sufficient water for cooking and drinking.*** Swimming is possible in our wild pond, but please do NOT use soap of any kind. Water shoes that protect your toes and feet are highly recommended. (An old pair of sneakers is just fine.)

**Food:** Meals are provided, starting with dinner on Sunday, and finishing with breakfast on Saturday. Expect delicious and healthy food – we purchase local and organic as much as possible. If you are on a very unique or restricted diet, we reserve the right to request that you provide your own food – this will be determined on a case-by-case basis. Please contact the office if you have a special diet situation.

**Recording Devices:**

Please note that we do not typically allow audio or video recording at Art of Mentoring. Note taking is great. We want participants to be present in the moment and when the class is recorded, it does feel different to some participants and we want to create a space where everyone can feel comfortable sharing and participating.

Our core nature connection and mentoring content and curriculum is published in *Coyote's Guide*, which is available on our online store.

## **Recommended Packing List**

Please bring the following items. This list is designed with your comfort and safety in mind, and takes into account the variable weather possibilities during summer in Western Washington.

- Tent with rain fly and ground tarp
- Sleeping bag and pad
- Toiletries and personal medication
- Sunscreen
- Sunhat
- Insect repellent (Herbal Armor recommended)
- Swimsuit (for the pond)
- Towel
- 1-Liter water bottle (2)
- Notebook and pen/pencil
- Journals (personal or for nature/tracking studies)
- Plate and Bowl and eating utensils
- mug for tea or coffee
- 2 Tupperware with lids for packing lunch and snacks
- Flashlight
- Daypack (for lunch, water, notebook and possible extra layers)
- Clothing that can be worn outside, get dirty, etc. *including*
  - Light weight pants and long-sleeved shirt (for bug/sun protection)
  - T-shirt and shorts
  - synthetic long underwear top and bottom (not cotton)
  - wool or fleece pants (not cotton)
  - 2 wool or fleece sweaters (not cotton)
  - rain jacket (or poncho) and rain pants
  - socks, *including some that are not cotton*
  - warm hat
  - Appropriate footwear; bring two pairs, including one to tromp in wet and mud. Closed-toed shoes are recommended for safety.

### **Optional:**

Pillow

Camera

Binoculars for checking out birds

camp chair, or a cushion for our seats (we have hard plastic chairs)