



WILDERNESS  
AWARENESS  
SCHOOL

## 2019 Art of Mentoring

### Greetings,

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 at our campus, Linne Doran.

If you have any questions please contact us:

(425) 788-1301 - Office hours 8am – 4pm; Mon-Fri Email: [registrar@wildernessawareness.org](mailto:registrar@wildernessawareness.org)

**When:** **4pm on Sunday, June 30 until 12:00 noon on Saturday, July 6. 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 4:30pm. 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 20 minutes outside of Duvall, Washington in the foothills of the Cascade Mountains.

Driving – You can find a map and driving directions on our website:  
[https://wildernessawareness.org/docs/WAS\\_map\\_linne-doran.pdf](https://wildernessawareness.org/docs/WAS_map_linne-doran.pdf)

**Please meet at the School's Campus, Linne Doran, no later than 4pm. Note that we are NOT meeting at the school's office.**

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 contacting our office two week in advance. There is no public transportation to Duvall or our Land.

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 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.

**Facilities:** Tent space is available 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 truck or van.

Personal facilities include several port-a-potties and hanging solar showers. We have one indoor toilet for those with special need. We are on a well that sometimes runs very low during the summer. *It is possible that we will need to eliminate all showers in order to have sufficient water for cooking and drinking.* Swimming is possible in our pond, but please do NOT use soap of any kind. Water shoes that protect your toes and feet are 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. We offer vegetarian and gluten free options. If you are on a unique or very restricted diet, you may need to provide or supplement 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 recommended. We want participants to be present in the moment and when the class is recorded, it feels different to some participants. 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 to Connecting with Nature*, 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, bowl and eating utensils
- Mug for tea or coffee
- 2 Tupperware with lids for packing lunch and snacks
- Flashlight/Headlamp
- 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 wildlife viewing

Camp chair