

FREQUENTLY ASKED QUESTIONS ABOUT RETREATS!

- **How will I benefit from attending a Retreat?**

You will learn how to optimize your stay at I-House and gain a clearer understanding of the I-House Mission. Most importantly, the retreat is designed to facilitate new global friendships through intercultural exchange within our diverse community.

- **What happens if I am late for the bus?**

You will miss the Retreat. We load the bus at the I-House front steps for the Friday retreats by 11:15am, and by 12:30 pm for the Saturday retreats. If you do not arrive between 10:45 – 11 AM on Fridays or between 12pm – 12:15pm on Saturdays, we reserve the right to "recycle" your space. The bus leaves at 11:15AM Fridays and 12:30pm Saturdays: We will **NOT** wait for late people.

- **What is the Retreat Site like?**

Valley of the Moon Camp is a secluded retreat spot located in Sonoma County, north of San Francisco blessed with beautiful redwood, laurel, and oak trees. In addition, there is a ropes course, a large meadow with a swimming pool near, and areas to play soccer, basketball or volleyball. There are centrally located bathhouses and we will sleep in cabins with bunk beds.

- **What if my plans change and I can NOT go?**

You are only eligible to attend a Retreat as a **new resident**. A space has been reserved for you at the cost to I-House. If you are not able to attend, please call us immediately @ **642-9460** to cancel, so that someone else may attend in your place.

- **Can I smoke cigarettes?**

Smoking is only allowed outside in designated areas: Never inside any camp buildings.

- **What does I-House provide for the Retreats?**

I-House pays for transportation, food, and lodging, as well as staff labor. In addition I-House will bring some sports equipment, board games, and some educational and recreational activities.

- **What will the weather be like?**

It can be 100 degrees during the day but quite cold at night so be aware of these weather extremes (hence sleeping bags, extra blankets etc. and jackets as well as shorts, tank tops, hats, etc.) We've planned both indoor and outside activities for your enjoyment.

- **What do I need to bring with me to the Retreat?**

Bring your soap, toothbrush/paste, towel, swimsuit, walking shoes, a pillow, blanket, sheets, or a **SLEEPING BAG**. Perhaps you could borrow one from a fellow resident. Dress is practical and casual: be prepared for cool and maybe cold weather. *Miscellaneous*: musical instruments, a camera, and your favorite dance music CD. **PETS, ALCOHOL, AND ILLEGAL DRUGS ARE NOT ALLOWED.**

- **What is the food like?**

The dining staff cooks homemade family style meals. Vegetarian and Vegan options will be available and any items containing pork will be marked. We understand that some of our residents will be observing Ramadan while attending this year's retreats. Please indicate on the online sign-up whether you will or will not be observing Ramadan, as we hope to accommodate everyone's dietary and scheduling needs in the best way possible.

- **How much do I pay?** Retreats are free for NEW RESIDENTS. Because we pay for the lodging and transportation, we require a \$20 deposit that is refundable only after attending the retreat. This \$20 will be held from your security deposit once you sign up for the retreat. When you finish the retreat, we will immediately release this money back into your security deposit. If you DO NOT attend the retreat you signed up for without cancelling in advance, this \$20 deposit will become strictly NON REFUNDABLE.