

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 all retreats by 11:45 am. If you do not arrive between 11:30 - 11:45 AM on Friday or Saturday, we reserve the right to "recycle" your space. The bus leaves at 12:00 PM Fridays and 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?**

A space has been reserved for you at the cost to I-House (less your subsidized payment). If you are not able to attend, please call us immediately @ **510-642-9460** or email ihprograms@berkeley.edu to cancel, so that someone else may attend in your place.

- **Can I smoke cigarettes?**

Smoking is only allowed outside in designated areas – generally by the pit used for the campfire: Never inside any camp buildings.

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

I-House pays for the majority of the cost of transportation, food, lodging, and even staff labor. In addition I-House will bring blankets for those who need them, sports equipment, board games, and some educational and recreational activities.

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

It can be 90 degrees Fahrenheit (32 C) during the day but quite cold at night (60 F / 15 C) so be aware of these weather extremes (hence sleeping bags, extra blankets and jackets as well as shorts, tank tops, hats, etc.) We've planned both indoor and outside activities for your enjoyment – nature walks, swimming, sports in the field, campfire, low ropes course, etc.

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

Bring your soap, toothbrush/paste, towel, swimsuit, walking/comfortable shoes, a pillow, blanket, sheets, or a SLEEPING BAG. Perhaps you could borrow one from a fellow resident, as the site does not provide any bedding – only thin mattresses.. Dress is practical and casual: be prepared for hot, 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 also understand that some of our residents will be observing Ramadan while attending this year's retreats, and we can accommodate for that. If you have any special dietary requests (allergies, religious concerns, etc) please email our office ahead of time so we can make arrangements. We want to ensure your Retreat is a fantastic experience!

- **How much do I pay?** Retreats are \$30 for each new resident. This payment will help cover only part of the cost it takes to send nearly 300 people out to this retreat site. If you DO NOT attend the retreat you signed up for without cancelling with appropriate time in advance, this \$30 payment will become strictly NON REFUNDABLE.