

**Polestar Education 2012 Adventures in Spirit Summer Program, Monday, July 10 to Monday, July 18 – Internship (\$1,000)**

Dear Friends,

We are delighted that you will be joining us for this year's Summer Internship Program! As in year's past, this year's program will be full of opportunities for physical, mental and spiritual growth, and packed with fun, service, friendship and adventure. The Big Island is a treasure of natural beauty, which sets a wonderful tone for our experience here.

Meals by our talented staff are lacto-vegetarian and delicious. We are happy to accommodate special dietary needs within reason but if your diet is extremely "unique" please let us know so we can try to accommodate you.

If you're not accustomed to East Hawaii weather, it is generally mild though unpredictable. We may see a fair amount of rain along with plenty of hot, sunny days. Other than a possible brief trek into the mountains, we don't expect temperatures lower than about 60 degrees. The temperature ranges from 64–79°F in January, to 69–83°F in July.

We can pick you up at the Hilo (ITO) airport for \$30, but plan on arriving no later than mid to late afternoon on Monday July 10th. You can assist us in our planning by emailing us your itinerary as soon as it is available.

Looking forward to seeing you this summer!  
*Sincerely, Michael Gornik, Director Polestar Education*

**Packing List**

**What to bring**

- Day pack, water bottle
- Sun Hat, Sun Block, Sunglasses
- Flashlight or head lamp (**very important!**)
- Light raincoat/windbreaker
- Work clothes (closed-toed shoes are required for work days – no sandals for work)
- 1 set of "nice" clothes
- Swimsuit, beach towel
- Toiletries & Prescription Meds, if needed
- Battery alarm clock (or cell phone alarm)
- Optional: Camera, musical instruments, tools, water shoes, snorkel gear
- Optional: Laptop. We supply Wi-Fi but no community computers.
- We have limited cell phone reception, AT&T works best. We do not have a land line.

**What NOT to bring**

- Bedsheets (will be provided); also, bath towels
- Drugs, alcoholic beverages

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