

## **Welcome**

Welcome to the EntrePrep Summer Institute at Hebron Academy. We are glad you are joining us for what will be a busy and interesting week.

In this booklet you will find information to help you prepare for your week and give you an idea of what to expect. Please call or email Beverly Roy (207-966-5266, [broy@hebronacademy.org](mailto:broy@hebronacademy.org)) if you have any questions or concerns.

We look forward to seeing you!

## Daily Schedule

Days begin with breakfast at 7:30 a.m. followed by Morning Meeting for all participants. Institute sessions run from 8:30 a.m. to 9:30 p.m. with breaks for lunch, dinner, activities and evening free time. The fitness center and library will be open during dinner and free time.

## Attendance

Students are required to attend all of their classes, as well as all program sessions.

## Dress Code

The dress code for the summer institute is relaxed, but should project an image of neatness, modesty and good taste. Business casual is appropriate and acceptable dress for the class day and meals. Appropriate business attire is expected for the presentations to parents and faculty. Outdoor active-wear will be necessary for the outdoor leadership sessions.

### Class Day

- Collared golf or polo shirts, button-down shirts or blouses
- Dress slacks, khakis, chinos; capri pants, Bermuda shorts

### Outdoor Leadership

- T-shirt, sweatshirt or fleece pullover
- Jeans

## Dining Room

The dining room provides three well-balanced meals daily in a neat and attractive setting. Everyone is expected to contribute to the neatness of the dining room by clearing their places when finished. No food, silverware, plates or glasses may be removed from the dining room. Please honor the schedule and dress appropriately for each meal.

## Cell Phones

Students are permitted to have and use cell phones on campus. They may *not* make or receive calls in and around any academic buildings, the church, the gym and the dining hall. Cell phone use should be private, discreet and not cause distraction.

## **Telephone Messages**

Parents who need to reach their student(s) during the school day should call 207-966-5266 between 8:00 a.m. and 4:00 p.m. If it is necessary to reach a student at other times please call 207-592-1511.

## **Personal Funds**

The amount you use for personal expenses is up to you and your parents. Twenty to thirty dollars should be adequate for general expenses for the week.

## **What to Bring**

All participants need appropriate clothing for class day, outdoor sessions and final presentations (see Dress Code). You need to provide your own sheets and towels. Consider bringing bug spray, a bathing suit and a fan.

## **Residence Halls**

Boys will be housed in Sturtevant Dormitory and girls will be in Halford Dormitory. Both dorms have laundry facilities and pay phones.

## **Room Keys**

Students are issued room keys at the beginning of the week. Students will be charged a \$10.00 replacement fee for lost keys.

## **Rooms and Roommates**

Some single rooms may be available and may be requested, although we cannot promise you will have one. Otherwise, rooms are double occupancy. Rooms are assigned prior to the opening day of the Institute.

## **Room Decor**

Each room is equipped with a bed, bureau, desk, chair and wastebasket.

We ask that the following restrictions be honored:

- Because of fire danger no cooking appliances, halogen lamps, sun lamps, televisions, refrigerators or microwaves are allowed in the rooms.
- Nothing may be hung from the sprinkler pipes, light fixtures or the ceilings.
- Tape, nails or tacks are not to be used to hang posters or tapestries on the walls or woodwork.

## **Room Damage**

You are responsible for the complete care of your room. You will be held accountable for the condition of your room. There is a fee for rooms not left in reasonable condition.

## **Beds**

The twin beds in Halford (girls dorm) are standard length. The twin beds in Sturtevant (boys dorm) are extra long (80" x 36"). If you need an extra long bed, please let us know. Please bring your own sheets and towels.

## **Check-In and Lights Out**

Check-in is at 10:30 p.m. Quiet hours begin at 11:00 p.m. A "lights out" time may be instituted as needed at the discretion of dorm faculty.

## **Laundry**

There are coin-operated washers and dryers on almost every floor of each dormitory.

## **Safety Concerns**

No open flames or burning of incense or candles allowed in dorm rooms.

No pets are allowed in dorm rooms.

No objects are to be thrown or dropped out of windows or down stairwells.

No one is to be in the room of another unless he/she is present.

No skateboarding or rollerblading on roads, tennis courts or in any campus buildings.

No one is allowed on any building's roof.

## **Firearms, Explosives, Fireworks, Weapons**

The possession of firearms, knives, firecrackers, explosives or other harmful weapons is not permitted.

## **Technology**

The library computers will be available to students daily throughout the week. There will be no internet access in the dormitories.

# **Student Health Center**

## **Hours**

The Health Center is located on the first floor of Sturtevant Dormitory. A resident nurse is on duty from 7:00 a.m. to 7:00 p.m. and on call the from 7:00 p.m. to 7:00 a.m. to care for the needs of the students. The phone number for the Health Center is 207-966-5247.

## **Illness or Injury**

In the event of illness or injury, you should report to the Health Center. When the Health Center is closed, report to your residence hall staff or other adult. The nurse will be contacted.

Use of the Health Center and supplies is primarily for emergencies. If you are unable to attend classes due to illness or injury, your parent or guardian will be notified.

## **Health Insurance**

All students are required to have health insurance coverage that will provide coverage outside of their geographical area.

## **Medication Policy**

All prescription medication must be brought to the Health Center. Students are not allowed to have prescription drugs in their possession or in their rooms at any time except at the discretion of the nurse. All medications are kept at the Health Center.

## **Health Forms**

The completed Health Form and Emergency Permission must be signed and returned to Beverly Roy.

## Directions to Hebron Academy

### By Air

Air connections to Hebron are best made through Portland (Maine) or Boston (Massachusetts). Upon leaving the airport, follow directions below for approaching Hebron from the south.

### By Car

*From the South*—take Rt. 95N to Exit 63 (Rt. 26). Turn left off the exit. At first light turn right onto Route 26A, which will merge with Route 26. Stay on Route 26 for approximately 20 minutes. When you see Poland Regional High School, take the next right onto Route 11 (Mobil station on your right). Follow Route 11 into Mechanic Falls. At the light, go straight across onto Route 124 (Cumberland Farms on your left). Follow Route 124 into Minot and turn left at the junction of Route 119 (Village Trading Post on your left). Continue on 119 five minutes to Hebron Academy.

*From the East and North*—take Rt. 95S to Exit 75 (Auburn). Turn left off the exit onto Route 202/4/100. Continue on 202/4/100 approx. 10 minutes to lights at the Court St. intersection (Denny's & CVS on corners). Turn left onto Court St. Follow Court St. to intersection of Route 11/121 (Minot Ave) (Rite Aid & Irving gas station at the intersection). Turn right onto 11/121 and follow for approximately 10 minutes. Turn right onto Route 119. Follow Route 119, being careful to stay on 119 when it turns sharply left (Keep the Village Trading Post on your left). Continue on 119 five minutes to Hebron Academy.

*From the West*—From Conway, New Hampshire, follow Routes 302, 117 and 119 to South Paris and Hebron. From St. Johnsbury, Vermont, or Gorham, New Hampshire, follow Routes 2 and 26 to South Paris and 119 to Hebron.

### Hebron Academy is:

16 miles from Lewiston-Auburn, Maine

45 miles from Portland, Maine

45 miles from North Conway, New Hampshire

51 miles from Augusta, Maine

150 miles from Boston, Massachusetts