



INSTITUTE FOR
HUMANE EDUCATION

TEACHING FOR A BETTER WORLD: A SUMMER INSTITUTE FOR TEACHERS Travel, Lodging and Logistics

June 28-July 2, 2010
Institute for Humane Education
Surry, Maine

SCHEDULE

Check in: Monday at 8:30 am. Please arrive on time so that we can begin promptly at 9:00 am.

Daily Program: Monday-Thursday, 9:00 am to 5:00 pm and Friday, 9:00 am to 4:00 pm. There are 1-hour breaks for lunch and short breaks in the morning and afternoon each day.

TRANSPORTATION

Airports:

Bangor International Airport (www.flybangor.com), Bangor, Maine (44 miles away)
Hancock County Bar Harbor Airport (www.bhbairport.com), Bar Harbor, Maine (15 miles away)
Portland International Jetport (www.portlandjetport.org), Portland, Maine (163 miles away)
Manchester Boston Regional Airport (www.flymanchester.com) Manchester, New Hampshire (185 miles away)
Boston Logan International Airport (<http://www.massport.com/logan/default.aspx>), Boston, Massachusetts (260 miles away)

Bus Stations:

Concord Trailways (www.concordtrailways.com): (800) 639-3317; local number: (207) 945-4000
Greyhound Lines (www.greyhound.com): (800) 229-9424; local number: (207) 945-3000

Concord Trailways and Greyhound bus lines travel directly from Logan Airport to Bangor, Maine. The Concord Trailways bus station is not far from the airport in Bangor, and the Greyhound bus station is several miles away in the city of Bangor. During summer months the Greyhound bus goes all the way to Bar Harbor, with a stop in Ellsworth, which is a 10-minute drive to Surry.

Additionally, Concord Trailways travels from a bus station in Portland to Bangor (the bus station is a 10-minute taxi ride away from the jetport in Portland).

Train:

The closest train station, Amtrak (www.amtrak.com), is in Portland, three hours from Surry. You can take a bus from the Amtrak station in Portland to Bangor or Ellsworth.

Ground Transportation:

Cars can be rented at all of the airports listed above. The Bangor Airport has taxi service to your hotel. Single taxi rides can cost \$75 or more from Bangor to the Surry area. We highly recommend that students share a rental car in order to split the cost and save fuel. There is limited space in the IHE parking lot, so we hope that students staying at the same lodging locations will carpool to IHE.

LODGING

Motels: Over the years, many students have stayed at the **Twilite Motel** in Ellsworth and were happy with their accommodations. The Twilite is a family-owned and operated motel, approximately 4 miles from IHE. We have been offered a **15% discount** on the usual seasonal rate of \$74 to \$117 (+7% tax) for double occupancy rooms. This year, the Summer Institute happens to fall just before the July 4th weekend, so the rates change on July 2. Visit their website: www.twilitemotel.com to view their rooms and amenities. The best way to book at the Twilite is to call: (800) 395-5097 and speak with the proprietors directly to inform them that you are a student at IHE. **They are unable to offer the special 15% discount for IHE students if you book online, so please call.**

For those traveling with their animal friends, the Twilite has a limited number of rooms available for guests with small dogs (\$10 additional cost per dog).

Next door to the Twilite motel is the **Homestead Motel**, another family-owned and operated motel. This motel is smaller, and slightly less expensive. There are cottages available, and some rooms have refrigerators and microwaves. Rates at the Homestead range from \$55.50 to 80.00 per night and a **10% discount is normally given to IHE students**. Visit their website: www.homesteadmaine.com to view their rooms and get additional information. It is **best to make your reservation by phone:** (207) 667-8193, so that you can inform them that you're an IHE student. If you book online, email the Homestead afterwards and let them know you are an IHE student, in order to obtain the discount.

Both motels offer modest continental breakfasts.

A few students in past years have booked a cabin at **Cedar Cabins**, which is approximately 10 miles from Surry. Find out more: www.cedarcabins.com.

Inns: During the summer tourist season, inns are a popular option for many vacationers and are often more expensive than hotels. The **Surry Inn** is a half-mile drive to IHE. You can also walk along the beach at low tide from the Surry Inn to IHE (1 mile). Rates (single or double occupancy) range from \$92.00 to \$112.00 (plus tax and service). Rates increase July 1. This inn is on the ocean and offers a full breakfast to guests. Visit their website at: www.surryinn.com for more information, or call: (800) 742-3414.

The **Blue Hill Inn** is 10 miles from IHE. Find out more at: www.bluehillinn.com, or call (207) 374-2844.

Campgrounds: There are many campgrounds in the area, including on Mount Desert Island (MDI), near Acadia National Park. You can learn more about these options and about Acadia at: www.barharborinfo.com/acadianationalpark

Patton Pond Campground

(www.barharborcampingresorts.com/content/4005/PATTEN_POND/) is in Ellsworth, 11 miles from IHE.

Narrows Too (www.barharborcampingresorts.com/content/4004/NARROWS_TOO/) is in Trenton (toward MDI), 13 miles from IHE.

Other Lodging Options:

Blue Hill Area Lodging (www.bluehillpeninsula.org/cgi-bin/bluehill.pl)

Ellsworth Area Lodging

(www.ellsworthchamber.org/site/index.php?option=com_content&view=section&layout=blog&id=13&Itemid=60)

Bar Harbor Chamber of Commerce (www.barharborinfo.com)

Ellsworth Chamber of Commerce (www.ellsworthchamber.org)

Blue Hill Chamber of Commerce (www.bluehillpeninsula.org)

FOOD

During the week of the Summer Institute, we offer light pastries and fruit in the morning, delicious vegan lunches, snacks in the afternoon, and coffee, tea, and water throughout the day. The food is mostly organic, and locally-grown when possible. Although we don't assume that all participants follow a vegan diet, serving vegan food accommodates the most participants. We make every attempt to provide lunches hearty enough to satisfy all appetites. If you have any dietary restrictions, allergies or concerns, please email Amy: amy@humaneeducation.org as soon as you register, and we will do our best to accommodate you.

Students may visit area restaurants for dinner. At the bottom of this document is a list of area restaurant recommendations and local grocery and health food stores.

WHAT TO BRING

IHE is situated on 28 oceanfront acres, with a wooded path to a pebble beach. We'll plan to hold some sessions and activities outdoors (weather permitting), so please dress comfortably, casually, and in layers. Don't forget a rain jacket! Maine weather is very unpredictable. We could have beautiful, warm weather, or cool, rainy weather, or both within the span of a single day. If you would like to visit Acadia National Park (a 40-minute drive away), bring comfortable shoes for hiking. Institute faculty often lead a hike up a mountain in Acadia the day before or after the week of the Summer Institute (sometimes both), and it also will be light enough outside in the evening for a short visit to the park during the week itself. We highly

recommend taking advantage of the natural beauty while you are here! If you're inclined to swim in the ocean or pond, please bring a bathing suit and towel.

Also, please note that if you plan to buy books at IHE, we accept checks and credit cards (American Express, Discover, Visa and Mastercard). You can view the books IHE has available for purchase at this link: <http://humaneeducation.org/store/books>. Buying books while at the Summer Institute will save you shipping costs, but you will pay sales tax.

WHAT NOT TO BRING

Unfortunately, we cannot invite you to bring your companion animals to our meeting room at IHE. Some people in your class may be allergic to dogs or cats, and there are already companion animals on the premises (though not in the room where we'll be meeting). Please avoid wearing strong scents (including bug repellants with a strong odor, whether or not they are natural repellants). Some people have allergies to these chemicals and odors. Feel free to bring scent-free bug repellants.

ADDITIONAL INFORMATION

A Note about computers: You won't be able to use your computer at IHE during the Summer Institute, but there are a number of Wi-Fi locations in Blue Hill and Ellsworth, including the public libraries:

Ellsworth Public Library
20 State Street
Ellsworth, ME 04605
(207) 667-6363
www.ellsworth.lib.me.us/
Open until 8pm on Wednesday and Thursday.

Blue Hill Public Library
5 Parker Point Road
Blue Hill, ME 04614
www.bluehill.lib.me.us/
Open Monday - Wednesdays and Fridays until 6:00 pm; Thursdays until 8:00 pm.

If you have any questions at all, please do not hesitate to contact us. We are happy to help with specific concerns or requirements you might have and greatly look forward to meeting you in person!

Events in the Area:

General Sources:

www.bluehillpeninsula.org/content.php?sectionID=285&mode=
<http://calendar.penobscotbaypress.com/>
http://ellsworthmaine.com/site/index.php?option=com_jcalpro&Itemid=285
<http://weru.org/calendar>

Hikes:

Blue Hill Mountain: www.bluehillheritagetrust.org/
Acadia National Park: www.nps.gov/acad/index.htm

Performing Arts Centers & Film Theatres:

Kneisel Hall Chamber Music: www.kneisel.org/concert_schedule.html
Stonington Opera House: www.operahousearts.org/index.php
The Grand Theatre: www.grandonline.org/
Improv Acadia: www.improvacadia.com/
Acadia Repertory Theatre: www.acadiarep.com/
Reel Pizza: www.reelpizza.net/

Maps:

Blue Hill/Surry area: www.bluehillpeninsula.org/pages/bhpmmap.php

Suggested Restaurants:

Barncastle
125 South Street
Blue Hill, ME 04614
(207) 374-2330
<http://www.barn-castle.com>

Cleonice Mediterranean Bistro
112 Main St.
Ellsworth ME 04605
(207) 664-7554
<http://www.cleonice.com>

Blue Hill Co-op Community Market & Café
4 Ellsworth Road
Blue Hill, ME 04614
(207) 374-2165
<http://www.bluehill.coop>

Finelli Pizzeria
12 Downeast Hwy.
Ellsworth ME 04605
(207) 664-0230

TABLE A Farmhouse Bistro
66 Main Street
Blue Hill, ME 04614
(207) 374-5677
<http://www.farmkitchentable.com>

The Maine Grind
192 Main St.
Ellsworth ME 04605
(207) 667-0011
<http://www.maine grind.com>

Bangkok Restaurant
78 Downeast Hwy.
Ellsworth ME 04605
(207) 667-1324

Riverside Cafe
151 Main Street
Ellsworth ME 04605
(207) 667-7220
<http://www.insideriversidecafe.com>

The Green Tea Restaurant
225 High Street, Maine Coast Mall
Ellsworth ME 04605
(207) 667-6561
<http://www.greenteacuisine.com>

Grocery and Health Food Stores

John Edwards Market
158 Maine Street
Ellsworth, ME 04605
(207) 667-9377
<http://www.johnedwardsmarket.com>

Hannaford Supermarket
225 High Street
Ellsworth, ME 04605
(207) 667-5300
<http://www.hannaford.com>

Tradewinds Marketplace
15 South Street
Blue Hill, ME 04614
(207) 374-5137

Blue Hill Co-op Community Market & Cafe
4 Ellsworth Road
Blue Hill, ME 04614
(207) 374-2165
<http://www.bluehill.coop>