



We're excited to welcome you to Big Laurel soon!

As an intentional community, we like to practice and share our lifestyles of simplicity and environmental awareness. We value hospitality and want your stay here to be as enjoyable and impactful as possible.

Here are a few things for leaders and participants to keep in mind as you prepare for your trip:

- No cell phones! To practice being fully present and getting the most out of the trip, we ask that phones remain put away except for photos. You will likely not have service at Big Laurel or the surrounding areas. The Wi-Fi at the house is for staff, leaders, and emergency use only. There is a landline phone with free long distance calling if you need to check in with anyone at home. Big Laurel staff and group leaders will take pictures throughout the trip and share them on Facebook, Instagram, and can email them upon request.
- All immersion trips and summer camps are alcohol and drug free. Participants, mentors, and chaperones are not permitted to bring or use drugs or alcohol while participating in Big Laurel immersion trips or summer camps.
- Bring a reusable water bottle! We will have drinking water available to you. Our world is in a plastic waste epidemic. Let's do our tiny part to refrain from bringing single use drink containers and creating more plastic trash.
- Showers! We will offer each participant 1 shower per week. We operate completely on rain water. During rainy seasons, we may have up to 2,000 gallons at a time but that goes quickly with lots of guests. During the warmer months, outdoor showers are also available.
- Bring your own bedding! A fitted sheet and pillow with pillowcase will be provided. We are happy to offer additional sheets, blankets, and towels if necessary. However, to conserve water and energy, please bring and use your own if you can!
- Be open to new experiences! You may encounter cultures, religions, ideas, or tasks that are new or foreign to you. Sometimes these can be difficult to understand. Please be patient with others and yourself. We all handle new experiences differently. If you have questions along the way, listen and ask respectfully. We strive to create a safe learning environment for everyone.
- Reflections! We will set aside time to reflect on the days' activities. Participants will simply be encouraged to listen and to share their thoughts and experiences. We may invite group participants to also lead reflections if they feel comfortable.
- Build community! We strive to build each other up while working together to make a difference. Let's do our best to show concern and be inclusive to all participants, volunteers, and community members.
- Cooking! Participants will be invited to help prepare and share in simple meals and kitchen chores throughout the week.
- Curious about where you'll be spending your immersion? Check out our website biglaurel.org and find us on Facebook and Instagram @biglaurellearningcenter