

**Polestar Education**  
**2010 Adventures in Spirit Summer Program**  
Tuesday, July 13 to Monday, July 26 – 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.

We will pick you up at the Hilo (ITO) airport but plan on arriving no later than mid to late afternoon on Monday July 12th. 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*

**What to Bring:**

- Light sleeping bag (if you are local, please bring pillow and sleeping pad also)
- Day pack, Water Bottle, Sun Hat, Sun Block, Sunglasses
- Flashlight or head lamp (very important!)
- Journal for writing
- Loose fitting clothing, (for yoga),
- Yoga mat (if you like your own, we have a few)
- Warm and cool weather leisure clothing, hiking shoes
- Light raincoat/windbreaker
- Work clothing (close toed shoes are required for service projects – no sandals!)
- 1 set of "nice" clothing
- Swim trunks, beach towel (we will provide bath towels)
- Toiletries & Prescription Medication if needed
- Optional: Camera, musical instrument, tools, travel alarm, water shoes, snorkel gear

**What not to bring:**

- Drugs, alcoholic beverages