

Frequently Asked Questions Waldorf Summer Residencies

Important communications

What does the Administration at High Mowing School want me to know about their role as hosts of our residency?

Please take a moment to read [this brief letter](#) from the Head of School at High Mowing School.

For a little more history and information, [enjoy this piece](#), written by Douglas Gerwin.

And thank you for taking the time to digest these [visitor guidelines](#).

Travel:

[Click here for transportation information](#)

How can we communicate more efficiently among ourselves, especially for things like organizing ride shares to & from the airport?

There is now a *Telegram* group for the Center for Anthroposophy and Antioch Summer of 2024 communities. (Telegram is very similar to WhatsApp.)

[Click here for instructions](#) on joining this year's *Telegram* group.

Food:

Can the dining hall accommodate dairy and gluten sensitivities?

Gluten- and dairy-free items are always on the menu; students should indicate any food allergies or severe intolerances on their Emergency Contact form, and talk to their advisor or program director about any concerns. There is no separate serving area for restricted-diet items.

Who do I speak with about any concerns related to the food?

If you have any concerns about the food, please DO NOT approach the kitchen staff, but speak with your advisor or program director.

Are there supply/grocery stores walking distance from the campus?

The closest supermarket, [Market Basket](#), is about a 10-minute car ride away.

(cont'd.)

Dorm living:

Please visit [this link](#) for more information on High Mowing School/CfA Visitor Guidelines

Strong recommendation: Bring a little fan!!

Is there a refrigerator and/or mini fridge anywhere within the dorms to store snacks? Yes, in the common areas of the dorms.

What happens if I get locked out of my dorm room?

Please **contact Milan Daler at 603-732-6102**. Milan will be in the South dorm in B-4. Milan may not answer phone calls from unknown numbers, so please text instead.

Is there a washer/dryer?

There are three washers and four dryers in the basement of the North dorms. There is a cost for use of these machines; details will be provided here once they are available. You must provide your own detergent. Please note that sometimes the laundry is used by school maintenance and other residents of the school.

Are the rooms and bathrooms shared?

All rooms except the single occupancy rooms are shared and yes, all bathrooms are shared. (Two bathrooms on each floor.)

Is it ok to keep snacks in the dorm room?

Yes, some snacks may be kept in the dorm rooms—in sealed containers, so as not to attract ants or rodents. All perishable food must be refrigerated!

How about a coffee maker or hot plate?

There is a kitchenette with coffee maker in each dorm building; no coffee makers or hot plates are allowed in rooms, please.

Also, no smoking, no candles or incense. No open flames of any kind.

On the High Mowing/Pine Hill campuses:

How far apart are High Mowing and Pine Hill? Will I need to be on both campuses?

Yes, classes and events take place at both locations during residency.

The two campuses are across the street from one another, with a long driveway separating the two. **You will need to travel between the campuses**. Driving between the two campuses may be most efficient, but for those who choose to walk, the campuses are about .6 miles

apart, or a 12-15 minute walk. At this time, there is no shuttle between campuses. Please take this into account when planning your stay. Should you have questions or concerns about accessibility, please contact Tiffany Mathews (note, only one "t" in "Mathews") at AUNE. (e: tmathews@antioch.edu)

The High Mowing campus is located at [222 Isaac Frye Highway, Wilton NH 03086](#).

The Pine Hill campus is located at [77 Pine Hill Drive, Wilton, NH 03086](#)

Is there internet on campus?

Yes, there is internet throughout campus, except in the dorms or some areas in the Pine Hill school building. No login information is necessary.

May I send/receive mail during residency?

Yes!

There will be two boxes in the lobby of High Mowing School: one for "Incoming mail" and the other for "Outgoing mail."

Incoming mail, including UPS and FedEx deliveries, should be addressed to:

Your **name**, plus the **name of your Center for Anthroposophy Program**

% High Mowing School

222 Isaac Frye Highway

Wilton, NH 03086

What should I do if I need to print out something for my coursework?

Please contact your advisor if you have an urgent need for printing. Pine Hill and High Mowing School copiers, computers, etc. are not available for use by Center for Anthroposophy students or faculty.

Small copying or printing on demand may be done in the CfA office (Milan) located in the right hallway between the lobby and the Eurythmy room at High Mowing school. You may email your documents to: milan@centerforanthroposophy.org You will be expected to contribute \$.20 per page printed toward the cost of paper and ink.

May we use the pool at High Mowing?

You are welcome to use HMS swimming pool whenever the pool is open and a lifeguard is on duty. **(With a shortage of certified lifeguards, this is not at all guaranteed.)**

For the period of the residency, the pool will be open (weather permitting) only during the posted hours. Accessing the pool outside of these hours with no lifeguard present is strictly prohibited.

Please keep in mind that the pool is also used by HMS employees, their families and guests during residency.

*

*

*