

The Haven's Thunderbird Dorms

INFORMATION FOR PROGRAM PARTICIPANTS



What to be aware of

- You may be sharing a sleeping space and washrooms with up to 5 other people.
- You may need to climb up a ladder to get to the top bunk.
- Bedding will be provided and we ask you to make your own bed.
- There is limited storage space, so travel light.
- So you can move around safely in the dorm, low lighting at floor level stays on all the time.
- Heating and air conditioning is centrally controlled.
- No food or drink in the dorms.
- No pets.
- If you are a loud snorer, the dorms may not be suitable accommodation for you!
- Dorm check out time is 9 AM.

What to bring

You will have one small locker for your use, so travel light!
The following items are important for your comfort.

- Ear plugs.
- Eye shade.
- Robe.
- Flashlight or headlamp.
- Simple combination lock (for your locker).
- Flip-flops for the washroom and slippers (no shoes in the dorms).

These items are usually available from the Haven store, and if you want to be sure to have one or all of them, bring them with you!

Tips for living well, together, in the Thunderbird Dorms

The Thunderbird Dorms offer a unique opportunity to practice the communicating and relating skills you will be learning in your Haven program.

The dorms are a quiet place to rest and sleep, so:

- Organize yourself in advance to reduce disturbances late at night or early in the morning.
- Please turn off notifications on your cell phone or tablet. No ticking alarm clocks!
- Wear earbuds when listening to anything, and keep the volume down.
- 11 PM to 7 AM is 'tiptoe time'; please keep noise to an absolute minimum.

You are sharing space with others, so:

- Introduce yourself to your fellow dormies.
- Ask at the reception desk first if you want to switch beds. All dorm beds are assigned by number which corresponds with our fire list.
- The dorms are scent free.
- No food or drink (except bottled water) in the dorms.
- Keep the dorms tidy and respect others' space.
- Ask permission before borrowing other people's stuff.
- Visit with guests in other common areas, not in the dorms.
- Don't bring pets into the dorms.
- Respect the gender separation.
- For the sake of our limited water and your dorm-mates, please limit the time spent in the shower.
- Use a flashlight instead of turning on the overhead light.
- Leave your shoes in the entrance to the dorms.
- Wear a robe.

Thank You and Enjoy Your Stay!