

## FAQs: Vitastaa 2017 Residential Workshop

### **1. What is Vitastaa?**

Vitastaa is a family-oriented residential Samskritam workshop held in the northwestern United States. It is designed by Samskrita Bharati to impart Samskritam language skills using modern teaching techniques in a friendly, informal and fun-filled atmosphere. Vitastaa, also known as the Jhelum River, flows through Kashmir valley and was the center of culture for the Kashmiri Hindu community.

### **2. Who can attend?**

- Anyone can attend, and no prior knowledge of Samskritam is required.
- Familiarity with an Indian language is recommended, but not necessary. Many words in Samskritam are readily recognizable to an Indian language speaker because of the shared vocabulary between languages. This has been leveraged in designing the Samskrita Bharati curriculum. Further, well-known characters from literary sources such as the Ramayana and the Mahabharata are used to illustrate Samskritam concepts and usages.
- Anyone under the age of 18 must be accompanied by a parent or guardian.

### **3. Who are the instructors?**

The instructors are experienced teachers from Samskrita Bharati, India and from within the USA. This team of Samskrita Bharati instructors will teach the various levels.

### **4. When and where will the workshop be held?**

The attendees should arrive on Friday, August 11<sup>th</sup>, 2017 at 10 AM for registration. The workshop will end on Sunday, August 13<sup>th</sup> at 6 PM.

The workshop will be held at:

Evergreen State College  
2700 Evergreen Pkwy NW Olympia, WA 98505  
<http://www.evergreen.edu/tour/gethere.htm>

### **5. Directions to the venue:**

- a) Take Interstate 5 to Olympia.
- b) Turn onto Highway 101 at Exit 104.
- c) Go west on 101 North for three miles.
- d) Take The Evergreen State College exit.
- e) Go two miles north on the Evergreen Parkway to the main campus entrance (at the roundabout).

**6. When will the workshop start and end?**

- Registration: 10:00 AM on Friday, August 11<sup>th</sup>
- Workshop ends: 6:00 PM on Sunday August 13<sup>th</sup>

Breakfast, lunch and dinner will be provided during the workshop starting with lunch on Friday, August 11<sup>th</sup> and ending with lunch on Sunday, August 13<sup>th</sup>.

**7. What is the registration fee for the workshop?**

Please refer to the table below for early and late registration fees. The fee covers lodging, food and study materials. There is no charge for children aged 2 and under\*\*\*. For more information, contact us. **Registration closes on Aug 1st ; no registrations will be permitted after this date.**

Adult (11 yrs and older.)	Child (6-10 yrs.)**	Child (3-5 yrs.)**
\$250	\$150	\$75

\*Payment must be completed by this date.

\*\*Child registration includes a cot for accommodation in the room of the child's parent (an example is viewable here: <http://www.amazon.com/Camp-Time-Roll-A-Cot-Folding-Cot/dp/B004FE5EGM>).

Children who would like their own bedroom with a twin-size bed should register as an adult.

\*\*\*Children who are 2 and under and need a cot for accommodation should register as a Child (3-5 yrs). There will be no bed provided for children 2 and under who do not pay a registration fee.

**8. I can no longer attend the workshop. Can I get a refund?**

Yes, however all workshop fee refunds will be subject to a \$25 handling fee. Participants requesting a refund prior to July 11<sup>th</sup>, 2017 will receive a full refund after deducting the handling charges. On or after July 11th, a 50% refund after deducting the handling charges will be issued.

**9. How do I register?**

- Go to <http://vitastaa.camp> or <http://www.sanskritabharatiusa.org/>
- Follow instructions for **Vitastaa, Olympia, WA**
- Please read the FAQ completely prior to registration.
- If you have any questions, or have any problems registering, please contact us.

**10. Can I arrive on Saturday?**

No, all participants should arrive on Friday, and must stay through Sunday.

**11. Can I attend during the day, and stay elsewhere during the night?**

No, all participants **must** remain at the campus from the time they register, until the conclusion of the workshop (6 PM on Sunday, August 13<sup>th</sup>, 2017).

**12. What is the airport closest to the camp?**

Seattle International Airport (SEA) is the closest airport located 60 miles north of the Evergreen State College campus. Attendees can also fly in to Portland International Airport (PDX), which is about 120 miles south of Evergreen State College campus.

**13. Are there any transportation facilities provided by Samskrita Bharati?**

Transportation is the attendees' responsibility. However, Samskrita Bharati volunteers will try to accommodate transportation requests for out-of-town guests and will also try to arrange carpools for other interested participants. If you can help with carpools, or would like some transportation help, please contact us.

**14. What do I do once I arrive at the camp?**

To gather your registration information for the workshop, follow the signs for "Vitastaa" and arrive at the registration desk. Samskrita Bharati volunteers will be present to assist you with registration on Friday from 10 AM. If you will be arriving late, please contact us.

**15. What kind of classes will be provided for children?**

We will have a single class for children aged 6-12. They will be taught conversational skills through games and other activities. For children ages 2-5, we provide baby-sitting services during the day.

**16. What kind of clothing should I bring?**

Seattle and Portland area has varied weather, though the summer is generally warm. Please check the weather forecast prior to the workshop.

**17. What are the lodging facilities?**

The lodging facilities consist of apartment style suites. Each apartment contains 4-6 rooms, a living area, a dining area, a kitchen-sink, refrigerator, and a bathroom. Each adult participant will be assigned to a room containing a twin-size bed, a desk, a chair and a closet. Full bed linen service is provided and includes sheets, pillow, pillowcase, blanket and towels.

A child registrant will receive a cot in the room of his/her parent. Child registrants will not receive the linen service and should plan to bring bedding, an air-mattress, and/or a sleeping bag. An example of a cot is viewable here:

<http://www.amazon.com/Camp-Time-Roll-A-Cot-Folding-Cot/dp/B004FE5EGM>.

A child under 2 is expected to sleep in his/her parent's room. We are unable to provide a crib or any sort of bed for a child under 2. A cot will be provided if s/he is registered as a Child (3-5yrs).

**18. Are laundry facilities available on-site?**

No.

**19. What should I bring?****Recommended items**

- Toiletries – Toothbrush, toothpaste, comb, etc.
- Personal prescription medicine
- Some warm clothing
- Loose-fitting clothing (Yoga sessions)
- Laundry bag
- Shoes / sneakers
- Refillable water bottle
- Insect repellent
- Wet weather gear (umbrella / raincoat / poncho )
- Class materials – notebooks, pens, pencils, binder
- Child registrants: bedding, an air-mattress, and/or a sleeping bag.
- Children under 2: appropriate bed, bedding and food.

**Optional items**

- Reference books – abhyāsa-pustakam, bhāṣā-praveśa etc.
- Musical instruments (to participate in the cultural showcases)
- Indian-style clothing for the cultural showcases in the evening
- Camera & film
- Chargers for battery operated electronics

**20. What should I leave at home?**

- Expensive jewelry and other valuables.
- Televisions, radios, cassette players, video games, iPods

**21. Will there be cell phone reception?**

Yes.

**22. What kind of food will be served at the workshop?**

- Morning: Vegetarian breakfast
- Lunch: Vegetarian lunch
- Dinner: Vegetarian dinner

All vegetarian meals will be cooked by the catering staff. Please note that the food will **not** be Indian-style meals. If you have a preference for cookies/snacks for yourself or your children, please bring them with you. You will not have time to go shopping during the workshop.

**23. Will there be first-aid supplies?**

Yes, we will have a first aid kit available. If you require any medication, please make sure to bring it with you.

**24. What is a typical day at the workshop?**

The sample daily schedule attached to the end of this FAQ will give you a good idea of the daily structure. Please note that the schedule is subject to change.

**25. Do you provide course material?**

Yes, course material will be provided for all registered students. Supplementary books will be available for purchase at the workshop. Participants must bring their own notebooks, pens, pencils, etc. Although reference books are unnecessary, participants may bring such books along.

**26. What level should I register for?**

A decision tree is attached to the end of the FAQ. If you are a Samskrita Bharati student, please discuss this with your teacher. You can also contact us for more information.

**27. Can I make a video/audio recording of the classes?**

The short answer is “no”. It may be possible to record the sessions if the instructor and participants agree. The final decision rests with the instructors, who may require the recordings to be turned off at any time, for any reason. Please note that these recordings can only be used for personal non-commercial use.

**28. Other general information:**

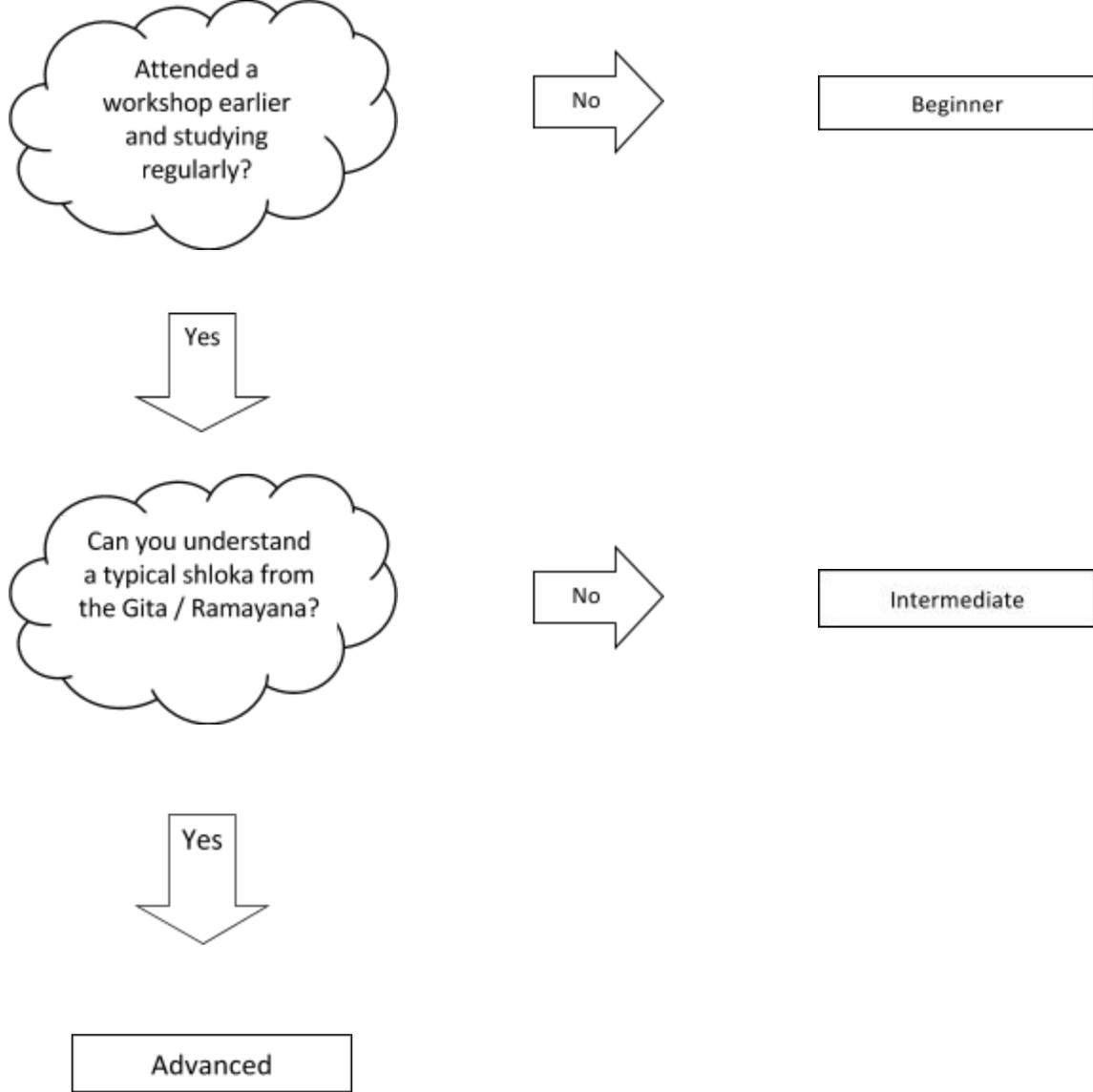
- Participants must fill and sign the registration and consent forms to participate in the workshop.
- All participants must remain at the venue for the duration of the workshop.
- All participants must follow the instructions of the campus staff and Samskrita Bharati volunteers.
- Children are the responsibility of the parents, especially during non-instructional hours.
- Smoking is not permitted inside the campus premises.
- Alcohol and drugs are forbidden. No pets are allowed.

**29. Whom can I contact for additional information?**

Ramapriyan Pratiwadi	(425) 835-3693	Seattle
Srinivasa Chetlur	(281) 974-8643	Seattle
Hitesh Gupta	(503) 840-2185	Portland

Email: [vitastaa@sanskritabharatiusa.org](mailto:vitastaa@sanskritabharatiusa.org)

**CLASS DECISION TREE**



## SAMPLE DAILY SCHEDULE

6:00 – 6:30 am	जागरणम्	jāgaraṇam	Wake-up
6:30 – 7:30 am	प्रातः स्मरणम् / योगकक्ष्या	prātaḥ smaraṇam / yoga-kakṣyā	Morning prayers, yoga class
7:30 – 8:00 am	स्नानम्	snānam	Bath
8:00 – 8:45 am	स्नानम् / अल्पाहारः	snānam / alpāhāraḥ	Bath & breakfast
9:00 – 10:15 am	प्रथम-कक्ष्या	prathama-kakṣyā	First class
10:15 – 10:30 am	विरामः	virāmaḥ	Break
10:30 – 11:45 am	द्वितीय-कक्ष्या	dvitīya-kakṣyā	Second class
11:45 – 1:15 pm	भोजनम्	bhojanam	Lunch
1:15 – 2:00 pm	तृतीय-कक्ष्या	tṛtīya-kakṣyā	Third class
2:15 – 3:30 pm	चतुर्थ-कक्ष्या	caturtha-kakṣyā	Fourth class
3:30 – 4:00 pm	चायपान-विरामः	cāyapāna-virāmaḥ	Tea break
4:00 – 5:00 pm	पञ्चम-कक्ष्या	pañcama -kakṣyā	Fifth class
5:00 – 6:00 pm	क्रीडाः	krīḍāḥ	Games
6:00 – 6:15 pm	प्रक्षालनम्	prakṣālanam	Freshen up
6:15 – 7:15 pm	प्रवचनम्	pravacanam	Lecture
7:15 – 8:30 pm	भोजनम्	bhojanam	Dinner
8:30 – 9:15 pm	मनोरञ्जन-कार्यक्रमाः	manorañjana-kāryakramāḥ	Entertainment programs
9:15 – 10:00 pm	निद्रार्थ विरामः	nidrārthaṁ virāmaḥ	Disperse for bed
10:00 pm – 6:00 am	निद्रा-समयः	nidrā-samayaḥ	Quiet time for sleep