

**To whoever thinks they can successfully follow in our footsteps,  
(Dear new interns,)**

Welcome to Forest Valley!

The next four months are going to fly by. Trust.

If this is your first co-op, buckle up. If this is not your first co-op, buckle up.

A few tips:

- Learn the routine... fast. The day will not slow down for you. The Forest Valley staff are there to help but it is much easier if you learn the schedule sooner.
- Intern project, start it soon. Do not make the mistake of starting too late because you WILL run short of time - you can talk to Hopi about the project we worked on this term as there will likely be more work to do.
- Get to know everyone at Forest Valley, they are such a great crowd to work with!
- Set up your own intern routine for feeding fish, watering plants, etc. We did fish Monday, Wednesday, Friday and plants on Tuesday.
- Plan your morning washroom routine appropriately. You will always need to go as the busses are coming in.
- When you are setting up a cookout make sure you have lots of kindling (and matches). You will be stressing at the firepit when the class is on their way and you have **nothing!**
- If you have some time in your first few weeks make sure you get to know all the trails and their shortcuts. We still have trouble on the Blue trail and we are a few days from finishing the term!

**Intern 1 and 2 are important titles. You may never truly know who is who but deep down you know you are intern 1, despite what your epi-pen might say. Always have your case made as to why you are intern 1; be ready at a moment's notice to defend your title.**

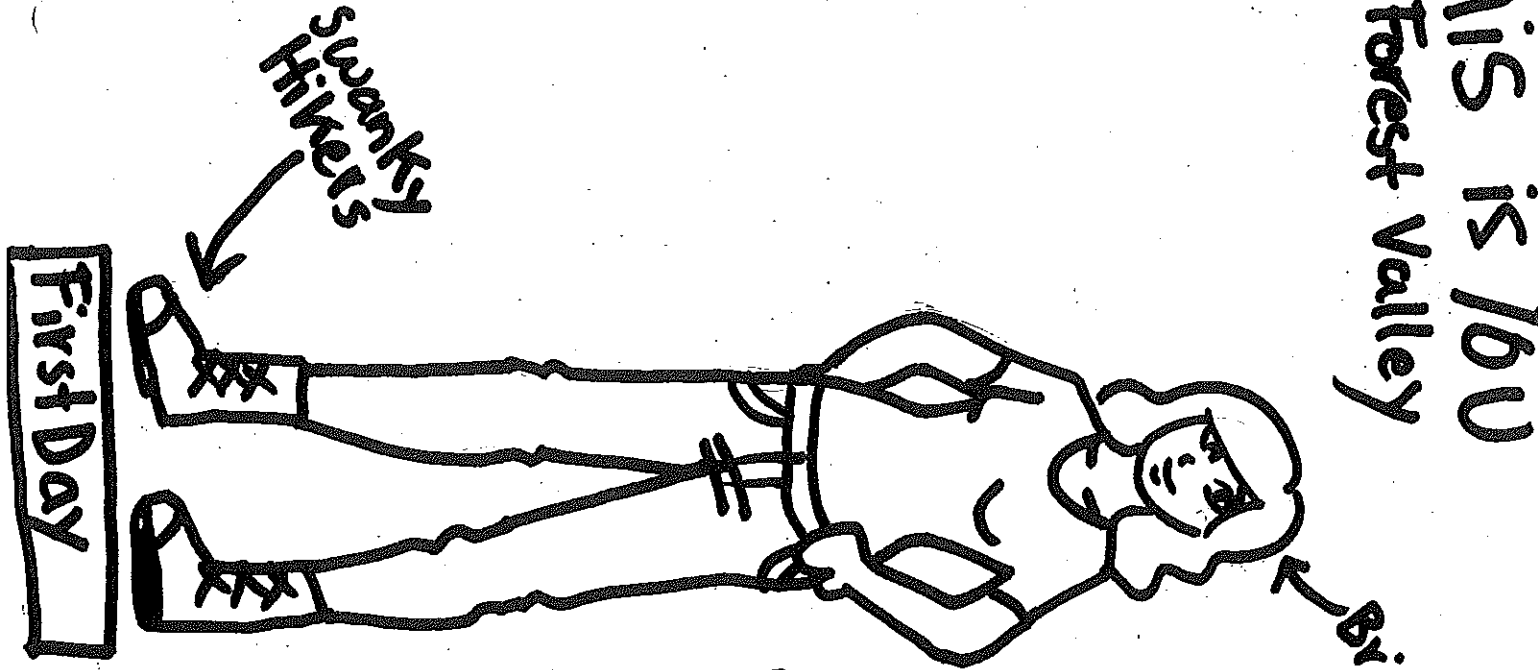
Your time at Forest Valley will be more than just a four-month co-op. There were lots of things we learned while working at Forest Valley both about teaching and leading and about the environment in general. You will learn lots and definitely have fun. Ask questions and be curious. Even if you are with students, you can still ask questions!

Enjoy!

Paula and Jordan

*Fall 2015 uWaterloo Interns*

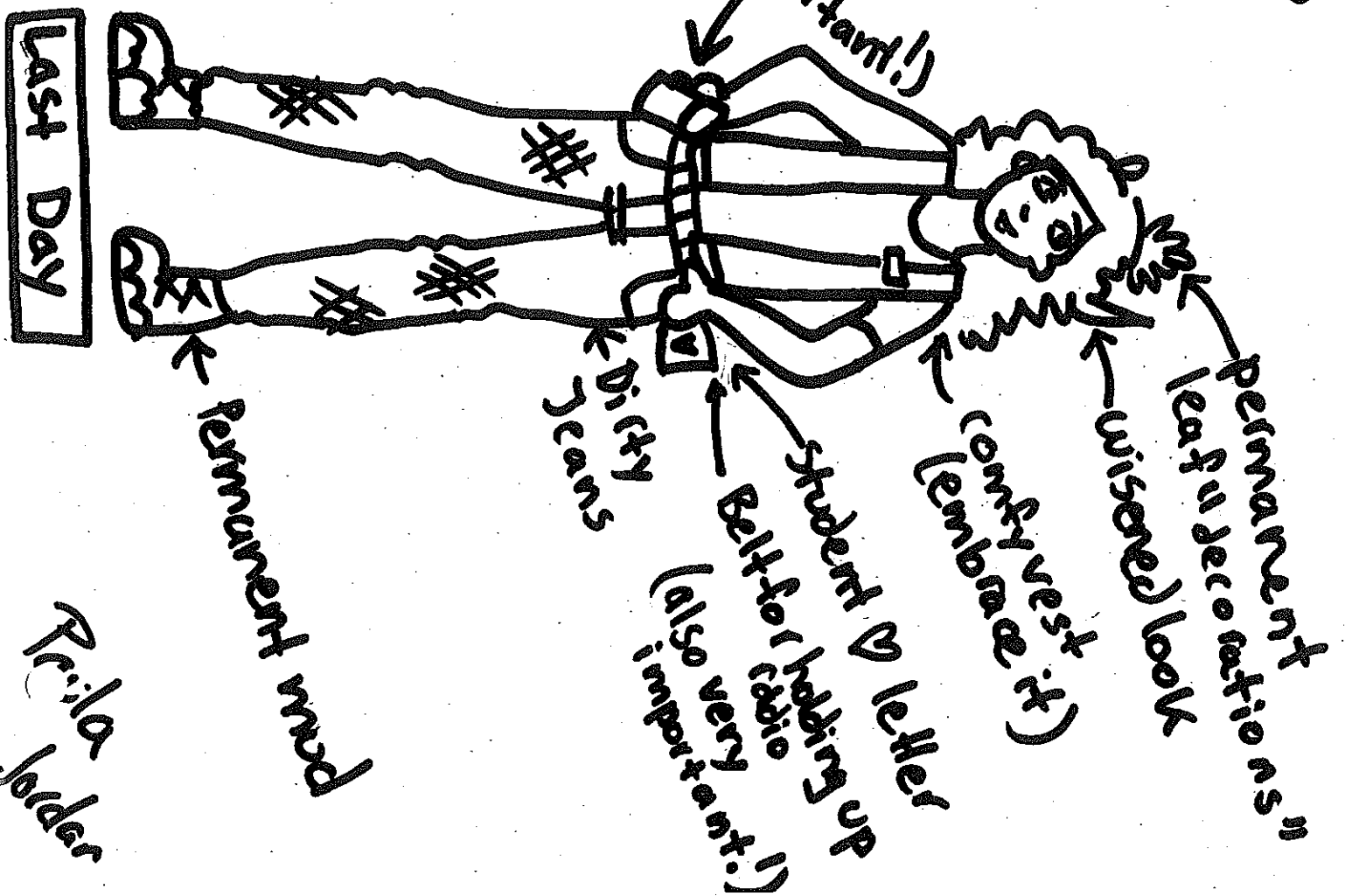
# This is You at Forest Valley



First Day

Swanky  
High Heels

Bright eyes



Last Day

Permanent mood

Coffee  
(very important!)

Permanent leafy recitations  
wisened look

comfy vest (it)

Student Q letter  
Belt for holding up  
(also very important!)

Dirty  
years

Prilla  
Jordan