



### \*\*\* OTHER STUFF YOU NEED TO KNOW \*\*\*

**You are about to travel to a very special and unique island environment. Please read this, as well as the travel and packing information, very carefully. This information is provided to help you prepare for your stay at Shoals. You must sign and return a sheet indicating that you have read this information before your arrival.**

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**WEATHER AND ISLAND CONDITIONS:** Temperatures range from warm and pleasant, to cold and raw; it is often windy and may be rainy or foggy. Rain and fog can set in for several days in a row, so bring enough clothes and shoes so that you will always have at least one dry set to change into. None of the Lab buildings are heated. Bring clothing for all weather conditions.

*The Appledore Store*, the Lab's gift and souvenir shop, does not sell batteries or toiletries, so remember to bring plenty with you. The store does sell clothing for warm as well as cool weather (such as t-shirts and polar fleece jackets), pens, pencils, waterproof notebooks, stamps, mugs, computer discs, cards, film, posters, hats and course-related field guides, as well as other books about the local area. All profit from the Store goes into our scholarship fund. *The Appledore Store* accepts personal checks, VISA, MasterCard American Express and the Discover Card.

**MEDICAL:** You must carry your own health/accident insurance. Trained medical personnel are in residence on nearby Star Island from mid-June to the end of August. Star Island provides medical support to the SML community. SML also has access to emergency services on the mainland if needed. It is recommended (but not required) that, before you come to Appledore, you have a tetanus shot if your last one has lost its potency. Please check with your physician. Because of the semi-remote nature of the facility, if you have medical problems that may require attention (e.g., allergies, diabetes, seizures) please let the SML admissions staff know well in advance. If you require medication, be certain to bring an adequate supply for your entire stay, since you may not have access to a pharmacy. Poison ivy grows rampantly on Appledore, there are hundreds of gulls and there may be bees. If these represent a problem for you, be sure to bring the necessary medication. Our First Aid Station is located in Hamilton House.

**HOUSING:** Housing is provided for 80 students in four buildings. Most are double occupancy; the rest are quad rooms. Bathroom facilities are located in each building. Shower facilities and additional bathrooms are centrally located in the Kiggins Commons. Students, faculty and staff live closely together, so it is vital that every individual be sensitive to the needs and customs of others. Dormitories, for example, should allow for uninterrupted sleep and should be quiet after 10:00 pm; the library must be a place where undisturbed study is possible at all times. Any complaints should be reported to the island office (located in Hamilton House). Economics force SML to have a very small staff. For this reason, you will be asked to help with housekeeping chores. Once a week, you will be required to clean your room, scrub the dorm bathrooms and empty dorm trash containers. Everyone participates in keeping the Kiggins Commons clean; you will be assigned these duties upon arrival.

**WATER:** Appledore is a rocky 95-acre island, far from mainland water supplies. Experience dictates that use of freshwater be carefully monitored and therefore, all island inhabitants are encouraged to conserve water. Showers are limited to two per week. There are no laundry services available for students on Appledore. Students in three or four week courses will have a free weekend in which to do laundry. Students taking a one or two week course should plan to have enough clothing to take them through their course.

**MEALS:** SML has a reputation for ample quantities of excellent food. Even though we serve a limited menu at each meal, choices are usually available. If necessary, please provide the SML admissions staff at Cornell with information regarding any special dietary requirements you may have (food allergies, etc). The kitchen staff on Appledore also will provide you with the opportunity to express your dietary preferences. Within reason, all dietary requirements will be met at every meal. Vegan and vegetarian alternatives are always available.

**BIRD LIFE:** Appledore Island is a nesting colony for Herring and Great Black-backed gulls, and other seabirds. Gulls are by far the most populous, and can be quite noisy and territorial.

**FREE TIME ASHORE:** If you are taking Field Marine Science, the third weekend (halfway through the course) is a free weekend. If you are taking Field Marine Biology and Ecology, the middle two weekends are free. For 3-week courses, the second weekend is free. On these weekends only, you may go ashore at your own expense (\$40 round trip), weather permitting. Generally, students depart on Friday in the evening, arriving in Portsmouth at about 8:00 pm, and return for Sunday classes in the late afternoon. You may also choose to stay on island for the weekend, or go ashore just for Saturday. Please make sure that you have made any arrangements necessary for lodging in Portsmouth before you come to Appledore. Shorter courses have NO free weekends. If you are taking consecutive classes, you will have a half-day off between classes.

**FREE TIME ON APPLIEDORE:** Non-academic time can be spent on the volleyball court, in Kiggins Commons or exploring the island. Generally, there is relatively little free time, but when there is, the characteristic island solitude and peaceful atmosphere are most pleasant. We request that you leave radios, tape players and electrical instruments at home. Personal Ipod/MP3/tape/CD players are allowed; “boom boxes” are not. Acoustical musical instruments are welcome. Pets of any kind are not allowed. Opportunities to sail, row and swim may occur during your stay. These activities are closely supervised by SML staff at all times and are weather dependent. Sport fishing on Appledore is prohibited due to the fragile nature of Appledore’s intertidal and subtidal zones.

**REGARDING VISITORS:** SML is an isolated educational facility where space and resources are limited. Appledore’s lodging and dining facilities can only accommodate program participants and staff. Unfortunately, this means that you will not be permitted to have any guests or family members visit Appledore for the day or overnight.

**COMMUNICATIONS:** Mail and ferry service to and from the Isles of Shoals is sporadic until mid-June, after which it becomes reasonably regular. Parcels may take longer to reach Appledore than do letters. Mail is brought out to Appledore when possible, but please do not expect regular mail service. **Letters and parcels** can be sent to the following address: Your name, **Shoals Marine Lab, PO Box 88, Portsmouth, NH 03802**. If you change your mailing address to SML’s for the summer, please make sure you change it back prior to your departure. SML may not be able to forward your mail.

**Phone:** We recommend that students who want access to a telephone bring a cell phone with them. Parents may call the island office and leave a message, but students will not be able to use the office phone except in the case of an emergency. If you would like to bring a cell phone, Cingular, Verizon and Nextel have plans that cover the Shoals area. Check with your provider about the Portsmouth, NH area for more details. If you choose to bring a cell phone, please note that they can only be used during your free time. Cell phones are not allowed in the dining hall or library, and cannot be used during class time (lecture, lab or field time).

**E-Mail:** SML has recently upgraded to a satellite connection, which allows access to the Internet. Limited access to e-mail via the Internet will be possible on specially designated machines during your free time. However, **please be patient**, since this system (with no “hard wires”) is not as fast or as reliable as what you are accustomed to. It is advisable to set up a web-based email account like Hotmail or Yahoo before you arrive. If you bring a laptop, you may want to make sure it has wireless capability. Wireless internet service is available in some buildings.

**SWIMMING & SNORKELING:** These activities are permitted in the tidal swimming pool only (this area will be pointed out during orientation) using the buddy system at all times. SML staff closely supervises all other waterfront activities in all other areas around Appledore and aboard SML vessels. Those planning to snorkel should bring a mask, snorkel, fins and a full wet suit, if you have one (the water is cold, but in late July and August warms to a point where a wet suit is not absolutely essential). The Lab does not supply snorkeling equipment. All SCUBA diving is organized and supervised by the SML staff. Only students who are enrolled in a course that offers SCUBA diving as part of its curriculum can be granted permission to dive. All NEW SML divers are required to pass a physical and undergo an open water checkout dive with SML’s Diving Safety Officer. Diving is generally conducted from a vessel or diving platform, which has deck space for 10-15 divers at a time. If you applied to a diving course and specified on your application that you are SCUBA certified (by a recognized certifying organization, e.g., NAUI, PADI), you will need to download the SML SCUBA Diving Packet from the SML web site. Forms within this packet must be completed and submitted for review by the Diving Safety Officer before final acceptance into a diving course. Please see the SML SCUBA Diving Packet for more detailed information, and equipment list.

**FIRE SAFETY:** Smoking is prohibited in and around all SML building, facilities and vessels. Designated smoking areas do exist outside of Kiggins Commons. These areas will be pointed out during island orientation. Violation of this safety rule is grounds for dismissal from the island.

**COURSE FEES, REFUND POLICY, TRANSCRIPTS AND CREDITS  
PLEASE READ CAREFULLY**

**CREDIT COURSE FEES** include tuition, room and board and all required field trips. A place in the credit course(s) to which you have been accepted is reserved for you only after SML receives the correct deposit. Deposits are not refundable. If notification (by letter or email) of your withdrawal from a course(s) is received by the SML Ithaca office at least eight weeks (56 days) before the course begins, your balance is refundable. If notice of withdrawal is received 6-8 weeks (42-55 days) before your course starts, 50% of your balance is refundable. No refunds are given if you withdraw less than six weeks (41 days) before the start of your course. If, for some reason, SML must cancel a course, you will receive a full refund of all money paid. Balances for courses are due April 15th. In cases of high demand, course space will be filled by those paid in full. Please be responsible about your tuition payments. If you need an alternative payment plan, please contact the SML office to discuss arrangements.

**REGISTRATION:** Matriculated University of New Hampshire students will be registered at UNH. All other students will be registered at Cornell for a letter grade. Cornell also offers the option of receiving an S/U (satisfactory or unsatisfactory). "S" translates to C- or above, "U" translates to D+ or below. For a variety of reasons, the S/U option is not recommended. You can change your grade option during the first half of your course by seeing the Island Coordinator in the Hamilton House office and filling out the appropriate form. If your course is past the halfway point, you may not change your grade option. Non-UNH students who would like to be registered at UNH can do so by contacting the SML office once they are accepted. Please note that some courses only have a Cornell number, therefore all students taking these courses will be registered at Cornell. UNH students with a grade point average of 3.2 or higher can designate certain Shoals courses as honor courses. Honors course forms must be completed and submitted to the SML Associate Director in 216 Rudman Hall before arrival at Shoals.

**COURSE CANCELLATION:** SML reserves the right to cancel any course in the event of low enrollment or for any other reason. Applicants will be notified within six weeks of the beginning of the course. All tuition paid to date for a cancelled course will be refunded in full. Since financial aid is awarded based on total course costs, any awards made to students taking more than one course will be re-evaluated to reflect any change in tuition made by a course being cancelled. If a course must be cancelled, students accepted to the course will be notified both by phone and email. If you are making travel plans and are concerned about any of your courses, please call the SML office.

**TRANSCRIPTS AND CREDITS:** Refer to the separate enclosed sheet in this packet for instructions on how to order a transcript. Please make sure that your school will accept credit for SML classes before you take your class(es). SML cannot guarantee that you will be awarded credit. SML DOES NOT ADVISE THAT YOU USE SHOALS CREDIT FOR SUMMER GRADUATION- it often takes until mid to late September for your grade to be posted. If you are a graduate student, please check with your graduate committee to ensure that your course(s) will be accepted for graduate credit. If you need credit hour information or course logs, please contact the SML office and we will send them to you. You will be spending approximately 10 hours a day in lecture, lab, or conducting field work, and we would like you to receive the credit you deserve!

**Instructions to order transcripts are on a separate sheet in this packet-make sure you save it for later!!**

