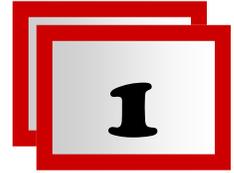


# What's Next?



## Surviving the Next Few Years

**Y**ou're out or almost out of high school. You're not sure what's next, but you know you're in for some changes—a temporary job, different school, even taking a year or two to explore. You may even be thinking about the military.

Whatever you're thinking about doing, each choice means a choice NOT to do something else. So it's a good idea to get a big picture of the options you have.

This section has some pieces on what it feels like to make a change, what you might consider doing in a year off, and how you can start thinking "out of the box."

For starters, make the Internet your friend. They don't call it the "worldwide web" for nothing—it is literally your access to millions of ideas and options. We've got some tips on how to find one near you.

Some of your plans may include finding your own place to live, so we've included a Basic Training Guide for finding shelter, meals, and transportation.

It's the start of your life. .  
. Go for it!

- ◆ Making Transitions
- ◆ Taking a Year Off
- ◆ Thinking "Out of the Box"
- ◆ Where's an Internet I can use?
- ◆ Basics Training: Shelter, Meals, Transportation



# Surviving the Next Few Years: Making Transitions

When you're making changes—from high school to something else—not knowing is sometimes the hardest part.

## But Remember!

***It's OK to NOT KNOW what to do next at your age.***

- This is the time to get information and explore your options.
- The best choice may come to you in stages. Trust it all to make sense eventually.
- Don't try to sort it all out now.
- LIVE IN THE QUESTIONS.

## Take Small Steps in Exploring

- Make smaller changes instead of a huge leap you may not be ready for.

## What's Exciting to You?

- What makes you want to take action? What are you passionate about?
- What makes you feel alert—energized mentally, emotionally, and physically?
- What are you doing when you lose track of time?
- What engages you so much that you're willing to put up with anything to do it?
- When you're talking with the most excitement, what are you talking about?
- What ideas, images, or people keep showing up in your life?

## **Experiment**

- Test reality by taking action (take a class, apply for a job, . . .)
- Take the risk of going down the road and learning from DEAD ENDS. They'll be there. Don't worry about that. Follow any road that intrigues you.

## **Find People Who Support Your Real, Deep Choices. People Who:**

- believe in you,
- provide healthy support,
- provide constructive criticism, but
- NOT people who are negative or don't provide support for your deep choices.

## **Make Yourself and Your Health a Priority**

Bad habits can make you less alert, cloud your thinking, and limit your ability to engage fully in your life.

- Pay attention to what you eat. Eat less sugar and carbs (refined white flour products). Drink lots of water.
- Get enough sleep. Not getting enough sleep can make you depressed.
- Be active and physical to get exercise. Even a short walk helps.
- Limit time with people and things that distract you from what you really want to do.

# Surviving the Next Few Years: Taking a Year Off

**Y**ou just may not be quite ready to decide what's next. Many teens who see no immediate interesting prospects after high school feel **scared and pressured**. Maybe you can't go to college for one reason or another, or you just don't feel like being in school again.

**So what are you to do?** You don't have much money, your parents are pressuring you to make a decision, and those recruiters and camouflaged hummers at the fairs and in the school parking lots are looking increasingly cool.

Sometimes, it works to take a year off to work, travel, do something really "weird," make some money for college, or just breathe deeply before launching into the next thing.

Many kinds of programs have sprung up for teens just out of high school to help them make the best use of this "time off." Some of these "**gap year**" programs are pricey and out of reach, especially if you're struggling financially already. But many other options are quite attainable.

Look at the offerings below, and page through the rest of this guide to get ideas about how to spend a little time learning something different and having a little adventure.

## Remember!

***You have choices, you can take some time, and you don't have to feel pressured to leap into something you're not sure about.***

### The Circus?

*Joe, approaching the end of his high school years in Durham, decided to join the circus—that's right—the circus! He had learned how to juggle in school. What started as a "weird" thing to do for a while after high school became a six-year stint working in a family circus and traveling all over the country. Joe learned skills he never knew about and had time to think about his values, interests, and goals. He decided he wanted to be an artist and had saved enough money, so he applied to a design school where he is currently studying.*

Working during your “year off,” even if it’s in something less colourful than a circus, can give you an opportunity to raise some cash, as well as give you time to think about what you really want to do with your life. And the skills you learn and experiences you have can be useful later on. If you’re thinking that a year off may be next for you, check out some of the gap-year websites to get more ideas.

## Gap-Year Information Sources

- Founded in 2002, [www.Teens4Hire.org](http://www.Teens4Hire.org) is a website dedicated to linking teens with prospective employers. Students may take a career assessment test, read about labor laws and work permits, and search for jobs.
- **AmeriCorps**, at [www.AmeriCorps.org](http://www.AmeriCorps.org) has wonderful opportunities. See article in Section 3 on AmeriCorps\*Habitat and AmeriCorps\*NCCC or website.
- **Job Corps** at [jobcorps.doleta.gov](http://jobcorps.doleta.gov). See article on Job Corps in Section 4.
- The **Dynamy Internship Year Program** (at [www.dynamy.org](http://www.dynamy.org)) offers internships and independent living in Dynamy apartments along with an Outward Bound program, one-on-one advising, and optional college credit seminars for 17 to 22 year-olds. Dynamy, Inc. is a not-for-profit experiential educational organization, the oldest residential internship program in the country. Its mission, as stated on its website, is to “offer young people, ages 17-22, a ‘gap year’ opportunity like no other.... Dynamy programs integrate independent city apartment living with mentored internships, personal and college/career advising, urban and wilderness leadership opportunities, and the company of an incredible group of peers.” Locations: Boston and Santa Barbara, CA. [It is pricey. It costs \$15,000 a year, plus \$6,000 for room and board.]
- Consider combining a job with a commute to the **Legacy Center Teen Leadership Program** in Morrisville, NC. (see [www.thelegacycenter.com](http://www.thelegacycenter.com)). This program “provides insights and tools for teenagers to enhance their self-esteem, improve their ability to communicate clearly, and think critically about their problems in the context of the larger picture of life.” The program teaches “emotional intelligence” during an intensive training weekend, a follow-up program with a series of coaching sessions with trained mentors, and a two-day completion retreat.
- The **Center for INTERIM Programs**, at [www.interimprograms.com](http://www.interimprograms.com), asks the question: “If you could wave a magic wand, what would you do?” The program has offices in Cambridge, MA and Princeton, NJ. See their website for some very interesting alternatives.

- **Public Allies** (at [www.publicallies.org](http://www.publicallies.org)) selects individuals aged 18-30 for a 10-month program of leadership training, team service, and paid, professional internships in community non-profit organizations. Allies receive a monthly stipend of about \$1,500, health insurance, child care, interest-free student loan deferment, and a post-service education award of \$4,725. Go to their website or call **919-687-0005**.
- The **Council on Standards for International Educational Travel** is a non-profit organization that serves as a monitoring body and clearinghouse for information about international youth exchange programs through its, publications, activities, and website, (go to its website at [www.csiet.org](http://www.csiet.org) and link to the 2006-2007 Advisory List of International Educational Travel and Exchange Programs.)
- **Carolina Friends School in Durham** lists an extensive array of gap-year opportunities, as well as specialized camps or partial year programs on its advising website: [www.Tcfsnc.org/units/US/counseling/main.htm](http://www.Tcfsnc.org/units/US/counseling/main.htm)

### **Books to check out:**

- ***The Gap-Year Guidebook, 2005/2006***, by Susannah Hecht (published by John Catt Educational).
- ***Before You Go: The Ultimate Guide to Planning Your Gap Year***, by Tom Griffiths, foreword by Michael Palin (published by Aspect Guides).

### **Websites to visit:**

- [www.whereyouheaded.com](http://www.whereyouheaded.com).
- [www.gap-year.com](http://www.gap-year.com). This is a British site, but it has a lot of good ideas about the gap year, including about staying safe and healthy.
- [www.yearoutgroup.org/](http://www.yearoutgroup.org/) is another British group with information on gap years for students, advisors, and parents.
- [www.gapyear.com](http://www.gapyear.com). A commercial site with ideas, guides, and a "Gap Year Clearing" section.
- [www.youthtravel.org](http://www.youthtravel.org). A new website with information on how to travel safely.
- Also, ask a librarian!



# Surviving the Next Few Years: Thinking “Out of the Box”

**D**og sledding? Elephants? Wolves? Shoeing Horses? Guitar Building? Boat Building? Take a look at some Internet ads that might whet your appetite for adventure!

## **DOG SLED TRAINER**

[www.outdoored.com](http://www.outdoored.com)

**Central North US - IL, IN, MI, MN, OH, WI Full-time**

**Job Activity: Dog Sledding**

**No Previous Mushing Experience Necessary**

**N**ature's Kennel Sled Dog Racing is a professional sled dog racing kennel that also provides dog mushing and winter camping adventure vacations. Nature's Kennel is home to 60 sled dogs, located in the remote wilderness of Michigan's

Upper Peninsula.

**Job Description:** What you will be doing: A LOT! EVERYTHING! You name it, you might do it. You will be filling the shoes of Andrew Letzring, who has helped out for the last two years (and he has big feet). Your main task will be getting the yearlings and adult teams ready to race and do everything that goes along with racing. You will have longer days than everyone else (except Ed and Tasha) and at times it will feel as if you are the only one doing anything.

**Qualifications:** How often do we need you? 24/7! Specific tasks that you will do: Train dogs, scoop poop, feed dogs, fix gear, pack gear, cut firewood, maintain snowmobile trails, clear trails, build kennel equipment, entertain guests, cut meat, travel, and whatever else is needed. Special Notes: This opportunity requires somebody who can stay active seven days a week, all day long (sometimes all night as well) and maintain a positive attitude. Only the disciplined need respond, because Ed has little patience for inefficient people and poor work ethics. You must be able to cross the Canadian border without incident. What is not allowed: Whining. Smoking. Consuming alcohol is OK when Ed says you are not needed.

**Salary Benefits:** You will receive \$150/month for food and a place to sleep. You will also get an opportunity to run our yearling team in the 2006 Iditarod or run our yearling team in the U.P. 200 and Can AM Crown. All race expenses will be covered.

**Availability:** Must be available from start date through May 1st, 2006 (a \$300 tip is given if you stay until the end)

**To Apply:** Please send a resumé or letter of inquiry to: **Ed Stielstra,**  
**PO Box 5, McMillan, MI 49853 • Phone: 906-748-0513 • Email:**  
**info@naureskennel.com • Web Site: [www.natureskennel.com](http://www.natureskennel.com).**

You may also email or call with questions.

## **INTERNSHIP AT THE ELEPHANT SANCTUARY IN HOHENWALD, TN**

[www.elephants.com/volunteer.htm](http://www.elephants.com/volunteer.htm)

**Six-Week Internships Learning the Mechanics and Philosophy of Elephant Care**

**T**he Elephant Sanctuary is currently accepting applications for six-week internships. The intern positions are not paid positions. Housing is provided; but interns are responsible for their own food and transportation. Each intern is required to make a \$275

refundable deposit and a \$25 non-refundable cleaning deposit. "The \$275 refundable deposit will be returned when the intern completes her/his entire internship commitment."

"Interns are chosen for their field of study, experience, and future goals. Internships are awarded to students studying veterinary science, zoology, wildlife management, and related fields, as well as to those drawn to the Sanctuary for spiritual reasons. Each prospective intern must visit the Sanctuary for a workday and interview before being accepted into the intern program. Although recognizing the distance many interns must travel to fulfill this requirement, Sanctuary staff have found this prerequisite essential."

Interns work five days per week and are required to work weekends. The day begins with keeper duties at 8:00 a.m. in the elephant barn, where interns learn the mechanics and the Sanctuary's philosophy of elephant care. Interns assist the head keeper in all aspects of daily care, cleaning, and feeding. Afternoon schedules vary—most days the interns help with facility projects: painting corrals, digging post holes, construction projects, and elephant projects. **"Please note: Intern duties are labor intensive. You must be in good physical condition."**

"At the Sanctuary, observation is the key to learning. Silence is encouraged while in the presence of elephants, and this quiet space allows the interns to develop their observation skills. **Interns are allowed no direct physical contact or verbal interactions with the elephants**, and they are never left unsupervised with the elephants."

The Sanctuary says, "If we accomplish only one thing with our interns, we hope to instill a respect for elephants and for all life. We encourage our interns to quiet their voice and learn through their eyes, ears, heart, soul, and mind. If you are interested in applying, please send your resumé, availability, and three letters of recommendation to: **The Elephant Sanctuary in Hohenwald Internship Program, P. O. Box 393 Hohenwald, TN 38462 or send Email to: Joanna@elephants.com.**"

## **WOLF PACK INTERNSHIPS**

[www.wolf.org/wolves/aboutus/intern.asp](http://www.wolf.org/wolves/aboutus/intern.asp)

**Three-Month Wolf Education Internships at the International Wolf Center**

**T**he mission of the International Wolf Center is "to advance the survival of wolf populations by teach-

ing about wolves, their relationship to wild lands, and the human role in their future. The home of the International Wolf Center is in Ely, Minnesota, and is visited by 50,000 to

60,000 visitors each year. In addition to viewing the resident wolf pack and exploring its award-winning "Wolves and Humans Exhibit," visitors also have the opportunity to explore wolf pack habitat through many outdoor naturalist programs."

"The Center offers several wolf education internships throughout the year. Typically, internships are offered during three month periods include March through May, June through August, September through November, and December through February. A degree in environmental education or a related field, or prior teaching experience, is preferred for the position."

"The goal of this program is to give interns a strong background in wolf information and experience in conveying this information to the public. Interns conduct a variety of indoor and outdoor wolf and wolf-related education programs. Programs may have as few as 2 or as many as 200 participants and vary in length from 30 minutes to 3 hours."

"Summer interns work largely with the general public. Fall, winter, and spring interns have the opportunity to work with visiting school and scout groups, bus tour groups, family weekend, and adult programs. Interns also contribute to the programming of the Center through special projects and support work. Projects are selected based on the talents and interests of the intern, as well as the current needs of the Center. Other areas of training include program development, scheduling of visiting groups, exhibit cleaning and curation, and possibly time spent in the retail, office, and information departments."

"Intern commitment will be 40 hours per week, including time on weekends and holidays. Interns are required to have a valid driver's license. Selection criteria include education, experience, references, and written statements." Off-site housing for interns and a \$500 per month stipend are provided. "Interns are responsible for providing their own transportation between the International Wolf Center and the off-site intern housing. Summer and winter interns share living quarters with other interns." To apply, complete an application: [www.wolf.org/wolves/aboutus/intern.asp](http://www.wolf.org/wolves/aboutus/intern.asp).

## **HORSE SHOING**

**Training Programs  
Around the Globe**

[www.horseshoes.com/schools/fullist/cmpfrsll.htm](http://www.horseshoes.com/schools/fullist/cmpfrsll.htm)

**I**f you love horses and the outdoors, learning to shoe horses can be a well paying profession, or can supplement a less lucrative one! Proper education is the best way to

start. The schools listed below offer various levels of study **ranging from short two-week courses to intensive year-long programs**. Most cost something, but farriers can make up to \$150 per hour for their services.

If you're interested in becoming a skilled farrier, start with this website:

[www.horseshoes.com/schools/fullist/cmpfrsll.htm](http://www.horseshoes.com/schools/fullist/cmpfrsll.htm) for links to horseshoeing schools all over the globe. Here's a selection from the Southeast:

- **Auburn Horseshoeing Program (Alabama)**  
395 St. John Church Road, Notasulga, AL 36866 Phone: 334-332-0545  
Email: auburnhorseshoeing@yahoo.com; herbschneider@earthlink.net
- **Casey & Son Horseshoeing School (Georgia)**  
14013 East Highway 136, LaFayette, GA 30728 Phone: 706-397-8909  
web site: [www.caseyhorseshoeing.com](http://www.caseyhorseshoeing.com); E-mail: RCaseySch@aol.com
- **Danny Ward's Horseshoeing School (Virginia)**  
51 Ward Road, Martinsville, VA 24114; Phone: 540-638-7908
- **Lookout Mountain School of Horseshoeing (Alabama)**  
400 Lewis Road, Gadsden, AL 35901; Phone: 205-546-2036; E-mail: tmcnew@microxl.com; web site: [www.horseshoeingschool.net](http://www.horseshoeingschool.net)
- **Maryland Horseshoeing School (Maryland)**  
11200 Wolfsville Road, Smithsburg, MD 21783; Phone: 301-416-0800;  
E-mail: mdhorseshoeing@xecu.net; web site: [www.lrn2shoe.com](http://www.lrn2shoe.com)
- **Meredith Manor International Equestrian Centre (West Virginia)**  
Route 1, Box 66, Waverly, WV 26184; Phone: 800-679-2603; website: [www.meredithmanor.com/farrier](http://www.meredithmanor.com/farrier)
- **NC School of Horseshoeing and Equine Lameness (North Carolina)**  
P.O. Box 921, Pilot Mountain, NC 27041; Phone: 336-994-9497

## **GUITAR BUILDING**

### **A Different Way to Make Music**

**N**orth Carolina offers more than one option to those interested in studying **Luthiery**—guitar making. **The LA Guitar Factory** has a

luthiery program. ([www.laguitarfactory.com](http://www.laguitarfactory.com), at time of this edition website is being updated). They offer three classes covering the basics of guitar design and maintenance as well as familiarity with woodworking relating to the craft of guitar building. Each class costs \$150-\$400. The LA Guitar Factory is in Charlotte at 8125-B Old Concord Road, Charlotte, NC 28213. Contact Ari Lehtela at 704-599-4410 for more information.

In Asheville, **Brad Nickerson** runs a program for guitar building. Email him at: [nickersonguitars@hotmail.com](mailto:nickersonguitars@hotmail.com) for more information.

Where do you work once you know how to build guitars? Start contacting shops that sell guitars throughout Durham and Raleigh area, check out guitar blog sites, and start making contacts.

## **BOAT BUILDING**

**Set Sail on a New Course in Life**  
**The Carpenter's Boat Shop,**  
**440 Old County Road, Pemaquid, ME 04558**  
**Telephone: 207-677-2614**  
**Email: [boatshop@midcoast.com](mailto:boatshop@midcoast.com)**

Learn to build boats, develop carpentry skills, become an accomplished sailor, and perform community service—all as an apprentice at the Carpenter's Boat Shop (see [www.carpentershoatshop.org](http://www.carpentershoatshop.org)) in Pemaquid, Maine Your companions at the Boat Shop will be 16 to

20 interesting people with whom you share meals, work, and service opportunities to help neighbors. The life you will find at the Boat Shop is based on creative simplicity: a life of work, study, worship, recreation, hospitality, and service.

The Boat Shop experience has no cost; nor do you earn money in the apprenticeship, though you are free after normal work hours to pursue independent money-making opportunities. The real payoff for the apprenticeship is the experience, both in work and in the communal life. During the year you will learn:

- **Boatbuilding:** how to loft, frame and construct traditional Maine sailing and rowing craft
- **Safety:** how to care for, use properly, and maintain carpentry tools, machinery, and equipment
- **Carpentry:** how to build basic pieces of furniture including a tool box, Shaker oval boxes, and a small writing desk
- **Seamanship:** how to row safely and sail the various craft the Boat Shop constructs
- **Resourcefulness:** how to make do with limited materials

The Carpenter's Boat Shop is located in Pernaquid, Maine. It operates from two farmhouses on 21 acres of land near the Pernaquid River. Apprenticeships are for a period of nine months, from September until mid-June. Apprentices must be 18 years or older. If you are interested in becoming an apprentice, you must make a preliminary three-day visit to the boat shop. This initial visit will enable you to see and experience Boat Shop life. After your visit, you may apply for an apprenticeship. The Boat Shop mails notices of acceptance in early April.

The life of the Boat Shop is supported by the sale of boats built by apprentices and by the generous gifts of individuals.



# Surviving the Next Few Years: Where's an Internet I Can Use?

**A**lmost all, but not all, libraries in NC have computers with Internet access. Most have some rules about time you can stay on-line. Some, but not all, may require a library card, so it's a good idea to phone before you make a trip, or read the guidelines below.

Two other places besides libraries in the Triangle area are:

- **Carrboro Cybrary** at the Carrboro Century Center
- The **National Student Partnership** office in Durham

**PSSST...**

***If you're not sure how to get started, ask the Librarian—she/he can give you tips about using the Internet. Just ask—the Internet is your key to the future!***

## Internet Access Locations

Location	Hours	No. of Computers/Access
<b>NATIONAL STUDENT PARTNERSHIP</b> 331 West Main Street Durham 919-956-2824	Call for hours OR email: durham@nspnet.org Staffed by AmeriCorps Volunteer who can help you with job/training resources	<b>4</b>

## Orange County Libraries

<b>CARRBORO CYBRARY</b> Carrboro Century Center 100 North Greensboro Street 919-918-7387	M-F 9am-5pm Sat 10am-2pm  Email: subrown@co.orange.nc.us	<b>5</b> No library card 30 min/day plus 30 min extension if no one is waiting
<b>CEDAR GROVE BRANCH</b> 5800 NC Hwy. 86 N. Hillsborough (inside the Northern Human Services Center) 919-732-9211	M-Th 10am -5pm Fri 10am -1pm Sat 10am -2pm	Call to get updated number of computers
<b>CHAPEL HILL PUBLIC LIBRARY</b> 100 Library Drive, Chapel Hill 919-968-2780	M-Th 10am – 9pm Fri 10am–6pm Sat 9am –6pm; Sun 1pm–8pm	<b>22</b> (60-minute use - multiple sessions per day) <b>2</b> (express 15-minute use) Library Card or a “Internet Use Only” card. 16 years and older. Bring proof of identity; parents sign for under 16s

## Durham County Libraries

Computers are available on a “first-come, first-served” basis. If you’re under 18, you must have written parental permission to use the Internet. Internet sessions are limited to 30 minutes and can be extended if no one is waiting. Don’t take a group of friends with you – only two people can use any single computer at a time. Print-outs are 10¢ a copy. (see the website at: [www.durhamcountylibrary.org](http://www.durhamcountylibrary.org))

### Durham County Libraries

Location	Hours	No. of Computers/Access
<b>MAIN LIBRARY</b> 300 North Roxboro Street, Durham 919-560-0100	Mon-Thu 9-9, Fri 9-6 ▪ Sat 9:30-6 Sun 2-6 (August-May)	<b>18</b> open access
<b>BRAGTOWN BRANCH</b> 3200 Dearborn Drive, Durham 919-560-0210	Mon-Wed 2-7 ▪ Thu 2-6 ▪ Sat 10-2	<b>3</b> no card required, sign-up only
<b>NORTH DURHAM BRANCH</b> 5120 N. Roxboro Road, Durham 919-560-0250	Mon-Wed 9-9 ▪ Thu-Fri 9-6 ▪ Sat 9:30-6	<b>4</b> card or guest pass
<b>PARKWOOD BRANCH</b> 5122 Revere Road, Durham 919-560-0260	Mon-Wed 9:30-9 ▪ Thu-Sat 9:30-6	<b>5</b> card or guest pass
<b>SOUTHWEST BRANCH</b> 3605 Shannon Road, Durham 919-560-0290	Mon-Wed 9-9 ▪ Thu-Sat 9:30-6	<b>5</b> card or guest pass

## Wake County Libraries

Wake County computer users must have a library card, and you can get one if you are at least 13 years old; if you don’t live in Wake Co., you can get a guest pass. You’ll need a photo ID with your current address, an item that verifies your current address (bill, lease, checkbook, etc.), or (if you’re under 13) a parent/guardian photo ID with current address. For more information, check out their website at: [www.wakegov.com/county/libraries/locations/default.htm](http://www.wakegov.com/county/libraries/locations/default.htm))

## Wake County Libraries

Location	Hours	No. of Computers Access
<b>ATHENS DRIVE LIBRARY</b> 1420 Athens Drive, Raleigh 919-233-4000	Mon-Thu: 8am-8pm ▪ Fri 8am-3:30pm ▪ Sun 1-5pm	<b>8</b>
<b>CAMERON VILLAGE LIBRARY</b> 410-200 Oberlin Road, Raleigh ▪ 919-856-6710	Mon-Fri 9am-9pm ▪ Sat 10am-5pm ▪ Sun 1-5pm	<b>40</b>
<b>CARY PUBLIC LIBRARY</b> 310 South Academy Street, Cary ▪ 919-460-3350	Mon-Thu 9am-9pm ▪ Fri 9am-5pm ▪ Sat 10am-5pm Sun Closed	<b>9</b>
<b>EAST REGIONAL LIBRARY</b> 946 Steeple Square Court, Knightdale ▪ 919-217-5300	Mon-Fri 9am-9pm ▪ Sat 10am-5pm ▪ Sun 1-5pm	<b>20</b>
<b>ELECTRONIC INFO CENTER</b> 334 Fayetteville Street Mall, Raleigh ▪ 919-856-6690	M-F: 8:30am - 5:30pm Sat & Sun: Closed	yes
<b>EVA H. PERRY LIBRARY</b> 2100 Shepherd's Vineyard, Apex ▪ 919-387-2100	Mon-Fri 9am-9pm ▪ Sat 10am-5pm ▪ Sun 1-5pm	<b>12</b> 1-hour <b>8</b> 15-min
<b>FUQUAY-VARINA LIBRARY</b> 133 South Fuquay Avenue, Fuquay-Varina ▪ 919-557-2788	Mon-Thu 10am-8pm ▪ Fri 10am-6pm ▪ Sat 10am-2 pm	<b>7</b>
<b>GREEN ROAD LIBRARY</b> 4101 Green Road, Raleigh ▪ 919-790-3200	Mon-Thu 9am-9pm ▪ Fri 9am-5pm ▪ Sat 10am-5pm	<b>20</b>
<b>NORTH REGIONAL LIBRARY</b> 200 Horizon Drive, Raleigh ▪ 919-870-4000	Mon-Fri 9am-9pm ▪ Sat 10am-5pm ▪ Sun: 1-5pm	<b>41</b>
<b>RICHARD B. HARRISON LIBRARY</b> 1313 New Bern Avenue, Raleigh ▪ 919-856-5720	Mon-Thu 9am-9pm ▪ Fri 9am-5 pm ▪ Sat 10am-5pm	<b>18</b>
<b>South Raleigh Branch Library</b> 1601-14 Crosslink Road, Raleigh, NC ▪ 919-856-6598	Mon-Thu 10am-8pm ▪ Fri 10am-6pm ▪ Sat 10am-2 pm	<b>8</b>
<b>SOUTHEAST REGIONAL LIBRARY</b> 908 Seventh Avenue, Garner ▪ 919-662-2250	Mon-Fri 9am-9pm ▪ Sat 10am-5pm ▪ Sun 1-5pm	<b>16</b> adult <b>6</b> children
<b>WAKE FOREST BRANCH LIBRARY</b> 400 E. Holding Avenue, Wake Forest ▪ 919-554-8498	Mon-Thu 10am-8pm ▪ Fri 10am-6pm ▪ Sat 10am-2 pm	<b>8</b>
<b>WENDELL BRANCH LIBRARY</b> 207 South Hollybrook Road, Wendell ▪ 919-365-2600	Mon-Thu 10am-8pm ▪ Fri 10am-6pm ▪ Sat 10am-2 pm	<b>7</b>
<b>WEST POPULAR LENDING LIBRARY</b> 5800 Duraleigh Road, Raleigh ▪ 919-881-1344	Mon-Thu 9am-9pm ▪ Fri 9am-5pm ▪ Sat 10am-5pm	<b>11</b>
<b>ZEBULON BRANCH LIBRARY</b> 1000 Dogwood Drive, Zebulon ▪ 919-404-3610	Mon-Thu: 10am-8pm ▪ Fri 10am-6pm ▪ Sat 10am-2 pm	<b>7</b>



# Surviving the Next Few Years: Basics Training: Shelter, Meals, Transportation

One of the first and most important things you'll need to do when you set out on your own is to find a place to live. Short-term? Long-term? Roommates? Solo? Location? Transportation? There are a lot of things to think about—some practical, some personal.

## Some Tips:

- Rooms are cheaper than apartments; apartments are cheaper than houses.
- The more roommates you have, the cheaper everything will be.
- Most landlords will require a deposit at the beginning of your lease, and it's usually at least one month's rent.
- Most leases last for one year. Some places have shorter or month-to-month leases, but if you sign the lease, it's going to cost a lot of money if you want to leave before it's up. You may also need a co-signer if you're under 21.
- Keep in mind the cost of utilities. Typical utilities include electricity, gas or oil heat, water, and phone/Internet. These could add several hundred dollars to your expenses each month.
- Your electric bill will be higher if lights, air conditioning, or appliances are left on.
- Heating and air conditioning, which may be electric, will cost more if the place is poorly insulated, or if it's not surrounded by other apartments.
- Some landlords and apartment complexes include some utilities in the rent. Ask about this since it reduces your expenses.

## Rental Housing Resources

**Greensboro Housing Coalition:** A referral, informational, and educational organization dedicated to helping people find and keep affordable housing. See [www.greensborohousingcoalition.com/](http://www.greensborohousingcoalition.com/) at **122 N. Elm St., Suite 607, Greensboro, NC 27401; Phone: 336-691-9521.**

**Charlotte (Mecklenburg, Union and Gaston Counties):** A list of housing resources and options, including available affordable rental properties. See [www.socialserve.com/tenant](http://www.socialserve.com/tenant).

**Durham Affordable Housing Coalition:** A rental guide for Durham County, provided by the Durham Affordable Housing Coalition, helps you begin your search. See [dahc.org/rentalguide.html](http://dahc.org/rentalguide.html).

**Wake County Housing Resource:** Provides information about housing options in Raleigh and Wake County. **Phone: 919-857-9472; or check their website at: [www.wakegov.com/humanservices/locations/](http://www.wakegov.com/humanservices/locations/).**

**Homeless Prevention Coalition of Guilford County:** Has great information on resources and housing in Greensboro. **P.O. Box 4933, Greensboro, NC 27404. See their website at: [www.hpcgc.org](http://www.hpcgc.org) or Email: [info@hpcgc.org](mailto:info@hpcgc.org).**

## Temporary Shelter

### Youth Hostels

In many larger cities—and most states—in the U.S., you will find youth hostels that are safe, clean and provide temporary shelter. If you are adventurous enough to travel, check out this website to find out which states have hostels and what facilities they have: **[www.hihostels.com](http://www.hihostels.com)**. Housing ranges from \$10 per night in Pembroke, NC, to \$29 in New York City. The **Pembroke, NC, Hostel** is in the **Baptist Student Center, 300 N. Odum St., UNC Pembroke, Pembroke, NC 28372. Phone: 910-5218777; Email: [pembrokehostel@carolina.net](mailto:pembrokehostel@carolina.net).**

Other temporary shelter information sources:

- **Guilford County: [www.hpcgc.org](http://www.hpcgc.org) then click on “Homeless: New Shelter?”**
- **Wake County: [www.wakegov.com/humanservices/about/default.htm](http://www.wakegov.com/humanservices/about/default.htm)**
- **Orange County: Inter-Faith Council for Social Services. Phone: 919-929-6380. [www.ifcweb.org/services.html](http://www.ifcweb.org/services.html)**

### Emergency or Safe Shelters in North Carolina

**A Safe Place** is a community program that sets up public locations as a network of places where youth in crisis can get immediate help. The YMCA has a hotline number and Safe Places you can go if you find yourself needing temporary shelter. Call 800-621-4000 to find out where one is near you. Safe Place sites may be in fire stations, YMCAs, Boys and Girls Clubs, libraries, fast food restaurants, convenience stores, other businesses, and even buses (mobile Safe Places). Look for the Safe Place sign. Or go to one of the Safe Houses in North Carolina. (see box below). If you are in a city with no Safe Place Program, find

- Friends or relatives who can give you dependable advice
- A teacher or guidance counselor at school
- A minister, rabbi, or priest
- Your parents, or a local youth shelter
- A community crisis hotline

# Beyond Shelter

## Need a Shower?

If you're not looking for a shelter, but just a place to shower and get coffee and breakfast: **Beloved Community Day Center**, 437 Arlington Street, Greensboro, NC. Hours at the Community Day Center are 7:00-11:00 a.m.

## Need a Meal?

Go to **www.hpcgc.org** and click on "Hungry? Need Food?" for a listing of free meals regularly served in Greensboro. Breakfast, lunch, and dinner places are listed there.

## Need a Way to Get to Work or School?

**Ride Boards**, "**Smart Commute**," and other ride-sharing programs have hit the Piedmont along with the soaring price of gas. Every day hundreds or thousands of people drive the route you take between your house and your job or school. If you don't have a car, you may be able to contribute money for gas to someone who does. If you have a car, you can share the price of gas, or carpool—in other words, you can take turns driving.

### How Do You Find People Willing to "Share Your Commute?"

- At your job, **put up a sign** with your route, times of day you need to drive, an offer to share gas, and contact information (your phone number).
- Send the same information to co-workers in an **email** at your job.
- **Ask** the administration **at your job or school** if they have ways to help people ride-share. More and more businesses are finding ways to help employees cut costs on gas.
- Go to **Share The Ride NC: [www.sharetheridenc.com/faq.html](http://www.sharetheridenc.com/faq.html)**  
How does it work? Share the Ride NC is a statewide commuter information network that connects you with various transportation options. When you register with Share The Ride NC, your commuting information is entered into a database that searches for other commuters with similar commutes and work hours. Individual riders, van-pools, and carpools are listed. This website includes frequently asked questions, so find the Internet and surf to this website.
- Go to: **[www.erideshare.com/carpool.php?dstate=NC](http://www.erideshare.com/carpool.php?dstate=NC)**. This is a listing of all places in NC to share rides. If you don't find one near you, post one yourself. If you're in Greensboro, a carpool on-line listing that you can use is:  
**[www.erideshare.com/carpool.php?city=Greensboro](http://www.erideshare.com/carpool.php?city=Greensboro)**

## Safe Houses in North Carolina



### GREENSBORO, NC

*Youth Focus*

<http://www.youthfocus.org>  
Phone: 336-333-6853 (Greensboro)  
Phone: 336-841-6083 (High Point)  
715 N. Eugene St., Greensboro, NC

### GASTONIA, NC

Julie Jahn - With Friends, Inc  
601 Mercy Drive (28012)  
P.O. Box 2182  
Gastonia, NC 28053-2182  
Phone: 704-866-7774  
Email: [jjahn@withfriendseyouthshelter.org](mailto:jjahn@withfriendseyouthshelter.org)

### CHARLOTTE, NC

Lakeisha Boggan, Coordinator  
The Relatives, Oklahoma City  
1100 East Boulevard  
Charlotte, NC 28203  
Phone: 704-377-0602, ext. 1303  
FAX: 704-335-0207  
Email: [lboggan@alexanderyouthnetwork.org](mailto:lboggan@alexanderyouthnetwork.org)

### RALEIGH, NC

Karen Bonnewell  
Haven House Services, Inc.  
706 Hillsborough Street, Suite 102  
Raleigh, NC 27603  
Phone: 919-833-3312  
FAX: 919-833-3512  
Email: [kbonnewell@havenhouseenc.org](mailto:kbonnewell@havenhouseenc.org)

### SANFORD, NC

Bill Carter - Hillcrest Youth Shelter/Lee County  
112 Hillcrest Drive  
Sanford, NC 27330  
Phone: 919-718-4650, ext. 5543  
FAX: 919-718-4635  
Email: [bill.carter@leecounty.com](mailto:bill.carter@leecounty.com)

### WINSTON-SALEM, NC

Valeria Greene - Host Homes  
621 W. 2nd Street, P. O. Box 20185  
Winston-Salem, NC 27108  
Phone: 336-725-4678  
FAX: 336-727-9333  
Email: [vygreene@hosthomes.com](mailto:vygreene@hosthomes.com)

## Location Location Location . . .

### Cost Affects Housing Expenses

### Cost May Be the Most Important Thing About Your Place

So, ask yourself some questions:

- Is it close to the places you need to go every day (work, school, etc.)?
- If you're paying low rent but spending hours a day getting around, it may not be worth the savings.
- If you have a car, how far will you have to drive to work?  
Gas is really pricey.
- If you are using public transport, how far will you have to walk to the bus stop?
- A bike is cheap and good exercise, but difficult for long distances and in rain.
- How safe is it?

## How to Find a Place to Rent

- Read the Classified ads in newspapers
- Look for 'For Rent' signs from the street
- Use local lists such as [www.craigslist.org](http://www.craigslist.org).
- Check out bulletin boards at local businesses