

**The Option Institute
International Learning and Training Center
Autism Treatment Center of America™**

Participant Information Guide

Participant Information Guide	4
Option Process® Dialogues And Son-Rise Consultations.....	4
Taping Of Class Material	4
Meals	4
Meal times during all one-week programs	4
Meal times during The Happiness Option	4
Meal times during the Inner-Strength Training Program.....	5
During the Grand Summer Sequence.....	5
During the Certification Program in January	5
Accommodations	5
Parking.....	5
Emergencies.....	5
Op Shop.....	5
Main Office.....	6
Telephones	6
Computer Internet Access	6
Buildings	7
Walking—Hiking—Running	9
Recycling	9
Local Towns.....	9
What To Bring With You	9
Clothing	9
Other	10
Area Lodging	10
Area Dining	11
Area Services	14
Automobile Repair and Service.....	14
Banks	14
Beauty Salons and Barber Shops	14
Copying and Faxing	14
Dentists	14
Department Stores	14
Doctors and Hospitals	15
Food Markets	15
Gas / Petrol Stations	15
Kennels	15
Laundry	15
Package Shipping	15
Pharmacies	15
Photo Developing.....	15
Local Taxi Services	16
The Option Institute Travel Directions	17
By Car	17
From West	17
From the North.....	17
From the East	17
From South/New York City - via the Taconic Pkwy	18
From South/New York City - via Route 684.....	18
By Plane	18
By Car From The Airport	19
From Albany International Airport, Albany, NY	19

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

From Bradley International Airport, Hartford, CT 19
From JFK International Airport, New York, NY 19
From La Guardia Airport, New York, NY 19
From Logan International Airport, Boston, MA 20
From Stewart Airport, Newburgh, NY 20
From Newark Airport, Newark, NJ 20
By Train 20
 From Most Locations 20
 From New York City by Commuter Train 21
 From JFK or La Guardia Airports, New York City, or Newark Airport, Newark, NJ 21
By Bus 21
 From JFK or La Guardia Airports, New York City, or Newark Airport, Newark, NJ 21
 From New York's Port Authority Terminal 21
 From Boston 21
 From Logan International Airport, Boston 21
 From Albany 22
 From Albany Airport 22
 From Bradley International Airport, Hartford, CT 22

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Participant Information Guide

Welcome! We've gathered together the following information in order to help make your stay here the most loving, nurturing and comfortable experience possible. Have a wonderful time!

Option Process[®] Dialogues And Son-Rise Consultations

Dialogues: Many people like to set up one-on-one Dialogue sessions while they are here. Scheduling a session with an Option Process Mentor/Counselor is a powerful way to deepen what you are learning during your program. Your Mentor will gently ask you questions to help you resolve your issues. Fees for these sessions depend on the mentor's level of experience. We recommend that you book your session(s) before you come, to assure that you get an appointment. For more information, please call us.

As you are walking on the property you may see staff people and program participants walking in twos, including Bears or Samahria. They are most likely doing an individual dialogue, so please do not disturb them at this time.

Consultations: Consultations with Son-Rise teachers have a different focus from the Dialogue and work especially well in tandem with a Dialogue. A consultation is a private one-on-one session with a Son-Rise teacher to answer in depth your personal questions about your child and/or the Son-Rise program.

Taping Of Class Material

Taping of class lectures is permitted; however, we do not allow taping of the other segments of your class-time as we desire to respect the privacy of the other individuals present.

Meals

Meals are included in our program tuition. Visitor meal tickets may be purchased from the front office for anyone not attending the program who would like to join you for a meal. Breakfast is \$4, lunch and dinner are \$8 each, and if all 3 meals are purchased the discounted total is \$17. All meals are served buffet style and consist of a variety of foods including fresh fruits and vegetables, whole grains, legumes, meat, cheese, eggs, tofu, breads, and a salad bar. **We are sorry, but we are unable to accommodate any special dietary requests.** If you do have specific dietary requests, please discuss your options with your program counselor.

Meal times during all one-week programs

Breakfast is from 7:30 – 8:15 AM on Monday through Friday.

Lunch is from 12:30 – 1:45 PM on Monday through Friday.

Dinner is from 6:00 – 6:45 PM on Monday through Thursday and 5:00 – 5:45 PM on Fridays.

You're welcome to join us for a cold breakfast on the Saturday after the program from 7:30 – 8:15 AM.

Meal times during The Happiness Option

Breakfast is from 7:30 – 8:15 AM on Friday, Saturday and Sunday.

Lunch is from 12:00 – 1:45 PM on Friday and 12:00 – 1:15 PM on Saturday and Sunday.

Dinner is from 5:00 – 6:45 PM on Thursday and 5:00 – 6:15 PM on Friday and Saturday.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 Fax: (413) 229-8931 E-mail: participantsupport@option.org

www.option.org

Meal times during the Inner-Strength Training Program

In addition to the meals provided for one-week programs, on the Saturday between the two program weeks, brunch will be served from 10:00 – 10:45 AM and dinner will be provided from 5:00 – 5:45 PM. Although no meals are served on Sunday, staple items (bread, milk, granola, fruit, etc.) and leftovers from the weekly meals will be available in the Taylor Roy Residence lounge kitchen for you to prepare for yourself.

During the Grand Summer Sequence

For participants staying over on weekends, there will be a cold breakfast available from 7:30 – 8:15 AM on Saturday and staple items will be available in the Taylor Roy lounge kitchen for the rest of the weekend. On Sunday night you are welcome to join incoming participants for snacks and hospitality from 5:00 – 8:45 PM in the Mountain House.

During the Certification Program in January

In addition to the meals provided for one-week programs, on Saturday between program weeks, breakfast will be served from 7:30 – 8:15 AM, lunch from 12:30 – 1:45, and dinner from 5:00 – 5:45. On Sundays brunch will be available from 10:00 – 10:45 AM and dinner will be served from 5:00 – 5:45.

Accommodations

Lodging is included in our program tuition for all participants. Participants stay in comfortable housing facilities located on our property. Standard accommodations are two people per room (on rare occasions three per room) with shared hallway bathrooms. During The Greatest Hits program, all participants have a private room. We have a limited number of single rooms with and without private baths. These must be reserved early and cost extra. For all programs, sheets and towels are included with the accommodations. Towel changes are done on Sundays and Wednesdays. If you think that you will need more frequent towel changes, please bring additional towels with you.

Parking

Parking lots are provided with enough parking spaces for everyone in your program. Please do not park your car in any other location on the property other than the parking lots. If you find problems with parking, please let the main office know and they will take care of any special circumstances.

Emergencies

During office hours, please obtain assistance from our staff in the main office. They can also be reached by calling 413-229-2100 or 1-800-714-2779. If you need to be reached during a family emergency, family members may call the main office during office hours and a message will be delivered to you based upon the urgency of the situation. For an after office hours **emergency or guesthouse problem**, please obtain assistance from Lisbeth in the Arbor House. She can also be reached on her telephone at 1-860-435-7093 or her pager at 1-413-290-5297 or toll free at 1-888-325-8797. Please leave a message including your name, location, and the nature of your emergency or specific problem.

Op Shop

The Op Shop in the Mountain House has a variety of items such as the Kaufman's books and tapes along with Option Institute T-shirts, gifts, etc. Phone cards are also available to purchase. If the Op Shop is closed, you can buy Institute books and tapes at the office during office hours. We accept Visa and MasterCard, travelers checks and cash. During programs, the Op Shop is

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER
2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org
www.option.org

open 12:45 – 1:45 PM Monday through Friday. Occasionally there will be additional hours. Please see the sign posted on the Op Shop door for the most up to date information.

Main Office

The office hours are 8:15 AM to 5:30 PM, Monday through Thursday and 8:15 AM to 5:00 PM on Fridays. Our office staff is available to help in whatever way they can. The office is the place for you to send out mail, receive messages, or pick up any Institute literature that you want. Callers can also leave a message with the office, (413) 229-2100. This phone is on an answering machine when the office is closed. If you are having any difficulty with your accommodations, contact the office as soon as possible.

We have a beautiful Martin acoustic guitar available for your enjoyment while you're here with us. This guitar was given to The Option Institute by a donor for our participant use. It can be signed out at the main office. Enjoy!

Telephones

In order to keep the office phones open for business, we ask that you use public phones located on the property for your personal calls. There is a public phone located at every participant residence. All of the rooms in the Taylor Roy Residence and two of the private rooms in Woodland House have their own phone. Additionally, a wooden phone booth is located outdoors next to the adult swings by the main parking lot, and the Mountain House Dining Hall has two pay phones that can be used when this building is open. The Arbor House, Son-Rise House, Woodland private room, and Taylor Roy Residence phones are **PHONE CARD USE ONLY**, all others accept change. Phone cards can be purchased in the Op Shop or at registration check-in prior to a program.

Please note: Cellular phone reception on our campus is inconsistent. Our experience is that Verizon and Cingular provide the best area service. Please plan accordingly.

Computer Internet Access

We have wireless Internet service available in every building on our property.

In addition, the *Ravine House Group Room* has two phone-jacks conveniently located near desks. These can be used with your laptops for dial-up Internet access. Outgoing calls must be toll-free or a local Connecticut number. You will need to obtain from your Internet Service Provider (ISP) a 1-800-phone number so you can gain access.

If they do not have a toll-free number, ask your ISP for an access telephone number that is local for Northwest Connecticut, specifically Salisbury, Canaan, Sharon or Lakeville. For all of these towns the area code is 860, and they use the following exchanges: 435, 453, 824, 364, 397, 492, and 596. If you are staying in the *Taylor Roy Residence*, please ask your ISP for a phone number that is local for Southwest Massachusetts, specifically Great Barrington and Sheffield. For these towns the area code is 413, and they use the following exchanges: 528, 644, 229 and 258. Your ISP will explain how to input this phone number into your computer. If neither of these options work with your ISP, you may use an ATT, MCI, or other telephone calling card in order to pay for your outgoing call to your home access number. This is more complicated, however, since all of these numbers must be input into your computer when it makes the call. Call your ISP for assistance.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER
2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org
www.option.org

The local Scoville Memorial Library provides Internet access to the public. Please call (860) 435-2838 for their most recent hours of service before planning your visit.

Directions to the library: Take a right out of the Institute's entrance onto Rt. 41 South. Drive for about 10 minutes into the center of the town of Salisbury. The library will be the big stone building on the left.

Buildings

A few points to keep in mind in using all of the buildings on the property:

1. There is no smoking permitted in any of the buildings. Please use the ashtray found outside each building to dispose of ash and cigarettes only.
2. As we are located in a rural environment and to maintain the cleanliness of our facilities, *please remove your shoes* upon entering all buildings. For your convenience there are shoe racks available for your use inside. (Shoes are required in the Mountain House-dining hall.)
3. Please keep any valuables either on your person or locked in your suitcase.
4. Please close your windows when leaving buildings as we often have surprise rain showers.
5. Because of the fire hazard, lighting candles or incense is not permitted in any building.
6. If you find anything broken or a light bulb that is burned out, please inform the office staff.
7. Although some buildings are equipped with kitchens we do not allow cooking of any kind without special permission.

Hilton Summit House

This is our newest teaching facility. With full handicap accessibility and seating capacity for both large and small groups, it features state-of-the-art multimedia capabilities, facilities for translators, plenty of bathrooms, and a lounge area with water fountains. We request that you do not bring food or drink into the classroom. Water in a sealable bottle is permitted.

Option House

This is another building where classes are sometimes held. There are two bathrooms located downstairs on your right as you enter. There is also a water dispenser at the bottom of the stairs. We ask that you do not bring any food or drink upstairs into the classroom area - an exception is water in a sealable bottle.

Mountain House

This is the dining hall where meals are served. The Op Shop (book and tape store) is also located here and the hours are posted outside its door. You may also enjoy your meals outdoors (weather permitting) on the picnic tables located on the deck. Two pay phones are also available inside. The Mountain House is open during mealtimes only. If you are expecting calls during your program, please give potential callers the times you will be attending meals (allowing time for getting to and from class), and the following numbers to contact you: (413) 229-2509 or (413) 229-3246.

Arbor House

The building adjacent to the parking lot is the Arbor House. Volunteers and people in long-term training programs live here. At times, we also accommodate guests in this building. Unless you are staying in this house, we ask that you respect the staff's privacy by not going into this building, as it is their home.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Ravine House

This building is one of the residences for program participants. As you walk into the building, there is a group room just off to the right. This is an area for small group gatherings, exercising, stretching, meditation, etc. There are two phone jacks in this room where participants can connect to the Internet using a dial-up service provider. A pay phone is also available for everyone's use in a phone room located in the back of the building. Parking for Ravine House residents is available in the main parking lot.

Woodland House

This building is housing for program participants. The bathrooms on the first floor are for everyone's use. There are a limited number of rooms available with a private bath and phone in this building. These must be reserved early and cost extra. Calling cards are required for the private phones. A pay phone is available for everyone's use in the phone room located in the front of the building. The Woodland House has parking space available for seven cars. Please park in the main parking lot if they are filled.

Taylor Roy Residence

This is our newest housing facility. It is attached to our dining hall and features exquisite accommodations, handicap accessibility, gorgeous wooded views, and climate control. Each room has king and/or queen-size beds, telephones, Internet accessibility, private baths with hair dryers, a sitting area, and more. Some rooms also have fax machines and refrigerators. There is a spacious lounge exclusively for guests, where you can relax and socialize with friends. These rooms cost extra. Please contact our program/family counselors for additional information by calling 413-229-2100.

Son-Rise House

The Son-Rise House has three housing units as well as many staff offices. Unit 1 is used for participant housing. There are two bathrooms in the unit for everyone's use. Parking is available for Son-Rise House residents in the parking areas next to the building. Son-Rise Units 2 and 3 are housing units with playrooms used for the Son-Rise Program Intensive. We ask that you please respect the privacy of the families who are here to work with their children by not going in or near these units.

The Cottage

The building near the path by the pond has recently been remodeled and houses a massage studio as well as men's and women's saunas. Massage sessions are available during most programs. The saunas are available to those participants scheduling massages as well as those who opt to stay in the Taylor Roy Residence or the two deluxe (with private baths) rooms in Woodland House.

Connecticut Barn

The Connecticut Barn is an exercise room as well as a great place to socialize, view videotapes, listen to audio-taped lectures, or just to meditate and relax. No food or drinks are allowed in this building with the exception of water in a sealable bottle. A water dispenser is located inside. There is a full range of exercise equipment and a ping-pong table available for your use. If you're planning on using the equipment, please bring an extra pair of sneakers for inside-use only. Please sign in and out of the Exercise Log Book (red binder) before and after using any of the equipment. You are exercising at your own risk. Please use caution and follow posted safety guidelines when using the machines. Additionally, a TV (for video watching only) with a VCR and DVD player, a stereo with CD and cassette player, and couches for lounging are available for your use. The building has no bathrooms however, so please plan to use the other nearby facilities before or after your visit.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Walking—Hiking—Running

Please use the trail and/or property map included in your registration materials as a guide to the many beautiful areas that you may want to explore while you are staying on the property. There are extra maps at the lighted arbor sign in the parking lot. Three gazebos, an adult-size swing set, and many scenic walks are on our property for participants to explore and enjoy. There are also two hiking trails on our property. Both are approximately 30-minute hikes each way. One trail winds along the ravine and explores several small waterfalls. The other leads up to a scenic lookout point on a mountain peak where you can view the entire property and surrounding area. You may ask the office staff and they will be happy to explain where these trails begin. For safety, ***please do not go on the hiking trails alone.*** In the past, people have gotten lost and sometimes injured. You will be hiking at your own risk. Please be cautious and bring plenty of water. Always let someone know what trail you will be hiking along, and how long you expect to be gone.

Some areas on property are private areas near residences. These areas are designated with signs and include some places near the Main House, the areas near the Son-Rise Program Intensive family units, and the private driveway near the Option House. In order to respect the privacy of the residents, we ask you to please stay away from any areas designated private.

Please also be aware that there are ticks on our property and take reasonable precautions. You will receive further information when you arrive for your program.

Recycling

There are containers for recycling in all of the residences. Glass bottles, plastic bottles, aluminum cans, clean paper, and magazines can all be recycled. Please recycle clean materials only.

Local Towns

In **Connecticut** (bear right as you exit the driveway onto Route 41 South) are the towns of Salisbury and (a little farther) Lakeville. You will find a Laundromat in Lakeville and a grocery store in Salisbury. Both towns have a variety of small shops and restaurants. There is also a post office and a bank with an ATM in Salisbury.

In **Massachusetts** – which is out the driveway and to the left (Route 41 North). About 4 miles down the road, turn right onto Berkshire School Road. At the end of Berkshire School Road turn left onto Route 7 North. This will take you into the town of Sheffield. About 10 miles up the road is Great Barrington. The closest shops are in Sheffield where there is a pharmacy, small market, post office and gas station. In Great Barrington, you will find several Laundromats, a movie theater, two shopping centers, and many shops and services as well as banks.

What To Bring With You

Clothing

As you are packing, please plan for the unpredictable nature of New England weather. We typically have a warm humid Summer, crisp cool Autumn, freezing snowy Winter, and cool rainy Spring. Please check the Berkshire Mountain area weather forecast before packing.

- Informal, loose-fitting clothing that you would be comfortable wearing for gentle stretching exercises or sitting on the floor

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER
2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org
www.option.org

- Shoes that slip on and off easily. We remove shoes inside the buildings and shoes that don't require a lot of effort to put on or take off such as sandals, moccasins, or loafers are best. You may also want to bring indoor slippers to wear inside the buildings (optional).
- Walking shoes and comfortable study clothes for outdoor activities, as well as hiking boots if you wish to go hiking during your stay.
- Gym shoes for use in the Connecticut Barn.
- Hooded rain jacket/poncho and umbrella (all seasons)
- Boots in Winter/Spring: We get lots of snow, ice and mud, so bring footwear that is waterproof and prevents slipping on ice
- Warm outerwear from Oct – April: you will do a good deal of walking between buildings, so be prepared with warm jackets, gloves, hat, etc.
- Bathing suit (summer)
- “Dressy” clothes should you wish to visit area cultural events & restaurants in the evenings

Other

- Toiletries (including soap)
- Alarm clock
- **Journal/notebook and pen**
- A water bottle for drinking water in class, or while walking around property
- The Son-Rise Program Start-Up Manual (if coming for Maximum Impact or New Frontiers Program)
- A light bag or knap-sac to carry materials and personal items around with you
- Stationary (stamps are available for purchase at the Main Office)
- **Flashlight**
- Insect repellent (spring and summer)
- Photo-identification (driver's license, passport, etc.)
- Telephone calling card (also available for purchase at the Op-Shop/Bookstore and Registration Check-in)
- A tape recorder if you wish to listen to any lecture tapes you might purchase or loan during your stay

Please leave unnecessary valuables (e.g. expensive jewelry) at home. There are no safes on the property and **you cannot lock your room door unless you are inside.**

Please Note: Pets, candles, incense, alcohol, and illegal drugs are not allowed on property.

Area Lodging

The following hotels and inns offer discount to participants at The Option Institute as well as people interviewing or working at the Institute. Please call them for their base rates as they change seasonally or even monthly.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Berkshire 1802 House

413-229-2612

15% discount, or 20% if stay more than 4 consecutive nights

Holiday Inn Express Hotel

413-528-1810

20% discount

Days Inn

413-528-3150

15% discount

Birch Hill Bed and Breakfast

413-229-2143

10% discount or more

Wainwright Inn

413-528-2062

20% discount (approximately)

Egremont Inn

413-528-2111

20% off on weekdays

10% off on weekends

Area Dining

There are many restaurants near The Option Institute. Please call them to get their hours as they can vary according to season and day of the week.

Stagecoach Restaurant

854 South Undermountain Road

Sheffield, MA

413-229-8585

About 3 miles from The Option Institute

White Hart Inn

15 Undermountain Road

Salisbury, CT

860-435-0030

800-832-0041

About 5 miles from The Option Institute

Chaiwalla

1 Main Street

Salisbury, CT

860-435-9758

About 5 miles from The Option Institute

Country Bistro

10 Academy Street

Salisbury, CT

860-435-9420

About 5 miles from The Option Institute

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

The Boathouse at Lakeville

349 Main Street
Salisbury, CT
860-435-6888
About 7 miles from The Option Institute

China Inn

343 Main Street
Salisbury, CT
860-435-6888
About 7 miles from The Option Institute

Village on the Green Restaurant and Pizzeria

113 South Main Street
Sheffield, MA
413-229-7500
About 7 miles from The Option Institute

Woodland

192 Sharon Road
Lakeville, CT
860-435-0578
About 8 miles from The Option Institute

Limey's Restaurant

650 North Main Street
Sheffield, MA
413-229-9000
About 8 miles from The Option Institute

Route 7 Barbeque

999 Main Street
Great Barrington, MA
413-528-3235
About 11 miles from The Option Institute

Aroma Bar and Grill

485 Main Street
Great Barrington, MA
413-528-3116
About 12 miles from The Option Institute

Bogie's Steak and Ale

935 Main Street
Great Barrington, MA
413-528-5959
About 12 miles from The Option Institute

Manhattan Pizza Company

490 Main Street #4
Great Barrington, MA
413-528-2550
About 12 miles from The Option Institute

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Subway

323 Main Street
Great Barrington, MA
413-528-6064
About 12 miles from The Option Institute

Azteca Taqueria

284 Main Street
Great Barrington, MA
413-528-3322
About 12 miles from The Option Institute

Babalouie's Sour Dough Pizza

286 Main Street
Great Barrington, MA
413-528-8100
About 12 miles from The Option Institute

Glory of India Restaurant

312 Main Street
Great Barrington, MA
413-528-3651
About 12 miles from The Option Institute

Helsinki Tea Company

284 Main Street
Great Barrington, MA
413-528-3394
About 12 miles from The Option Institute

Neighborhood Diner

282 Main Street
Great Barrington, MA
413-528-8226
About 12 miles from The Option Institute

Allium

44 Railroad Street
Great Barrington, MA
413-528-2118
About 12 miles from The Option Institute

Martin's Restaurant

49 Railroad Street
Great Barrington, MA
413-528-5455
About 12 miles from The Option Institute

Pearl's

47 Railroad Street
Great Barrington, MA
413-528-7767
About 12 miles from The Option Institute

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Castle Street Café

10 Castle Lane
Great Barrington, MA
413-528-5244
About 12 miles from The Option Institute

Area Services

Automobile Repair and Service

D&S Automotive

413-644-8800
926 Main Street
Great Barrington, MA

Pete's at Sunoco

413-229-8503
69 S. Main Street
Sheffield, MA

Watson's Automotive

413-229-6613
1149 N. Main Street
Sheffield, MA

Precision Autocraft

413-528-1457
1939 N. Main Street
Great Barrington, MA

Banks

Berkshire Bank

413-528-1664
244 Main Street
Great Barrington, MA

Lee Bank

413-528-5531
279 Main Street
Great Barrington, MA

Legacy Banks

800-292-6634
700 Main Street #7
Sheffield, MA

Salisbury Bank & Trust Co.

413-229-5000
73 Main Street
Sheffield, MA

413-229-8516
103 N. Main Street
Sheffield, MA

860-435-9801
5 Bissell Street
Lakeville, CT

Beauty Salons and Barber Shops

Shear Image

413-229-3650
75 Main Street
Sheffield MA

Michele's Salon and Day Spa

413-528-9999
54 Stockbridge Road
Great Barrington, MA

David Gavin's

413-528-4848
271 Main Street
Great Barrington, MA

Ken's Barber Shop

413-528-2820
611 Main Street #102
Great Barrington, MA

Copying and Faxing

Staple's

413-644-0235
740 Main Street
Great Barrington, MA

Kwik Print

413-528-2885
35 Bridge Street
Great Barrington, MA

Bill's Pharmacy

413-528-2860
362 Main Street
Great Barrington, MA

Ye Olde Pack and Ship Shoppe

413-528-220
1210 Main Street
Great Barrington, MA

Dentists

Mark Aaron, DDS

413-528-5366
314 Main Street
Great Barrington, MA

Community Health Programs Dental

413-526-5565
343 Main Street
Great Barrington, MA

Delair and Edwards

413-528-0181
20 Lewis Avenue
Great Barrington, MA

Frederick Hyman, DDS

413-528-4680
29 Church Street
Great Barrington, MA

Department Stores

Kmart

413-528-9063
546 Stockbridge Road
Great Barrington, MA

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

Doctors and Hospitals

East Mountain Medical Associates

413-528-2418
780 Main Street
Great Barrington, MA

Fairview Hospital

413-528-0790
29 Lewis Avenue
Great Barrington, MA

Food Markets

Labonne's Epicure

860-435-2559
22 Academy Street
Salisbury, CT

Guido's Fresh Marketplace

413-528-4913
760 Main Street
Great Barrington, MA

Big Y Supermarket

413-528-1314
740 Main Street
Great Barrington, MA

The Berkshire Coop Market

413-528-9697
42 Bridge Street
Great Barrington MA

Gas / Petrol Stations

Mobil

413-229-2304
147 Main Street
Great Barrington, MA

Gulf

413-528-9851
140 Main Street
Great Barrington, MA

Getty

413-528-0755
123 Main Street
Great Barrington, MA

Mobil

413-528-1185
696 Main Street
Great Barrington, MA

Kennels

Sand Road Animal Hospital

877-738-8382
136 Sand Road
Falls Village, CT

Bow Meow Regency Kennel

413-229-0035
92 Cook Road
Sheffield, MA

Hayes Happy Dog

413-229-5999
560 S. Main Street
Sheffield, MA

Bilmar Boarding and Grooming

413-528-1180
770 Main Street
Great Barrington, MA

Laundry

Easy Wash Laundries

413-528-5566
740 Main Street
Great Barrington, MA

Individual Laundry

413-528-1990
11 School Street
Great Barrington, MA

Package Shipping

Arnoff Moving and Storage

413-528-2201
210 Main Street
Great Barrington, MA

DHL Shipping Center

800-225-5345
210 Main Street
Great Barrington, MA

Kwik Print

413-528-2885
35 Bridge Street
Great Barrington, MA

Pharmacies

Bill's Pharmacy

413-528-2860
362 Main Street
Great Barrington, MA

Rite Aid

413-528-2424
197 Main Street
Great Barrington, MA

Rite Aid

413-528-5460
700 Main Street
Great Barrington, MA

Big Y Pharmacy

413-528-1314
740 Main Street
Great Barrington, MA

Photo Developing

Snap Shop

413-528-4725
14 Railroad Street
Great Barrington, MA

Rite Aid

413-528-5460
700 Main Street
Great Barrington, MA

Kmart

413-528-9063
546 Stockbridge Road
Great Barrington, MA

Rite Aid

413-528-2424
197 Main Street
Great Barrington, MA

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 Fax: (413) 229-8931 E-mail: participantsupport@option.org

www.option.org

Local Taxi Services

**Lakeville Taxi
Company**
860-435-8000
19 Railroad Street
Salisbury, CT

Taxico
413-528-0911
40 Rosseter Street
Great Barrington, MA

Rainbow Taxi
10 Pleasant St,
Pittsfield MA
(413) 499-4300

Park Taxi
413-243-0020
235 Water Street
Lee, MA

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER
2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org
www.option.org

The Option Institute Travel Directions

By Car

From West

If taking Interstate 88 or 90, continue on Interstate 90 to Exit B-3 (Route 22, Austerlitz/New Lebanon) Take this exit.

- Follow Route 22 South for 9 miles to Route 71 east.
- Take a left onto Route 71.
- Follow this about 6.5 miles to Creamery Road.
- Take a right onto Creamery Road.
- Follow for about 1.5 miles to Route 23 West/Route 41 South.
- After less than a mile, take a left at the flashing yellow light on Route 41 South. Watch your odometer: *After about 8 miles*, look for the stone pillar entrance to the Institute on the right. It is across the street from the sign reading "Entering Salisbury, CT."

If taking Interstate 84, take Exit 16N for the Taconic Parkway North. **Important:** only cars are allowed, no *passenger trucks*.

- Follow the Taconic Pkwy to Route 44 East.
- Take Route 44 East to Salisbury, CT.
- In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

If taking Interstate 80, take I-287 east over the Tappan Zee Bridge to I-684 North.

- Stay on Rte. 684 until it ends and becomes Rte. 22. Ignore other exits that say Rte. 22- stay on until the end of I-684.
- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

From the North

From either direction on Interstate 90, take Exit B-3 (Route 22, Austerlitz/New Lebanon).

- Follow Route 22 South for 9 miles to Route 71 east.
- Take a left onto Route 71.
- Follow this about 6.5 miles to Creamery Road.
- Take a right onto Creamery Road.
- Follow for about 1.5 miles to Route 23 West/Route 41 South.
- After less than a mile, take a left at the flashing yellow light on Route 41 South. Watch your odometer: *After about 8 miles*, look for the stone pillar entrance to the Institute on the right. It is across the street from the sign reading "Entering Salisbury, CT."

From the East

- Take the Massachusetts Turnpike (Interstate 90) to the Exit for Lee, MA (Exit 2). Turn left Rte. 20 East (about 100 yards) to Rte. 102.
- Turn right on Rte. 102 West for 3-4 miles.

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 Fax: (413) 229-8931 E-mail: participantsupport@option.org

www.option.org

- In Stockbridge, MA, turn left onto Rte. 7 South (at The Red Lion Inn).
- After approximately 6 miles, Rte. 7 bears to the right. It then comes to a “T” intersection where it joins Rtes. 23 & 41 in Great Barrington. Turn left at this intersection.
- At the fourth stoplight, take a right on Routes 41 and 23, towards South Egremont.
- Go about 4 miles, take a left at the flashing yellow light on Route 41 South. Watch your odometer: *After about 8 miles*, look for the stone pillar entrance to the Institute on the right. It is across the street from the sign reading “Entering Salisbury, CT.”

From South/New York City - via the Taconic Pkwy

Important: only cars are allowed, no passenger trucks

- Take the Bronx River Pkwy North to the Sprain Brook Pkwy.
- The Sprain Brook Pkwy becomes the Taconic Pkwy.
- Follow the Taconic Pkwy to Route 44 East.
- Take Route 44 East to Salisbury, CT.
- In Salisbury, turn left onto Route 41 North. Watch your odometer: After about 5 miles, watch for a large sign saying “Entering Sheffield, MA.”
- Opposite the sign is the stone pillar entrance to the Option Institute.

From South/New York City - via Route 684

From the West Side of Manhattan, it is easiest to take the Henry Hudson Parkway North to the Saw Mill Parkway North. You’ll be on the Saw Mill Parkway for about 35 minutes before you join Interstate 684 North.

- Once on Interstate 684 North, stay on it until it ends and becomes Rte. 22. Ignore other exits that say Rte. 22- stay on until the end of I-684.
- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying “Entering Sheffield, MA.”
- Opposite the sign is the stone pillar entrance to the Option Institute.

Or, take the Major Deegan Expwy (87 North) to the New York Thruway East (Rte. 287).

Take the Thruway to Interstate 684 North. Once on Interstate 684 North, stay on it until it ends and becomes Rte. 22. Ignore other exits that say Rte. 22- stay on until the end of I-684.

- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying “Entering Sheffield, MA.”
- Opposite the sign is the stone pillar entrance to the Option Institute.

By Plane

Several airports serve the area. Our recent experience indicates that airline fares can vary greatly. Thus, it may be worthwhile to try shopping around for the best fares to the following airports:

- **Albany, New York** (1.5 hours by car to The Option Institute)
- **Hartford, Connecticut** (Bradley International Airport, 1.5 hours by car, 53 miles)
- **New York City, New York** (John F. Kennedy or La Guardia International Airports, 3 hours by car)
- **Boston, Massachusetts** (Logan International Airport, 3 hours by car)
- **Newburgh, New York** (Stewart International Airport, 2 hours by car)
- **Newark, New Jersey** (3 hours by car)

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

By Car From The Airport

The follow are sets of directions from various area airports to The Option Institute.

From Albany International Airport, Albany, NY

Follow airport exit signs to interstates I87/I90.

- At first intersection, take right for Interstate 87 south.
- Take almost to end (less than 4 miles) to exit 1 I90 (sign says east to Boston or west to Buffalo. Stay in left lane to go to I90 heading east.
- On Interstate 90, take Exit B-3 (Route 22, Austerlitz/New Lebanon). Follow Route 22 South for 9 miles to Route 71 east.
- Take a left onto Route 71.
- Follow this about 6.5 miles to Creamery Road.
- Take a right onto Creamery Road.
- Follow for about 1.5 miles to Route 23 West/Route 41 South.
- After less than a mile, take a left at the flashing yellow light on Route 41 South. Watch your odometer: *After about 8 miles*, look for the stone pillar entrance to the Institute on the right. It is across the street from the sign reading "Entering Salisbury, CT."

From Bradley International Airport, Hartford, CT

- The airport exits directly onto a four-lane highway. Take the first exit off of this interstate onto Rte. 20 West towards Granby.
- Go West on Route 20 through East Granby and West Granby (about 8 to 10 miles).
- Turn left onto Route 219 South.
- Take Route 219 until Rte. 318 West curves to the right.
- 318 ends at Rte. 44. Turn right onto Route 44 West.
- Take Route 44 through Winsted, Norfolk, East Canaan, Canaan and into Salisbury, CT (about 35 minutes).
- In Salisbury, turn right onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to The Option Institute.

From JFK International Airport, New York, NY

- Take 678 North (Van Wyck Expressway, becomes Whitestone Expressway) all the way to the Whitestone Bridge. Cross it (toll charged). Stay left and get onto the Hutchinson River Parkway North.
- Stay on this for about 35 minutes to the Exit 26 (Rt.I-684 North).
- Once on Interstate 684 North, stay on it until it ends and becomes Rte. 22. Ignore other exits that say Rte. 22- stay on until the end of I-684.
- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

From La Guardia Airport, New York, NY

- Take the Grand Central Pkwy East (Long Island East) to the Whitestone Expressway North. Follow the signs to the Whitestone Bridge. Cross the bridge (toll charged).
- Stay left and get onto the Hutchinson River Parkway North.
- Stay on this for about 35 minutes to the Exit 26 (Rt.I-684 North).

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

- Once on Interstate 684 North, stay on it until it ends and becomes Rte. 22.
- Ignore other exits that say Rte. 22- stay on until the end of I-684.
- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

From Logan International Airport, Boston, MA

- From the terminal, follow the signs to the Massachusetts Turnpike (Interstate 90).
- Take the Mass Pike for about 120 miles to the Exit for Lee, MA (Exit 2).
- Turn left Rte. 20 East (about 100 yards) to Rte. 102.
- Turn right on Rte. 102 West for 3-4 miles.
- In Stockbridge, MA, turn left onto Rte. 7 South (at The Red Lion Inn).
- After approximately 6 miles, Rte. 7 bears to the right. It then comes to a "T" intersection where it joins Rtes. 23 & 41 in Great Barrington. Turn left at this intersection.
- At the fourth stoplight, take a right on Routes 41 and 23, towards South Egremont.
- Go about 4 miles, take a left at the flashing yellow light on Route 41 South.
- Watch your odometer: *After about 8 miles*, look for the stone pillar entrance to the Institute on the right. It is across the street from the sign reading "Entering Salisbury, CT."

From Stewart Airport, Newburgh, NY

- From the airport, head south on Breunig Rd toward Little Britain Rd/RT-207.
- Turn left at Little Britain Rd/RT-207. Turn left at RT-300/Union Ave.
- Take the exit onto Interstate 84 East toward Beacon.
- From Interstate 84, take Exit 16N for the Taconic Parkway North. Important: only cars are allowed, no passenger trucks.
- Follow the Taconic Pkwy to Route 44 East.
- Take Route 44 East to Salisbury, CT.
- In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

From Newark Airport, Newark, NJ

- Take the New Jersey Turnpike North to the Palisades Parkway North.
- Take the Palisades Parkway to I-287 East over the Tappan Zee Bridge to I-684 North.
- Once on Interstate 684 North, stay on it until it ends and becomes Rte. 22. Ignore other exits that say Rte. 22- stay on until the end of I-684.
- Follow Rte. 22 North to Millerton, NY and turn right onto Rte. 44 East.
- Take Rte. 44 East to Salisbury, CT. In Salisbury, turn left onto Route 41 North. Watch your odometer: *After about 5 miles*, watch for a large sign saying "Entering Sheffield, MA."
- Opposite the sign is the stone pillar entrance to the Option Institute.

By Train

From Most Locations

Amtrak 1-(800) 872-7245 or (413) 785-4230. There is one train daily from Albany, Boston and Springfield, arriving Pittsfield, 33 miles via local taxi to The Option Institute. Reservations

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

required. See [Local Taxi Services](#). Driving Service Preston Doane is least expensive, around \$65.

From New York City by Commuter Train

Take the Metro North Train (1-800-METRO-INFO or 212-532-4900) from Grand Central Station to Wassaic, NY [\$13.25(off peak hours) - \$17.75 (peak hours)]. To travel from Wassaic to The Option Institute, call one of the limousine/taxi services *in advance* and make reservations. See [Local Taxi Services](#) (Lakeville Taxi is least expensive).

From JFK or La Guardia Airports, New York City, or Newark Airport, Newark, NJ

Check at the local/ground transportation counter for info on buses. From LaGuardia and JFK take New York Airport Service Bus (718-875-8200); From Newark take Olympia Airport Express (877-894-9155). Taxis are also available. Go from the airport to Grand Central Station in Manhattan, 42nd Street. Take the Metro Rail North train to Wassaic, NY [\$13.25(off peak hours) - \$17.75 (peak hours)]. To travel from Wassaic to The Option Institute, call one of the limousine/taxi services *in advance* and make reservations. See [Local Taxi Services](#) (Lakeville Taxi is least expensive).

By Bus

From JFK or La Guardia Airports, New York City, or Newark Airport, Newark, NJ

Check at the local/ground transportation counter for info on busses. From LaGuardia and JFK take New York Airport Service Bus (718-875-8200); From Newark take Olympia Airport Express (877-894-9155). Taxis are also available. Go to the New York Port Authority Bus Terminal in Manhattan. Take Bonanza Bus Lines (800-556-3815) to Sheffield, MA. From Sheffield to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (AA Transport, Taxico and Doane Preston Driving Service are the least expensive).

From New York's Port Authority Terminal

Take Bonanza Bus Lines (800-556-3815) to Sheffield, MA. From Sheffield to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (AA Transport, Taxico and Doane Preston Driving Service are the least expensive).

From Boston

At South Station, 700 Atlantic Ave in downtown Boston, purchase a Peter Pan (800-237-8747) ticket to Springfield [Springfield Bus Terminal (413-781-2900)] with a connection to Lee. From Lee to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (From Lee, Park Taxi is least expensive).

From Logan International Airport, Boston

South Station is the Peter Pan/Greyhound bus terminal, located at 700 Atlantic Avenue (617-526-1800). To get there, take the shuttle that says, "South Station" paying the driver around \$6.00. If you need assistance, inquire at the transportation/information desk at the airport baggage claim area. At South Station, purchase a Peter Pan (800-237-8747) ticket to Springfield [Springfield Bus Terminal (413-781-2900)] with a connection to Lee. From Lee to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (from Lee, Park Taxi is least expensive).

THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org

From Albany

The bus leaves from the Greyhound Bus Terminal, at 34 Hamilton Street. Buy a Greyhound (800-231-2222), Bonanza (800-556-3815) or Peter Pan (800-237-8747) ticket to Sheffield, Lee or to Pittsfield, (whichever is first available). From Sheffield Lee or Pittsfield to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (from Sheffield, AA Transport and Taxico are the least expensive. From Pittsfield, Rainbow Taxi is least expensive).

From Albany Airport

Albany Airport: (518-242-2200). Take a local bus (\$1.00) or take a taxi (around \$13.00) to the Greyhound Bus Terminal at 34 Hamilton St [Capital District Transit Authority (518)-482-8822]. The bus leaves from the Greyhound Bus Terminal, at 34 Hamilton Street. Buy a Greyhound (800-231-2222), Bonanza (800-556-3815) or Peter Pan (800-237-8747) ticket to Sheffield, Lee or to Pittsfield, (whichever is first available). From Sheffield Lee or Pittsfield to The Option Institute, call and make reservations with one of the limousine/taxi services. See [Local Taxi Services](#) (from Sheffield, AA Transport and Taxico are the least expensive. From Pittsfield, Rainbow Taxi is least expensive).

From Bradley International Airport, Hartford, CT

A Peter Pan bus (800-237-8747) will pick you up directly at the airport terminal. You may purchase your ticket at the Connecticut Limousine Ticket Counter near the baggage claim area. Request a ticket to Springfield, MA with a connection to Sheffield or to Lee (whichever is first available). From Sheffield or Lee to The Option Institute, call and make reservations with one of the limousine/taxi services.



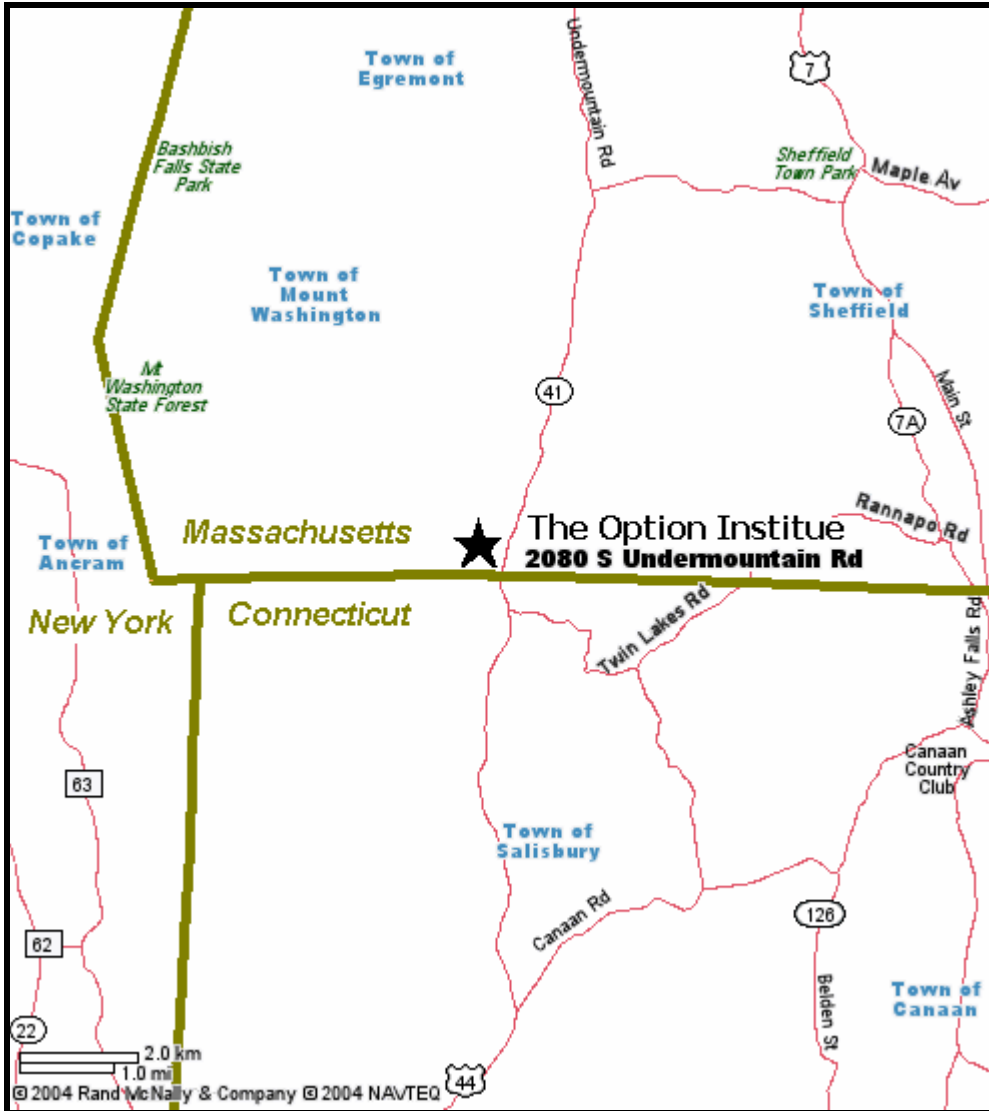
THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 **Fax:** (413) 229-8931 **E-mail:** participantsupport@option.org

www.option.org



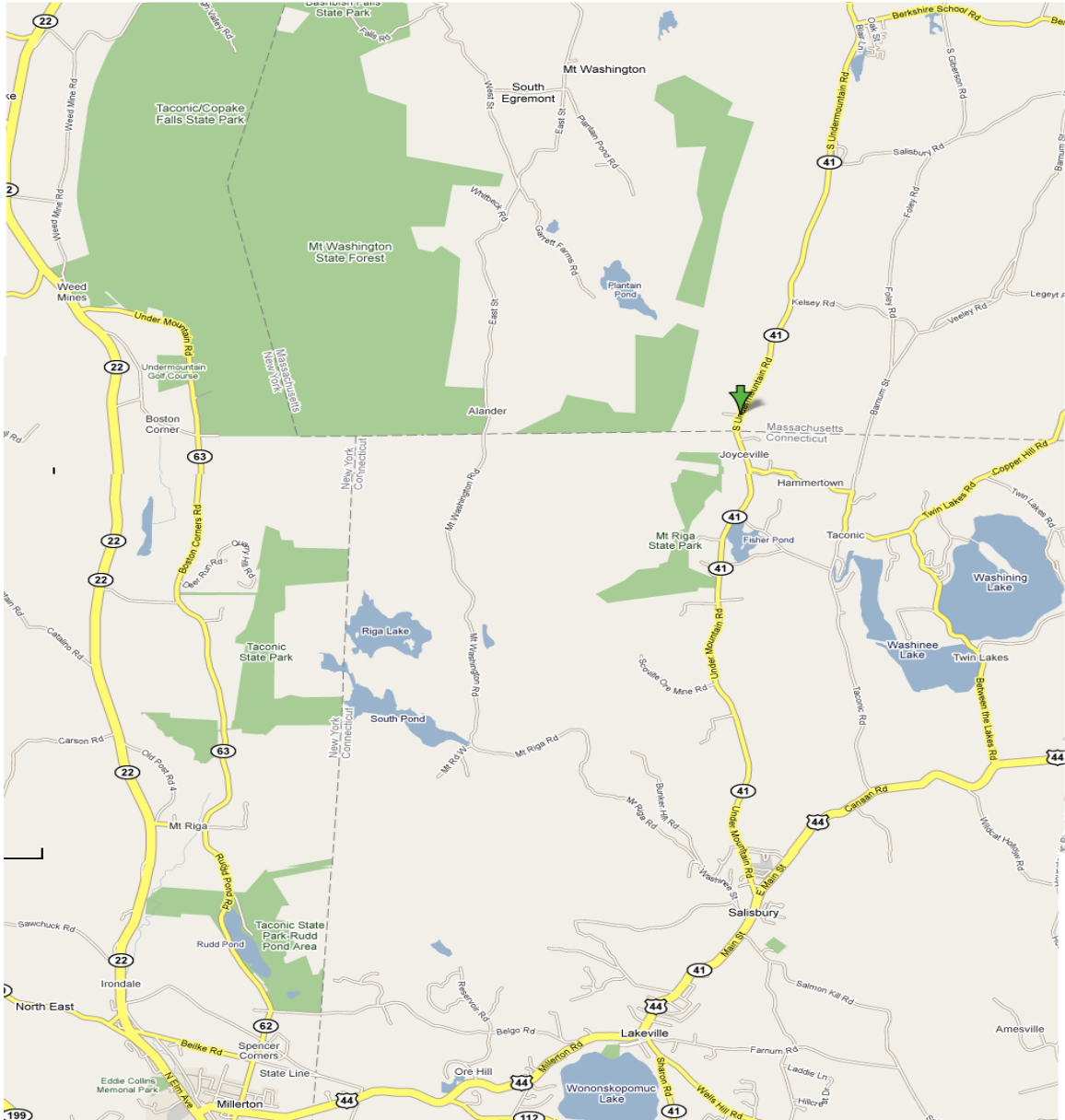
THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 Fax: (413) 229-8931 E-mail: participantsupport@option.org

www.option.org



THE OPTION INSTITUTE INTERNATIONAL LEARNING & TRAINING CENTER

2080 S. Undermountain Road, Sheffield, MA 01257-9643 USA

A nonprofit, federally tax-exempt, charitable organization.

Telephone: (413) 229-2100 Fax: (413) 229-8931 E-mail: participantsupport@option.org

www.option.org