



# What you need to know before you come

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## GETTING TO CULLOWHEE

Cullowhee is located 52 miles west of Asheville and across Hwy 107 from Western Carolina University. A participant list is provided to encourage carpooling. Due to budget restrictions, we are not able to reimburse mileage expenses or hotel stays while traveling to and from NCCAT.

- Take I-40 West from Asheville.
- Exit #27 toward Waynesville (Hwys 19/23/74)
- Continue on Hwy 23/74, following signs to Sylva and WCU
- Take Exit 85 (Business 23/East Sylva)
- Turn left at the T-Intersection on to Hwy 107 toward WCU and Cullowhee (just past McDonalds)
- Drive approximately 8 miles.
- Turn Right at the traffic light at the entrance of WCU campus.
- NCCAT signs will direct you to the registration area.

## HOUSING

Rooms are single occupancy with a private bath. All rooms include linens, clock radio, iron and ironing board. A small kitchen in the common area is equipped with a stove, microwave, coffee maker, ice machine and refrigerator. All NCCAT facilities are smoke and tobacco-free.

## MEALS

All meals are provided during your seminar. If you have any food allergies or restrictions due to religion or vegetarianism, please indicate them on your Participant Data Sheet to be completed and returned as soon as possible. Please bring with you any snacks you may want during the week.

## WHAT TO WEAR

Dress code at NCCAT is casual and comfortable. Bring work-out clothes if you'd like to use our Fitness Center.

## SUBSTITUTE TEACHER

Due to budget restrictions, we are not able to provide substitute teacher reimbursement.

## FAMILY AND FRIENDS

Unfortunately, we cannot accommodate family members, guests or pets. Please plan to spend your time at NCCAT with fellow teachers in your seminar.

## NCCAT CONTACT INFORMATION

Main number – 828-293-5202 (manned from 8am – 5pm)

After Hour Emergency # - 828-226-0983

Address: 276 NCCAT Dr., Cullowhee, NC 28723

## CANCELLATIONS

If you need to cancel, please notify us as soon as possible to allow us to fill your spot.