



## NRAEF 2020 Summer Institutes Site Details

**School Name: University of Alaska Anchorage**  
**Course Level: 3, Mastery**  
**Dates: July 5-10, 2020**

Topics	Detailed Information
<b>Welcome Reception Location:</b>	Lucy's at Cuddy Hall 3400 Seawolf Drive Anchorage, AK 99508 For those that would like a short walking tour from the hotel to the facility, please plan on meeting in the hotel lobby approximately 30 mins prior to the reception start time.
<b>Class Location:</b>	University of Alaska Lucy Cuddy Hall 3400 Seawolf Drive Anchorage, AK 99567
<b>Suggested Lodging:</b>	<i>Hotel Name:</i> Springhill Suites by Marriot Anchorage University Lake <i>Hotel Website:</i> <a href="#">Please Click Here</a> <i>Room Rate:</i> \$212.00/night (rate valid July 2 <sup>nd</sup> – 12 <sup>th</sup> , 2020) To book using this group rate please call the hotel at (907)751-6300 and ask for the <b>Alaska ProStart Summer Institute</b> room block. Rooms fill up quickly in summer in Alaska. Please book as soon as you register for class.
<b>Driving Directions and Parking:</b>	The hotel is approximately 1.4 miles away from the school. It's an easy walk, mostly flat and very pedestrian-friendly (Sometimes there is wildlife to spot! Please be aware of your surroundings when walking and do not be surprised if you see animals. If you see moose or other animals please be aware that they can hurt you. Do not get close to them or engage with them!). The local bus system also services this route. If you are renting a car, parking on campus is \$10/day Monday – Thursday. Parking is available just outside the Lucy Cuddy Hall on the north and east sides. Pay'n Park Kiosks are available in all lots on campus or you can pay using the Passport App. For more information about the parking options at <a href="#">UAA please click here</a> .
<b>Suggested Airport(s) for Arrival:</b>	Ted Stevens International Airport The airport is about 15 minutes from the hotel and is served by most major airlines. We have a 5% discount code set up through Alaska Airlines. If you'd like to take advantage of this code please email <a href="mailto:SIEvents@restaurant.org">SIEvents@restaurant.org</a> to be connected to the host site for directions once registered.
<b>Suggested Ground Transportation:</b>	<i>From Airport:</i> Springhill Suites offers a free 24/7 airport shuttle. When you've collected all your baggage, please call the hotel and dial zero to arrange pick up. Rental cars are also available. Booking through Expedia or another discount travel site is recommend to get the best deal. Cabs are available outside the baggage claim doors on the lower level. Uber and Lyft pick up from the departure level. The average cost of a rideshare service to the hotel is \$25. Public transportation, the People Mover, does service the airport and picks up at the South terminal approximately every 30 minutes from 6am to 11pm. The pickup location is to the right of the taxi lines. <i>Other:</i> Anchorage is also served by our local public transportation, the People Mover. If you'd like to use the bus system while in town, tickets can be purchased on the bus itself using cash (\$2/ride; \$5/day), or using the "People Mover mTicket" app on your smartphone. The hotel and school are on line 10. The airport is serviced by line 40. The People Mover For more information about public transit in Anchorage <a href="#">please click here</a> . We also would recommend renting a bike from one of the local bike rental companies here in town. Pablo's Bike Rental, Trek Store of Anchorage, and the Downtown Bicycle Rental are all great options with daily and weekly rates. Anchorage has a number of beautiful trails that can get you from one side of town to the other. <a href="#">Please click here</a> to see a map of bike lanes and trails around Anchorage.

Please contact the Summer Institutes team at [SIEvents@restaurant.org](mailto:SIEvents@restaurant.org) with any questions.

<b>Equipment and Supplies to Bring:</b>	<ul style="list-style-type: none"> <li>• NRAEF Knife Kit provided during Level 1 or comparable introductory knife kit. A limited number of loaner knives are available. <i>Please note knife kits cannot be taken as a carryon item and must be checked for air travel.</i></li> <li>• Notebook, pen, pencil, and a black permanent marker.</li> <li>• Wi-Fi is available for those that bring laptops or iPads. Please note, electronics will not be permitted in the kitchen during food preparation.</li> </ul>
<b>Attire:</b>	<p>An appropriate uniform for all kitchen and lab sessions consists of:</p> <ul style="list-style-type: none"> <li>• A chef coat. Please note that one chef coat is provided per attendee. Attendees are permitted to wear the Summer Institutes coat or bring their own.</li> <li>• Long pants such as chef pants, cargo pants, chinos, etc. <i>No shorts are allowed in the kitchen.</i></li> <li>• Appropriate close-toed, non-slip shoes. <i>No sandals are allowed in the kitchen.</i></li> <li>• A hat or head covering. Hairbands for all hair longer than collar length.</li> <li>• No false fingernails, polish, or jewelry may be worn while preparing food. Plain ring bands and non-dangly earrings are acceptable.</li> </ul> <p>Classroom or offsite activities will not require the standard uniform. Casual attire is acceptable for work outside of kitchen and lab sessions.</p>
<b>Additional Information:</b>	<p>Welcome to Alaska! This is a great opportunity to visit our state and we are so excited to have you! Here are some general things to note about your visit:</p> <p>July is the middle of our tourism season and things book quickly. <b>If you're interested in renting a car, or traveling before or after the Summer Institute, book cars and hotels as soon as possible!</b> We recommend <a href="#">Salmon Berry Tours</a>. Anna at the Salmon Berry Tours office is an alumnus of our program and would love to help you find an adventure or two for before or after the Institute!</p> <p>July is also the peak of our summer! We receive more than 18 hours of daylight during the day in June and it doesn't really get dark at night at all. Come prepared for sun but also be prepared for rain and a light wind. We recommend bringing a light jacket. Temperatures range from 50* F to 65* F.</p> <p>Anchorage is the largest city in the state and has all the amenities of cities from your area. We have a number of grocery stores, dining options, shopping centers and transportation methods so if you forget something – don't worry! Please keep an eye on the website for any changes. These are not required, but you came all this way:</p> <ul style="list-style-type: none"> <li>• <b>Anchorage Distillery Tour on Wednesday at 6PM</b> – Transportation to and from the hotel will <b><i>not</i></b> be provided. We recommend using a service such as Lyft and carpool as a group. Please RSVP to <a href="mailto:prostart@alaskacharr.com">prostart@alaskacharr.com</a> However, the tour is free but due to state law, tastings are not. If you'd like to taste the product please bring cash or card and a valid ID.</li> <li>• <b>Seeds of Change Tour on Thursday at 3PM</b> – Alaska Seeds of Change employs and empowers local youth, promoting self-reliance and community involvement, to grow and sell fresh produce. We work with young people ages 16-24 to help them develop the vocational and personal skills needed to become successful adults. We will tour their facility and learn more about what they do and how they do it!</li> </ul> <p>There's so much going on in our state during the summer it would be hard to include all the information in one document. We've put together a full <a href="#">Summer Institutes website!</a> You can also learn more about Alaska and the opportunities here by visiting <a href="http://www.anchorage.net">www.anchorage.net</a> and <a href="http://www.travelalaska.com">www.travelalaska.com</a>.</p>

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