

## RAICES WORK EXCHANGE APPLICATION

Thank you for your interest in our work exchange program. We look forward to get to know you better and explore the opportunity of working together.

**Basic info:**

Name:

Age:

Native language:

Country of origin:

Do you speak English and/or Spanish?

When would you like to come?

How long would you like to stay?

**Please choose either to respond to the following questions individually or to write 250 < 500 words addressing the topics raised in the questions.**

What are your gifts and how do you anticipate using them to contribute?

What are you interested in learning and exploring?

Why are you interested in volunteering at RAICES?

What are your expectations and what do you hope to get out of your stay here?

What are your personal strengths and challenges?

What is your level of overall health and physical fitness? Are you currently receiving some kind of health treatment or drugs?

What is your relationship to alcohol, tobacco, and other mind-altering substances?

Do you follow a specific diet and/or have diet restrictions?

How do you choose to take care of your body, your mind and your soul?

How did you hear about us?

**Work assignments depend on your skills and the needs of RAICES at the time. Please indicate your work experience and interest from the list below. Also circle skills you are particularly familiar with.**

**Experience Interest**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Gardening                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Trail maintenance, including clearing brush |
| <input type="checkbox"/> | <input type="checkbox"/> | Carpentry skills                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Plumbing skills                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Electrical skills                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Housekeeping skills                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Vegetarian cooking skills                   |

Describe any limitations, physical or otherwise, that may restrict the type of work you are able to do. Are you able to lift 50lbs, as may be required with certain assignments?

As a work exchange participant, you agree to work the following schedule: a) 5 hours/day, 5 days/week with \$35/week for food.; b) 3 hours/day, 5 days/week with \$70/week for food. Please circle the option that works best for you. C) DURING A RETREAT,- 2.5 hours/day with \$250 program fee and food.

**Details about the Volunteer Program**

We are not big fans of formalities around here. On the other hand, the reality is that we run into challenges over and over about communication. So, we hope that sharing this information with you in writing it will help us to be clear and make things go a little smoother.

**Arrival and Length of Stay:**

- Refer to the RAICES Retreat Center website for directions.
- Volunteer commitments are made a week at a time. We welcome long-term participants after a week trial period.

**Payment:**

- Please arrive with your food contribution in cash. Be aware that the nearest ATM machine is an hour away.

**Accommodation:**

• Please keep in mind that RAICES Retreat Center is a place for people who are comfortable with rustic and simple lifestyle and enjoy living close to nature. We may have a tent available. However, it may be best to bring your own tent as we may not be able to guarantee that tents will be available. Please bring your own camping gear, including sleeping pad, sleeping bag, blanket or sheets and a pillow etc.

- A list of other items that are often useful here is available at the bottom of our FAQ page.

**Volunteer Accountability:**

• As a volunteer, you agree to certain responsibilities. Our work days typically begin at 7am, 8am breakfast and daily meeting, morning duties, lunch, afternoon duties, free time and dinner. We may take time out, occasionally, to review how we work, live, and play together. Please be aware there is a possibility for a change in the relationship between volunteers and RAICES.

• In addition to your regular work time responsibilities, volunteers are asked to participate in communal contributions to sustain the everyday needs of the community, such as watering the garden and helping to prepare and cleanup after communal meals.

**Persons to Contact in Case of an Emergency**

Primary Contact Name \_\_\_\_\_ Relationship to You \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers: Cell \_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_

Secondary Contact Name \_\_\_\_\_ Relationship to You \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers: Cell \_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_