

ORTO DELL'IDRO - YOGA ECO FARM VOLUNTEER APPLICATION & AGREEMENT

*"Volunteering is a conscious choice to give and receive through community work and sharing.
Celebrating visions that take form in an earthly matter with the highest intention that serves all humanity."*

Please provide the following information:

Full name:

Date of Birth:

Nationality:

Phone number (Cell/ Whatsapp):

Email address:

ABOUT YOU.

Please read and answer the questions below:

Desired time frame you wish to stay with us (1 month minimum initial commitment, from April on). Are your travel dates flexible? What is the longest you could stay?

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Please write a bit about your family background.

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Do you drink alcohol? Do you smoke? Do you use any recreational drugs? How much and how often?

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Any current physical or mental health conditions? Are you on any medication? Any allergies/ dietary needs?

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Are you a vegan, vegetarian or raw foodie? If so, does it worry or bother you if other people are not?

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Do you have health insurance that covers you while in Italy?

If not, are you willing to get volunteer/ traveling insurance for the time you are at our place?

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What would you like to experience from your time volunteering with us?

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What would you like to contribute?

>

What are three of your strengths?

>

What are two areas you could improve on?

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What is the biggest misconception people have about you?

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What brings you the most joy in life and what is your passion?

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How's your Italian and English? Any other language you speak?

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Do you play any musical instrument?

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Is there anything else about you that you think is very important for us to know? Do you have specific skills that you think may be valuable to us?

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What made you consider Orto Dell'Idro as a work-trade volunteer host?

>

How did you hear about us?

>

ABOUT THE EXPERIENCE.

LOCATION.

Our project is located in an agricultural narrow valley along the river Idro, right off the center of Otranto and the beach, which are about 5 min walk away from us. The valley is pretty lush and natural, with olive orchards and veggie gardens. There's no public light in the valley. So it's a rural setting but at the same time very close to town. The beach and the sea are beautiful, and usually we can swim from mid April to mid October. We have a couple of bicycles that can be used by the volunteers to go around as well.

Sometimes there are events in the towns close by and we may all go there by car.

Otranto is kind of quiet in low season but in July and August it gets full of tourists and it can be noisier.

Closest airport is Brindisi, then Bari. From there you can take either a train or a bus to Otranto.

LODGING.

We have limited accommodation options, which may cover 2 to 6 people depending on the season and advancement of renovation work. We have a couple of rooms that sleep one person or a couple, and a

wide Berber tent for 2/3 people, which all share a common bathroom. You may have to change accommodation during your stay depending on need.

Spring and Fall could be chilly and humid at night, while mostly sunny and kind of warm during the day. There is an electric heater and a dehumidifier. Summer could be very hot and sometimes humid. The common kitchen and lounge area are under an outdoor pergola. There could be insects around, such as mosquitos, snails and slugs, armadillo insects, flies, etc.

We put an effort to run our operations as sustainably as possible, reducing waste of electricity, water, and material. For instance we encourage short showers and collecting kitchen sink water for the plants, turning off lights if not used, our landscape lights are solar and not very bright; we compost, collect recyclables, and try to upcycle and reuse things.

We need people that are flexible and can adapt to different circumstances with an adventurous and conscious attitude, who love spending time outdoors in Nature and enjoy a nice swim in the sea after work, just 5 min walk away.

How would you describe yourself in that regard? Have you lived in rural settings before?

Answer:

FOOD.

We mostly provide vegan food for our volunteers, such as cereals, pasta, rice, legumes, local seasonal and wild foraged fruit & veggies, and what our community garden has to offer. We are not strictly vegan though, so sometimes we may provide also dairy products, eggs and fish. No meat. If you need anything more than this there are grocery stores walking distance from the project so maybe plan on having enough money for that or other leisure needs. We usually have lunch together after work during the week, and we'll take turns for cooking. The other meals are independent. You'll be encouraged to be involved in the growing of food, go fruit picking, harvest from our veggie garden, and cook with it: we don't want our precious organic food that was grown with love go to waste!

Do you have any experience or interest in this field? Do you have any experience with cooking?

Answer:

SCHEDULE.

Our working hours are 25 hours per week, generally from 9am to 2pm, Monday to Friday). This may sometimes vary based on both our and your needs but we like to keep it consistent if possible, and plan ahead, so that we all can have our afternoon and weekend free. Classes and events will be hosted regularly in the pm and our volunteers are welcome to join for free, maybe offering a little help in setting them up. In case event preparation and cleanup involved more time and effort it would be considered part of the working hours.

Work may involve activities such as gardening and landscaping, cleaning and maintenance, building, carpentry and power tools, housekeeping and cooking, computer and office help, marketing and promotion, event planning and hosting. In general we'd like everybody to experience all the activities, obviously based on capability and needs, but we are also looking for people with specific skills that may be leading specific projects, brainstorm and plan together with us. Please write about your previous experiences and skills. Feel free to elaborate, as this helps us to learn about you. List skills that you feel will be a good fit for us. In particular:

- *Permaculture and regenerative agriculture.*

Our 5000 sq.mt. land has been designed and developed according to permaculture principles, without the use of chemicals or poisons. We have an established 6 years old agroforest added to an existing mature mixed fruit orchard, and a brand new planted one of the same size. There's an organic synergic vegetable

garden, there are areas landscaped for events, and some still not utilized where we could developed and planted. The goal is to have a showcase of how to approach landscape and food production in harmony with nature and in many different ways.

We need someone with Permaculture knowledge and experience to take care of pruning, cutting the grass, mulching, irrigating, treating plants for pest, establishing and taking care of the veggie gardens, harvesting, fertilizing, composting, etc. This could be a great opportunity for the right person to learn and practice what they love. I'm looking for someone passionate and already with some experience, willing to brainstorm solutions, experiment, and also use our many books to do some specific research if needed.

How would you describe yourself, your experience and interest in this regard?

Answer:

- *Construction and carpentry.*

In the last few years we've been renovating several structures, paving, building dry stone walls, pergolas, and cabinetry, but there are always a lot of things to finalize and improve. We would need someone that is familiar with construction, masonry and carpentry, and that could both support our master builder in his work and also take over tasks on their own. This is a great opportunity for someone creative who loves making beautiful, functional, and long lasting structures, mostly using natural materials like local stone, bamboo and canes, refurbished wood. For instance we want to build 2 compost toilets, and various structures and furniture with pallettes.

How would you describe yourself, your experience and interest in this regard?

Answer:

- *Marketing and event planning.*

Our organization is based on the involvement of a community of local and international people that participate in the activities and events we offer, such as the regular classes few times a week (e.g. yoga, dance therapy, meditation) and special events maybe 2-3 times per month. Please be prepared to meet, greet and socialize with our guests. In order to have successful events we need to make sure our visibility, communication and promotion are effective, so it would be great to have someone with some marketing and social media experience to plan together our storytelling and promotional strategies, both online and offline. We would also work together on planning and organizing events.

Please tell us what kind of computer, technology, and design skills you have including which programs you are familiar with. Include any social media skill and your level of experience and proficiency in promoting a business or service, and in organizing events.

Answer:

- *Yoga, Spirituality and Holistic Wellness.*

Yoga classes and other workshops will be offered weekly, and they'll be complementary for volunteers if they want to join. Silvia will be teaching most of the yoga classes but there could be a need for subs or we may add additional classes if they get busy.

Do you practice yoga and meditation? If so, for how long have you practiced? Are you a certified yoga teacher? Are there any classes or workshops that you are experienced in and eager to teach or share? Do you practice any form of holistic wellness treatment?

Answer:

- *Housekeeping.*

The personal and common areas are supposed to be kept clean and tidy as much as possible. We expect everybody to clean after themselves in a timely manner without leaving stuff around. We want to offer a

welcoming and inviting environment for our guests coming for classes, events or just to say hi. Even if we are in a rural environment we want to be comfortable and surrounded by beauty. How would you describe yourself in this regard?

During the summer we also host paying guests on the property and in another apartment in town, so work may include cleaning and preparing their rooms, doing laundry, check in and checkout.

Do you have any housekeeping experience? Are you comfortable and prepared to help out with these tasks helping to create beautiful spaces for our guests? Do you like to “beautify” a place?

Answer:

DURATION.

We ask for a min stay of one month but we would love to have volunteers staying longer. Silvia, the founder of the project, will be there starting beginning of April to begin the new season. At some point during the summer she may have to leave for few days or go back to the US for a months. In that case we are also looking for one person or a couple who could stay at the project in her absence, running some of the activities independently such as teaching yoga, taking care of the garden and landscape, and housekeeping for the guests who will be renting the house and apartment. In the long run we are also looking for partners taking over some aspects of the project.

How do you feel about this “more independent” option once you get familiar with the project?

Answer:

Thank you so much for your interest in Orto Dell’Idro, our Yoga Eco Farm project and for taking the time to answer this questionnaire. We’ll get back to you soon to set up a time for a phone interview.

Sincerely,

Silvia Neri

Orto Dell’Idro, President and Co-Founder