



Work Exchange 2010 Application Form

A limited number of work exchange opportunities are available for most of our retreats. Tara Mandala's work exchange program allows volunteers to attend retreats at a reduced price. We ask that volunteers plan to arrive two days before the retreat begins in order to help set-up for the teachings, and leave a day after the retreat to assist in clean-up. Volunteers also check in with the retreat manager every morning during the retreat so that they are available for small chores between teaching sessions. In exchange, they earn \$150.00 off the price of the retreat. Work exchange participants are also eligible to apply for financial aid; scholarships are applied after the \$150 discount, and you must fill out a scholarship application in addition to this one. A \$25 fee is required with the completion of this application; if accepted, this will go towards the price of your retreat. Please fill out this application and send it with your payment in the form of a check made out to Tara Mandala Retreat Center (write in the memo line: Work Exchange Application Fee) to Tara Mandala, Attn: Devon Ward-Thommes, PO Box 3040, Pagosa Springs, CO 81147. If you have any questions, please contact Devon at devon@taramandala.org.

Name:		Date of Birth:
Address:	Home Phone:	Cell:
City, State and Zip Code:	Retreat you're applying for (Please list title and dates):	
E-mail:	Date of Application:	

In a paragraph below or on a separate page, please tell us why you are applying for work exchange, and what your hopes are for this experience.

Please check areas in which you have some experience or expertise:

Kitchen Work:

- Prep Work
- Clean up
- Cooking for large groups
- Menu planning
- Meal management
- Vegetarian cuisine
- Baking
- Other _____

Office/Bookstore:

- Handling inquiries
- Dispensing information
- Basic Computer Knowledge
- IT Experience
- Accounting
- Typing
- Organizational skills
- Customer Service
- Other _____

Safety and Childcare:

- CPR
- EMT
- First responder
- First aid
- RN/LPN
- Children's activities
- Teaching
- Childcare
- Other _____

Maintenance/Construction:

- Basic tools
- Carpentry
- Construction Experience
- Plumbing
- Auto maintenance
- Electrical Work
- Other _____

Land Crew:

- Heavy Lifting
- Physical Labor
- Working outdoors
- Wilderness/Survival Skills
- Landscaping
- Professional Gardening
- Other _____

Please consider the following questions in view of the work setting on the land, which involves living and working outdoors in wilderness surroundings under conditions that are rigorous, both physically and emotionally.

1. Can you walk for two to three miles at a stretch over rough ground? Yes No
2. Can you climb hills? Yes No
3. Are you able and willing to lift twenty-five pounds? Yes No
4. Have you lived and worked at higher elevations? Yes No
5. Are you willing to exert yourself physically in a wide variety of tasks? Yes No
6. Have you lived in a tent for one week or more? Yes No
7. Do you have wilderness experience?
If so, when? Please describe: Yes No

Additional Questions:

1. Do you need any special accommodations in order to perform assigned tasks?
If so, please describe on a separate sheet of paper.
2. Have you ever been convicted of a crime? Yes No
If so, please describe on a separate sheet of paper.
3. Do you have a valid driver's license? Yes No
If yes, please provide: State: _____ Number: _____ Exp. Date: _____
4. Can you drive a stick shift vehicle? Yes No

*Please note that no alcohol or illegal drugs are permitted on the land.

Signature:

Date:

Please mail, fax or e-mail your completed application to Tara Mandala.



Tara Mandala
Attn: Devon
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Pagosa Springs, CO 81147

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