



VOLUNTEER HANDBOOK

Welcome!

First of all we would like to thank you for joining us. We are excited to have you on the land helping us with our mission.

This handbook is your guide to getting started with us. It's full of tools, tips, and info to help you on your *(insert name of the project)* journey.

Let's get growing!



What is (insert name of your project)?

Vision:

(describe your vision)

Mission:

(describe your mission)





Core Values

Reciprocity
Embrace give-and-take relationships.

Playfulness/Joy
Embrace lightheartedness and enjoyment.

Responsibility
Own our impact on future generations and all life.

Rebellion
Questioning the way things are done, testing new and old ways. Fighting with carrots not swords.

Respect
Honor diversity and sentience in all beings. Understand nature and each other have limits.

Experimentation
Enquiry led approach. Not afraid of trying and failing. Cultivating creativity. Learning through experience.

Awe/Gratitude
Appreciate life's sacredness and creativity.

Volunteer rules & agreement recap

Here's a one page summary with all the info you need. In the next slide you'll find the articulation of the below points.

1. **Work:** You'll work for 5 hours, 5 days each week. Speak to your coordinator for your schedule.
2. **Community Practices:** Morning Check-in Circles, End of Week Circle, Cooking (slide 7)
3. **Community Cleaning:** Spend 1-2 hour per week cleaning (outside the 25 working hours).
4. **Communication:** Tell your coordinator if you need anything. (check slide 8)
5. **Living by (name of the project)'s Values:** Follow the values of (n.of the p.) while working and living on the land.
6. **Food:** (name of the project) provides you with meals when you're working. Here's the deal:
 - We cook and eat lunch together on workdays.
 - You can cook independently breakfast and dinner using the products in the kitchen.
 - We use our own and local organic food. Let us know about allergies or special diet.
7. **Safety:** Safety procedures are available at [this link](#). Don't forget to give those guidelines a read and put your magic signature on the paper (insert name)'s passing around.
8. **Accommodation & Guest Policy:** You might share or have your own space, like a house or a tipi. Before inviting guests, please check with your coordinator to ensure everyone's comfort.
9. **Trial:** We start with a two-week trial to get to know each other and the project. After that, either of us can end the stay with two weeks' notice. We encourage you to stay for the full length of time agreed to truly embrace our philosophy and practices.

Community practices:

Every day 8:30AM - Check in circle

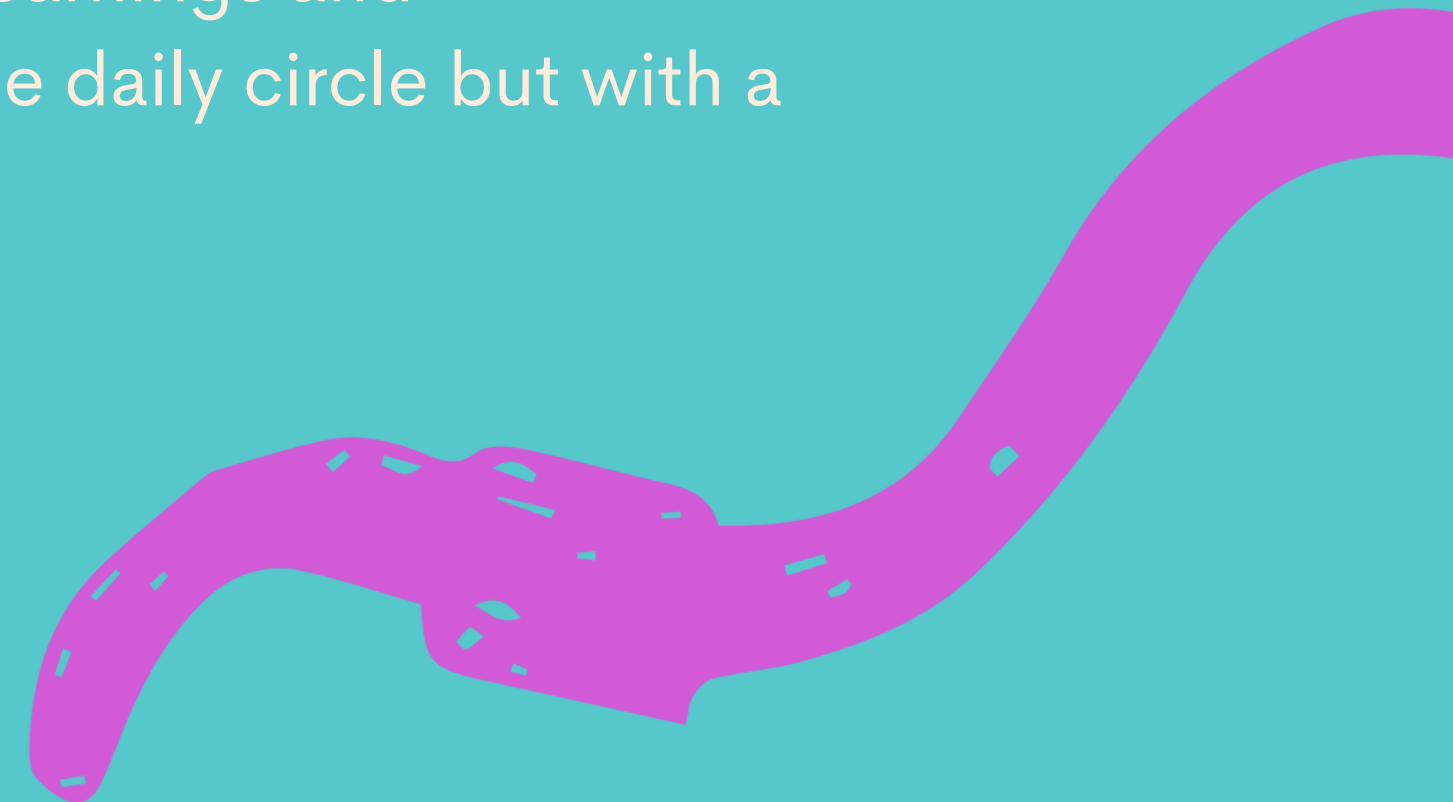
Every morning at 8:30, we meet for our morning huddle. First, we take 5 minutes to connect with ourselves by meditating, wiggling, or breathing deeply. Then, we share how we feel without judging each other. We speak both English and Italian. After that, we discuss any announcements or work updates. It's like starting the day with sunshine and friendship. Each day, a different person hosts it.

Every Friday 4PM - End of the week circle celebration

This is a moment to share how the week went and to celebrate the learnings and achievements of the week. The circle works in a similar manner to the daily circle but with a focus on reflection. Every week a different person hosts it.

Communication Method:

You'll join a WhatsApp group during your stay with us.



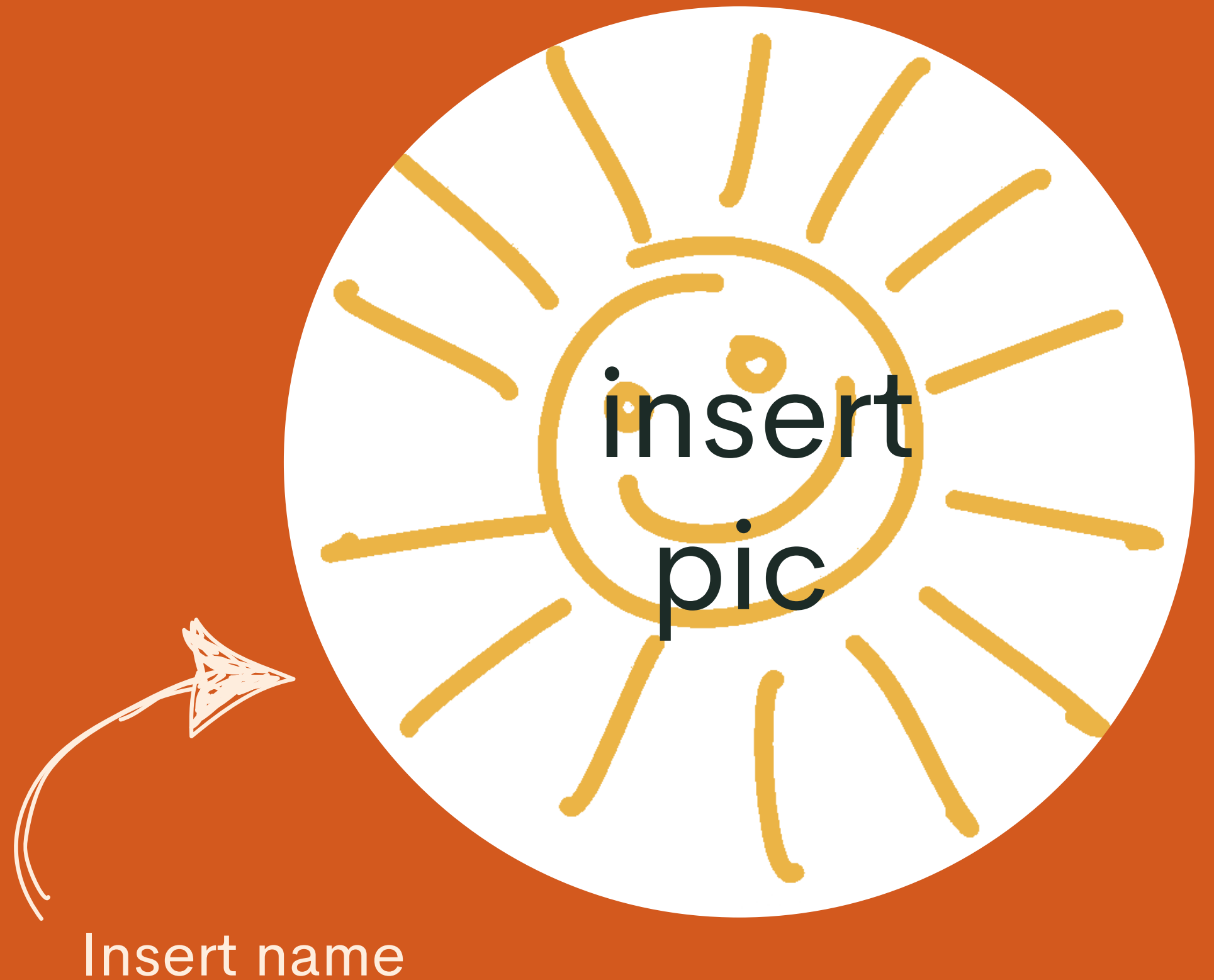
Your volunteer coordinator

If you have any issues, please speak to them.
They'll take care of you during your time here.

Whatsapp number: (insert name)

They'll check in with you weekly to make sure
you're happy.

You'll also have a team lead coordinator based
on your work area. They oversee your tasks
during work hours.



Code of conduct

- **Nice:** we expect everyone to respect each other and work together. We want everyone to feel valued and supported. Discrimination (religious, age, disability, racial, sexual orientation, fatphobia, sexual harassment) or any hurtful comments are not allowed. We're committed to creating a safe and inclusive environment where everyone feels respected and accepted. If don't feel at ease at any moment of your stay, please speak to your volunteer coordinator.
- **Regenerative:** they are like nature's magic tricks! They involve making things better for the world and for others. For example, we try to reuse things before buying something new. Instead of throwing away food scraps, we turn them into compost for plants. Old tires? We use them as colorful plant pots. We only use biodegradable soaps, detergents, and hygiene products, and you should too on the land, as our sewage system uses septic tanks that then drain into the ground.



A final reminder

As we gear up for our journey together, let's keep in mind a few key things:

- **Decisions:** We love new ideas and perspectives, just check in with your project lead before taking important decisions (like changing the landscape or moving things). Use the Whatsapp group to share what you've done.
- **Learn and Growth:** Keep an eye out for opportunities to develop your skills within our project. Share ideas with your colleagues because sharing is caring!

If you're on board with our agreement, go ahead and give us your autograph right here.

Have a good adventure!

