



## Volunteer Garden Scholar Program

### The Program

Commit to a 8-week program and participate in a retreat at the end of your time at Aro Ha.

### Position Summary

You will gain exposure in Aro Ha's Garden and Permaculture concepts.

To join the program you will need to have basic experience in gardening and a passion to learn. A good understanding of fruit trees, micro-greens, natives, and planting would be a advantage. This program is aimed at learning the Aro Ha way of harvesting food from the garden to the plate, so experience in the garden is vital.

We are looking for:

- Someone who is positive and energetic;
- Communicative and someone that enjoys participating in group work;
- Someone that is organised and self motivated;
- A steady worker with good work ethic who is cooperative and has good communication skills
- Willing to add to the group culture.

### The Opportunity

- On-site accommodation with daily meals provided during retreats.
- Working alongside and observing some of the most respected professionals in the industry who are committed to health and wellbeing.
- Access to retreat facilities outside of retreats.
- You will be given shifts for a maximum of 40 hours a week.
- The Volunteer Work Scholar opportunities will arise throughout the year.
- Once you have completed the 6-week program you are able to attend a retreat with no rostered shifts, allowing you to experience our Wellness Retreats as a guest.

### Your Requirements

- A positive, energetic outlook with commitment to our guests and staff needs at all times.
- Great communication and people skills.
- Adherence to the rules of the property.
- Willing to put in 8 hours a day of varying degrees of work (from menial to challenging).
- Fit, healthy and able to perform a range of demanding physical tasks if necessary.
- Current and clean NZ Drivers Licence (not required but helpful).



- Must be over 18 years of age.
- The Volunteer Work Scholar Program is unsuitable to participate in during pregnancy.

### **Working Conditions**

Work is performed in a variety of areas inside & outside, potentially with some work off site.

**You must be able to legally work in New Zealand.**

### **Application**

Please complete an application form and return via email with the following:

- Cover letter (detailing why you chose Aro Ha Wellness Retreat as well as your interests in alternative health/wellness & permaculture).
- Current copy of your resume.
- Character reference(s).
- Passport sized photo.
- Copy of Drivers Licence/Passport.

**Email: [office@aro-ha.com](mailto:office@aro-ha.com)**



## Volunteer Program Application Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address (No./Street/Suburb): \_\_\_\_\_

City/Country: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

What are your preferred dates for the Work Scholar Volunteer Program?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How flexible is your availability to participate in the Volunteer Program?

Flexible ( )      Somewhat flexible ( )      Specified dates only ( )

Do you have allergies to any foods/insects/medications?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any dietary requirements?

\_\_\_\_\_

\_\_\_\_\_

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Have you ever stayed at Aro Ha as a guest?

\_\_\_\_\_

\_\_\_\_\_



Please list any significant past or present illness/injuries/surgeries/medications\*:

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*\*If you have any significant medical history, please have your health care practitioner complete and sign the medical form on the last page and submit it with your application.*

Why do you want to volunteer at Aro Ha?

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What strengths and attributes would you bring to the Aro Ha community if chosen?

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What do you hope to receive from the experience?

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What are your areas of interest at Aro Ha?

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What are your plans for the next 5 years?

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Are you currently studying or do you have any qualifications?

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With this application please find attached (please tick):

Current Resume ( )    Passport sized photo ( )    Copy of your Drivers  
Licence/Passport ( )



## The Finer Points

Aro Ha Wellness Retreat reserves the right to cancel involvement in the Work Scholar Volunteer Program for any reason that is deemed inappropriate, before or during the agreed dates.

There will be no exchange of money between Aro Ha Wellness Retreat and volunteer participants.

All flights and transfers to and from the retreat are the responsibility of the volunteer applicant.

Volunteer applicants will be required to sign a disclaimer upon arrival at Aro Ha.

Aro Ha Wellness Retreat requires that applicants disclose any medical or psychological condition/s that may affect their involvement in the Work Scholar Volunteer Program.

Volunteers will be expected to work 40 hours a week as rostered and perform a wide range of jobs including garden, dining, kitchen and housekeeping duties.

Aro Ha expects volunteers to have a high degree of commitment and to be punctual and reliable for all duties.

Volunteers are required to adhere to Aro Ha's strict privacy policy and are not permitted to disclose any information regarding our guests during or after their stay.

Accommodation and meals are provided for volunteers for the duration of their placement while retreats are running.

To ensure that volunteers are able to be fully present during their stay, we ask that applicants ensure they have no prior commitments during the dates of their placement before committing to the Work Scholar Volunteer Program.

I agree to the above specifications and apply for a position in the Work Scholar Volunteer Program at Aro Ha Wellness Retreat.

Signed:

Date:

Print Name:



## Medical Form – Aro Ha Wellness Retreat

*Please have your health care practitioner complete this form if you have any significant medical history. This will ensure that the volunteer program will not interfere with your healing.*

Name of applicant: \_\_\_\_\_

I, \_\_\_\_\_ (Health Care Practitioner) certify that

\_\_\_\_\_ (Applicant) is in good physical and mental health and is suitable/able to participate in the Work Scholar Volunteer Program at Aro Ha Wellness Retreat.

I understand that the program involves:

- 40 hours of work per week, with varying degrees of work (from menial to challenging).
- 8 hours of work per day (shifts may be a variety of early, late or split shifts).
- Performing some physically demanding tasks including:
  - Assisting in lifting heavy suitcases.
  - Standing for extended periods at a time.
  - Washing dishes.
  - Doing garden work including digging, helping stake trees.
- Living on-site and adhering to a retreat diet (wholefoods. Caffeine/sugar/alcohol free).
- Being willing and able to support our guests and staff as required.

Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature

Date

\_\_\_\_\_  
Name of Health Care Practitioner

\_\_\_\_\_  
Name of Practice

Stamp: