

Tree of Life: Work-away and Local Helper Guide



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Thelotuscentre.ca/tree-of-life

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WORK-AWAYS:

Work-aways work at the TOL in exchange for food and accommodations. Work-aways will receive no financial compensation for their work. The work is not regimented, meaning some days you may work less and some days you may work more. If you need time away from TOL, this can be integrated as well.

We cannot assure transportation from The St. John's airport/ St. John's. Therefore some work-aways may need to stay overnight in St. John's at a local hostel at their own expense.

LOCAL HELPERS:

Local helpers are welcome to come for the day and barter work for meals. Local helpers will receive no financial compensation for their work.

ON SITE WORK:

Work-aways and/or local helpers have numerous ways to contribute to the Tree of Life. Each person is encouraged to contribute in a way that expresses their individuality. Activities may include any combination of: cooking communal meals, housekeeping, cleaning, collecting wood, cutting wood, splitting wood, carrying wood, collecting water, building maintenance/ construction, gardening, permaculture, tending to wood stoves etc. Activities vary day by day.

ON SITE WORK EXPECTATIONS FOR WORK-AWAYS & LOCAL HELPERS:

1. We support selfless service or for the community.
2. Workaways barter their work for food and lodging while local helpers barter their work for food.
Workaways and local helpers are expected to work ~5-6 hours a day. The work is not too regimented and can change day to day.
3. Workaways & local helpers are responsible for communicating their expected duration of stay and are free to leave whenever they want.
4. Workaways & local helpers may enjoy meals with everyone in the TOL main building and/or prepare their own meals and have tea breaks in the bunkhouse.

SAFETY:

1. Work-aways and local helpers at The Tree of Life Sustainability Project Inc. are required to sign "The Tree of Life: *Waiver and Release Form*" indemnifying the not-for-profit association and its directors from liability should you injure or otherwise suffer damages while there.
2. Parts of the premise are under construction. We ask that you please wear appropriate footwear, gloves, protective glasses, earmuffs, helmets (if necessary) while working in the construction zone. Absolutely no bare-footism anywhere on the property.
3. During biting fly season (especially mid May - mid June), when flies are abundant, it is advisable to wear either head or body nets or hoodies, and spray with organic bug repellent (such as citronella).
4. First Aid kits are located in the bathroom of the bunkhouse, and kitchen of the main building.
5. We encourage no earphones & smart phone use during work contemplation.

SPIRITUAL ACTIVITIES:

As part of our mission, we regularly host and/or offer spiritual workshops, including yoga, meditation, enlightenment intensives and other practices. Work-aways & local helpers may be opportunistically invited to participate in these offerings as part of the barter for their valued contribution.