

Application Checklist

Completed Application Form

Please take your time with each question. We appreciate thoughtful and honest answers.

Résumé Highlighting Your Work and Education History

Please provide information about employers and educational programs that you have been working with over the past 10 years. Please attach a copy of your résumé to this application. Résumés can also be emailed to education@banyanfarm.com.

2 Letters of Recommendation (Can be mailed or emailed separately.)

Ideally, at least one recommendation is from a previous supervisor. These recommendations should be from someone who can address:

- Your interest and experience in Ayurveda
- Your ability to work as a member of the team
- Your ability to live communally
- Your work ethic

Signed Program Policies Agreement

This can be found at the end of this document.

Submitting Your Application

Please submit in one of the following ways:

Email: education@banyanfarm.com

Mail: Living Ayurveda Internship
Banyan Farm
P.O. Box 169
Williams, OR 97544

Application Deadline:

Applications for both sessions are due **December 3rd, 2023**. We highly suggest applying early!

Once we receive your application, you can expect to hear from us within a week. The LAI coordinator will inform you if you have been selected for an interview. Please note, all interviews will take place between October and December.

Questions? Contact our Program Coordinator at education@banyanfarm.com.

Personal Information

FULL NAME

PRONOUNS USED

DATE OF BIRTH

PHONE NUMBER

EXT

EMAIL ADDRESS

PLEASE PROVIDE ONE OF THE FOLLOWING:

RECENT PHOTO OF YOURSELF

FACEBOOK OR INSTAGRAM URL:

PLEASE INDICATE THE SESSION(S) YOU COULD ATTEND:

SESSION 1: MAY 18TH—JULY 4TH

SESSION 2: AUG. 24RD—OCT. 10TH

I COULD ATTEND EITHER OF THE ABOVE SESSIONS

SECTION 2

Program Information

1. Describe the program as you understand it.

2. Describe your relationship to Ayurveda.

3. The classes offered are designed for those interested in Ayurveda. What has your Ayurvedic training been? Please list any classes or workshops, as well as relevant self-study.

4. Describe your interest and experience in farming. If you do not have hands-on experience farming, what activities have you performed that make you feel prepared to participate on a production farm?
5. What personality do you naturally bring to both communal living and the work environment?
6. Describe your work ethic.
7. Do you have any established daily practices? If so, please describe. Examples include meditation, yoga, running, hiking, breathing exercise. And if you do not, have you been dreaming of implementing any new practice into your routine?
8. Do you have any short- and long-term goals? How do you see this program supporting you in achieving your goals?

9. Due to the nature of the work and the intensity of the program, we ask you to disclose any physical or mental patterns that may hinder your work and ability to fully participate in the program. This includes chronic stress, anxiety, chronic pain, foot injuries, lingering back pain, depression, PTSD, etc. Please include any known allergies, both environmental and food, as there will be exposure to a wide variety of plants in the field and potential for cross-contamination operating out of a shared kitchen.

10. You will be living communally. Interns are responsible for maintaining good communication, participating in menu planning and cooking, organizing group food purchases, and maintaining clean spaces. Do you have relevant experiences with communal living? What excites you about living with others? Do you have any fears?

11. Throughout the program you will be participating in both planning and preparing meals for yourself and the group. How would you describe your comfort level in the kitchen cooking for others? What is your relationship to food?

12. What special hobbies or interests do you have? What unique life experiences would you bring with you to the internship?

13. How do you plan on traveling here and do you plan to have a vehicle with you during the internship?

14. Is there anything else you would like to share?

Agreement Information

PLEASE CHECK THE BOXES IN RESPONSE TO THE QUESTIONS BELOW.

15. The majority of your meals will be shared. Due to the nature of the program, we are unable to accommodate strict dietary restrictions and do not allow any extreme dietary practices such as fasting while you are in the program. Are you comfortable and understand that if accepted you will be expected to honor our food policies? (For more details about the food policy, see the policies page at the end of this document.)

YES, I AGREE

NO, I DO NOT AGREE

16. Are you comfortable contributing \$150 per month in cash towards the communal food fund?

YES, I AGREE

NO, I DO NOT AGREE

17. The Intern House and farm are well equipped, but there are some things that you will need to personally bring. These include a sleeping bag or warm blanket, pillow, personal toiletries, work clothes, work boots, and a yoga mat. Do you agree to bring these personal items?

YES, I AGREE

NO, I DO NOT AGREE

18. Due to both the field work and communal living, FDA regulations require that certain contagious conditions be reported and may result in your departure from the program. These conditions include malaria, MRSA, pneumonia, smallpox, and tuberculosis, among others. Do you understand the reasons for these restrictions, and do you agree to inform LAI and the Banyan Botanicals Farm immediately if you suspect any of the above conditions?

YES, I AGREE

NO, I DO NOT AGREE

19. Because this program is rigorous, we ask that you do not schedule extracurricular activities (for example: work contracts and attending events outside of the region).

YES, I AGREE

NO, I DO NOT AGREE

Banyan Botanicals Farm (“LAI”) Program Policies

Banyan Farm, (“LAI”), and (“Intern”) enter into an educational internship arrangement for the purpose of Intern gaining valuable educational and hands-on experience related to Ayurveda and organic farming and both parties agree to the terms and agreements outlined:

Term: Educational internships run for 7-week periods only two times each year. Internship may not be extended beyond the defined dates of each 7-week program.

Additional Terms:

- a. The internship is an unpaid, educational exchange.
- b. Interns will receive no monetary payment for performing any work during the internship.
- c. We will provide lodging to the intern during the term of the internship. Lodging will be shared between participants.
- d. We cannot accommodate pets, children, or partners.
- e. Because of the close living and working arrangements, we cannot allow anyone to participate who has been diagnosed or suspects to have a communicable health condition (e.g. malaria, MRSA, pneumonia, smallpox, etc.).
- f. We cannot accommodate any strict individual dietary needs other than whole, organic, sustainable, and ethically raised foods. We cannot accommodate severe food allergies due to the fact that some meals are shared throughout the internship. Also, due to the intensity of the program, we do not allow interns to practice fasting or detoxifying during the program.
- g. Should any condition arise that would keep you from fulfilling your commitment to the program, you must notify the LAI Program Coordinator and understand that you may no longer be able to participate in the program and be asked to leave.
- h. Although we do supply some basic bulk foods and cleaning supplies, it is ultimately up to the intern to purchase food and coordinate meals throughout the Internship along with being responsible for maintaining the living spaces in a clean and orderly manner.

Agreement Signature

I hereby agree to release, hold harmless, and indemnify Banyan Farm (“LAI”), directors, and employees from any and all damages or claims of any nature arising out of my participation in this program.

I am aware that Banyan Farm (“LAI”) is not establishing an employer/employee relationship with me and I have no expectation of receiving compensation for my participation in the program.

I have read all of the previous policies and agree to them if accepted.

SIGNATURE

DATE

Please submit in one of the following ways:

Email: education@banyanfarm.com

Mail: Living Ayurveda Internship
Banyan Farm
P.O. Box 169
Williams, OR 97544