

## **IMS Month-Long Service Volunteer Application Form**

Updated: 12/5/2023

Thank you for your interest in serving as a Service Volunteer at IMS. Please note that Month-Long Service Volunteer assignments are generally available only to those with previous IMS retreat experience of at least two week-long retreats in the past 10 years.

|                                    |  |
|------------------------------------|--|
| Name                               |  |
| Date                               |  |
| Address                            |  |
| Email address                      |  |
| Best phone number(s)               |  |
| Occupation                         |  |
| Emergency contact,<br>name & phone |  |

Service is from 1<sup>st</sup> to 30<sup>th</sup> of the month. Please list month or months you are available to serve:

Why do you wish to be a Month-Long Service Volunteer at this time?

List your work or volunteer experience at IMS including departments and dates:

As a Month-Long Service Volunteer, you agree to perform volunteer tasks approximately 30 hours per week. Service Volunteer assignments depend on your skills and the needs of IMS at the time. Please indicate your experience from the list of below.

| Type of Work                              | Experience |
|---|------------|
| Housekeeping                              |            |
| Gardening and<br>lawn maintenance         |            |
| Painting interior or<br>exterior surfaces |            |
| Snow removal                              |            |

Are you able to perform heavy physical work, sometimes in adverse weather conditions? This includes snow removal and lifting, carrying, pushing, or pulling objects weighing up to 50 pounds.

Month-Long Service Volunteers are typically assigned to help with retreat opening day tasks, which could include guiding group tours of the Retreat Center. Are you comfortable with public speaking?  
Yes      Somewhat      No

Describe any other skills, work experience or formal training that you would like us to know about.

List your retreat experience at IMS and elsewhere (including teachers, dates and lengths of retreats).

IMS is committed to being a welcoming place for all people. Please list any diversity, equity and inclusion training you have participated in and/or any experience working with diverse populations.

Describe your spiritual practice and why you practice.

Please provide names, phone numbers and email addresses for three references. Preferred references are meditation teachers and a minimum of one work supervisor.

| Name | Relationship to you | Email Address / Phone Number |
|------|---------------------|------------------------------|
|      |                     |                              |
|      |                     |                              |
|      |                     |                              |

During your participation in the IMS Month-Long Service Volunteer Program, you will be expected to follow the five training precepts:

- Refrain from harming living beings
- Refrain from taking what is not freely given
- Refrain from sexual misconduct
- Refrain from lying, gossiping or using harsh language
- Refrain from taking intoxicants or drugs not prescribed to me by a licensed healthcare provider

I agree to uphold the five training precepts as listed above, as long as I am a Month-Long Service Volunteer at IMS.

I authorize IMS staff to contact any of the individuals named above as references regarding this application.

I understand that successful completion of a background check is required for this volunteer opportunity.

I understand and agree that, should this application result in my volunteering for IMS, my volunteer status will not be guaranteed and will be subject to ongoing review.

I understand that if a Month-Long Service Volunteer position is confirmed for me, cancellation of my participation for any other reason than medical emergency, may result in me being ineligible for another volunteer opportunity at IMS for one year from the date of cancellation.

I acknowledge that all the information I have included in this application is true and complete.

Applicant signature & Date: \_\_\_\_\_

Thank you for your interest in volunteering at IMS!