

Gwinganna Lifestyle Retreat

Volunteer program information

This is a brilliant opportunity to gain access to an exceptional team of dedicated, highly-skilled professionals in an environment devoted to health and wellness.

Whether you are studying, considering a career change or looking for a challenge, Gwinganna's Volunteer Program gives you a valuable opportunity to gain insight into a retreat environment.

The program

Applicants can choose between either

- Option 1: commit to a stay between 3-5 weeks
- Option 2: commit to a 6 week program and enjoy a 7th consecutive week experiencing the retreat environment and facilities with no rostered shifts

The Opportunity

- Gain exposure to a broad range of departments including Office, Kitchen, Housekeeping, Organic Garden, Dining and Activities Program
- Single room accommodation (twin-sharing a bathroom) on-site with daily gourmet organic meals provided
- Working alongside and observing some of the most respected professionals in the industry who are committed to health and wellbeing
- Access to retreat facilities
- 2 days off per week
- Certificate of completion subject to achieving predetermined performance criteria
- For the full 6 week program enjoy a 7th week at the retreat directly following your Volunteer placement with no rostered shifts to experience the activities, seminars and facilities

Your requirements

- A positive energetic outlook with commitment to our guests needs at all times
- Good communication and people skills
- Adherence to the rules of the property (no alcohol, nicotine, recreational drugs)
- Willing to put in 8 hours a day of varying degrees of work (from menial to challenging)
- Current first aid certificate
- Current driver's license
- Must be over 18 years of age
- Fit, healthy and able to perform a range of quite demanding physical tasks
- Past guests of Gwinganna Lifestyle Retreat are not eligible to participate in the Volunteer Program
- The Volunteer Program is unsuitable to participate in during pregnancy

Application

Please complete the application form below and return via post, fax or email with the following:

- Current copy of your resume
- Passport size photo
- Copy of your driver's license
- Current first aid certificate *(if you do not have a current first aid certificate this will need to be obtained and a copy sent in prior to commencement in the program if application is successful)*

Post: Volunteer Program Co-ordinator **Fax:** 07 5533 8378 **Email:** volunteers@gwinganna.com
Gwinganna Lifestyle Retreat
PO Box 387
Tallebudgera Valley QLD 4228

Volunteer program application form
(Answers to the following questions can be typed if preferred)

Please attach
a headshot photo of yourself

*(Does not have to be an
official passport photo)*

Name: _____

Name to appear on name tag: _____

Phone: _____

Address: (No./ Street) _____

(Suburb/ State/ Country) _____

E-mail: _____

Emergency Contact: _____ Relationship: _____

Phone Number: _____

I choose (please tick): 3-5 week placement () 7 week placement ()

What are your preferred dates for the Volunteer Program?

(All placements start and end on a Sunday. The volunteer roster is filled 2 months in advance so you will have at least 6 weeks notice to book flights and make arrangements if required. Please keep this in mind when advising your availability. On occasion we may have earlier placements available).

1. _____

2. _____

3. _____

How flexible is your availability to participate in the Volunteer Program? (please tick)

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

Do you have allergies to any foods / insects / medications that result in anaphylaxis?

Do you have a current First Aid Certificate? Yes () No ()

(If no, please note that a current first aid certificate will need to be obtained prior to commencement in the Volunteer Program if your application is successful)

Do you have any other dietary requirements (All meals will already be gluten and dairy free)?
(please circle if applicable. Note – we unfortunately cannot cater to any specific dietary requirements beyond the listed options)

Vegan Vegetarian Pescetarian No

Details: _____

Have you ever stayed at Gwinganna Lifestyle Retreat as a guest? Yes () No ()

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

**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. If you have no significant medical history you do not need to complete the medical history form.*

Why do you want to volunteer at Gwinganna Lifestyle Retreat? _____

What strengths and attributes would you bring to Gwinganna Lifestyle Retreat and the Volunteer Program if chosen?

What do you hope to receive from the experience? _____

What are your areas of interest at Gwinganna Lifestyle Retreat? _____

What are your plans for the next 5 years?

Some of the volunteer work involves a fair amount of physical labour and therefore requires volunteers to have a good level of physical fitness. You will be required to assist in lifting heavy suitcases, being on your feet for long periods at a time, as well as being required to accompany guests on our bushwalks (some of which are quite steep and challenging). Would you be able and willing to perform such jobs? (Please explain why or why not)

During your time at Gwinganna as part of the Volunteer Program you will be living and breathing the lifestyle that we promote. Please comment on your ability to adapt to a caffeine, alcohol & sugar free wholefoods diet in a smoke/drug free environment during your stay at the retreat?

Are you currently studying or do you have any qualifications? _____

With this application please find attached (please tick):

Current resume

Copy of current first aid certificate

Passport sized photo

Copy of drivers license

If you are successful you will be notified by phone and in writing.

Thank you

The finer points

- Gwinganna Lifestyle Retreat reserves the right to cancel involvement in the Volunteer Program for any reason that is deemed inappropriate, before or during the agreed dates. Excess costs for transfers and airfares will be the responsibility of the applicant in the event of early departure.
- There will be no exchange of money between Gwinganna 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 Gwinganna Lifestyle Retreat.
- Gwinganna Lifestyle Retreat requires that applicants disclose any medical or psychological condition/s that may affect their involvement in the Volunteer Program.
- Volunteers will be expected to work 40 hours a week and perform a wide range of jobs including dining, kitchen and housekeeping duties.
- Gwinganna expects volunteers to have a high degree of commitment and to be punctual and reliable for all duties.
- Past guests of Gwinganna Lifestyle Retreat are not eligible to participate in the Volunteer Program.
- Volunteers are required to adhere to Gwinganna'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. Please note that we unfortunately cannot cater to any specific dietary requirements beyond the options listed on this form.
- Due to the structured rostering of the team of volunteer staff, and to ensure that volunteers are able to be fully present during their stay at the retreat, we ask that applicants ensure they have no other prior commitments during the dates of their placement before committing to the Volunteer Program.

I agree to the above specifications and apply for a position in the Volunteer Program at Gwinganna Lifestyle Retreat.

Signed: _____ Date: / /

Print Name: _____

Volunteer program medical form

If you have any significant medical history, please have your health care practitioner complete and submit this medical form to ensure the volunteer program will not interfere with your healing.

Name of applicant: _____

I _____ (health care practitioner)

certify that _____ (applicant) is in good physical & mental health and is suitable / able to participate in the Volunteer Program at Gwinganna Lifestyle Retreat.

I understand that the program involves:

- 40 hours of work per week over 5 days, with varying degrees of work (from menial to challenging)
- 8 hours of work per day with additional time for meal breaks, anytime from 5am to 7pm. (Shifts may be a variety of early, late or split shifts)
- Performing some quite physically demanding tasks including:
 - o Assisting in lifting heavy suitcases
 - o Standing for extended periods at a time
 - o Accompanying guests on bush walks (including steep, challenging walks)
 - o Working in the garden
- Living on-site and adhering to retreat diet (wholefoods, caffeine / sugar / alcohol free)
- Being willing and able to support our guests and staff as required

Comments: _____

Signature: _____

Name of Health Care Practitioner: _____

Name of Practice: _____

Date: _____

Stamp: