



Dharma Centre of Canada

1267 Galway Road

Kinmount, Ontario K0M 2A0

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www.dharmacentre.org

Day Guest Volunteering Programme (DGV)

Thank you for your offer to volunteer at the Dharma Centre of Canada.

This day position is designed for individuals with some experience in meditation that, while at the Dharma Centre, wish to deepen their practice as well as practice generosity (Dana) by offering time and energy to maintain the Dharma Centre.

Our main needs are in the area of property maintenance, garden care, small carpentry work, minor mechanical service and maintenance such as cleaning and housekeeping. Outdoor tasks vary depending on the season and the weather.

Our "Day Guest Volunteering Program (DGV) is for short term projects only.

Day volunteers are expected to follow and unfold the five precepts and the Paramis at all times during their stay. Both trainings are highly valuable and the Dharma Centre offers an excellent opportunity to practice.

Five precepts:

1. **I undertake to train myself to abstain from killing or harming.**
2. **I undertake to train myself to abstain from taking that which is not freely given.**
3. **I undertake to train myself to abstain from over indulgence of sense activities.**
4. **I undertake to train myself to abstain from false speech.**
5. **I undertake to train myself to abstain from taking substances that cause intoxication and non-clarity**

Paramis:

1. **Generosity**
2. **Ethical Conduct**
3. **Patience**
4. **Energy**
5. **Concentration**
6. **Wisdom**

In order to make best use of your talents please complete the following application form:

Name:

Address:

Age and gender:

Email address:

Contact number:

Current occupation:

Please offer your reason for wishing to offer service at the Dharma Centre:

When are you available for volunteering?

Do you have any previous experience of volunteering at the Dharma Centre of Canada or any other non-profit or charitable organisation? Please give details:

What are your skills? Please list your experience, giving details of your level of proficiency:

Do you have any medical condition (physical or mental) that may affect your service? Please give details:

Are you currently taking any medication? Please give details:

Are you a recovering addict? Please give full details:

Please describe your level of strength and stamina, can you lift heavy loads (approx. 20 kg), can you shovel or dig, are you able to walk on trails, can you operate machinery safely? Are you able to safely climb on ladders?

Do you have a full Ontario license and will you be bringing your car or truck to the Dharma Centre?

Because of current COVID19 regulation we are encouraging people to join us only for day visits unless their home is too far for a day trip. On site accommodation for volunteers is at the discretion of the DCC BOD, Project and Retreat Coordinators. We are not able to provide communal meals at this stage. If you need on site accommodation please indicate it below:

Please note that cleaning your own room, the space you are using to cook or eat, and washing your own dishes and clothing will not be counted as part of your offering of service. All participants will be housed at the discretion of the Dharma Centre. It is not possible to choose a specific accommodation unless for medical reasons.

Please make sure to ask any question or clarification regarding our policies. You can use the following space for further enquiries or information:

Please provide two references, one from a person that knows you well and one from a supervisor or employer (in the last year if possible). For each reference you must list the full name of the person, their relationship to you, and a valid email address and telephone number.

Reference 1:

Reference 2:

Please note that the Dharma Centre of Canada will only review complete application forms, including references.

All participants must sign a waiver and a volunteer agreement upon arrival. The Dharma Centre cannot be responsible for any individual's medical expenses.

I acknowledge that all details I am presenting are true and correct. I am taking full responsibility to provide the Dharma Centre with all additional information and references as needed.

During the time I am volunteering I agree to study, maintain and manifest the five precepts and the Paramis as an extension of my practice.

By signing this application I give the Dharma Centre of Canada permission to contact any of the above referees.

I understand that previous volunteering at the Dharma Centre resulted in dismissal makes me ineligible to apply again for a period of time determined by the Dharma Centre Board of Directors.

Applicant signature and date:

Many thanks for applying to volunteer at the Dharma Centre.

We value your offering , whatever that may be. Applicants will not be turned away for lack of experience.

We will respond to your application within a week to ten days.