



REGULATIONS

RULES APPLICABLE TO PERSONS WHO STAY AT THE CENTRE FOR HEALTH PROMOTION IN TARASKA UNDER THE VOLUNTEERING CONTRACT

The property located in Taraska is the Centre for Health Promotion hereinafter referred to as „the Centre”. The person in charge of the centre is the Director of the Centre, hereinafter referred to as „the Director”.

1. Every person volunteering to work in the centre must receive the Director's approval and sign the Volunteering Contract together with this Appendix.
2. Persons who arrive to perform volunteering work are granted food and accommodation, but they don't receive any salary for their work for the centre.
3. The date of arrival in the centre should be agreed beforehand with the Director. Persons, who wish to stay and work in the cCentre are required to have had completed the „Art of Breath”, „Yes+” or „Happiness” course of the Art of Living Foundation. The courses can be completed in the centre (applications through the website: www.centrumtaraska.pl) or in other Polish cities (subscriptions through the website: www.artofliving.org).
4. The one-time stay in the centre is 3 months maximum, and is decided by the Director. Extending that period is possible by obtaining the Director's acceptance.
5. The accommodation in the centre, depending on the amount of people staying in the centre, is decided by the Director.
6. The first week of stay is the trial period, after which the Management of the Centre decides, whether a person may or may not stay any longer.

Everyone working for the centre is required to comply with the following daily schedule:

The Daily Schedule

6.00 – 7.30 Yoga and Pranayamas

8.30 – 9.00 Breakfast

9.00 – 13.00 Volunteer Work

13.30 – 14.00 Dinner

14.00 – 18.00 Volunteer Work

18.30 – 19.00 Supper

22.00 Quiet Hours

7. The work time is a minimum of seven hours a day. Sometimes, when there are courses and workshops being held at the Centre, the work time may be extended. If so, volunteers may take extra days off to offset additional overtime hours.
8. Volunteers are entitled to one day off each week. That means, after having worked 6 days, a volunteer may take a day off work. During that time he receives food and accommodation. Deciding days off work is solely at the discretion of the Director and is dictated by the need to ensure the continuity of work in the Centre. There might be a situation, when a volunteer receives a day off after 7th, 8th or 9th day of work, because he'll be needed in the Centre.
9. No animals are allowed in the centre.

10. All tasks are issued and supervised by the Director or the designated responsible person. It is forbidden to carry out any other tasks that have not been agreed by a designated responsible person.
11. Each volunteer worker is obliged to take care of the equipment and work tools entrusted to him/her. Volunteers are charged for any damage they caused to that equipment and tools.
12. All persons staying at the centre are obliged to maintain cleanliness in the rooms they occupy and at their workplaces as well as in the whole centre and the surrounding areas.
13. Only vegetarian food is permitted at the centre.
14. There is a strict ban on drinking alcohol, smoking cigarettes, using drugs and any other intoxicants. Persons under the influence of alcohol and drugs are not allowed to enter the centre or its premises.
15. Only workers, who have been specifically assigned are allowed in the kitchen. Only such persons are authorised to prepare and serve food. Persons assigned to the kitchen are obliged to strictly comply with the regulations of the kitchen. Such persons must have a relevant health record book, which is required for kitchen work and food preparation.
16. There is a one day off work each week, but it is decided by the Director. It can be a day individually selected for a given person. Except for that day, any departure from the centre must be agreed with the Director.
17. Persons who have been accepted to stay at the centre, but fail to comply with any of the above written regulations, will lose their right to remain on its premises.
18. Any person staying at the centre is fully responsible for any damaged or destroyed property of the centre, if it was due to that person's fault.

DECLARATION

I declare that I have read and accepted the regulations of the Centre for Health Promotion in Taraska and that I will comply with them.

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Date

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Legible Signature

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