

## **RATNA LING WORK-STUDY RETREAT PROGRAM MORE DETAILS**

**Meals:** Vegetarian meals are provided Monday through Saturday lunch. Saturday evenings and Sunday residents make their own meals using designated kitchen supplies or leftovers. Snacks are provided during the work day.

We are not always able to accommodate special dietary needs so if you have multiple or unusual food allergies, you may need to purchase some of your own food.

**Housing:** Volunteers live 2 to a room in on-site buildings. The housing requires an outdoor walk to the kitchen and dining area, laundry facilities and, in some cases, to the bathroom and shower facilities. Rooms are simply furnished with bedding provided.

Because we are housed in a working Retreat Center, volunteers could be asked to move occasionally throughout the year from a 2 person room to a 3 person room for a few weeks to accommodate larger retreats.

**Cleaning/Security Deposit:** A \$100.00 cash refundable security and cleaning deposit is required upon arrival. This is held and returned to the participant at the time of their departure if living quarters are left clean and undamaged.

**Travel:** Volunteers pay their own travel expenses round trip to Ratna Ling. This may include a van shuttle from either the Oakland or San Francisco airport to our closest city, Santa Rosa (about \$35) and a local bus fare to bring you to the closet bus stop. Travel details are arranged upon acceptance to the program.

Volunteers are welcome to bring their own cars to Ratna Ling, but it is not necessary. Bikes are welcome.

**Winter Break and other holidays** We work most holidays including the Thanksgiving weekend, except for winter break. Winter break dates for 2011 are Dec. 18<sup>th</sup> to January 2, 2012. Volunteers whose commitment dates include the winter break must make alternate arrangements for the winter break period. This is the time that most volunteers visit with family and friends.

**Internet and cell phones:** Wireless is available over most of the site, and computer stations are available for email. Laptops, personal music players and cell phones are allowed (Verizon only). Music players cannot be used during work hours.

**Smoking and use of drugs is prohibited at Ratna Ling.** Residents are required to pledge not to use drugs or smoke on or off-property during the time of their stay at Ratna Ling.