

Dear Work Exchange Applicant,

Thank-you for your interest in our Work Exchange program. This is a fun and important program that provides financial assistance and a fun and enthusiastic work force.

We greatly appreciate and depend on each worker.

The questions in this form help us to place you into an appropriate position. Work tasks differ in time and skill required. Please answer the questions fully so that we place you into the right position.

We will contact you by email sometime during April or May with your work assignment and all the needed details.

**Some Important Information:**

- Work Exchangers work a minimum of 12 hours through-out the session and reduce their registration fee to \$150. Work times depend on the particular job assigned.
- All Work Exchangers need to attend a meeting on Friday to be familiarized with the work tasks, unless prior arrangements are made directly with us ([ncwhs@monitor.net](mailto:ncwhs@monitor.net)).
- Meeting times will be sent by email in April or May
- Job positions are assigned in the order of the application's email or post mark date.

Thank-you for your interest in Work Exchange. We look forward to working with you!

See you there!

Green Blessings,

*Terri, Kelly, Gwen, Athena & The NCWHS Team*



## Application for Work Exchange • 2023

Name:

Email:

Phone:

Which Session?

\_\_\_\_\_ Session 1: May 19-22 *weekend before Memorial Day*

\_\_\_\_\_ Session 2: May 22-29 *Memorial Day weekend*

1. Are you a good worker and are you easy and fun to work with?

2. Are you self-motivated and also able to follow instructions well?

3. Are you dependable and on time?

4. Do you have a strong back & arms?

5. Do you have any physical restrictions? Please describe.

6. Do you have children attending with you? \_\_\_\_\_

How many? \_\_\_\_\_ Ages \_\_\_\_\_

Where will your children be while you are doing your Work Exchange?

7. Have you attended NCWHS before?

If yes, did you do Work Exchange?

Which position?

8. Do you live in or near Laytonville or Sebastopol and could help out before or after each Session?

## 9. What would you like to do?

There are over sixty Work Exchange positions per session, in the following categories. Please rate at least three in order of your preference.

- \_\_\_\_\_ Bodyworker - work through-out the weekend, times vary, list your experience below
- \_\_\_\_\_ Childcare - work during 1/2 of the class times
- \_\_\_\_\_ Dish station prep - work during mealtimes - repeated lifting required, strong arms & back needed
- \_\_\_\_\_ Food shuttle - work during mealtimes - repeated lifting required, strong arms & back needed
- \_\_\_\_\_ Gear shuttle - work on Friday & Monday - repeated lifting required, strong arms & back needed
- \_\_\_\_\_ Kitchen prep - work through-out the session, 3 four-hour shifts
- \_\_\_\_\_ Kitchen prep & break down - work Friday morning & Monday afternoon, before and after Session plus one additional shift Saturday evening
- \_\_\_\_\_ Kitchen prep on Thursday all day & Friday morning - work before Session opens
- \_\_\_\_\_ Parking - work long day on Friday in the open sun, good organizational & people skills needed
- \_\_\_\_\_ Privy cleaning - work during evening, break, and off times
- \_\_\_\_\_ Recycle/garbage hauling on Tuesday - 1/2 position, need open bed truck & live locally
- \_\_\_\_\_ Registration table - work all day Friday and part of Saturday, must have past NCWHS attendance
- \_\_\_\_\_ Set Up & Tear Down - work before and after Session

## 10. Anything else you can think of to let us know you better?

Please:

1. Email or regular mail this completed application to: [NCWHS@monitor.net](mailto:NCWHS@monitor.net) or: NCWHS P.O. Box 28 Graton, CA 95444
2. Register online at: [womensherbalsymposium.org/registration](http://womensherbalsymposium.org/registration) and check the 'work exchange' box, and complete payment

If you do not do work exchange your fee will be returned to you or applied to a regular registration fee, per your request.

For cancelations please see our cancelation policy on our website: [www.womensherbalsymposium.org](http://www.womensherbalsymposium.org).