Sadhana Forest India

Volunteer Information Package

Our Management

Sadhana Forest is managed by its Project Director, Mike Roy, who has been appointed by and reports to the Founder and International Director of Sadhana Forest, Aviram Rozin. The Project Director decides on all matters of the project including health, safety and security.

The Community Experience

Our dynamic community is composed of people of all ages and backgrounds, from all over India and from all over the world. We have found that living and sharing in a communal atmosphere brings us into harmony with nature and with ourselves; as one of our community members commented when she left, "May there be many forests to grow people."

We welcome and accept everyone who wishes to get involved with us, any time of year, and we always have plenty of space available and plenty of work to do! You do not need to have a background in forestry or water conservation in order to enjoy and participate in our *seva*.

Our Eco-Friendly Way of Life & Diet

We practice an eco-friendly way of life including veganism, alternative construction, solar energy, biodegradable toiletries, compost toilets and conscious consumption. All who stay here are expected to be mindful of their purchases and avoid generating waste if possible in order to fulfill our goal of being a zero waste community.

At Sadhana Forest we eat a pure vegan diet, which means no animal products from living or deceased animals. We eat fruits, vegetables, whole-grain brown and red rice, millets, herbs, spices, beans, and dal, and source as much as is possible from local and regional organic farms. We offer breakfast, lunch, and dinner on Monday, Tuesday, Wednesday, and Friday. On Thursdays we offer breakfast and lunch, and on Saturdays and Sundays we offer breakfast and dinner. When no meals are offered, guests may choose to cook in our kitchen using community ingredients or go out to local restaurants.

No-Drug Policy

All guests are asked not to smoke cigarettes (including both local "bidis" and electronic cigarettes), use drugs, or drink alcohol, **inside or outside** of Sadhana Forest, **during their entire stay!** This includes time spent in Auroville, Pondicherry, Koot road, and anywhere else you visit during your stay here. This guideline helps us always to remain fully aware of our behavior and maintains our personal health, safety and security. It is also our way of supporting those who would like to live a life free of these substances. **Only come to Sadhana Forest if you are 100% sure that you are able and willing to completely respect this request. Volunteers who do not respect this guideline will be immediately instructed by the Project Director to leave Sadhana Forest for at least 6 months.**

Food Contribution

Sadhana Forest is a non-profit ecological project that does not generate any income; we unfortunately cannot afford to provide free food for all of our guests. We all contribute equally towards the cost our 100% vegan, mostly organic meals, as well as the costs of our biodegradable toiletries and wifi connection. The total cost per person is 500 INR per day (just under 8 USD per day). Parents are asked to contribute 250 INR per day for children aged three to ten, while there is no food contribution necessary for children under the age of three. Please be prepared to pay the full cost of your minimum stay in cash at the time of your welcoming. We prefer payment in Indian Rupees but may also be able to accept US Dollars and Euros.

We also ask all guests to provide us with a 1,000 INR bedding deposit. This deposit will be refunded to you at the end of your stay once the checkout process has been completed.

Visa

Our participants staying less than six months have found it most convenient to apply for a Tourist visa and to write "Tourism" as the purpose of visit. If you are interested in staying with us for six months or longer, you may need to obtain an Entry Visa. Please contact us for more information.

What to Bring

Upon arrival, all guests are required to provide:

1. *For Foreign citizens:* your passport with a valid visa for India.

   For Indian citizens: your Passport, Voter ID, PAN card, Adhaar Card, Driver's License, Ration Card, or another form of government-issued legal photo identification.

2. You will also need to bring enough money for your food contribution for your minimum stay.

Sadhana Forest provides all guests with the following: bed space, pillow case, bed sheet, blanket, mosquito net, biodegradable hand soap, body soap and tooth powder.

We also suggest you consider bringing the following items, most of which are available locally at reasonable prices:

VERY HIGHLY RECOMMENDED: Head lamp/torch (with rechargeable batteries), refillable water bottle made from metal or high-grade plastic and appropriate clothing for going out into an Indian community (for women, clothing should cover shoulders, chest and knees. For men, always wear a shirt).

ENCOURAGED: reusable feminine hygiene products (such as She-Cup, Mooncup, Diva Cup, Keeper or re-usable sanitary pads) and diapers, natural sunscreen and mosquito repellent, small combination lock, first aid kit.

CONVENIENT / COMFORTABLE: Mosquito net, bed sheet / liner / sleeping bag, sleeping pad, your own preferred eco-friendly/biodegradable toiletries, work gloves, warm clothes (if here between November and February).

If you'd like to know more about Sadhana Forest, please have a look at our website:

http://sadhanaforest.org

Sadhana Forest India is part of the international community of Auroville, located 6 km north of Pondicherry, in Tamil Nadu, South East India. To learn more about Auroville and the workshops offered there, please visit

http://www.auroville.org

You may also email us at india@sadhanaforest.org or call us on either of the following numbers:

+91 0413 267 7682 / +91 0413 267 7683

For more information about our projects in Haiti and Kenya, please visit www.sadhanaforesthaiti.org and www.sadhanaforestkenya.org

We look forward to welcoming you to Sadhana Forest soon!