



Information and Application form to become a volunteer at Palpung Sampel Chöling

As volunteer in Palpung Sampel you can enjoy a quiet life in a very natural environment.

Your collaboration will help to build a center whose objective is that many people can improve their lives through learning about the Dharma, a tool to guide people to the best of themselves: limitless wisdom and unconditional love to all the beings. By helping in this noble goal, you will accumulate a great deal of merit for your own personal development.

You will be able to relate to an environment of Dharma practitioners, focused on the practice of meditation, an altruistic interest for the benefit of others, with the motivation to grow internally and in their relationship with others.

We also offer you a lifestyle that follows the criteria of ecology, self-sufficiency and protection of natural life that is specified in the activities of: local production with organic gardens and drying of plants, the recycling of water by phytodepuration, the use of local resources, the production of their own energy with solar panels and wind turbines, bio-construction with the use of natural and local materials, the use of dry toilets, the production of compost and the respect and protection of the natural life.

The difficulties you may encounter refer to physical work and to live in community. Therefore, it is necessary to develop a collaborative and calm way of being at all times.

Palpung Sampel asks the people staying here to behave with respect for our sacred objects, our teachers, and to follow the five basic rules of Buddhist ethics: do not consciously kill any being, do not take what is not yours, do not lie, do not behave in an indecorous way and do not take drugs.

The collaboration will be at least 6 hours a day and two free days a week (scheduled according to the needs and events in Sampel). A donation will be requested to support the feeding expenses. There will be a trial period of one week or fifteen days for both parties.

If you agree with all of this, please read the following application form and send us an **email** to palpungsampel@gmail.com with:

- your **written answers** to sections 1 and 2,
- attaching your **voice recording** to the answers in section 3, your motivation for volunteering,
- and a **picture** of you.

1) PERSONAL INFORMATION

Name and surnames:

Spanish NIE or Passport (and country):

Date of birth:

Phone:

Nationality:

Your address: street, number, postal code, city and country:

Driving license:

Employment situation (unemployed, sickness, holydays, etc):

Is there any issue of importance about your health that we should be aware of?

Are you practicing meditation?

Do you know Buddhism?

Are you Buddhist?

How did you know us?

2) TRAINING AND WORKING SKILLS

What did you study?

Languages:

Which occupations have you got?

Tell us about the experience and skills you have developed:

What do you prefer to work in?

Which is your best skill?

At this time we need people who are capable of living with few people, in an isolated but beautiful rural environment and who have working skills as carpenter, construction, painting, cleaning, gardening and cooking.

How do you see yourself in each of these jobs?

3) MOTIVATION FOR VOLUNTEERING

Please record your answers, don't write them, and please send us the recording as an attachment in your email. This way we can catch better your feelings. Thanks.

When you are available to volunteer and for how long?

Why do you want to volunteer with us? What is your motivation?

Do you like to live in community? Do you know the advantages and disadvantages of living and working with other people??

What are your best virtues and your worst flaws when working with others?

Have you ever volunteered before? If yes, tell us where and please indicate a contact to get references.

What do you think about working with altruism for the benefit of others?

Thank you very much for answering the application form and contacting us.

When we have received the full answers we will send you a mail with our specific needs. If at the time of receiving your application form, the volunteering places are covered, we will keep your application for future opportunities.



For the purposes of the provisions of Regulation (EU) 2016/679 and Law 34/2002, (LSSICE), we inform you that the personal data included in this form are part of a files owned by Palpung Samphel Chöling, which purpose is to manage the communications and sending information about our services and activities, either by their previous or current relationship with us. The treatment and preservation of these data is carried out with confidentiality, applying the corresponding security measures and for the duration of the relationship, until the moment of revoking the consent or, failing that, by the legally established. The data may be transferred to third parties in cases where there is a legal obligation. No international data transfers are foreseen. The legitimation for the treatment of your personal data derives from the contractual obligations of that relationship. You, as an interested party, may, at all times, exercise the rights of access, rectification, deletion, limitation of treatment, portability or opposition by means of a document, enclosing the document certifying your identity, addressed to Palpung Samphel Chöling CIF R2200724I and domiciled at Aldea Sampere, 22587 Cajigar Huesca or through the email: palpungsampel@gmail.com